East Wales Regional Athletic Council

https://www.eastwalesathletics.co.uk/

East Wales Regional Athletics Council Meeting
Tuesday 9 June 2026 via Teams

Present:
Joyce Tomala, (JT) Christine Vorrés (CV), Peter Hitchings (PH) Nikki Haines (NH) Robert Eales (RE) Deb Howells (DH) Dimitri Vorrés (DV), Elinor Cole (EC), Andy Millard (AM),

Agenda Item	Discussion	Action Points
1. Apologies:	Sandra Chipper, Bethan Logan, James Blore, Keith Matthews, Keiron Hearne, Marc Cross, Martyn Jenkins, Liz Richards, Lynette Harries	
2. Conflict of Interest	None	
3. Discussion points.	PH – Thanked JT for her help at recent Midland League event at Newport. He has recently met with Newport Live management who were astonished at the fees that they are being charge. A discounted rate has been negotiated that makes Newport a viable prospect for future competitions. PH also reported that there was an incident at the Midland League -Steeplechase event, 4 male runners stated that the barrier was too high, and the water level, despite being topped up had dropped. PH inspected the barrier and found a fault that may result in the barrier being a few inches too high. He will report that back to staff and reiterate that the height of the barrier must be measured each time. One of the athletes that fell broke 2 toes. The female event was cancelled. JT reminded PH that a risk assessment needs to be carried out. PH has been contacted by the Leader of Newport Council who has expressed a desire to make Newport a Running City. He has asked to meet local clubs to discuss. He will keep members informed regarding this idea. PH and JT discussed pole vault events and equipment. Newport have acquired more pole vault beds so can host these events again.	
4. Reports	i. LH submitted a report from the last Gen Council meeting on 20 May, and this has been distributed to the members. Copy Attached. Next meeting is July. ii. Track and Field meeting is tomorrow, so no report. iii. NH – cross country and road meeting is possibly 19 August. TM submitted a short report re Junior Mountain and Fell Running – attached – and BL provided a comprehensive report re the Seniors – also attached. Iv – No Endurance Officials' Report. JW called a meeting for the T & F Officials but the outcome of this meeting is not known. EWRRC – MC has been asked to include a trail race – this is to be discussed ahead of the next series – report attached. v. No updates to report for Website.	

5. AOB	JT – New vests very well received – requests received for cropped tops. CV stated a 'shop' solution is needed for athletes to order their own kit. Minimum ordering is not easy to manage. Holding stock is not ideal unless someone is willing to take charge of it.	**CV – get cropped tops added to catalogue of kit.** **DH and CV explore option of moving kit supplier to Gymstash.**
Date of Next Meeting:	No meeting in August 14 October 2026	

Minutes written by C A Vorrés. 10/06/2026.

Reports:

East Wales Regional Athletics Council June 9th, 2026

General Council Report of the meeting held on 20th May 2026

1. Actions from previous Meeting.

- JT reported that the Welsh Athletics website was still not up to date.
- Insurance for Social Running clubs- Social Members are not covered.
- First Aid courses for off track competitions- UK Athletics require specific qualifications which are extremely costly. Competition providers must cover the cost of courses. The Council was of the opinion that Welsh Athletics should provide a relevant cost-effective course to meet the requirements laid down by UKA.

2 Chris Anthony Head of Club Development.

Following an invitation by the Council to attend this meeting, it was pleasing to welcome Chris to present his proposed strategy for Club Development which was comprehensive and clearly defined. The following were highlighted in his presentation: -

- The need for regular communication with clubs and a more targeted approach to clubs.
- Changes to the development team to meet the needs of the whole of Wales.
- Working with Zoe Hollaway to establish an effective two-way communication and feedback with clubs.
- Establish a workforce development plan with an emphasis on recruitment and retention.
- In terms of principles and practice objectives will need to be clearly defined.
- A new approach to National Awards.
- To get more people involved in our sport to include parents, a range of volunteers and students in Higher and Further Education.
- Target new funding pots.

3 Regional Matters.

- Be Active Grants-grant applications are frequently redirected or not considered even when they meet published criteria.
- In view of the fact that there are numerous clashes in the athletics calendar it was suggested that the annual fixtures meeting be reinstated.
- Welsh 5K Championships will be held within new events on 9th August.
- Inter-Regional Road Championships – volunteers needed to organise events and coordinate results.

4. Reports.

Welsh athletics Board Report to UKA Members Council: -

- Funding continues to be an ongoing issue as Welsh Government have a standstill budget.
- There is only a small growth in membership,

- A workforce development plan will hopefully realize positive results. A new initiative has been launched (Athletix) to target youngsters together with a new coaching qualification to support the initiative.
- Welsh Athletics is committed to improving facilities throughout Wales and to support a high-performance gym at NIAC.
- A number of Welsh athletes were selected to represent GB for World Indoor and Relay Championships and the European Women's Marathon.
- Entries for the Welsh Senior Indoor Championships were down from previous years but there was an increase in the Junior Championship entries and the Cross Country Championships.
- Welsh Athletics delivered their first Winter throws Championships which proved to be a very successful event.
- The Welsh Senior and Under18 Track and Field Championships will include trials for the European Under 18 Championships.
- Two operational leads have been appointed to cover Track and Field and Endurance competitions.
- The Daily Mile was included in a political manifesto in the build up to the National Assembly election.
- The second Women's Running Conference was held in Newport in April. Tanni Grey Thompson was the keynote speaker.
- Running groups in Wales are being consulted with a view to reposition the Run Wales social running programme.

