

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

MINUTES TEAMS MEETING WED 21st AUG 2024 5.15PM

ATTENDEES: -

Alex Donald, Alaw Evans, Graham Finlayson, Martin Green, Nikki Haines, Sharon Leech, Steve Mitchell, Kevin Tobin

APOLOGIES : Paul Adams, Steve Jones

DECLARATIONS OF INTEREST: None

ACTIONS FROM PREVIOUS MEETING (15th MAY 2024)

- **SM to ask JW to reply to committee with any decisions regarding Welsh XC discussions.** AD will look again at some of the points raised, however some of the issues have already been addressed. The location has been changed, as has the date, it will also be a selection race for three different events. WA's aim is to continue to improve it as an event and also improve on participation numbers. AD awaiting confirmation from the venue before it's announced officially
- **Inter-Regional 10K race: has Richard Burton 10K been confirmed?** No confirmation as yet, it is the Regions who need to lead on this. Perhaps the Regional reps from this Committee can pass this back to their Region to reiterate the point, although Regions are aware. It may be that no one particularly wants to organise it or be responsible. As the Richard Burton is the race in question, then ideally the West would be responsible to organise. They would need to contact the Richard Burton race committee and ensure that the timing company is aware of the age groupings needed for the IR results/ medals
- **Welsh Inter Schools/ Inter Regional Cross Country Championships 2024:** 16th November confirmed, venue is Newtown. There is a minority who still wish to split the events so that there is a schools only event and an IR only event. JW is keen to split the event, because he feels the Schools event is being lost. The Inter Schools entry numbers are usually fairly weak, with little engagement from schools. This may be that it's deemed as too difficult for some of the pupils.

AD explained that if the plan is to separate both events, then one idea is that the Road Relays are moved to March and that we introduce a Cross Country Relays event in October, with a separate schools relay event. The Inter Regional XC could then move back to its previous date in December, which would plug a gap in the competition calendar in December and also relieve congestion in November. This would be for 2025.

SM added that following a UKA Endurance Planning meeting, the English Cross Country Relays are likely to become the first fixture of the Cross Challenge. The Cross Challenge will be four fixtures and although the Relays would be the first fixture, individual leg times will be used for the individual placings. SM added that a WA Cross Country Relays would be good preparation for this. This is not yet confirmed, however there seemed to be a lot of support for the idea. KT added that there are a lot of fixtures in the autumn, including road events, so it may be difficult to find an ideal date. AD to look again at the race calendar to look at the overview of the events

- Linked to this, SM added that there are plans to shorten the length of the cross country season for 2025-2026. As a result, SM recommends keeping the Welsh Road Relays to their September date in 2025. If XC season is then shortened, the Welsh Road Relays could move to a spring date in 2026. This would be because the XC season wouldn't shorten until 2025-26. Again this is not confirmed so it may not happen
- AD suggested that Committee decides about the Road Relays date for 2025 and also give a decision about a potential XC relays. AD will send a template with various dates and everyone on the Committee to reply with their opinion. It may be easier to analyse the situation when all dates and fixtures are clearly marked on a calendar
- *European Clubs Cross Country*: SM sent email to Committee on 13th August to confirm that Britain will have 2 teams invited to the ECCC, both will need to come 1st and 2nd at Liverpool. Each home nation to send one team to compete at Liverpool. SM suggested either using Welsh Cross or Cardiff Cross as a selection race, Committee agreed that the Welsh Cross would be used (Swansea as winning men, Les Croups as winning women for Liverpool X Challenge this November). Individual Clubs need to fund the trip as ECCC only offer partial support. SL suggested athletes could also contribute

- *Valencia Marathon and Podium 5K selection meetings:* selections have been made, Podium 5K is on 24th August

CORRESPONDENCE RECEIVED

- Welcome to Paul Adams, representing East Wales on the committee. The Committee would like to thank Derek Osborne for his work to date
- Following discussion of number of athletes in a team for the Road Relays, NH analysed the membership of her Club (Parc Bryn Bach) and noted how few senior female athletes there were, in comparison to master athletes. Is this pattern replicated across WA clubs?
- Also related to the Road Relays, MG emailed on 18th June, noting that WA website still states 4 runners not 5 in senior teams. Further discussion ensued via email that number should be 4 or 6, it was decided that the team number remains at 4
- Hedydd Davies emailed querying timetable of Road Relays, as SM, MM, SW, MW all run at same time, as last year. He suggested staggering races. AD replied that day would be too long for officials if races split and could make results more difficult
- SM shared the selection policy for the National 6 and 12 stage relays. The details are on the website
- Committee asked to comment on max distances for new age groups, informing AD directly
- SM emailed the Committee to propose a date of 25th January for the Welsh XC Championships 2025 and a proposed date of 19th February for the Welsh Schools XC Championships. The various reasons for this were shared in the email and are linked to the fact that the XC season is being shortened, as mentioned previously

DISCUSSIONS

- Noted within matters arising

FIXTURES

DOMESTIC

- Welsh Road Relays 7th September 2024 Pembrey
- Welsh 10K Championships Swansea 15th September 2024
- Welsh HM Championships Cardiff 6th October 2024
- Cardiff Cross Challenge 9th November 2024

- Inter Schools and Inter Regional XC 16th November 2024 Newtown
- Welsh XC Championships 25th January 2025 venue TBC

REPRESENTATIVE

- Podium 5K 24th August 2024
- Valencia Marathon 1st Dec 2024
- Home Nations XC Leeds 8th February 2025
- Armagh Feb 2025 (U20)
- Race Walk March 2025
- Trafford 10K March 2025 (U23)
- Podium 5K date tbc 2025

SCHOOLS

- Inter Regional/ Inter Schools XC 16th November Newtown
- Welsh Schools XC Championships 19th February Brecon
- SIAB Scotland 22nd March 2025
- Mini Marathon April 2025

PERFORMANCE

- SM congratulated Clara Evans on her call up to the British Team for the Paris Olympics. Clara was the 1st British athlete home in the women's marathon
- Some athletes will be supported for an altitude camp in October (programme athletes only)

AOB

- AD asked SM if any other athletes were available to fill in the team spot in Podium 5K at weekend, as some have had to withdraw. SM confirmed that there weren't other athletes who had either met the criteria or come forward as being interested. This will mean that the men's team run as three not four. The female team will be a team of four. There was some discussion regarding senior athletes turning down the opportunity to run for Wales

DATE & TIME OF NEXT MEETING

- Wednesday 23rd October 2024 5.15pm. Microsoft Teams invite will be sent to members for a virtual meeting, minutes will be available on WA website (emailed to eleonor.cartlidge@welshathletics.org and media@welshathletics.org) and emailed to members