

**WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE
2023/2024 SEASON**

MINUTES TEAMS MEETING WED 20th MARCH 2024 5.15PM

ATTENDEES: -

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

APOLOGIES : - None

DECLARATIONS OF INTEREST: None

ACTIONS FROM PREVIOUS MEETING (17th JANUARY 2024)

- *AD to contact the race organisers of the proposed 10K Welsh Champs (2 year contract) and the 10K series (1 year contract)* This has now been done, the 10K Welsh Championship race will be the Admiral Swansea Bay 10K and the 10K series will feature the following: Sunday 28th April: ABP Newport 10k (East Wales), Sunday 12th May: Bryn Meadows Caerphilly 10k (East Wales), Sunday 21st July: Helena Tipping Wrexham 10k (North Wales), Sunday 15th September: Admiral Swansea Bay 10k (West Wales), Sunday 3rd November: Richard Burton 10k (West Wales)
- *AD to contact the Regions with regard to selecting an Inter-Regional 10K race* Not done officially yet, however AD has spoken to some members of the various regions
- *SM to update on discussion with CT regarding fielding a Welsh U20 team in next year's Cardiff 5K* Not done yet, will do over next few weeks. SM is keen to field an U20 team in future years as there are various other regions doing the same this year
- *SM to update with regard to selection policy – were there any further suggestions from the Committee since the January meeting? Since last meeting 2 seniors pulled out (late) from Armagh 3K, which has prompted SM and performance team to once again look at the policy, as it's not had desired effect.* SM emailed to confirm that selection policies have been reviewed to allow for a wider range of athletes to be eligible for selection. Updated on website and email sent to coaches. Selections since have used the new policy (Trafford and mini-marathon), there may be a few extra modifications made over the next few weeks, in readiness for next season. SJ confirmed that the mini-marathon selection meeting

instigated some long debates, hence prompting small changes to the policy for 2025 so that indoor performances may be considered

- *Welsh Inter Schools/ Inter Regional Cross Country Championships 2024, date and venue to be confirmed:* Discussion regarding the timing of the event. Difficult to confirm a date as yet as the Cardiff X date has not yet been confirmed. There will be an autumn WRU international in Cardiff on the preferred date and so the park will be unavailable. Cardiff X may have a change of venue as November is preferred date of choice. Hence a provisional date may be set for the IR/IS, the likely location is that it returns to Newtown
- *Feedback from representative events HCI XC London, Armagh 5K/3K and Trafford 10K :* **HCI Seniors:** 1st Welsh (not in team) Beth Kidger 16th, Martha Owen (1st of Welsh Team) 28th, 1st Welsh (not in team) Matt Willis 11th, Michael Ward 29th (1st of Welsh team); **U17:** Millie Gold 6th, Iwan Thomas 2nd, **U20:** Beth Rawlinson 21st, Henry Evans 14th. **Armagh 3K:** 1st Welsh (not in team) Cari Hughes 2nd, Angharad Davies 42nd (1st of Welsh team), **5K:** 1st Welsh (not in team) Kristian Jones 24th, Ben Reynolds (1st of Welsh team) 26th **Trafford 10K:** Adam Barber 1st of Welsh team, Dion Griffith, Janos Vranek (all pbs); Abigail Doherty 1st Welsh U20 (not in team), Megan Williams (1st of Welsh team), Elin Griffiths, Leonora Lynn, Mai Davies
- *Feedback re Welsh XC Championships 17th February* (see committee discussion below) *and European Clubs Cross Country 25th February Albufeira, Portugal:* Swansea men's team 20th of 31, Les Croupiers women's team 17th of 22. Both teams enjoyed the well organised event. SM would like to support the proposal of Wales sending two teams every year, he will check with CT and CJ if this is possible. Welsh XC Champs would be the ideal race to use as a trial race, although there is a bit of a time lag between the Welsh XC Champs in the Feb of the year preceding the ECCC. Using the Welsh XC Champs of the same year does not allow enough time potentially for teams to be registered, flights and accommodation secured etc

CORRESPONDENCE RECEIVED

- Bernie Jones (North Wales) emailed to submit an application from North Wales to host the Welsh XC Championships 2025
- Dr Hedydd Davies emailed to express concern regarding low numbers at the Welsh XC Championships 2024 compared to other home nations. JW suggested that the Road/ XC

Committee discussed ideas as to how to improve the event and increase participation. SL sent an email to members, ideas collated and discussed at this meeting (see below)

- DO queried the masters rules for the XC Champs as there was confusion with regard to masters being able to race in younger age groups, results didn't seem to take this into consideration. AD unaware of the issue at the time, however did confirm that a rule had been put in place last year that athletes could drop down one age group only. Thus a V60 could not compete in the V40 team, only in the V50 team . AD to contact DO

DISCUSSIONS

- Welsh XC Championships:
 - AD explained that Hedydd was particularly concerned about the numbers in the junior races. These numbers have gone down year on year. The senior numbers did actually go up this year. Junior club membership is significantly down on pre Covid numbers and the focus needs to be on improving this
 - SM read out some of the points that people made, which the Committee then discussed
 - SL to put together a list of preferred ideas, to send to WA, primarily focusing on venue, date, incentives, improving junior participation
 - With regard to the drop in Junior athletes since pre Covid times, this was to be expected as athletics was one of the last sports to return (no access to tracks etc), but is there enough interaction with Clubs and Schools? Are young athletes in school events being encouraged to join their local Club?
 - AE suggested that the Urdd Primary event was a perfect opportunity to push WA clubs. Opportunity missed
 - Ideas are needed to push the club affiliation for juniors. SJ suggested that Road races which include a junior race could be asked to promote WA Clubs. Parents/ carers need to be aware that they can access WA website to find a local club or local club could be contacted so that representatives are on site
 - SJ mentioned that we have discussed some of these points previously, however nothing seems to change, suggesting that perhaps a working group is needed to push for change

FIXTURES

DOMESTIC

- *ERRA National 12 & 6 Stage Road Relay Championships Sutton Park Birmingham 6th April*
- London Marathon (inc Welsh Marathon Championships) 21st April London

REPRESENTATIVE

- SIAB Santry Dublin, 23rd March 2024
- Valencia Marathon Dec 2024

SCHOOLS

- WSAA Mini Marathon London April 20th 2024

PERFORMANCE

- n/a

AOB

- none

DATE & TIME OF NEXT MEETING

- Wednesday 15th May 2024 5.15pm. Microsoft Teams invite will be sent to members for a virtual meeting, minutes will be available on WA website (emailed to elleanor.cartlidge@welshathletics.org and media@welshathletics.org) and emailed to members