

# Welsh Schools Athletics Association

## Management Committee Meeting

10am Tuesday 10<sup>th</sup> March 2026

### 1. Apologies & Present

**Apologies:** Gareth Oldham (WSAA Treasurer & Powys) GO, Gwilym Williams (WSAA President) GW and Alex Donald (WA Endurance Competitions Manager) AD.

**Present:** Steve Jones (WSAA Chair) SJ, Jo Warner (WSAA Immediate Past Chair) JW, Andrew Jenkins (WA) AJ, Steve Mitchell (WA National Talent Development Coordinator – Endurance) SM. Sharon Leech (WSAA Vice Chair) SL, Darran Williams (WA Competitions) DW and Rhys Williams (WA Performance).

### 2. Approval of minutes from previous meeting held 13/01/2026

2.1 Minutes approved by SL, seconded by JW.

### 3. Actions arising from previous meeting (13/01/2026)

3.1 All school districts have been contacted on a number of occasions and will continue to be reminded periodically of the age group changes from 1<sup>st</sup> April 2026. The most recent mailshot included district match program templates for adaptation depending on the bespoke needs of the eight school districts of what specific specifications they need to change. Also included was the Home Counties new event specifications spreadsheet.

3.2 The Welsh Schools National Cross Country Championships went well on 25<sup>th</sup> February. Thank you to all WA staff and volunteers as well as school districts for their support, Freedom Leisure and Brecon High School. One part of the course had to be rerouted on the day due to standing water. All team and individual medals were distributed on the day. The overall trophy for the winning school district is to be presented. There were challenges with parking where instructions were not heeded, additional signage and volunteers should resolve this for 2027. 556 pupils finished the 8 race program, up from the 523 in 2025.

### 3.3 Association Awards

Recipients of our award winners covering the whole academic year have been decided, announced and all recipients have been contacted to arrange for collection and or presentation.

Awards List:

WSAA 5th July 2025 Track & Field Championships Awards:

- Guto Nyth Bran Cup for Best Male Field Performance Gethin Brown (Hawarden High) North East Wales.
- Welsh Academicals Cup for Best Male Track Performance Fraser Higginson (Llangynnydd) Glamorgan Valleys.
- TSB Cup for Best Female Field Performance Evie Cooper (Ystalyfera) Afan Nedd Tawe.
- JDB Williams Cup for Best Female Track Performance Aliyah Afolabi (St Illtyds) Cardiff & the Vale and Darcy Coslett (Bryngwyn) Dyfed.

- Kirsty Wade Award for Best Middle Distance Performance (Boy or Girl) Millie Pierce (Olchfa) Afan Nedd Tawe and Millie Gold (St Davids College) Cardiff & the Vale.
- Colin Jackson Award for Best Hurdles Performance (Boy or Girl) Scarlett Cargill (Caerleon Comprehensive) South East Wales.

Association Awards for performances across the academic year 1<sup>st</sup> September 2024 to 31<sup>st</sup> August 2025 regardless of if pupils were representing their club, region, Wales, school, school district or WSAA:

- JDB Williams award for the outstanding field performance by a boy or girl Olivia Schrimshaw (Ysgol Brynhyfryd) North East Wales.
- Jack O'Connell Award for the outstanding track performance by a boy or girl Darcy Coslett (Bryngwyn) Dyfed.
- Rae Evans award for the outstanding girls cross country performance Abigail Doherty (Deeside College) North East Wales and Millie Gold (St Davids College) Cardiff & the Vale.
- Denys Gumbley award for the outstanding boys cross country performance Nate Greig (Bryntirion) Glamorgan Valleys.

## 4. Fixtures

### 4.1 Saturday 21<sup>st</sup> March 2026 SIAB U15 & U17 Cross Country International @ Faenol Estate, North Wales.

WSAA teams have been selected and announced, a full set of team managers is in place.

All logistics are in hand related to travel, accommodation, event plan, volunteers & staff to set up marshal and take down.

Wales, Scotland & Ireland teams have been declared, the English schools trial is not until 14<sup>th</sup> March at Liverpool, therefore we anticipate receiving that team composition within 48 hours after the races conclude.

The Faenol Estate will be the race venue with all teams and SIAB delegates and Officials all now to able to be accommodated at the Conwy Centre at a cost of £56pp which includes dinner, breakfast and a packed lunch. The delegates original accommodation is no longer available due to refurbishments.

Additional races incorporated into the program will be two open races for primary school aged children before the main SIAB races. The event will also incorporate the British Masters Individual Cross Country Championships with two races one for Men and one for Women following the completion of the SIAB races.

### 4.2 Sunday 22<sup>nd</sup> March 2026 Welsh Sportshall Athletics Final @ Cwmbran

Dyfed, Powys and Cardiff & the Vale are the three school districts entering teams. The event will start at 1pm and volunteers are currently being sought to help the districts with the judging requirements on the day. Team & individual medals have been ordered, paid for and received.

Sportshall Athletics were contacted back in November 2025 to see if the Welsh Final could be rescheduled to avoid the clash with the SIAB cross country international in North Wales.

