

WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE 2025/2026 SEASON

MINUTES TEAMS MEETING WED 18th MARCH 2026 5.15PM

ATTENDEES: -

Aled Jones-Davies AJD, Alex Donald AD, Alaw Evans AE, Graham Finlayson GF, Martin Green MG, Nikki Haines NH, Sharon Leech SL, Steve Mitchell SM, Kevin Tobin KT

APOLOGIES : Steve Jones SJ

DECLARATIONS OF INTEREST: None

ACTIONS FROM PREVIOUS MEETING (14th JANUARY 2026)

- *Welsh XC Championships venue 2027 onwards. A meeting is needed to decide on a more permanent venue for the Welsh Cross from 2027 onwards (see discussion below)*
- *Welsh Athletics Senior Road Relays and SIAB Trial, 28th March 2026: route was discussed, due to issues with the course at the Junior Road Relays, AD wasn't present to confirm. AD has confirmed that the route will be good to use, the grassy area which we discussed at the last meeting is likely to be too wet, more barriers will be used to ensure safety at change over point*
- *Are 2026 WA 10K road series races confirmed? See note in correspondence and discussion*
- *East Wales Representative on Committee? NH stated that she is happy to represent the East Region on the Committee, SL has messaged the Chair of the East Region to ask whether the East are happy with this arrangement. Joyce Tomola emailed a reply to say that the East are happy to have NH as their representative, therefore welcome NH as a Regional representative on the Committee!*
- Aled Jones-Davies (TROTS) is welcomed as a co-opted member of the Committee
- *Recent representative fixture results:
Welsh XC Championships (Jan'26): Senior Champions
Thomas Chaston/ Emily Chaston*

Home Countries/Celtic XC London (Feb'26): Larry Ryan/ Eden O'Dea top Welsh finishers/ 3x top 10 in women's U20 & team title

Armagh 3/5K (Feb'26): Adam Barber/ Bryony Boyce top Welsh finishers

Welsh Schools XC Champs (Feb'26): Senior Champions Holly Humphreys/ Sam Boyce

CORRESPONDENCE RECEIVED

- JW sent an email to SL (then shared with Committee), to update on the 2026-2027 WA 10K series. Due to lack of funding, the series will be paused for this year, the situation will be reviewed for forthcoming years
- NH emailed the Committee to suggest various venues for the Welsh XC Championships. Venues: Builth Showground, College/University campuses, Country Houses in Wales, Tredegar House Newport
- SL attended GC meeting 4th March 2026, minutes of that meeting will be on WA website once finalised [Meetings & Minutes](#)
- GF circulated 2026-2027 Endurance Calendar
- GF to host the Welsh 5K Championships within new Caerphilly 5K event 9th August 2026
- SM circulated selection policy for Clubs to compete within English National Road Relays

DISCUSSIONS

- WA 10K Series. No funding available for the WA series this year, although there are question marks as to whether the series works. Does it increase participation? It may have been too stretched across the year, with less of an impact on runners. AD suggested that if it is to return, then it perhaps needs to look different. Possibly mix the distances so that there's a 5K, 10K and a HM within the series. It also needs to be 'jazzed up' a little, to create interest and enthusiasm. The cost to WA was the prize money, as the races were hosted by the race organisers. No direct income to WA from the series entries. AE suggested that the series be linked to the WA road race championships, which would help boost the numbers at these events
- Welsh XC Championships AD addressed the venues suggested by NH. He reminded that venues need to have

enough space for cars to park, enough space for the senior course, enough space for marquees and club tents, room for event vehicle access.

AD stated that Builth is no longer usable as the owners don't want us to use it, as it damages the ground. Tredegar House is possible, although they didn't reply at the time. St Fagan's is a possibility, but there are various farmers' fields to get permission for. There's also a parking issue, as when it's wet, the site can't use part of the parking area, (a risk in Jan/Feb). No overflow as the village is a no go. GF stated that we've used various other venues where there's not enough room for 600 cars (e.g. Brecon). Cardiff is arguably over used as a venue (Cardiff X, Cardiff 5K, Cardiff Half). Llandaff also difficult as a site as there is little room for event vehicles.

