

WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE MINUTES OF MEETING HELD ON WEDNESDAY 16th OCTOBER 2019 AT J43 HOLIDAY INN EXPRESS SWANSEA	<u>ACTION</u>
<p>PRESENT: - Liz Davies (by telephone), Alex Donald, Graham Finlayson, Nikki Haines, Steve Jones, Sharon Leech, Rhiannon Linnington-Payne, Kevin Tobin, Peter Sowerby</p> <p>APOLOGIES : - Martin Green</p>	
<p>MATTERS ARISING FROM LAST MEETING (ref. 11th SEPT 2019)</p> <ul style="list-style-type: none"> • Leeds Abbey Dash teams have been entered by the Regions. This is the first year this has been done by the Regions and it's suggested that in future there should be parity between the Regions, so that the same standard is set and the same amount is offered to athletes. WA can't impose this, however it's hoped that if the Regional reps discuss and agree a standard/ monetary contribution at a Committee meeting then take it back to their Regions, hopefully each Region would then agree • Three Cocks was suggested as a venue for possible future IR/Inter-School XC Champs, AD confirmed that this has been looked at previously with Derek Price, but permission not granted at the time. AD will revisit to see if that decision could now be changed in time for the 2020 Champs • Date confirmation of Welsh XC Champs as 22nd February 2020. AD reported back to JW the Committee's decision to stick to this date • Selection criteria of various upcoming races and the Mini marathon to be put on website. RLP confirmed this now done • HCI 2021 AD and JW still to confirm dates • IR 10K was not held this year, it's hoped that it will be a fixture next year • Phone conference facilities – none at Holiday Inn Express, PS/ AD to look into the possibility of using a portable one, however the alternative of ringing in on the night also works – LD did at the meeting on 16th October and MG regularly does 	<p>AD</p> <p>AD/JW</p> <p>PS/AD</p>
<p>CORRESPONDENCE RECEIVED</p> <ul style="list-style-type: none"> • SJ sent an update from the WSAA Executive meeting on 14th September. Among the notifications was confirmation that the Inter Schools and Inter Regional would be a permanent combined fixture from now on, with event being held in November, the traditional date of the Inter Schools. It's unfortunate that this year the fixture clashes with the Masters XC and we understand athletes' frustrations, however due to the congestion of the fixture calendar, this was unavoidable. 	

AD confirmed the Masters XC date will also be taken into consideration when deciding on the date for 2020. LD suggested that perhaps December be considered, AD confirmed not many dates available and also for Schools, December a busy month with Christmas events and exams

- LD emailed Committee to confirm that WA would accept the invitation to send athletes to the Northern Ireland Athletics fixture at the Bobby Rea International XC competition on Saturday 9th November. This will be instead of the Cross De Atapeurca in Burgos. Discussion ensued, KT concerned, as are rest of committee, that the Bobby Rea which is replacing Burgos now doesn't have a separate junior race – U20s will race with the Seniors, which will not suit many. This now means that very few U20s will be invited to the race. Had they gone to Burgos, perhaps more would have gone. LD said that Burgos/Bobby Rea too high class to send many, the counter-argument is that we are sending 6x U20 athletes to Liverpool, which is also of high quality at the top end. The fixture at Antrim also clashes with Milton Keynes, perhaps athletes could have been directed there instead. Committee are concerned that many decisions made in a meeting are then being over-ruled. It's put forward that everything agreed at a Committee meeting should then be set in stone and not be changed at WA end. This led to further discussion as to whether we send juniors to Bobby Rea at all. Agreed that juniors will be invited but they'll be told that they'll be in the senior race so they can then make the decision whether to accept the invitation or not
- SL met with AJ and he put forward a suggestion to the Committee that the Road Relays move to within the T&F season, as in September many club coaches and athletes have a break between Track and XC season. The original reason to have the Relays in September was because there was so little time in the Spring to fit it in. Having been held in September for a few years, it now also serves as a selection for the English 6 stage road relays, which gives it a purpose. However there is agreement that September could be a useful as a recovery month for some, particularly younger athletes, whose track season extends to the end of August and cross country starts in early October. For older athletes, however, especially those targeting Liverpool Cross, they need the race in September. Some clubs enjoy the change from track before the cross country and feedback from clubs is that it's a fun event. It's therefore suggested that Coaches/parents/ athletes bear this in mind and factor in a rest period around the various events
- SL sent an email to LD and CJ following a meeting with AJ re concern that young athletes are doing too many senior

