



WELSH ATHLETICS – MOUNTAIN RUNNING COMMITTEE

MEETING MINUTES – FRIDAY 16th NOVEMBER 2018

- 1. APOLOGIES/MEMBERS PRESENT:** Delyth Brown. Dic Evans/Mike Blake (MB) Paul Jenkinson (PJ) Arwel Lewis (AL) Steve Livett (SL) Daniel Bodman (Unable to contact via Skype? Contacted via mobile phone)
- 2. MINUTES OF THE PREVIOUS MEETING:** (AL) The previous meeting was for the selection of the teams for the “British & Irish Junior Mountain Running International” at Llanberis on Saturday 28th July and this is the first opportunity to plan for 2019.
- 3. MATTERS ARISING:** All race licences are to be sourced through Welsh Athletics which may prompt more mountain, fell and trail organisers to insure their events through the WFRA
- 4. SEASON REVIEW:** (AL) produced his annual report prepared for the WA AGM which included a review of the year paying particular attention to Bronwen Jenkinson’s Snowdon Race win, the first Welsh female winner of the race since 1989.
- 5. BRITISH/WELSH/REGIONAL CHAMPIONSHIPS 2019:** (AL) The 2019 British Championships will revert back to the best of 3 from 4 races whereby, athletes must complete all 3 distances, short, medium and long. Ras y Moelwyn (Medium) will host the Welsh, British Championship event which will also be the one-off WA Welsh Championship race. The WA Regional Championships will be the Longtown Llanthony Loop (8mile/2600ft) event on Saturday 13th April 2019 at 2:00pm. (AL) to contact the event organiser/s. (Wye Valley Runners) The WA Junior Mountain Running Championships will be the British & Irish Junior MR Championships trial race at Betws-y-Coed on Saturday 17th August. The Elidir Fawr race on Sat 14th September will be the North Wales Regional Championships, other regional reps are to arrange theirs, with their regional councils. The British Inter-Counties, date/venue have yet to be confirmed though, Flower Scar 11th May for the seniors and Clougha Pike on 22nd June for the juniors as possible dates & venues. The British Relay Championships will be staged in the Dark Peak district in 2019 with a strict 150 team limit. England will host again in 2020, Scotland in 2021 with Wales to follow in 2022.
- 6. INTERNATIONAL OPPORTUNITIES 2019:** The WMRA have yet to confirm a date/venue for the International Youth Cup. (DE) is willing to host the trial race for the event, as he has done for several years at his Red Kite races on Saturday 4th May but, until we have confirmation of a date for the IYC?

Welsh Athletics Ltd
Cardiff International Sports Stadium
Leckwith Road, Cardiff CF11 8AZ

Tel 029 2064 4870
Fax 029 2034 2687

www.welshathletics.org
office@welshathletics.org



We are unable to confirm a trial race date/venue? International Snowdon Race – Sat 20th July. Selection will be on current form up to Sat 22nd June, Events being considered as selection indicators to include: The GB European Trial at Keswick (Uphill only) Cader Idris, Ras y Moelwyns and Foel Fras. Trofeo Vanoni selection will be on current form up to 21st September. Looking for another international standard event to replace the Smarna Gora race which does not fit very well into the racing calendar. (AL) to report back on a relay event in Northern Spain with links to the Trofeo Vanoni event.

7. **GB INTERNATIONAL OPPORTUNITIES:** The European Championships are in Zermatt, Switzerland with the trial race at Keswick (Uphill Only-Skiddaw) on the weekend of 31st May/1st June. The World Championships are later on in the year than usual, Friday 15th November in Patagonia. It is quite appropriate that Wales will stage the GB Selection Race/s at Betws-y-Coed on Saturday 21st September which will also include the Senior Home International with the British & Irish Junior International on the same day. The B&I under 20's race will also be the GB Selection race for the Worlds. (AL) looking at options in Betws-y-Coed while waiting for a reply from British Athletics on the Worlds course profile. The World Long Distance will also be in Patagonia, a day after the Worlds on Saturday 16th November. (AL & PJ) to propose using the Always Aim High Snowdon Trail Marathon event as the trial race. (AL) to contact British Athletics with their proposal.
8. **TRAINING/DEVELOPMENT:** (AL) to look into whether we are able to re-introduce Mountain Running specific training/development camps? Introducing more junior athletes into the discipline.
9. **A.O.B.** (AL) to consult with all the committee members on suitable dates for meetings in 2019



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Longtown Llanthony Loop Fell Race

Saturday 13th April 2019 2.00pm

Entry £5.00 - Enter on line or Enter on the day.

This tough event was launched in 2018. It is the 'Big Brother' of the Darrens Dash Hill Race and starts and finishes in the village of Longtown (HR2 OLD), Herefordshire. The stunning route crosses Hatterrall Ridge via Loxidge Tump and descends steeply to Llanthony Priory before ascending to the 552m trig point and returning to Longtown via the Rhiw.

This is a serious fell (Category 'AM') race - Distance 8 miles, Height gain 2600ft. Full kit must be carried (Body and leg cover, Hat, Gloves, Map, Compass, Whistle).

The event proceeds will go to the Longtown Outdoor Learning Trust Bursary Fund to enable deprived youngsters to experience their own outdoor adventures in the local area.

[The 2019 course map can be found here.](#)

Category prizes (fell race categories are used)

Minimum age 16. No dogs please - lambing will be in progress.

Car Parking, refreshments, changing rooms and hot showers at the Event Centre.

(Longtown Outdoor Learning Centre, HR2 OLD. www.longtownoutdoorlearning.co.uk)

