

Meeting Notes of England Athletics South West Region Council Meeting held Wednesday 14th November 2018 at Exeter Harriers Clubhouse at 19:00

In attendance:

Keith Reed (Chair), Tony Gale (Vice Chair), David Cooke, Mo Pearson, Graham Berry, Sonya Ellis, John Deaton (co-opted member), Richard Llewellyn-Eaton, Richard Ayling EA CSM; Brian Baker (co-opted member)

Apologies

Agenda:

- Apologies
- Notes from last meeting
- EA Update
- Chair's Report
- Future of Regional Council
- Portfolio Reports and Future Plans
- Update on 2018/19 Competitions
- SW Conference and Awards Follow up
- AOB
- Date of next meeting

1. Welcome and Apologies

No apologies were received

2. Actions from last meeting

None

3. EA Update

Richard gave his report to the meeting.

UKA have issued new guidelines on throwing cages.

New rules relating to online safeguarding course for coaches. Cost to be £10.

EA new website about to be launched.

New EA sponsor to be Kukri

With regard to facilities the main concerns are Plymouth and Taunton.

Meetings are planned to discuss at both venues.

A new initiative called Club 360 is to be piloted in 5 clubs. This may eventually replace Clubmark.

Course for club welfare officers to be put on in two venues.

Other things coming up are as follows:

- National Speed Conference –National Speed Conference being held in Birmingham from Friday 30th November – Sunday 2nd December. This year's conference will explore Peaking on the day, developing speed & power & keeping athletes healthy. Please see the following link for further info (a range of booking options are available) - <https://www.ulearnathletics.com/cpdEvent/88034>

- Movement Skills 1 & 2 & Physical Preparation Workshops – On Sunday 2nd December a Movement Skills 1 Workshop is being held in Bristol, on Saturday 12th January a Movement Skills 2 workshop is being held in Taunton & on Saturday 2nd February a Physical Preparation Workshop is being held in Gloucester. These workshops are important for coaches looking to develop robust athletes and learn how to coach movement competencies. Further information about the workshops and coaching development opportunities can be found on this link - <https://gocoach.englandathletics.org/coaching/development/>. Please see links to the workshops - Bristol - <https://www.ulearnathletics.com/moduleEvent/88090>, Taunton - <https://www.ulearnathletics.com/moduleEvent/88030> & Gloucester - <https://www.ulearnathletics.com/moduleEvent/88031>
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- Physical Preparation Conference – On Saturday 2nd March England Athletics will be holding a physical preparation conference as part of a coach development weekend in Somerset. On the Saturday an extended physical preparation workshop will be delivered by 3 of EA's Nationally recognised physical preparation tutors. A range of packages will be available and this will include overnight accommodation, an evening meal & after dinner speech from Olympian Phil Brown. On the Sunday there will also be a Coach & Athlete Development day for coaches to attend. This conference will officially be launched next week but I wanted to make you aware of this & inform you that we are offering a £50 reduction for delegates booking overnight packages before December 31st. Further details about the conference can be found on the following link - <https://www.ulearnathletics.com/cpdEvent/88178>

4. Role of Council Review.

Keith gave an update on the National Council conference which three people from our region attended. The consensus was that there should be some changes but a major change is not required. The findings are being considered by the EA board. If changes are required then they will have to be approved at an EGM prior to any elections scheduled in the spring.

It was felt that we should look into our status as a group and consider the best form of incorporation (e.g. CIC, CASC or Social Enterprise group) we should choose. KR to look in to this and report back.

5. Portfolio Holders Reports:

Chair (Keith Reed)

A lot seems to have happened since our last meeting. We held a very successful Track and Field Championships in July and also had the Road Running championships in October which went well despite some counties not really engaging. Thanks to David and Tony for all their hard work with these events.

We were able to secure the use of Aldon Hill again for the 2019 Cross Country Championships after some initial issues when the land was sold. Well done to Brian Baker for securing the deal. Entries are now open and are coming in well.

We will also be having the SW Indoors once again in Cardiff on Dec 2nd, January 6th and January 20th (seniors). Thanks to Welsh Athletics and Cardiff Met for hosting us.

As always it would be good to be able to host this in the SW but we are still waiting for a suitable indoor venue to be built.

We held our SW Volunteer awards in September and also our SW Council Conference which was quite well attended. The main focus was the future of the SW and there were some very good points raised which we will need to action.

The volunteer awards were hosted by Jo Pavey who did a superb job. We also gave out athlete awards for the first time which were well received. Thanks to Sonya for sorting the venue and the format of the day. Also thanks to Sophie Millard for sorting the evening and the awards.

There was a National Council Conference held in October which discussed the proposals to change the format of Regional councils following the findings of the Task and Finish group. There seemed to be a consensus that not much needed to change but the EA board will not discuss and call an EGM to gain agreement.

Potentially elections are due in the spring which is when my tenure on the council will cease.

We need to come up with a plan before this to sort out our status as a region and look into the best way of taking things forward. We already have financial security and the events are at least breaking even. We supported the SW Endurance Conference from the finances and this should continue in other areas.

We have already got a provisional date for the SW Track and Field for 2019 which is 21st July. We will also need to get counties much more involved in all our events.

We need to have a meeting to discuss this early in 2019 but it would make sense to do this once the structure is known.

There have been some negative press around our sports governance recently which is a real shame. It just encourages the whingers to come out of woodwork. We need to remember that the sport is about the athletes and improving their performance.

Can I be the first to wish everyone an enjoyable Christmas and New Year.

