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| **WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE****MINUTES OF MEETING HELD ON WEDNESDAY 1st AUGUST 2019 AT J43 HOLIDAY INN EXPRESS SWANSEA****PRESENT: -**Liz Davies, Alex Donald, Graham Finlayson, Chris Jones, Sharon Leech, Rhiannon Linnington-Payne, Peter Sowerby (by telephone), Kevin Tobin**APOLOGIES : -**Martin Green, Nikki Haines, Steve Jones**MATTERS ARISING FROM LAST MEETING (ref. 27th MARCH 2019)*** List of athletes sent by RLP, some additions made
* Meeting with MN/JW re fixtures was held in May. Links to be maintained in future (to avoid race clashes) via committee members & SB/JW/MN. **LD to arrange for after Christmas**

**CORRESPONDENCE RECEIVED*** Email received from AD: proposed races for Welsh Inter-Regional Champs

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| 10km | 22/09/2019 | Admiral Swansea Bay 10km |
| Half Marathon | 17/11/2019 | Conwy Half Marathon |

* Plus also a proposed Welsh 10K road series

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| East | 19/05/2019 | Bryn Meadows Caerphilly 10k |
| South | 01/09/2019 | Cardiff 10k |
| West | 22/09/2019 | Admiral Swansea Bay 10k |
| North | 20/10/2019 | The Flintshire 10k |
| Additionally | 16/06/2019 | Speedway 10k |
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* Email received from CJ of invitation to Home Countries and Celtic Nations XC at Stirling, Scotland 11 January 2020. SL informed RLP and replied that Wales would aim to send a team in each age group
* Email received about HCI 2021 which is hosted by Wales. Dates needed for consideration, SL emailed AD, difficult to set a date as yet as we don’t know the fixtures for 2021, **SL to reply to Graham Heeley and ask for more info on possible fixtures**
* Email received from NI athletics that the XC International for 18th January 2020 will be cancelled as it’s too close to the HCI/Celtic on 11th/1/20
* Email received from LD re selection process for 2020 mini-marathon, **details to be released soon**
* Email received from PB re inter-regional 10K and HM cost implications, JW replied that it’s hope a discounted race entry will apply to minimize cost for the regions. **JW to update as and when this is confirmed.** AD to ask JW again if there’s a decision on this as the Swansea Bay 10K is soon, as Regions need to know to select teams
* Email received from PB asking for more info regarding entering teams for the **Leeds Abbey Dash** (Inter-Area match). SL replied with Rob Cameron’s email, also including representatives of the other regions (KT, GF, PS) to remind of need to enter. Rob is looking into the possibility of some extra elite places (8 already allocated to Wales for the Inter Area team). That team selection to be made soon for athletes to be informed and entered in time. SL asked RLP for advert to be placed on WA website for expressions of interest for Elite team (sub 30.30/ 36), Regions need to decide whether they set a standard or not
* Email from Mike Harrington, organizer of Helena Tipping Wrexham 10K, expressing interest in hosting Welsh 10K Champs. SL emailed that races host on a 2year rotation, currently Cardiff Bay, but option to apply for IR 10K Champs next year then apply for Welsh when advertised. Mike has an interest in hosting the IR 10K for 2020. **AD also to reply to Mike**.

**2019/20 ROAD & CROSS COUNTRY COMPETITIONS PROGRAMME**Domestic fixtures:* Road Relays 15th September Pembrey 2019 (trial race for 6 stage)
* Welsh Half Marathon Champs Cardiff 6th October 2019
* Cardiff Cross Challenge 12th October 2019
* Masters Marathon Championships, Snowdon 26th October
* Inter-Schools XC Champs 16th November (venue tbc, possibly Brecon)
* Inter Regional Cross Country Champs (suggested to be held within Inter-Schools event in November)
* Welsh Cross Country Championships, Pembrey, Saturday 22nd February 2020
* Welsh Schools March 11th 2020
* Welsh 10K Champs, Cardiff Bay March 2020
* Welsh Marathon Champs 26th April 2020, London

Representative fixtures: * Abbotstown Cross Country 20th October 2019 (selected athletes)
* Leeds Abbey Dash 10K 27th October 2019 (Welsh and Regional teams)
* Burgos Cross 10th November 2019 (U20 & senior)
* Liverpool Cross Country 23rd November 2019 (U17 & U20)
* HCI & Celtic Nations Cross Country 11th January 2020, Stirling Scotland (U17, U20, Senior) LD to speak to SJ re Welsh Schools team
* Armagh Road 3K and 5K February 2020 (development and senior)
* Barcelona Half Marathon 16th February 2020 (up to 4 M & F)
* SIAB XC
* Mini-Marathon London 26th April 2020
* Welsh 5K Champs, Whitchurch Cardiff 3rd May 2020

**SCHOOLS*** Discussed above within fixtures

**TEAM SELECTION AND MANAGEMENT*** Athletes to be informed in advance of selection criteria/ race opportunities. RLP to be given enough time to select/ book accommodation etc. For staffing LD suggests using coaches and regional endurance programme staff to gain experience as TM. LD to compile list. Could be clashes with coaches with their own athletes, need to be given advice/ training opportunities. A checklist would be useful

**AOB*** LD proposed Nos Galan as a selection event for Armagh. Discussion ensued that selection should be based on form with standards achieved. Agreed by all that Nos Galan would not be the formal selection race
* CJ proposed a 5K series in Wales, which would incorporate the Nos Galan and Whitchurch 5K, to promote the race distance
* AD update on Cardiff Cross Challenge: entries to open next week. Delay due to distances needing to be decided, in line with UKA and Cross Challenge. Cardiff is not to have equal distances for male and female races. Different m/f distances will also be the case at Liverpool and Milton Keynes XC
* GF asked CJ to go to speak to Marcel re Whitchurch 5K as Marcel disappointed after this year’s clash with the Newport 10K/ marathon
* RLP asked to be added to the road/ cross email contact list
* RLP asked for a list of people on selection panel, in accordance with bye-laws, 2 performance, 2 committee or nominated members plus min 1 TM max 4. Suggestion to change bye-laws to allow for conference calls instead of a physical presence at meetings, due to large number of fixtures, compared to other disciplines (and committees)
* KT raised a query about standards set by LD. Some disparity between standards set by committee in February 2019. Discussion about having a domestic list of standards and a separate international list of standards. Discussion to be continued, following more thought, possibly via email before the next meeting
* SL kindly asked for all to take note of actions pertinent to themselves in the minutes, this will avoid last minute situations arising

**DATE & TIME OF NEXT MEETING*** Wed 11th September, 6.45pm, Holiday Inn Express Swansea East SA10 6GZ
 | **ACTION****LD****RLP****SL/AD****LD****JW/AD****Regions/ reps****SL/AD****LD/SJ****LD****GF/CJ****SL****RLP/JW****ALL****ALL** |