

**WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE**  
**MINUTES OF TEAMS MEETING WEDNESDAY 28<sup>th</sup> JUNE 2023 5.15PM**

**ATTENDEES: -**

Alaw Beynon-Thomas, Steve Jones, Sharon Leech, Steve Mitchell,  
Kevin Tobin

**APOLOGIES : -**

Alex Donald, Graham Finlayson, Martin Green

**DECLARATIONS OF INTEREST:** None

**ACTIONS FROM PREVIOUS MEETING (12<sup>th</sup> APRIL 2023)**

- SM to explain and simplify the representative tier system (was being finalised with Chris Type), also who a representative team is meant to cater for, whether it's the elite athletes or the level just below. SM to have further discussions with Chris Type and will update at next meeting. *SM has analysed data of the attitudes of athletes to a Welsh selection, there is a high level of drop out among the seniors, which has a cost implication both financially and time wise. The junior attitude however is more positive, those selected and who confirm availability do not drop out, therefore it seems the value of Welsh representation is greater among junior than senior age groups. Selection policies are therefore going to be changed somewhat to try to counteract this trend amongst seniors. Exact details have yet to be finalised but the performance team are now working at a policy, particularly for funded athletes. Discussion ensued with regard to travel arrangements sometimes being awkward which can cause issues for the athletes. However this is not the main reason athletes pull out. KT also suggested perhaps the standards need changing for certain events, to include athletes who are just below the funded athletes programme and will be keen to be selected in order to help push them forwards, hence the tiered system. The RDP and NDP may also be extended to try to ensure athletes have the opportunity to be supported...but also not to burn them out. SM will update re tiers and selection policies as it's currently work in progress*
- AD to confirm host venue for the Inter Regional / Inter Schools Cross Country Championships in November. Following guidance from JW that the Committee can select the venue, AD circulated an email asking for the Committee's opinion, consensus is that the 2023 IR/IS will

be held at Dolerw Park Newtown (further notes in correspondence)

- Feedback re Welsh Marathon Champs (Dewi Griffiths, Tomos Roberts, Matthew Edwards/ Emily Marchant, Louise Flynn, Tracy Rogers) and Welsh Schools mini marathon (Finlay Burns 6<sup>th</sup> U13, Bryony Boyce 7<sup>th</sup> U13, Millie Gold 2<sup>nd</sup> U15), also Welsh 5K and 10K Champs (Whitchurch/ Caerphilly). 5K Champs: Jonathan Butler/ Clara Evans; 10K Champs: Dewi Griffiths/ Lauren Cooper
- SM to report back from UKA cross country sub-group re European Club Championships and the proposed world trials cross country race in January *20<sup>th</sup> Jan World Trials will be held, 2K loops max, to run through a 'beer tent', similar to the Night of the 10K pbs. 2024 race will be a trial event, but it's got the potential to be a huge race on the XC calendar. Plan is to send good teams to the U20 and Senior events. The race will be open, however there will be a certain standard set, to ensure elites don't lap too many people. Race will include U20 and senior age groups, for the World selection, but will also have younger age groups. There is an argument as to whether the Celtics will be hosted within the competition in future, as England is not a Celtic country. For this year the Celtics will be in Scotland the week before, on 13<sup>th</sup> January. Regarding the European Club Championships, the English Cross Country Relays are held in November, before the Liverpool X Challenge (3K legs for seniors, shorter for younger age groups). SM has asked if Welsh teams could compete at the English Cross Country Relays, which could be an entry into the European Club Champs if we could use that as a trial as there are currently no Welsh Cross Country Relays. This is to be confirmed, SM will also check if a Welsh team can attend as well as an English and Scottish, SM to update*