Road Running (Tony Gale)

Portfolio Holder's Report – Road Running

SW Inter-Counties Road Running Championship 2018

There were two events in the 2018 Championship:-

Half Marathon : Great West Run, Exeter, 14th October

10k : Gloucester 10k, Gloucester, 28th October

County Men's and Women's Teams from Devon and Cornwall competed in the **Great West Run**. Devon won in both categories – but by narrow margins, so it was game on for the second event in the series.

Four counties – Devon, Cornwall, Gloucestershire and Wiltshire – fielded Men's and Women's teams at the **Gloucester 10k**. Devon's Men won their race and clinched their half of the championship, but Cornwall's Women won by a substantial margin, thereby also winning their half of the championship.

Gloucestershire's Men and Wiltshire's Women, respectively, took third place at Gloucester and therefore in the overall championship series.

We have already begun to consult with county representatives about next year's championship – asking if they intend to participate; how many races we should include, where, and over what distances; and if they have any further comments to add about how we could improve and encourage more interest in the championship. We have already had some initial feedback from three counties – Dorset and Somerset, both keen to re-engage after failing to do so in 2018, and Gloucestershire, where we have a very enthusiastic county team manager who wants to build on their involvement this year.

I will feed back in more detail at the next meeting.

Tony Gale

Track and Field (David Cooke)

Report to the SW Council for November 14th, 2018 meeting

The 2018 SWIC T&F championships

See separate Word file submitted to the meeting [available on request]

The 2018/2019 SW Indoor T&F championships

The link to the Welsh Athletics website is

<http://www.welshathletics.org/competitions/events/track--field/2019/january/index-page-indoors-2018-19.aspx>

Check the website for details re age groups and events

The dates that are available to SW athletes' are-

2nd December 2018

6th January 2019

20th January 2019 - the senior age group is straightforward as all their events are on 20th Jan.

With regard to the junior age groups, there are only 8 spaces allocated to each field event for SW athletes. The online entry form is now live for the December 2nd event.

I am available to present medals on December 2nd

I am promoting these Indoor events using the E mail database from the 2018 SWIC T&F championships

We are hoping that there will be room to allow a SW team to contest an international meeting in Cardiff against the Home Counties

This meeting is scheduled for Sunday, March 3rd, 2019

Coaching (Mo Pearson)

As I was unable to supply a report in June and our September meeting was cancelled this report includes all coaching courses from 7th April to 10th November.

Again the greatest number of courses are the Leadership in Running Fitness 17 in total and throughout the region. Exeter with 19 candidates, Redruth 10, Chippenham 11, Plymouth 13, Bristol 21, Exeter 18, Bristol 24, Plymouth 16, Marlborough 13, Bournemouth 18, Newquay 20, Bournemouth 13, Gloucester 25, Exeter 13, Chippenham 22, Taunton 23 & Bristol 6.

There is some movement of these Leaders on to the Coach in Running Fitness with 2 Day 1 & 2 courses Exeter 17 & Chippenham 16. There were 2 Day 3 courses Gloucester 14 & Exeter 14 and one Day 4 Assessment with 16 candidates at Gloucester.

There were 5 Coaching Assistant Courses at Gloucester with 16 candidates, Lytchett Minster 13, Tavistock 18, Gloucester 10 & Tavistock 16.

With the Athletics Coach courses there were 2 Day 1 & 2 courses at Cheltenham with 16 candidates & Taunton 15. There were 3 Day 3 courses worryingly only covering Speed & Endurance . Endurance Cheltenham 6 candidates & 9 for Speed at the same venue. There were 7 candidates for both Speed

& Endurance at Cheltenham a second time and finally at Taunton Speed 5 & Endurance 6. There were 2 Day 4 Assessment days both held in Taunton with 10 & 11 candidates each time.

There were 2 Leading Athletics courses in Cheltenham with 14 candidates & Taunton 25.

Sadly the Coach Athlete Workshop which was to be held at Plymouth in August was cancelled with a lack of coaches for all four disciplines and just this last Sunday there were insufficient throws coaches for the Coach Athlete Workshop at Bath to go ahead.

It is a long time since there have been any Day 3 Athletics Coach courses in this region for jumps & throws.

Officials (Graham Berry)

Graham attended the annual TRNG meeting for MSW. There was a lack of level 4 application from our area. There will be one event put on by the Midlands in the NIA. The rest will be in the HIPAC. Midlands office to be relocated next year. We will need to reconsider our reps on this group from each discipline.

Clubs (Sonya Ellis).

Nothing significant to report

Brian Baker (Schools)

Brian reported on an excellent year for SW Schools. Report attached.

Cross Country (Richard L Eaton)

Brian had been able to negotiate the 2019 SW Champs again at Aldon Hill. After a very difficult initial discussion he has been able to sort a licence to use it at a reasonable figure. Entries are open and coming in. Everything booked and in place. Rich Ayling to obtain flags and banners although due to impending fatherhood cannot be at the event.

6. Update 2018/19 Competitions

Cross Country (see above)

Track and Field (see David's report)

8. AOB.

Well done to John on producing an excellent website for us.

9. SW Conference and awards follow up

The event went really well and thanks to Jo Pavey for the way the event was hosted. Well done to Sonya on organising the conference which was very successful. The awards went down well and thanks to Sophie for sorting. We need to find a better way of contacting winners to ensure they attend.

10. Date of next meeting -Wed 30th January 2019 [Actually held on Wednesday 9th January]

The meeting closed at 2105.

K Reed Chair

16 Nov 2018