

## East Wales Regional Athletics Council Meeting Tuesday 14 October 2026 via Teams

### Present:

Joyce Tomala, Christine Vorrés, Deb Howells, Dimitri Vorrés, Nicola Brunnock, Rachel, Marc Cross, Keiron Hearne, Liz Richards, Becky Gibbs

| Agenda Item                             | Discussion                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Action Points                                                                                                                                                 |
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| <b>1. Apologies:</b>                    | Sandra Chipper, James Blore, Martyn Jenkins, Lynette Harries, Nikki Haines, Kristopher Jones                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                               |
| <b>2. Conflict of Interest</b>          | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                               |
| <b>3. Actions from Previous Meeting</b> | N/A                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                               |
| <b>4. Discussion points.</b>            | <p>a. Regional Championship Medals</p> <p>The members discussed the quality of the new East Wales gold medals, and agreed that the quality is not as good as the medals previously supplied by WA. Cost is the main reason for this. It was agreed for alternatives to be explored and members were asked for suggestions.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>JT – Ask Kyle for details of their suppliers and costs.</b>                                                                                                |
| <b>5. Reports</b>                       | <p>i. Regional Events across all disciplines – Next T &amp; F fixtures meeting event is on 28 November, and new events for Seniors and Masters are being added to the calendar.</p> <p>ii. Safeguarding – Keiron had no report to present, but advised new online courses are available. There is one at the end of this month.</p> <p>iii. Finance Report – Dimitri told the members that the new account has been successfully set up and Keith has transferred all the money over.</p> <p>iv. LH submitted a report from the last Gen Council meeting and this has been distributed to the members. Copy Attached.</p> <p>v. Regional Indoor Championships – Day 1 is on 6<sup>th</sup> December followed by Day 2 on 10 January. U14's, U16's, U18's and para athletes. A track judging course has been arranged for 6 December.</p> <p>vi. Cross Country/Road –Inter-Regional XC Champs, Snrs held selection event within the first Gwent League at Pembrey. Sandy and James are putting together the teams. Junior selection race is the next Gwent League in Cardiff. Regional XC champs – Elinor Cole and Keiron Hearne are putting this together.</p> <p>vii. Trail and Mountain – *Updated after the meeting. See below</p> <p>viii. East Wales Road Race Champs – Marc updated the meeting on the 2026 Championship and his thoughts for the 2027 series. Clashes of race dates is problematic, and finding events that don't sell out too quickly. He has explored the idea of getting medals, but it wasn't sustainable. The new Caerphilly 5km was used as part of the champs this year. Nicola asked if proposed championship races could be communicated as soon as possible as clubs will be putting together their club championship races.</p> | <p>CV – if James and Sandy are in agreement, email their contact details to clubs.</p> <p>CV- contact Tom and Bethan and request an update- now received.</p> |

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|                                                               | <p>ix. Officials – Becky said no huge update, mentoring is being discussed and will be happening again. No news on field officials courses at the moment.</p> <p>x. Website – Christine asked if any members spot faulty links or anything not working please let her know as automatic updates to the site sometimes cause faults to arise.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                              |
| <b>6. AOB</b>                                                 | <p>i. JT – WA Awards Ceremony – 24 October. East Wales Region was asked for nominations for coach of the year and Keiron received the most nominations and will be attending the awards ceremony. Joyce said it was good that the regions were asked to be involved in the nominations. Other East Wales nominations are Becky (T &amp; F Official of the year), Parc Bryn Bach and Crickhowell Running Club – (off track club of the year) Joyce congratulated everyone who has been shortlisted.</p> <p>ii. Welsh Athletics Review/Report. Joyce has been advised the lowest response rate to the review was from East Wales Clubs and she asked that next year more club members complete the survey. The East is the most engaged region – although there was a comment that queries were not responded to in a timely manner, but this was in respect to WA not the regional committee. East Wales has the highest proportion of Women in the sport. Newport and Torfaen club members who responded to the survey also indicated that they felt very positive about their club and the region.</p> | .                                                                            |
| <b>7. Suggestions for future meetings – discussion points</b> | <p>Joyce asked if the clubs would like to reintroduce club presentations at the meetings, sharing best practice etc. The suggestion was positively received. Caerleon may be able to present on their growth this year, and Cwmbran on being one of the oldest clubs in the region.</p> <p>Endurance Development Days. Christine told the meeting that coach Steve Mitchell agreed in principle to leading a development day for endurance athletes and a grant has been obtained to cover his costs. It now needs to be organised and a date and venue set in the calendar.</p> <p>It was mentioned that some Cardiff coaches have set up development sessions with an open invitation. Details of these were circulated shortly after the meeting.</p>                                                                                                                                                                                                                                                                                                                                                | <b>CV Email clubs and ask if they would consider presenting at meetings.</b> |
| <b>Date of Next Meeting:</b>                                  | Wednesday 16 December.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                              |

The meeting ended at 7.15pm

Minutes written by C A Vorrés. 16/10/2026

#### Report of the General Council meeting held on the 2nd of September 2026.

- Many thanks to Joyce and Christine for making all the arrangements to ensure that this meeting could be held and to Joyce for chairing the meeting.

James Williams CEO attended the meeting and confirmed that: -

- The drawing up of the fixtures schedule was in hand but there was currently a hold up as the UKA fixtures meeting was not scheduled until early 1 October. It was hoped that a complete fixtures list would soon be available.
- He also advised that a UKA Cross Country management group had been established to coordinate events, fixtures and to avoid fixture clashes.