Proposal for next year is that the event moves a bit later in the calendar, but it needs not to be too close to the Welsh Schools XC. Should it move, the Inter Regional XC would then likely be the selection race for the HCI/Celtics.

Re Country houses/ National Trust, they can be expensive and NRW sometimes state that they aren't happy for the land to be used. Often they lack car parking spaces, park and ride an option, but adds to cost and can be difficult to manage re timings.

NH mentioned using sites in mid or North Wales, however in the past this has led to lower entry numbers. More recently, participation levels have improved, as well as North Wales Clubs having greater numbers of cross country runners, therefore it could be considered.

AD suggested that one option is to choose Newtown for the Welsh XC instead of for the Inter Regionals. SL stated that often it's not mid or North Wales which affects numbers, but it's also West Wales. Often athletes based in the South/ East don't support events which they deem to be too far to travel.

AE asked if there's criteria that could be shared so that areas understand why it's not suitable to host a Championships there. Some of the points have been raised (and noted) at this meeting.

SL queried re Carmarthen Showground, perhaps worth looking at in the future also

- Welsh 5K Championships AD stated that he would be keen for the new Caerphilly race, which GF is hosting in August, be host to the 5K Champs. It's been held at Cardiff over the last few years, however that race is not going ahead this year and there are very few 5K races in Wales which are suitable (time/ course/ parking etc).

GF stated that Caerphilly Council would be happy to host the Championships within the race, however there are a few final issues to iron out.

The course is a three lap course, there would be three races, a one mile/ one lap race, a Club runner 5K race (inc Welsh Champs) and a 5K fun run, to avoid too many in one race.

The Committee voted that they were happy to support the Welsh 5K Championships at Caerphilly 5K

- Sportsshoes 5K Cardiff AD stated that the organisers (Sportsshoes) weren't keen for the August date as per previous years, however finding an alternative date is proving difficult as the Park has many dates booked for other events. No date between May and September due to issues with clashes. WA may host the race themselves, however no decision made as yet. Scotland won't support the race as a Sportsshoes race, as feel it's too commercialised. England likely to support it, as well as some Regional teams. AD confirmed that it's an ongoing matter, hopefully a decision will be made soon

FIXTURES

DOMESTIC

- WA Senior Road Relays 28th March 2026 Parc Bryn Bach, to include junior races which will serve as mini marathon trials
- Welsh Marathon Champs ABP Newport 19th April 2026
- Welsh 5K Champs 2026 Caerphilly 9th August
- Welsh HM Champs Cardiff 4th October 2026
- Welsh 10K Champs Richard Burton 1st November 2026

REPRESENTATIVE

- Mini Marathon 25th April 2026
- Antrim HM 23rd August 2026

SCHOOLS

- SIAB XC: Wales to host, 21st March 2026 Faenol Estate, North Wales

PERFORMANCE

- Selection policies have been shared, the Mini Marathon selection meeting will be the next to be held. SJ to send an email to the Committee to ask who is able to attend, likely to be the week of 30th March

- Congratulations to Natasha Wilson on her selection to the GB & NI team for the marathon at the European Road Running Championships in August
- Individual athletes supported on training camps of their own choice

SCHOOLS

- SJ not in attendance, next event is the SIAB XC on 21st March

AOB

- AD confirmed that he will be leaving WA at the end of next month. Moving forward, Rob Champion has been appointed to the role of Track and Field Lead and Marcus Meyrick (a member of Les Croupiers) has been appointed as Off-Track Competition Lead. The Committee wish AD all the very best in the future and thank him for all his hard work at WA and for his help with the Committee
- The Committee also wished AE all the very best, as her baby is due in May

DATE & TIME OF NEXT MEETING

- Proposal: Wednesday 13th May 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 eleanor.cartlidge@welshathletics.org and media@welshathletics.org) and emailed to members