

**WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE
2024/2025 SEASON**

MINUTES TEAMS MEETING WED 21st MAY 2025 5.15PM

ATTENDEES: -

Alaw Evans, Sharon Leech, Steve Mitchell, Kevin Tobin

APOLOGIES : Alex Donald, Graham Finlayson, Martin Green, Nikki Haines, Steve Jones

DECLARATIONS OF INTEREST: None

ACTIONS FROM PREVIOUS MEETING (2nd APRIL 2025)

- *Welsh XC Championships: 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: ongoing as AD not in meeting*
- *Welsh Inter Schools/ Inter Regional XC Champs: Survey Response. Following the WSAA Management meeting in April, it was confirmed that the Welsh Inter Schools would revert to a stand alone event, likely date Wednesday 22nd October 2025. Races will be reduced in length to 2km, 3km and 4km (age group dependent), in the hope that more unattached pupils will participate. Welsh Colleges will continue to be invited to attend. Entry fees/ process to be further discussed, event will not be used as a selection event*
- *Welsh Road Relays: AD unable to attend due to SSAFA race, sent update re Junior & Senior Road Relays via email. 20th Sept'25, 28th Mar'26 respectively at Parc Bryn Bach. KT queried re parking, AD confirmed that layout has been improved, but Senior event will require marshals at car park*
- *Cardiff 5K: possibly field an U20 WSAA team? Or a WA senior team? Discussion had regarding fielding a team, to be further discussed when full attendance at meeting*
- *Welsh Athletics 10K Series: AD confirmed the following:
Sunday 11th May Bryn Meadows Caerphilly 10K (East Wales)
Sunday 7th July Porthcawl 10K (South Wales)
Sunday 20th July Helena Tipping 10K (North Wales)*

Sunday 14th September Admiral Swansea Bay 10K (West)
Sunday 2nd November Tata Steel Richard Burton 10K (West)

- *Welsh Marathon Champs London:* Nicholas Coyle (2:24)/ Emily Marchant (2:38)
- *Mini Marathon London:* some excellent performances, including podium finishes
- *Welsh 5K Champs Cardiff:* James Heneghan 14:20/ Sophie Pikett 16:14
- *Anglo Celtic Plate 100K:* Henry Drake 7hr36 first Welsh home

CORRESPONDENCE RECEIVED

- *For discussion: the Committee received a letter from JW (via SM), regarding a proposed policy to charge athletes £75 towards travel costs when selected to represent Wales overseas. Domestic fixtures will not require upfront contribution*
This remained on the correspondence as not all were in attendance last meeting. With KT and AE agreeing this evening, then Committee confirms it supports the policy
- SL attended GC meeting 5th March 2025, 7th May 2025.
Minutes on WA website
- GF unable to attend due to SSAFA race, update re Cardiff 5K and Caerphilly 10K, both very successful races, 1000 children ran at the Caerphilly 2K
- GF shared Inter-Regional 10K results from the Caerphilly 10K. Successful event, GF keen to see the event continue

DISCUSSIONS

- WA considering Telford 10K and Bath HM as 10K and HM representative options (see below note re performance). At present no other teams compete at these events. SM has had discussions with other areas, some may consider taking a team to Telford or Bath. AE said that Scotland and Ireland send teams to the Antrim HM, but that would be more costly than Bath. WA may compete against inter area teams such as Midlands, South of England etc

FIXTURES

DOMESTIC

- WA Junior Road Relays 20th September 2025 Parc Bryn Bach
- WA Senior Road Relays 28th March 2026 Parc Bryn Bach

REPRESENTATIVE

- Podium 5K 30th August 2025 (selection meeting Wed 6th August)
- Valencia Marathon 7th December 2025 (selection meeting Wed 25th June)

SCHOOLS

- Welsh Inter Schools Cross Country 22nd October 2025
- SIAB: Wales to host the 2026 event

PERFORMANCE

- Noted in above discussions, also:
SM stated that the plan is to offer Seniors a representative opportunity at XC (Leeds Cross Challenge), 5K (Podium 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 have a 5K/3K opportunity at Armagh and a 10K opportunity at Pulford or Trafford (inc U23), (possibly a full team but dependent on meeting criteria set)
- Nominations from Committee members required for the two upcoming selection meetings, email to be sent to SM

AOB

- n/a

DATE & TIME OF NEXT MEETING

- Proposal: Wednesday 27th August 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