

**WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE
MINUTES OF MEETING HELD ON WEDNESDAY 27th NOVEMBER 2019
AT J43 HOLIDAY INN EXPRESS SWANSEA**

ACTION

PRESENT: -

Liz Davies, Alex Donald, Graham Finlayson, Martin Green (by telephone), Steve Jones, Sharon Leech, Rhiannon Linnington-Payne, Kevin Tobin, Peter Sowerby

APOLOGIES : -

Nikki Haines, Chris Jones

MATTERS ARISING FROM LAST MEETING (ref. 16th OCT 2019)

- Selection made for Bobby Rea and Liverpool, athletes competed successfully at both. Bobby Rea event not as high quality as was hoped, course was not great, possibly needs reviewing for next year as it clashes with other good quality events which could be used as alternatives. With regard to Liverpool, athletes travelled independently, choosing not to take up the offer of WA accommodation. Good to see 6 Welsh athletes being selected for GB team for European team (senior/ U23). It was noted that some disparity between junior male and female performances and as a result LD suggests teams of 4 for next year. Question is how to address the imbalance between male and female performance. SJ suggests it's cyclical, SL agreed and in a few years we'll see strong female performances again, as we have done in the past. LD adds that this trend not just in endurance events. To be discussed again
- Leeds Abbey Dash 10K 27th October 2019 (Welsh and Regional teams). Inter-area results forwarded to each Region. The team results to be added to WA website, as the teams did very well. All the feedback was positive. If race is to be attended as an Inter-area race next year, perhaps Regions could agree on offering the same amount and ensure that entry fee is covered, along with a contribution toward travel
- HCI 2021 AD and JW still to confirm dates. AD looking at possibilities of date and venue. 100K Celtic Plate also to be hosted by Wales in 2021, unless another home country volunteers to host (which would be preferable). Redwick will be used if Wales do host
- IR 10K was not held this year, it's hoped that it will be a fixture next year. WA to put adverts out, along with the Welsh 10K series
- Phone conference facilities – none at Holiday Inn Express. RLP suggests using video conferencing as facility on laptops, she to send people a link. This to be trialed for Barcelona selection meeting, however it was noted that for a full meeting, presence in person is preferred, unless work/life constraints make this

AD

AD/JW

TM/AD

PS/AD/RLP

<p>impossible</p> <ul style="list-style-type: none"> • SL contacted AJ to inform that SJ was to contact Parkrun re junior athletes over-competing at senior PR. SJ not yet contacted Parkrun, on to-do list • SL contacted AJ to inform of Committee discussion re Road Relays • SL contacted Rob Cameron, to ask if he'd consider the Cardiff 5K as an Inter-Area match again, as in 2019. He replied that the race is already in his diary • Selection of Team Management (NH & Delyth Brown expressed interest for Stirling, to be discussed today) • Road Championships out for Tender in Sept 2020 ready for new season 2021 	<p>SJ</p>
<p>CORRESPONDENCE RECEIVED</p> <ul style="list-style-type: none"> • It was brought to GF/SJ's attention that some juniors ran in the senior race at Cardiff Cross. Request made that WA contact the Club in question, from a welfare perspective and also one or two missed out on selection opportunity as a result. GF and SJ have contacted Club and an ongoing investigation is in process • Welshpool 10K contacted WA to express interest to host the 2020 Welsh 10K Champs, SL replied to JB that the next applications will be made in Sept 2020 for the following year (2020 already decided, as per last meeting's minutes). AD/ TM confirmed that Welshpool can apply to be a host race for Welsh 10K series for 2020, WA to put advert out for expressions of interest within next couple of weeks • Jamie Clode (South Region) contacted SL for inter-area results from Leeds race, SL contacted Rob Cameron and results sent to Regions • Email received from Rob Cameron to inform us that the Leeds Abbey Dash this year was 23m short, therefore times set at the race won't be recognised by Power of 10/ UKA. This affects a few of the Welsh athletes who would have likely had a PB, as well as the Welsh 10K record which Charlotte Arter would have broken 	<p>SJ</p> <p>AD/TM</p>
<p>2019/20 ROAD & CROSS COUNTRY COMPETITIONS PROGRAMME</p> <p>Domestic fixtures:</p> <ul style="list-style-type: none"> • Welsh Cross Country Championships, Pembrey, Saturday 22nd February 2020 • Welsh Schools March 11th 2020 • Welsh 10K Champs, Cardiff Bay March 29th 2020 • Welsh Marathon Champs 26th April 2020, London 	

