



South Wales Regional Athletics Council

Date: Friday, 6 February 2026

START: 6:30pm

END: 8:30pm

Venue: Cardiff International Sports Complex, Leckwith Road, Cardiff

Chair: Kyle Perry (Secretary)

Regular Meeting Minutes

Attendees: Kyle Perry (Barry & Harriers), Ron Morris (President), Paul Davies (Aberdare), Claire Davies (Aberdare), Richard Edge (Cardiff Athletics), Victoria Garvey (Cardiff Athletics), Stewart Harding (CDF Runners), Mair XX (Pontypridd Rodents), Rowland Williams (Pontyclun AC)

Apologies: Pete Morris (Life Member), Phil Warwick (Cardiff Archers), Fiona Campbell (Pontypridd Rodents), Lorraine Price (Cardiff Athletics)

1. Apologies (2mins)

2. Appointment of Chairperson (4mins)

- None

3. Appointment of Treasurer (4mins)

- None

4. General Council

- Meeting notes recorded by Chris Pratt (Ogmore Phoenix) at GC 07.01.26 read out and circulated.

5. T&F (20mins)

- Events and age groups will include:
- New draft timetable created for Fix 1 (to be circulated to all South Wales clubs for comments)
- Comments in meeting included:
- Can we include both 75m and 600m?
- Can we change standing jumps to long jumps and standing shot to regular shot in the sand pit and shot put circle by starting the U10 events earlier (9:30 or 10am)?
- **ACTION:** Updated timetable to be drafted and proposed to clubs for comment.
- U14 & U16 = Discus & Hammer
- U10 = 75m & 600m
- U12, U14 & U16 = 100m, 200m & 800m
- Give the above is potentially outside of the recommended event distances and with the desire to have the results on Power of 10 this needs to be discussed before we go ahead.
- **ACTION:** Discuss what events West Wales are assigning to these age groups.

1 Mile event

- Event to be included in the timetable with a maximum of 4 races.
- Each race to hold a maximum of 16, which would be 2 per lane.
- U20's and Seniors to run together and registration will be on a first come first serve basis.
- Consideration of a 1 mile series of events to be put on in an evening. Paul Davies (Aberdare) would be happy to host.
- Regional T&F Championships
- Vote cast by 10 clubs in South & East region voted for a regional event that would include U12 to Seniors with University Students as guests.
- Meeting needed to discuss next steps.
- Suggestion of using the JDL Fix 2 on 16th May (one week after regional champs) to hold the U12 regional champs event easing the burden on the regional championships on the 9th. To be suggested at meeting of South and East.
- Intern-regional Championships (July) - TEAM MANAGERS NEEDED

- Also mentioned that 2027 will be the turn of South Wales to host the Inter-regional T&F championships.

6. Endurance (20mins)

- Discussions regarding the participation of athletes at UKCAU being an issue with some athletes not able to attend due to family or personal commitments.
- Suggestion to conduct a survey to ascertain what issues athletes in the region face taking part in competitions and how the region can best support them. All agreed . Richard Edge and Stewart Harding to conduct.
- Issue with U13B team selection for UKCAU, partly team manager error and partly due to a lack of a formal selection policy that has been drawn up, agreed and made widely available to athletes.
- **ACTION:** Regions to document selection policy and get them uploaded to the regional website
- **ACTION:** The team declaration form could be reviewed and updated so that any ambiguity is eliminated.
- Pontypridd Rodents to host the regional 10k (Treforest) on 25th May.
- Desire for inter-regional 10k to be held again and would be looked into.
- UKCAU, teams almost done and will be completed in advance of the deadline next week.
- Stewart / Richard / Victoria / Steph Iverson / Phil Iverson / Matt Jacklin are Team managers for 2026 UKCAU.

7. Finance (15mins)

- £12,813 as of 06.02.26
- Medals
- ACTION: Stock take by Kyle Perry & Stewart Harding to take place and new medal orders raised asap.
- Vests ordered at cost of £3000+ for 150 XLY and LY plus some other small and a few large, XL

8. AOB

- A desire for regional development days to be restarted using regional coaches hosted by regional clubs and funded by the region. All in favour and Paul Davies (Aberdare) to look into this.

9. Date and venue of next meeting

- Fri, March 27th @ 6:30 - Cardiff Athletics Stadium