

WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE	<u>ACTION</u>
MINUTES OF VIRTUAL MEETING HELD ON WEDNESDAY 7TH OCTOBER 2020	
PRESENT: -	
Alex Donald, Graham Finlayson, Nikki Haines, Chris Jones, Steve Jones, Sharon Leech, Adrian Palmer, Rhiannon Linnington-Payne, Peter Sowerby, Kevin Tobin	
APOLOGIES : -	
none	
MATTERS ARISING (from previous meeting of 2nd Sept 2020)	
<ul style="list-style-type: none"> Virtual WA Road Relays – these have been delayed as T&F was extended into September. RLP confirmed that WA will launch a virtual package for the Winter which will incorporate a variety of events. RLP to meet with Regional representatives next week to offer help to Regions staging their own events, to complement the events to be offered by WA and RDP. This then should offer competition opportunities to those athletes in lockdown areas, as well as others. Clubs will need to be on board to help deliver. Competition providers may also be approached to help, however it's recognized that with the limit of 30 participants this will present financial restraints. The strict restrictions imposed by the Welsh Government is making staging competitive activities very difficult in Wales. SL mentioned a successful Tough Runner trail 10K race in Oxfordshire last month with 400 runners in waves, however due to rules in place this side of the border, this would not be possible. WAG do not want officials to be exposed to waves of many runners. CJ and AD confirmed the difficulties, probably extending until after Christmas too 	<p>RLP</p>
<ul style="list-style-type: none"> Since last meeting there have been two successful pilot events, a duathlon event at Pembrey and the Cardiff Sunset 5K 	
<ul style="list-style-type: none"> SB/MN to confirm that the Welsh Champs can be staged within the October elite event. No update as yet 	
<ul style="list-style-type: none"> Monthly update from Performance team to be a set agenda item. CJ gave an update that an information day will go ahead on 28th November regarding the 2022 Commonwealth Games policy, including the standards. CJ believes there will be more athletes than the quota imposed, since the performance of athletes has improved. The window for the Commonwealth Games will open on 1st January 2021 and closes in April 2022. This long window for athletes offers more opportunity to meet the standards, in 	<p>AD/SB</p>

accordance with other sports too. The European Athletics is still planned to go ahead after the Commonwealth Games in 2022

- Celtic Cross Country: RLP said that the Republic of Ireland have asked the Home Nations if they are likely to support the event, as they need to make a decision soon, in order to plan. Ireland are keen for an event to take place but it may be a domestic event if the Home Nations don't decide to field teams. AD suggests we may well be in lockdown and so it may not be possible to attend (January)

CORRESPONDENCE RECEIVED

- JW emailed SL to confirm that SL had been elected as Secretary of Road/Cross Committee for a 2 year period in 2019. Chair is elected by Committee and does not need to go to AGM. SL let JB know
- It's been confirmed that Cardiff, Liverpool and Milton Keynes X Challenge fixtures (2020), along with Armagh 5K (2021) have been cancelled. European Cross has also been cancelled
- RLP contacted Committee with an update regarding WA XC licence timeline
- SL circulated GC minutes to Committee as was unable to attend
- SJ emailed SL to confirm that the Welsh Schools events scheduled for Autumn Term 2020 have been postponed
- RLP contacted SL re ACP discussion around setting up a secondary committee – to be discussed at the meeting for an official Welsh response. Norman Wilson of England has suggested that another association is set up to 'grow' the ultra event. England initially were not keen on this, however the other home nations are keen for the association to be set up. If this is the case, then JW suggests Arwel is nominated as a WA representative. The Committee agreed this. Hosting is in rotation, including Republic of Ireland, proposed rotation Ireland 2021, England 2022, NI 2023 and Wales 2024

2020 ROAD & CROSS COUNTRY COMPETITIONS PROGRAMME (*all subject to change based on COVID-19 government guidelines)

- None at present

AOB

- GF mentioned that some athletes are attending unlicensed events. RLP confirmed that WA are contacting race providers to ensure that the events are licensed and therefore compliant with regulations. RLP asked Committee to report any unlicensed events or athletes crossing lockdown borders to compete. WAG

have asked WA to ensure that athletes and race providers are following regulations

- NH asked for an explanation of who is deemed an 'elite' athlete. CJ confirmed it's only those athletes supported by WA. AP confirmed that since local lockdowns have been introduced, it's made it too complicated to open up facilities to all athletes. NH suggested that coaches are willing to work together so that athletes in local lockdowns can meet with another coach in the short term, to ensure their training continues. SJ confirmed that this is happening between Neath, Bridgend and Swansea, so some Clubs are already doing this. RLP to mention this to Regional leads next week as it's felt that this needs to be coordinated, along with Regional competitions. RLP is looking to identify areas which have a cross country loop of 2K (1K for school age athletes). Parkrun routes are also being looked at for potential to be used as 5K or 10K race routes. It's hoped that once these have been identified, a competition can be set up within that Region, with a maximum of 30 (to include officials at start/finish area)
- KT voiced his concern that with the 2m distancing rule, training on the track is very difficult with a group of athletes, particularly for endurance athletes who are doing numerous laps
- Congratulations was offered to those athletes competing at the London Marathon over the weekend. Natasha Cockram 1st British female, Josh Griffiths 3rd British male and a pb, Charlie Hulson pb. Dan Nash had to retire through injury, Jenny Nesbitt was pacemaker
- Congratulations to Kris Jones and Clara Evans for their selection to represent GB at World Half Marathon Championships
- CJ noted that it's important to set up some events to keep athletes in the sport
- SJ confirmed that Welsh Schools will offer a competitive programme to schools which schools can follow during their lesson time. SJ also confirmed that there's a plan to set up a virtual league of some sort to encourage competition and motivation between schools. SL asked how many schools participated in the virtual Mini Marathon, however no figures available, SJ did not think very many
- AP thanked KT for the invitation to attend the meeting
- KT and SJ confirmed that those who were selected for the London Mini Marathon and the XC SIAB in March will be given kit in retrospect

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| <ul style="list-style-type: none">• KT said that Hedydd has stepped down as a Chairman of West Wales, however he is still active on the committee. New Chairperson to be elected | |
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DATE & TIME OF NEXT MEETING

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| <ul style="list-style-type: none">• Wed 2nd December 2020, <u>5.30pm</u>. RLP to send out a Microsoft Teams invite to members for another virtual meeting | |
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