Parkruns. The suggestion was that as a national governing body, WA should inform parents and coaches that it's not advisable to run too far at a younger age. LD did not think it was a WA issue to police Parkruns, however SJ suggested that he would highlight this issue with Parkrun, from a welfare angle. SJ to contact Parkrun to raise the question. NH also highlighted that there is an issue with clubs and coaches pushing young athletes to do senior Parkruns and was aware of at least one club rewarding an athlete for completing 50 Parkruns. LD agreed that Coaches need to be educated so that the distance run by young athletes is close to race distances, approx. 1300m for U11s, 2500 U13s. It's suggested a Junior Parkrun (2K) is more suitable for these age-groups, of which there are many in Wales

SJ

- Email received from SB to confirm that Cardiff Half is part of the Super Halfs Series (Lisbon March 22nd, Prague March 28th, Copenhagen September 13th, Cardiff October 4th, Valencia October 25th). SB also confirmed dates of other R4W events (as detailed in fixtures)
- Note new date for Cardiff 5K (see fixtures)
- Email received from JW (Graham Heeley) to confirm that there will be no European Clubs Cross Country Championships in February 2020, so there will be no team competition at Liverpool in November as a result
- Invitation received from Rob Cameron re Inter-area match at Brighton. SL emailed to say Wales wouldn't be sending a team as it clashes with weekend of IR XC

2019/20 ROAD & CROSS COUNTRY COMPETITIONS PROGRAMME

Domestic fixtures:

- Masters Marathon Championships, Snowdon 26th October
- Inter-Schools/ Welsh Colleges/ Inter Regional XC Championships 16th November, Brecon
- Welsh Cross Country Championships, Pembrey, Saturday 22nd February 2020
- Welsh Schools March 11th 2020
- Welsh 10K Champs, Cardiff Bay March 29th 2020
- Newport Marathon and 10K April 19th 2020
- Welsh Marathon Champs 26th April 2020, London
- Porthcawl 10K July 5th 2020
- Barry Island 10K August 2nd 2020
- Welsh Half Marathon Champs Cardiff 4th October 2020

Representative fixtures:

- Abbotstown Cross Country 20th October 2019 (selected athletes)

- Leeds Abbey Dash 10K 27th October 2019 (Welsh and Regional teams)
- Bobby Rea International XC competition, Saturday 9th November 2019 (U20 & senior)
- Liverpool Cross Country 23rd November 2019 (U17 & U20)
- HCI & Celtic Nations Cross Country 11th January 2020, Stirling Scotland (U17, U20, Senior) LD to speak to SJ re Welsh Schools team
- Armagh Road 3K and 5K 13 February 2020 (development and senior)
- Barcelona Half Marathon 16th February 2020 (up to 4 M & F)
- SIAB XC 21st March Falkirk
- Mini-Marathon London 26th April 2020
- Welsh 5K Champs, Whitchurch Cardiff Sat 9th May 2020

SCHOOLS

- It was **AGREED** at the WSAA Executive meeting on 14th September that WSAA would again send teams of 4 to the Home Countries International (Stirling, Scotland in January) – costs to be met from WSAA reserves

TEAM SELECTION AND MANAGEMENT

- **Bobby Rea**
- **Liverpool**
To be announced at a later date.

AOB

- GF concerned re selection of TM. KT suggested we discuss at a further meeting, as this meeting has been a long one. NH would like her name put forward for the Stirling fixture in January
- AD confirmed having checked with JW email that all road Champs for 2020 are set (2nd year of hosting) but in September 2020 committee / WA need to advertise for races to host the Champs in 2021/22
- Cardiff 5K to also be an Inter-Area match – SL to contact Rob Cameron to confirm
- SJ says there were concerns about parking at Brecon for IR/IS, but it seems the old school site will still be available for parking, so less of a concern now
- No athletes selected for the Abbotstown Cross Country 20th October, although one or two WA athletes are running there of their own accord

DATE & TIME OF NEXT MEETING

- Wed 27th November, 6.30pm, Holiday Inn Express Swansea East
SA10 6GZ

all

SL