

WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE 2025/2026 SEASON

MINUTES OF TEAMS MEETING HELD ON WEDNESDAY 29th OCTOBER 2025 AT 5.15PM

ATTENDEES: -

Alaw Evans, Graham Finlayson, Steve Jones, Steve Mitchell, Kevin Tobin

APOLOGIES: -

Sharon Leech, Alex Donald, Martin Green, Nikki Haines

DECLARATIONS OF INTEREST: None

ACTIONS FROM PREVIOUS MEETING (27th AUGUST 2025)

- **Potential Representative Fixture- Bath Half Marathon Sunday 15th March 2026**

SM noted that at the moment there had been very little interest from the other Home Countries or English Regions. Various other options discussed including a fixture in Europe or even send a Team to Bath regardless as it is a good event and an ideal time of year for Spring Marathon preparation (SM and Committee members to consider further)

- **Endurance table distance confirmation following email to JW**

JW replied that the distances are now confirmed.

| 1 | 2 | 3 | 4 | 5 |
|-----------------------|------------|-----------------------------|-----------------------------------|---|
| Age group | Age on day | terrains: maximum distances | Cr Country: recommended distances | road and terrain: recommended distances |
| 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 3km | 3km | 3km |

Column 3 shows maximum distances allowed at each age.

Column 5 shows recommended distance.

It's unlikely to affect athletes/ event providers, as there's no real difference to previous years. One point to note is that under 12s should not be allowed to run further than 3k.

- **Welsh Road Championship Races 2026/2027-** noted that these had been confirmed with race organisers as follows:

- 5k Welsh Champs - Cardiff 5k Race for Victory (3rd May 2026)
- 10k Welsh Champs - Richard Burton 10k (1st November 2026)
- Marathon Welsh Champs - ABP Newport (19th April 2026)
- **Masters Road Championships**
Awaiting confirmation of dates and venues (AD/Masters Committee).
- **Welsh Cross Country Championships 2025/26**
Noted that the venue had yet to be agreed, with two options being under consideration, namely the showground at Monmouth and the National Museum, St Fagans, Cardiff.
The general consensus was that St Fagans would be preferred, as long as previous issues re. parking and the condition of the course could be resolved (noting that when the venue had previously been used, there had been an issue with the condition of the running surface due to livestock).
Various members of the Committee offered to visit the venue at St Fagans with GF and AD to consider.
Noted that this was now becoming urgent and would need to be addressed immediately following the forthcoming Cross Challenge.
(GF/AD/SJ/KT)
- **Recent Results - Representative**
Sportsshoes 5k: Generally considered a success with some top quality runners in attendance. First Welsh Team finishers James Heneghan/ Alaw Evans. Noted that some Welsh athletes had competed in the Nike Team rather than compete for Wales.
- **Recent Results - Welsh Championships**
Welsh 10k Champs Swansea: Dewi Griffiths/ Olivia Tsim
Welsh HM Champs Cardiff: Dan Nash/ Natasha Wilson
- **WA Junior Relays, Parc Bryn Bach**
Noted that despite the weather (monsoon type conditions) the event was successful with 300 athletes taking part.
However significant issues were noted as follows:
Safeguarding – concern that young athletes were out of sight for much of the race
Athlete/Public Interface - various incidents noted, with clashes between walkers and athletes particularly at changeovers
Parking – remote from race course
NB See also below ('Discussions' section)
- **Welsh Inter Schools XC, Newtown, 22nd October 2025**
Noted that this had been an overwhelming success with 97 schools and

over 1400 athletes taking part.

Noted that some minor refinements were required re finishing funnels etc. for future events (SJ/GF)

CORRESPONDENCE RECEIVED

- SL attended the GC meeting on 3rd September 2025. Age group changes, selection process, event locations and Inter Schools/Inter Regional XC were among the items discussed. Meeting minutes shared with Committee via email

DISCUSSIONS

- **Welsh Athletics Senior Road Relays and SIAB Trial, 28th March 2026, Parc Bryn Bach**
Agreed that due to the issues noted re. safeguarding and athlete/public interface (particularly bearing in mind the large numbers expected in the SIAB trial race) that serious consideration should to be given to re-locating for the forthcoming Senior Relays and SIAB trial (AD/SM)
Also noted that there was a move to limit numbers in the SIAB (Mini Marathon) trial with pre-qualification. SM to advise further (SM)

FIXTURES

DOMESTIC

- Welsh IR XC Newtown 29th November 2025
- Welsh XC Championships 24th January 2026
- WA Senior Road Relays 28th March 2026 Parc Bryn Bach (to include junior races, which will serve as London Mini-Marathon trials)
- Welsh Marathon Champs ABP Newport 19th April 2026
- Welsh 5K Champs Cardiff Race for Victory 3rd May 2026
- Welsh HM Champs Cardiff 4th October 2026
- Welsh 10K Champs Richard Burton 1st November 2026

REPRESENTATIVE

- Valencia Marathon 7th December 2025
- Telford 10K 14th December 2025
- HCI XC Parliament Hill London 7th February 2026
- Armagh 3/5K 12th February 2026
- ACP 100Km 21st March 2026
- London Mini Marathon 12th April 2026

SCHOOLS

- Schools Combined Events 6th December 2025
- Welsh Schools XC 25th February 2026 Brecon (date tbc)
- SIAB X/C 21st March 2026 Faenol Estate, North Wales

PERFORMANCE

- **National Development Programme (NDP)**
SM noted that an open day (with invited athletes) had taken place on 4th October 2025 to kick off the new season
- **Selection Policies**
SM noted that selection policies had recently been published for the following representative/schools fixtures:
Home Countries Cross Country International, Parliament Hill, London 7th February 2026
Armagh 3/5k 12th February 2026
SIAB Cross Country 21st March 2026
ACP 100km 21st March 2026
Mini Marathon 12th April 2026
- **UK /English Cross Country Relays Autumn 2026**
SM noted that it had been agreed that the English Cross Country Relays, currently held each Autumn in Mansfield, would in future (Autumn 2026 onwards) incorporate the UK Club Championships at Senior and U20 Age Group (potentially also Juniors in future).
Noted that there was a potential clash with the Richard Burton 10k (2026 Welsh Championship)

AOB

- **Cardiff Half Marathon**
AE noted that due to the high demand many club runners were unable to gain entries for the Welsh Half Marathon Championship held as part of the Cardiff Half Marathon (AD)
- **Telford 10k Selection Meeting**
To be held Thursday 14th November 2025, AE and SJ to attend on behalf of the Committee (SM to send a Teams invite)

DATE & TIME OF NEXT MEETING

- Proposal: 14th January 2026 @ 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