

**WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE
2023/2024 SEASON**

MINUTES TEAMS MEETING WED 15th MAY 2024 5.15PM

ATTENDEES: -

Alaw Evans, Martin Green, Nikki Haines, Steve Jones, Sharon Leech, Steve Mitchell, Kevin Tobin

APOLOGIES : - Alex Donald, Graham Finlayson

DECLARATIONS OF INTEREST: None

ACTIONS FROM PREVIOUS MEETING (20th MARCH 2024)

- *SL to send summary of Welsh XC discussion to JW/WA (no reply). SM stated that there may be a review, **SM to ask JW** to reply to committee with any decisions*
- *AD to contact the Regions with regard to selecting an Inter-Regional 10K race Not done officially yet, however AD has spoken to some members of the various regions, SL has since spoken to the regional representatives at the GC meeting (see below)*
- *SM to update on discussion with CT regarding fielding a Welsh U20 team in next year's Cardiff 5K Having discussed with the Performance Team, SM said that they have decided not to have a Welsh U20 representative team at the Cardiff Race for Victory 5K 2025, instead they will send an U20 team to Armagh (and not a senior team). AE questioned this decision as there are very few road opportunities for senior athletes. SM stated that there are plenty of senior XC and Trail opportunities*
- *Welsh Inter Schools/ Inter Regional Cross Country Championships 2024: provisional date: ? venue: Newtown. SJ stated that the date has still not been decided yet. (Cardiff XC is 9th November 2024 so it will not be on that date)*
- *AD to contact DO re age groups at Welsh XC: AD not in meeting so no update*
- *European Clubs Cross Country: **SM will check with JW** if there's any update, JW to check with British Athletics*
- *Feedback from representative events SIAB XC and Mini Marathon London: Successful event, some strong performances*
- *Feedback re Welsh Marathon Championships London and Welsh 5K Championships Cardiff: Daniel Hamilton (2:17) and*

Emily Marchant (2:41) Welsh Marathon Champions, Dewi Griffiths (14:03) and Clara Evans (15:34) Welsh 5K Champions

CORRESPONDENCE RECEIVED

- *Both Hedydd Davies and John Griffiths emailed to express their concerns (and their reluctance) towards the proposal to combine the Middle and Senior age groups at the Welsh Schools XC Championships. SL shared concerns with GC as part of the Road/ XC update. GC members voiced concerns regarding welfare of athletes*
- *Christine Vorres (GC Secretary) enquired as to the location/date of the Inter Regional 10K, email passed to AD to update. AD confirmed that it's up to the Regions to decide. SL discussed further in GC meeting, see below*
- *George (Swansea Harriers), Mick McGeogh, MG and a few others have expressed concern regarding the Welsh Road Relays being in September, when they are selection race for the National Road Relays in April. Also concern that the WA relays are 4 to count, whereas the National are 12 (men) and 6 (women). SM suggested a discussion during meeting: AD suggested (via voice note prior to meeting) that if we do go to the Spring, then finding a date is more difficult, the SIAB weekend may be the best, although this would affect the juniors selected for SIAB. AE suggested staying with the October date, with 6 men and 6 women. NH stated that perhaps clubs would struggle with fielding 6 runners. KE said we should focus on what's best for our National Road Relays, rather than be preoccupied with the 12 stage relays. SM stated that the juniors may prefer a break from track before XC and not have it in September, but they are also tired in March/ April from the indoors and XC competitions. If it clashes with the SIAB, potentially the number of juniors will be hit. SL suggested 5 male and 5 female seniors, rather than 6 male and 4 female. KT agreed and suggested we stick to September. **SM suggested we wait until AD is back to confirm the date**, it could be Spring (but not SIAB weekend), or remain in September. MG suggested we decide on the number of athletes in each senior team. Discussion followed, KT suggested that everyone asks their own clubs and feeds back to the Committee. MG stated that this could cause further confusion, so a vote was suggested. AE and MG suggested we try 6/6 as a trial year, however the Committee voted overall to trial 5/5, with a view to increase to 6 in the future, if it was felt that Clubs were able to field that number*

- *SM suggested that WA may consider offering Clubs to compete at the NI relay championships. AD stated that date clashed with this year's WA Road Relays, so it may be considered in future years*
- *SL attended GC meeting 8th May'24. Mentioned the proposal that Welsh School XC may combine Middle and Senior Boys' age groups, some welfare concerns raised. Also mentioned that the Regions are to choose an Inter-Regional 10K race host. Regions were keen for our Committee to do so, but stated that Regions had been asked previously to choose, so current proposal is the Richard Burton 10K in November, Regions to meet to decide if this feasible, before contacting race organisers*

DISCUSSIONS

- See above, plus SM confirmed that the Podium 5K in August will be a representative match for a senior team (male and female). Selection policy is on the WA website, along with the selection policy for the Valencia Marathon in December, selection meeting for Valencia will be June 26th and for Podium 5K August 7th

FIXTURES

DOMESTIC

- Welsh Road Relays 7th September 2024
- Welsh 10K Championships 15th September 2024
- Welsh HM Championships Cardiff
- Cardiff Cross Challenge 9th November 2024

REPRESENTATIVE

- Podium 5K 24th August 2024 (selection 7th August)
- Valencia Marathon 1st Dec 2024 (selection 26th June)

SCHOOLS

- Inter Regional/ Inter Schools XC date tbc, Newtown

PERFORMANCE

- **SM to update** regarding Cross Challenge following an upcoming meeting
- Cari Hughes performing well at 5K, both on road and on track
- Clara Evans 1st reserve for Olympic marathon team

AOB

- Committee to have a recess over the summer, **SM and AD** to update on matters to be actioned following this meeting

DATE & TIME OF NEXT MEETING

- Wednesday 21st August 2024 5.15pm. Microsoft Teams invite will be sent to members for a virtual meeting, minutes will be available on WA website (emailed to eleanor.cartlidge@welshathletics.org and media@welshathletics.org) and emailed to members