

**MOUNTAIN & TRAIL RUNNING COMMITTEE MEETING**  
**7:45pm THURSDAY 8<sup>th</sup> SEPTEMBER 2022 VIA ZOOM**

- 1. MEMBERS PRESENT:** Dic Evans (DE) Neal Hockley (NH) Sharon Jones (SJ) Arwel Lewis (AL) Steve Livett (SL) Tom Meredith (TM) Steve Mitchell (SM – WA Representative) and Peter Ryder (PR)
- 2. APOLOGIES:** Mike Blake
- 3. INTRODUCTION:** (SM) provided a summary of his role as the WA National Talent Development Coordinator for Endurance.
- 4. TROFEO VANONI TEAM SELECTIONS:** (AL) detailed what the event LOC team invitation requirements are and circulated a list of the possible athletes who have expressed an interest in the event with their recent race performances. 3 male and 1 female athletes' were selected. (SM) to circulate the selections to Welsh Athletics for ratification. Reserve athletes also decided.
- 5. MATTERS ARISING FROM THE PREVIOUS MEETING:** (DE) expressed concerns regarding some of the athletes' preparations for the Snowdon International race, re-affirmed by (PR) Over training/racing, poor tapering. (SM – All) Review of the selection policies to allow more room for flexibility to ensure that the best available athletes are selected for international events without taking away the importance of trial races and the majority, if not all selections decided on the trial race performances. Importance of publicising trial race dates well in advance. Twitter, Instagram, email, website etc. (SL) Possibility of sending B-Team junior athletes to events if performance standards are achieved?
- 6. UPDATES/EVENT REPORTS:** (AL) has circulated all the years event reports to date.
- 7. INTERNATIONAL/REGIONAL CALENDAR 2023:** (AL) Confirmed that (MB) has managed to come up with a revised, extended race route of the Maesgwm Muddle which will be the Welsh 2023 British Championships counter and re-named the event. "The Maesgwm Detour" on Saturday 5<sup>th</sup> August. (AL) has circulated a "2023 Race Calendar" and the information to date of "International Opportunities" **Decisions Made:** a) Saturday 15<sup>th</sup> April Trial Race Date for the International U18 Cup. b) Saturday 22<sup>nd</sup> July Trial Race date for the British & Irish Junior Mountain Running Championships. Events venues TBC. C) (AL) to confirm the date of the Senior Home International with a possible date of Sunday 7<sup>th</sup> May. Incorporated into the British Inter-Counties event in Cumbria? TBC. Current form may be the best option regards team selection?
- 8. BUDGET:** Recent communications between WA and (AL) indicate that most of the mountain/trail running budget for 2023 had already been spent and there may be a requirement to request athletes' financial contributions towards the Trofeo Vanoni event in Italy?

**LISTEN  
ENGAGE  
REPRESENT**



**WELSH ATHLETICS**  
ATHLETAU CYMRU

9. **INFORMATION:** (SM) Discussion regarding a possible Welsh International Vest 3 tier system across all disciplines. Obvious differences between disciplines to differentiate between tiers. i.e., Race times may not be applicable to Mountain/Trail running. For further discussion on the best format for Mountain/Trail running.
10. **Date of next Meeting:** Thursday 10<sup>th</sup> November 2022 at 7:45pm.