5. D W contacted the West Region to suggest that JDL event be run as an open event.

   The matter was referred to the Track and Field Committee.

Lynette Harries,

Cross Country/Road

EWCRRC is going well, and tomorrow sees the third race of the series: the Caerleon 5.

Race 4 has now been confirmed as the Blade Runner, and for Race 5 I've included the Caerphilly 5K — which I thought would be a fitting end to the series being the Welsh 5k Champs.

I also had a request from some Caerphilly runners asking whether the Penallta Pony Run 2026 could be included. However, as this is mainly an off-road race, I explained that it wouldn't really fit within the current championship format. They did ask whether there are any plans for an EW Trail Championship in the future. Given the rising popularity of trail running, it may be worth discussing.
Marc Cross

Jnr Mountain/Fell Running

A quick update from junior fell:
1. The junior Intercounties team has been selected, with two u16 male athletes competing at Edale.
2. The junior East Wales champs will be at Llanthony again this year.
3. The junior series kicked off this weekend with a race at Llangorse.
Kind regards,
Tom

Snr Mountain/Fell Running. Bethan Logan.

British Inter-counties Senior Mountain Running Champs – 03.05.26, Sedburgh

East Wales had a great performance with a full team of athletes competing in the inter-counties in an elite field (the race also served as the qualifier for the European off road champs). Athletes competing:

Senior Women (11th team):

Katrina Entwistle, Mynydd Du, 29th (3rd Welsh)

Rhian Probert, Mynydd Du, 39th (4th Welsh)

Kani Hinshelwood, Parc Bryn Bach, 68th

Senior Men (16th team):

Jonathon Ford, Mynydd Du, 27th (2nd Welsh)

Dylan Williams, Mynydd Du, 68th

Brett Mahoney, Mynydd Du, 81st

Billy Jackson, Mynydd Du, 91st

Full results here - Results - EORRC Up and Down Trial/Inter-Counties - 03 May 2026

Also, special mention to William Chalk of Mynydd Du/Newport Harriers who came 7th in the U20 race.

A great day with lots of team support and an opportunity to compete with the country's best trail and mountain runners.

Next opportunity to run for East Wales will be at the Welsh Inter-counties in Cilcain on August 31st. Expressions of interest to run for the senior mountain running team to be sent to Bethan Logan and Tom Meredith by 30th June. The team will be selected based on:

A. Recent Performance History (1st September 2025 to 30th June 2026: championship/race placings and times, priority to short distance fell races)

B. Previous Performance History (championship/race placings and times, priority to mountain races and to Recent Performance History)

C. Head-to-head records (priority given to both head-to-head record mountain and fell races)

D. Previous attendance record at regional representation opportunities

East Wales Senior Mountain Running update – 15.04.26

Coppett Hill Fell Race results:

Coppett Hill Fell Race on Saturday 21st March was the East Wales Senior Mountain Running Championship. Some great performances and here are our East Wales winners:

Female category

🥇 Rhian Probert, Mynydd Du (47.10)

🥈 **Emma Bayliss**, Mynydd Du (51.31)

🥉 **Debbie Stenner**, Mynydd Du (53.26)

Male/open category

🥇 **Jon Ford**, Mynydd Du (38.24)

🥈 Wyndham Turner, Mynydd Du (39.28)

🥉 **Tom Turner**, Mynydd Du (44.37)

This was also the selection race for the Inter-counties in Sedbergh on 3rd May. Which is also the UKA Up and Down Trials for the European Off-Road Championships in Slovenia in June.

Chris Vorres has sent Gold medals to Bethan to give to the 2 winners of the East Wales Mountain Running Champs.

Team selection for the Inter-Counties 3rd May

Bethan contacted all East Wales top 2 for the Inter-Counties, some were available, some weren't. Nobody else put their name forward for selection so based on recent fell running results and previous East Wales representations, the following team has been finalised and all have entered individually, Bethan has passed team list on to Ian Hartman, RO, and the new vest link was shared with all athletes, hopefully they will arrive in time for the 3rd! Some athletes for the up and down are also competing in the Uphill trial event (for GB selection) on Friday 1st May in Keswick.

Men's team

Jonathon Ford

Tom Turner

Brett Mahoney

Dylan Williams

Billy Jackson (U23)

Women's team

Rhian Probert

Emma Bayliss

Bethan Logan

Katrina Entwistle

4 per senior team, 1 U23 and 3 to count so should have a strong team for East.

National representations in Mountain Running for East Wales athletes:

14th March 2026 - Nant yr Arian Trail Half, WA Short Trail Champs and selection event for the Inter-Celtic Cup, Trail de Guerledan in Brittany, France on 23rd May.

News

2nd female – Lucy Williamson; 3rd female – Bethan Logan

Both selected to run at Trail de Guerledan.

11th April 2026 – 3 East Wales athletes represented Wales at the inaugural Senior Home Nations Trail International event in Keswick, Cumbria. 48km + 1900m

Brett Mahoney came in 3rd Welsh male in (37th). Bethan Logan and Katrina Entwistle were 13th and 14th in the female race. The men's team won Bronze.