#### **CORRESPONDENCE RECEIVED** (purple circulated to committee 31<sup>st</sup> May)

- SL messaged AD for reminder of the WA 10K series, races included are Newport 10K, Caerphilly 10K, Porthcawl 10K, Helena Tipping 10K, Swansea Bay 10K
- KT confirmed that West Region had favoured Newtown to Monmouth for the IR/IS, SL also suggested in future consideration of National Botanic Gardens and/or one of the National Trust sites, but that perhaps there needs to be a shake up to modernise the IR/IS. SM suggested a meeting to discuss the purpose of the various XC events. AD confirmed that the Committee was able to decide on the venue, Dolerw Park Newtown is likely to be the choice for 2023, however a further meeting is required to discuss the cross

country fixtures moving forward. DO suggested the IS reverts to a stand alone event and that the IR merges with the Welsh Cross. AD confirmed that the Schools Executive had confirmed their support of a combined event for 2023, with a further discussion before the 2024 event

- From GC meeting May, all Regions to respond to Paul and Kay regarding the Helena Tipping 10K which hosts the Inter Regional 10K Champs. Regions to decide on whether they opt for one Masters team (as opposed to a team per age group) and whether or not Regions pay for entry (£21pp)
- SL shared the GC meeting minutes from March 2023
- AD sent through dates of next season's X Challenge, including details on Celtic International 13th January Renfrew. SM replied that there is a question mark re Celtic as has also been suggested that it be held within the London event a week later, which also hosts World Trials and HCI. We await confirmation
- GF sent an updated fixture list for 2023-2024 season, as received from Graham Healey. SL circulated to committee along with change of date proposal for next meeting (28th June 2023)
- Podium 5K selection meeting held on 27<sup>th</sup> June. Paul Adams confirmed as TM
- SM proposed that the first 3 Clubs at the Road Relay Championships would be the Clubs selected for the national 12 and 6 stage relays in April. Committee members emailed their agreement
- Arwel Lewis sent a proposal for discussion via SL regarding a 10K in Rennes on 8<sup>th</sup> October '23, for U20/U23, race also host to French Inter Regionals for these age groups. SL emailed SM/KT/AD/JW regarding the race, SM's initial response was a no, as October is a rest time and that there is a policy being finalised with regard to Welsh representation, so no further events until that's finalised

## **DISCUSSIONS**

Fixtures discussed:

- Noted that Cardiff Cross moving to 11<sup>th</sup> November (traditionally the Milton Keynes date) is a good thing for the event

## **FIXTURES**

### DOMESTIC

- Helena Tipping 10K Inter-Regional 10K Championships 23<sup>rd</sup> July 2023 (also part of the WA 10K series)
- Road Relays, Pembrey 9<sup>th</sup> September 2023
- Welsh HM Championships Cardiff October 1<sup>st</sup> 2023
- English Cross Country Relays 4<sup>th</sup> November (possibility of Welsh Teams competing)
- Cardiff Cross Challenge November 11<sup>th</sup> 2023
- Welsh Inter Regional & Inter Schools XC 18<sup>th</sup> November 2023 (Dolerw, Newtown)
- Liverpool Cross Challenge 25<sup>th</sup> November

### REPRESENTATIVE

- Summer 5K Podium Bute Park 12<sup>th</sup> August 2023
- Celtic Cross Country 13<sup>th</sup> January Renfrew Scotland 2024
- Home Countries International 20<sup>th</sup> January 2024 Parliament Hill London (inc World Trials)

### SCHOOLS

- IR Schools and Colleges Cross Country 18<sup>th</sup> November

## **PERFORMANCE**

- See various items above for info from SM/ Performance Team

## **AOB**

- Committee will take a short break over the summer before the 2023/2024 season starts in September, with a 'pre season' meeting scheduled for the end of August

## **DATE & TIME OF NEXT MEETING**

- **Wednesday 30<sup>th</sup> August 2023 5.15pm.** Microsoft Teams invite will be sent to members for another virtual meeting, minutes will be available on WA website (emailed to [media@welshathletics.org](mailto:media@welshathletics.org)) and emailed to members