

WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE 2024/2025 SEASON

MINUTES TEAMS MEETING WED 27th AUGUST 2025 5.15PM

ATTENDEES: -

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

APOLOGIES : none

DECLARATIONS OF INTEREST: None

ACTIONS FROM PREVIOUS MEETING (21st MAY 2025)

- *Welsh XC Championships and Road Relays: AD to check with Masters Committee as to whether athletes should be allowed to drop down an age group (for team purposes), or whether they should remain in their own age group:*
AD agreed that athletes can drop down an age group, they are at no advantage doing so (not allowed to run up an age group)
GF stated that perhaps athletes shouldn't run in two different age groups
KT stated that they could potentially be taking a medal from another athlete, however in some circumstances it does mean that vets have a scoring team, therefore others have a medal who otherwise wouldn't
The benefit is that there is more potential for a scoring team
The difficulty arises when there are errors in the results, as a result of athletes running out of age groups. AD hoping that this is resolved as they improve the results process
Consensus was to keep system as it is, with athletes being allowed to drop down an age group and to run in their own age group race, if races separate
- From last meeting: SM stated that the plan is to offer *Seniors a representative opportunity at XC (Leeds Cross Challenge), 5K (Sportsshoes Cardiff August), 10K (Telford December), HM (Bath Spring), Marathon (Valencia December), Race Walk (Dudinska Spring)*
It is hoped to take a full team to the XC, 5K, 10K and HM, with a potential full team, (but possibly less as based on criteria), to Valencia for the Marathon
U20/U23 have a 5K/3K opportunity at Armagh, (possibly a full team but dependent on meeting criteria set), is this confirmed and if so are there dates?
SM confirmed that all are confirmed, apart from the Bath HM, as there are no other teams attending at the moment. As there's no alternative HM, SM

hoping that Bath will be confirmed and that Scotland may send a team
AD stated that Leeds may not host the HCI, it may be held within the London fixture, so the representative XC opportunity would therefore be London not Leeds. AD also stated that Nottingham may not be part of the X Challenge

KT asked as to whether the Cardiff X Challenge is a trial race, AD confirmed just for the mile, Liverpool remains as the longer race trials

SM confirmed that age groups will be different at the XC for the 2027 season (not 2026), as the age group changes don't come into force until April of 2026. The X Challenge unlikely to change as they use the World Athletics age groups (previously IAAF)

CORRESPONDENCE RECEIVED

- Wrexham 10K has moved date to Sept, which clashes with Swansea 10K. Caernarfon 10K (Aug 10th) was used instead as a WA 10K series race, Committee were consulted
- Further to JW's webinar re age group changes, which was informative, SL seeking further clarification, specifically the endurance table. It's unclear whether, for example, a 15yo will be allowed to run a 10K road race and a 17yo a HM road race (as they are currently). One column shows 'all terrains', another 'road and multi', distances don't match

SJ suggested that Committee watch the webinar ([Age Group Changes and Participation Update - YouTube](#)). AD suggested that comments be forwarded to JW as the consultation period is almost ended. Committee can email SL who will then collate and send information to JW as a collective email

Age group	Age on day	All terrains: maximum distances	Cross Country: recommended distances	Road and terrain: recommended distance
Senior / Master (20+)	20+	Unlimited	Unlimited	Unlimited
U20 (18, 19)	19 18	45km Marathon	10km	Marathon
U18 (16, 17)	17 16	25km 16km	8km	16km
U16 (14, 15)	15 14	12km 8km	5km	8km
U14 (12, 13)	13 12	6km 6km	4km	6km
U12 (10, 11)	11 10	3km 2km	3km	3km

- Email from AD wishing to use this meeting to discuss the allocation of the Road Championships for 2026 / 2027. Selecting for 5km, 10km & Marathon, for the senior & junior (where applicable) age-groups. The

Master age-groups will now be allocated separately by the Masters Advisory Group, headed by Bernie Jones

Event organisers have been able to submit interest in hosting a Championship.

AD confirmed that JW had passed the responsibility for the masters Champs to the Masters Group, they may be held within the same race, however it is up to the Masters to decide that. Committee not opposed to this

AE suggested that she's more likely to compete in the senior Champs and may then not compete in the Masters Champs, would that therefore affect numbers if others decide the same? MG suggested that the Masters are keen to fall in with the English Masters so that there's a team competition. AD suggested that this is different, as the Championship races will need to be in Wales

AD confirmed that JW has stated the HM Championships remains within the Cardiff HM

NH stated that the Masters Championships would ideally not clash with any senior WA Championships, AD agreed that better communication and alignment is in place moving forward, as there were a few clashes this year

Committee agreed the following for 2026/2027:

5K Cardiff Race for Victory 3rd May 2026

10K Richard Burton 1st November 2026

Marathon ABP Newport 19th April 2026

DISCUSSIONS

- Welsh XC venue is not yet confirmed, the BUCS course at Blackweir was suggested, as was Glan Usk. The parking at Glan Usk questionable

FIXTURES

DOMESTIC

- WA Junior Road Relays 20th September 2025 Parc Bryn Bach
- Welsh XC Championships 24th January 2026
- WA Senior Road Relays 28th March 2026 Parc Bryn Bach (to include junior races which will serve as mini marathon trials)

REPRESENTATIVE

- Sportsshoes 5K 30th August 2025 (selection meeting Wed 6th August)
- Valencia Marathon 7th December 2025 (selection meeting Wed 25th June)
- Telford 10K 14th December 2025
- HCI XC 7th February
- Armagh 3/5K 12th February 2026

- Mini Marathon 12th April 2026

SCHOOLS

- Welsh Inter Schools Cross Country 22nd October 2025 Brecon
- Welsh Schools XC 25th February 2026 Brecon (date tbc)
- SIAB: Wales to host the 2026 event, 21st March 2026 Faenol Estate, North Wales

PERFORMANCE

- Good luck to the Sportsshoes 5K team who compete on Saturday 30th
- Congratulations to those selected for the World Athletics Championships

AOB

- none

DATE & TIME OF NEXT MEETING

- Proposal: Wednesday 29th October 5.15pm. Microsoft Teams invite will be sent from SM 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