



# South Wales Regional Athletics Council

**Date:** Friday, 7 November 2025

**START:** 6:30pm

**END:** 8:15pm

**Venue:** Cardiff International Sports Complex, Leckwith Road, Cardiff

**Chair:** Kyle Perry (Secretary)

## Regular Meeting Minutes

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**Attendees:** Ron Morris (**SWRAC President & San Domenico**), Kyle Perry (**SWRAC Secretary & Barry & Vale Harriers**), Paul Davies (**Aberdare AAC**), Stewart Harding (**CDF Runners**), Rowland Williams (**Pontyclun AC**), Lorraine Price (**Cardiff AC**), Michelle Evans (**Rhondda AC**)

**Apologies:** Claire Davies (**Aberdare AC**), Cath Alford (**Rhondda AC**), Fred Malkin (**Barry & Vale Harriers**), Chris Pratt (**Ogmore Phoenix**)

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### 1. Apologies

### 2. Appointment of Chairperson

- No appointment; Post remains VACANT

### 3. Appointment of Treasurer

- No new appointment; Post remains occupied by Jen Stone

### 4. Track & Field

- Regional T&F Champs 2026 will be held in Aberdare and likely to be on 9th May 2026 but not yet confirmed.

- Age categories changes to take effect for this event with age ranges from U14 to U20 and suggestion of removing seniors but it was requested that we include seniors for endurance races only.

- Split chief officials - Track Ref, Starter & Assistant, Field Ref x2 Photo Finish.
- Volunteers needed for Registration, Presentation and Compare.
- £12 per event suggested but asked to look at reducing costs on a sliding scale for more than 1 child in family but not to advertise to increase takings. But allow on a case by case basis to increase participation.
- Closing date to be 2 weeks before event in line with other regions from last year.
- Need to arrange a meeting for T&F to discuss next year T&F.
- **Indoor Regional Champs** - Volunteers still needed.
- **Cardiff Archers** - Sunday 23<sup>rd</sup> November, we will be hosting our annual junior friendly open in NIAC, during the afternoon, for our youngest members. Your clubs are all welcome to attend with your children. It is aimed at being a relaxed, friendly environment, for a nice introduction into competitions. Event Volunteers are directed to be supportive of the children and help them as much as they can.
- Cardiff AC to host an outdoor T&F event in January.
- 4x Run with the Wind's in 2026
- Aberdare to host 4x British Mile Club (BMC) events in 2026.

## 5. **Endurance**

- **Regional XC Championships 2026** - Went ahead as planned and results completed by Stewart Harding. Team Managers in process of picking teams for Inter-regionals and plans all going ahead.
- Tent in Aberdare other sections with KP along with radio's.
- New sign up registration trialed with 500 signed up.
- Medals to be handed out at Cardiff Cross Challenge
- Some regional races for 2026 being looked into already.
- 10 mile or half marathon being considered in the calendar.

## **6. Finance**

- Balance as of 07/11/25 @ £15,293.39
- £897.30 received from East Wales for share of Regional championship takings.
- **Consideration for spending included:**
  - 1) Reducing costs of events held by region
  - 2) Holding a fun day at the regions expense.
  - 3) SWRAC Merchandise - T-shirts, water bottles, hoodies
  - 4) Regional vests awarded to top 3 athletes in regional championships.
- Sample medals from new supplier shown to committee and all agreed to spec when new medals were needed.
- 1500 medals at a cost of £2736 and can be ordered and printed on request.

## **7. Welsh Athletics AGM**

### **General**

- Could not fully understand the discussions regarding endurance running, maybe Lorraine, Pete or Ron can shed some more light on this section.
- New foundation level Assistant coach looking to be rolled out to reduce burden of current assistant coach requirements.
- New age changes from April 1st. (Indoor season remains as current age groups) Technical specifications are on UKA and Welsh Athletics website.
- Welsh Junior champs to take place at Deeside for 2026
- Continuation of minimisation of dependency on Sport Wales funding - described as “Empowering clubs” but more like “Further burdening clubs”
- New memberships for 4yo
- New membership portal
- Commonwealth Games from 23rd July to 2nd Aug and also European Champs in 2026.

## **Finance**

- £1.7million in revenue
- £1.7million in expenditure
- £10k loss that has come off reserves.
- Revenue is £150k per down year on year due to reductions in grants from Sport Wales.
- Revenue down £300k since Covid.
- Membership increased costs have off set some of this deficit.
- Memberships have grown

## **Chair of GC (Joyce Tomala in absence of chair)**

- Recruitment of volunteers to committees has been and continues to be an issue.
- Dissemination of information to clubs and regions on how best to improve communications is being considered.
- Consultation to seek the views of clubs, coaches, athletes and parents on age changes is to be conducted by GC.
- There is no secretary to T&F committee at GC so someone will continue to be sought.
- Discussions regarding the standing orders raised and proposal to consider the changing of the article so that the agent is advised. This will be raised further at the next regional meeting.
- **Roll of honour amendments needed as follows:**
  - 1) **John McFall** (Brecon AC) awarded Meritorious award in 2022 but name is recorded as John McFaull and requires amending.
  - 2) **Derek Osborne** (Barry & Vale Harriers) awarded Meritorious award in 2021 but name is recorded as Derek Osbourne and requires amending.
  - 3) **Mick McGeoch** - 2022 AGM was nominated for a Meritorious award but it was highlighted that he was awarded one in 2004. In 2023 AGM, it was confirmed that he had already received an award but had rejected it and that minutes had been corrected but not the Roll of Honour.

## **Notice of Motion**

- Firstly, South request to move date of meeting to avoid clash with Eryri race was acknowledged and was advised that “we are always mindful of clashes when deciding dates and will continue to avoid clashes where possible but given the AGM is set a year in advance and other events after this there will always be clashes in some capacity. To consider motion would set a precedent and would be impossible to manage ongoing and so could not be considered as a motion at the meeting.
- **Motion 1** - Removal of company membership from Life Members. This removes legal liability of life members. No voting rights going forward but restriction on 15 life members can now be lifted. Life members retain voting rights through clubs. CARRIED.

- **Motion 2** - Retire Honorary Vice President. Forwarded by Awards & Heritage committee. Desire to put more emphasis on President and life members of which there could now be more of them. Graham Finlayson and Lynette XX concerned with proposal. DECLINED.
- Next meeting Sat 24th Oct 2026.
- Schools age range changes raised with concern for pupil participation and changes to hurdles.

## 8. **AOB**

- Congratulation to SWRAC President, Ron Morris, on receiving a Welsh Athletics Award of Honour.
- **Update on schools Cross Country events**
- From the late 90s to 2018, we held South Wales regional schools cross-country championships boys on one afternoon and girls on a different afternoon. In some years, we would have up to 600 boys and 600 girls competing.
- From 2019 to 2024, the Welsh Schools Inter Schools championships were merged with the Inter Regional.
- It did not help the Inter Schools. This year the Inter Schools event has been held as a standalone event at Brecon. Across the six races, there were 1418 finishers, with more than 360 in the two under 13 races.
- Schools from Glamorgan Valleys had 501 finishers, and there were 281 from our Cardiff & the Vale district.
- In the senior boys race, there were a significant number of year 13 pupils/ students who are eligible for the junior men's age group at the Inter Regional.

## 9. **Date and venue of next meeting**

- Jan 2026 full date TBC.