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| **WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE 2023/2024 SEASON****MINUTES TEAMS MEETING WED 23rd OCT 2024 5.15PM** **ATTENDEES: -**Paul Adams, Alex Donald, Alaw Evans, Graham Finlayson, Steve Jones, Sharon Leech, Steve Mitchell, Kevin Tobin**APOLOGIES :** Nikki Haines**DECLARATIONS OF INTEREST:** None**ACTIONS FROM PREVIOUS MEETING (21st AUG 2024)*** *Welsh XC Championships: has venue been confirmed?* AD confirmed that there are some issues with Margam so unfortunately it cannot be held there; Brecon is not being considered as the grounds are being used; various suggestions were made, at present Singleton Park is being considered, AD to confirm at a later date
* *Inter-Regional 10K race: has Richard Burton 10K been confirmed?* Regions have met and decided that there won’t be an IR 10K for 2024, but they will organise a race for 2025. This will be at the Bryn Meadows Caerphilly 10K 11th May 2025. GF has met with the Race Committee, they are happy to host, Regions will be given a code to enter their athletes two weeks prior, Regions to pay the entry. 6 to run, 4 to score. Rob Campion will send info to WA so that it can be put as a ‘news’ item, so that athletes are aware. Each Region will advertise the race on their social media

*Welsh Inter Schools/ Inter Regional Cross Country Championships 2025 discussion.* AD suggested discussing the format of the IS/IR at a later date, however there have been suggestions for a potential Cross Country Relays for both Welsh Athletics and Welsh SchoolsRecent results:* *Podium 5K Aug’24 results: Dan Nash 15th (1st Welsh male), Beth Kidger 3rd (1st Welsh female)*
* *Welsh Road Relays Sept’24 results:* Swansea winners of both men’s and women’s teams
* *Welsh 10K Champs Swansea Sept’24 results:* Dewi Griffiths men’s champion (Josh Griffiths and Jon Butler 2nd/3rd), Lauren Cooper female champion (Donna Morris and Megan Carter Davies 2nd/3rd)
* *Welsh HM Cardiff Oct’24 results:* Welsh HM Champions Dan Nash 65:11 and Clara Evans 75:42

**CORRESPONDENCE RECEIVED** * SL attended the GC committee meeting on 18th September. Discussed selection policy of Road Relays, as it seemed unfair that despite Swansea having 12 faster athletes, they were not selected for the National Relays as some had been entered as Vet runners. It would seem fairer to disregard age/ categories and simply count the 12 fastest athletes regardless
* Kay Hatton (NW) is concerned that the Road/ XC Committee agreed to the date for the IR XC as it clashed with the Masters International XC. AD did reply that he was under the impression that the Masters was on its usual date of the preceding weekend and was not aware of the change. AD stated that the IR/IS may move to December for 2025, KH suggested all liaise re dates to avoid clashes. AD confirmed that Bernie Jones will liaise re dates, he also confirmed that the change in the Masters date was done very late and so the unfortunate clash was unavoidable

**DISCUSSIONS** * AD stated that the Junior Road Relays may continue in September (SJ suggested early September) and Senior RR in March. (For the 2025 senior RR the winners will not qualify for the National Relays as the September 2024 event has been used). AD also confirmed that the Seniors and Masters age groups are likely to be split, due to issues with results and too many athletes at the change overs. Also, Open Track will not be used at the next RR, an alternative timing platform will be used. The format of the split Junior/ Senior Road Relays could include a one off race for the other age groups, such as a junior 3K race within the Senior programme and a Masters 5K within the Junior event. The Committee agreed with the suggested plans for the Road Relays
* SJ stated that Afan Need Tawe Schools hosted a further relay event this week. They have been hosting a Cross Country relay since 2015, it has proved very popular, this year with 92 teams participating

**FIXTURES**DOMESTIC* 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* Valencia Marathon 1st Dec 2024
* Home Nations/Celtic XC Leeds 8th February 2025 (U17-Senior)
* Armagh Feb 2025 (U20)
* Race Walk 22nd March Dudinska 2025
* Trafford 10K March 2025 (U23)
* Mini Marathon 26th April 2025
* ACP 100K Ultra 3rd May 2025
* 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

**PERFORMANCE** * SM confirmed that UKA are looking to condense the cross country season for the 2025-2026 season, this will have implications for the various national competitions also
* SM confirmed that some of the programme athletes are in Font for altitude training, targeting various competitions (both road and XC)
* SM will be going through the endurance plan and how it fits with the WA Performance Strategy on the morning of the Cardiff Cross at 9.30am

**AOB** * GF confirmed that the Cardiff 5K has already taken 1500 entries, they will close entries once 2000 has been reached

**DATE & TIME OF NEXT MEETING*** Wednesday 27th November 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
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