- Following communications between the regions Christine confirmed that she and Stuart Harding would source suitable events for Inter Regional Road Running Championships.
- The Welsh Athletics AGM will be held on the morning of October 24th followed by the annual dinner in the evening.
- Nominations have been sought for the following positions - President, Vice President and Chair of the General Council Joyce stressed the need for suitable nominations for these important positions,
- Nigel Walker has been appointed as Chair of the Board and Joni Alexander also joined the Board in September.
- James presented the Council with a summary of the performances of our athletes at the Commonwealth Games and the European Championships. A few of our technical officials were also selected to officiate at these events.
- As we come to the end of a four-year funding cycle a consultation exercise relating to the next Welsh Athletics Strategy will be undertaken in the coming months. This will include a member's survey and virtual workshops.
- Following observations made relating to the official's pathway Welsh Athletics will undertake a pilot study to explore the possibility of specialising in one aspect of a selected discipline
- James also advised that ideas were being explored to develop track and field competitions for the over 20/s.
- A new learning management system for coach and officials' education led by England Athletics is being developed where there will be mandatory training modules as well as other changes
- The cost of hiring facilities was also discussed; this remains an ongoing concern to event organisers,
- Heritage and Awards Panel - concern was expressed relating to the role of this panel as it was perceived that there was a considerable amount of ambiguity relating to the current modus operandi.
- Joyce expressed the need for a member of the officials committee to sit on the track and field committee.
- Access to coaches / data base- all relevant communication should be directed to the performance team.
- Welsh Schools – Joyce sought information relating to representation on the track and field committee. No representative was identified at present
- Officials' courses – there were no courses planned in the short term, but Sue undertook to contact the regions to ascertain their needs. -
- Kay enquired if there had been any progress relating to the Power of Ten – it was reported that some progress had been made but there was still a great deal to do.
- Inter - Regional Endurance Events – Christine has been contacted by the South Region with the view to reinstating this event and has agreed to help in identifying a suitable event in mid Wales.
- Joyce advised James that Trinity was still showing the old age groups. James will raise this matter with UKA.

## **Lynette Harries MBE**

### **Trail and Mountain Report - Tom Meredith (Juniors)**

The junior series continues, with the last race at the beginning of November at the Sugar Loaf. I have asked if this year's ROs can organise the same races next year, which I am hopeful will happen so we can have another full series again.

### **Trail and Mountain Report – Bethan Logan (Seniors)**

The UKA senior mountain inter-counties mountain race has been announced as Kinder Downfall on Sunday 18<sup>th</sup> April 2027 so I will be looking to find and announce a selection race for the East Wales team for the start of the year and keep you posted.

There is also a guide runner course pilot going ahead on November 22<sup>nd</sup> in Llangorse for fell runners keen to support visually impaired runners:

The Outdoor Partnership and RNIB Cymru, as part of the See Cymru Differently Project, are very pleased to invite local fell club runners to the pilot Visually Impaired Guide Fell Runner course.

This course has been created by RNIB Cymru in collaboration with The Outdoor Partnership to give practical guidance on guide running in the off-road setting to support blind and partially sighted people to enjoy the sport of fell/trail/mountain running.

There is no previous experience of guide running required to participate, you just need a desire to make our beautiful landscapes accessible to more people!

Course Date: Sunday 22nd November 2026

Location: Llangorse Climbing Centre, LD3 7UH.

To sign up, please complete the following sign-up form: <https://external-forms.viewsapp.net/forms/v/a10d69fd-a534-4fb5-a3e0-cfbf47b27005>

And Mynydd Du has just started running hill and technical training sessions on Thursdays from Deri School, Abergavenny for seniors and junior members aged 11+ to bridge the gap between offer for younger members and seniors as well as providing coached development sessions for seniors. All 4 members of the junior members involved so far have just been selected to run for East Wales in the X country so some good developments already.

### **Cilcain Mountain Race – Welsh Inter-Regionals 2026**

Fantastic turn out and results for East Wales this Bank Holiday Monday at the Cilcain Mountain Race, in a stacked field with athletes from literally every corner of Wales representing their region. East Wales athletes did exceptionally well, with the men's team taking Bronze, not far behind South Wales and the women's team taking Silver, making sure North Wales had to work hard for Gold!

Huge well done to Will Chalk with his senior East Wales debut, coming in a hugely impressive 6th in a stacked field of experienced athletes, watch this space. Great to see Katrina Entwistle coming back from injury to secure 3rd female and 2nd inter-regional behind her Welsh teammate and friend Eden O'Dea. Another great performance from Rhian Probert who came in ahead of Andrea Rowlands to secure 1 st F50. But mostly, thanks to the whole team for turning up with such enthusiasm and energy and leaving everything out there on the course. Always a pleasure to be part of the East Wales Mountain team.

#### **Men's Team (Bronze)**

Will Chalk (U23), Mynydd Du – 6th (33:37)

Wyndham Turner, Mynydd Du – 16th (36:08)

Brett Mahoney, Mynydd Du – 33rd (39:03)

Tom Turner, Mynydd Du – 47th (40:54)

Steve Hepton, Mynydd Du – 53rd (41:47)

#### **Women's Team (Silver)**

Katrina Entwistle, Mynydd Du – 3rd F (38:29)

Rhian Probert, Mynydd Du – 11th F, 1 st F50 (41:53)

Kani Hinselwood, Parc Bryn Bach – 12th F (42:48)

Katie Ironside, MDC – 13th F (43:36)