<ul style="list-style-type: none"> Welsh Half Marathon Champs Cardiff 4th October 2020 <p>Representative fixtures:</p> <ul style="list-style-type: none"> HCI & Celtic Nations Cross Country 11th January 2020, Stirling Scotland (U17, U20, Senior) plus senior schools team. Up to four in each team, flights and two nights stay (Scottish Athletics to cover one night's accommodation) Armagh Road 3K and 5K 13 February 2020 (development and senior) Barcelona Half Marathon 16th February 2020 (up to 4 M & F) SIAB XC 21st March Falkirk Mini-Marathon London 26th April 2020 Welsh 5K Champs, Whitchurch Cardiff Sat 9th May 2020 Masters International Cross Country, 15th November 2020, Dublin 	
<p>SCHOOLS</p> <ul style="list-style-type: none"> SJ noted that entries for the Inter Schools were up on last year. SJ to select school team for HCI. WA teams have priority. DB and ZM to team manage Schools team. Costs for the Welsh Schools athletes shall be met in full by WSAA 	<p>SJ</p>
<p>TEAM SELECTION AND MANAGEMENT</p> <ul style="list-style-type: none"> HCI & Celtic Nations Cross Country: Will be announced soon. 	
<p>AOB</p> <ul style="list-style-type: none"> Natasha Cockram ran 2hr30min49sec at KBC Dublin Marathon October 27th 2019, setting a new Welsh record Congrats to Charlotte Arter, Cari Hughes, Kris Jones, Jenny Nesbitt, Bronwen Owen, Matt Willis on their GB selection for European Cross Country Championships in Lisbon in December Barcelona Half selection, team to be decided before the date published as it's late, RLP to update on website. LD insistent that bye laws need to be adhered to so that there is a correct cohort of selectors. Selection to be made 16th December via video link There was an incident at the Inter Regional Cross Country between two athletes, GF awaiting a report from South Wales, Brian Fox of West Wales has already submitted a report Lots of positive feedback from the Inter-Regional / Inter Schools Cross Country Championships. Course was good, some points to raise for next year to further improve, delivery of the event was smooth and as a collaboration between WA and Welsh Schools it was a success. Need to avoid the Masters Cross 	<p>AD</p>

<p>Country in 2020, which is the 15th November in Dublin, also need to avoid the Liverpool Cross Challenge. Schools not keen to go too close to Christmas as likely to affect numbers. One possibility is the last weekend of November in 2020. AD to have a look at the fixture calendar</p> <ul style="list-style-type: none"> • LD keen to develop Regional coaches as future team managers. KT suggests giving TM a brief of what's expected of a TM during the trip. PS agrees that a role and responsibility list be drawn up, particularly for new TMs. LD to draw up a list and also a template form for a report post event • KT asked LD for a brief about the endurance strategy. Suggests that LD presents at next meeting • SL suggests that WA note on website/ social media what the upcoming 2020 Championship races are (10K March, Marathon April, 5K May, Half October) as athletes may not be aware (or just as a reminder) and entries need to be made <p>DATE & TIME OF NEXT MEETING</p> <ul style="list-style-type: none"> • Wed 19th Feb 2020, 6.30pm, Holiday Inn Express Swansea East SA10 6GZ 	<p>RLP</p> <p>GF/South Wales Region</p> <p>AD</p> <p>LD</p> <p>LD</p> <p>LD</p>
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