Unfortunately, they were unable to accommodate us, due to their busy schedule. Whilst it is unlikely to affect any athletes it has affected team managers and volunteers availability for both days.

Following the Welsh Final we will be undertaking a review of the SportsHall program for 2027 to see how we can work together with the school districts and the team from Sports Hall to reinvigorate and get greater participation from all eight school districts.

#### **4.3 Saturday 4th July 2026 for the U14 U16 & U18 Track & Field championships @ Aberdare**

Will be a full event program with three age groups across U14, U16 & U18. For 2026 there will be no additional entry standards for U14, U16 or U18 due to the age group changes, and the challenge of accommodating three age groups in across a full event program. All track races will be time trials rather than heats and finals. Euan Coney had booked the venue and first aid. At the WSA AGM the vote was for 3 age groups for 2026 in this transitional year for the new age groups. We will review if this remains the best composition of age groups and number of pupils per event in the time we have available. Sourcing of officials and volunteers has already commenced by Rob Campion. Districts that have confirmed their dates and venues for their qualification events are below.

Age Groups: U14 = school years 7 & 8. U16 = school years 9 & 10. U18 School years 11 & 12.

- Wednesday 6th May 2026, Afan Nedd Tawe @ Swansea or Neath TBC
- TBC May, South East Wales @ Newport
- TBC May, Eryri @ Bangor
- Thursday 30th April 2026 Glamorgan Valleys, U16/Middles & U18/Seniors @ Aberdare
- TBC May, Cardiff & the Vale, Middles & Seniors @ Cardiff
- (Thursday 2nd October 2025), North East Wales @ Deeside
- TBC May Cardiff & the Vale, Junior Boys @ Cardiff
- Thursday 21st May 2026, Glamorgan Valleys, U14/Juniors @ Aberdare
- Thursday 21st May, Powys Schools @ Brecon
- TBC May, Cardiff & the Vale, Junior Girls @ Cardiff
- Thursday 18th June 2026, Dyfed @ Carmarthen

#### **4.4 Wednesday 8<sup>th</sup> July 2026 U14 & U16 Cup & Plate Finals @ Brecon**

Brecon is the venue for the NASUWT track and field Cup & Plate Finals. The event format will be the same as last year. Steve Jones has booked the venue and first aid. Rob Campion has commenced the sourcing of officials and volunteers. School districts who have confirmed the qualifying dates and venues are listed below.

- TBC May, South East Wales @ Cardiff
- TBC June Cardiff & the Vale, Preliminary Match 1 @ Cardiff
- TBC June Cardiff & the Vale, Preliminary Match 2 @ Cardiff
- Tuesday 16th June 2026, Glamorgan Valleys Groups C&D @ Aberdare
- Wednesday 17<sup>th</sup> June 2026, Glamorgan Valleys Groups A&B @ Aberdare
- Monday 22<sup>nd</sup> June 2026 Girls, Afan Nedd Tawe @ Swansea or Neath TBC
- Tuesday 23<sup>rd</sup> June 2026, Powys @ Newtown
- Tuesday 23<sup>rd</sup> June 2026, Glamorgan Valleys Finals @ Aberdare
- TBC June Cardiff & the Vale Finals @ Cardiff
- Thursday 25<sup>th</sup> June 2026 Boys, Afan Nedd Tawe @ Swansea or Neath TBC
- Thursday 25<sup>th</sup> June 2026, Dyfed @ Carmarthen
- TBC Eryri @ Bangor
- TBC North East Wales

#### **4.5 Saturday 18<sup>th</sup> July 2026 SIAB International @ Belfast**

We are awaiting confirmation on what age groups will be included in the Schools International after the SIAB meeting scheduled for Saturday 21<sup>st</sup> March at Faenol at the cross country international, but suspect it will be U17. This causes significant challenges in formulating a selection policy with Welsh Schools using even age groups, English Schools using odd age groups until 1<sup>st</sup> September 2026, Scottish Schools using 1<sup>st</sup> January 2 year age groups. SM & RW will look at making changes to the selection policy used in the last few years of how best we can select a team for 2026. Bethan Davies has started looking at travel logistics, which are likely to be the same as 2022 with buses to Holyhead, Ferry to Dublin and buses to Belfast.

#### **4.6 Saturday 19<sup>th</sup> September Joint Welsh Schools & Welsh Athletics U14 U16 & U18 Combined Events Championships @ Carmarthen.**

With a new date outside of the school holidays to encourage a larger entry. A limited number of additional open events for individuals may be incorporated into the day to make it more financially viable to help cover associated competition delivery costs. Rob Campion has commenced the sourcing of officials and volunteers. Site challenges of the number of throwing circles and jumping pits & beds needs to be considered and adapted to.

#### **5. 2026 Age Group Changes Update**

Discussed under matters arising.

The age group change is a rule change for the sport in the UK, from odd to even age groups commencing on 1<sup>st</sup> April 2026. This is not a policy change by Welsh Athletics, or an initiative, it is a formal UK Athletics rule change. The rules are updated on an annual basis and formally updated every two years. The rules are to be under-pinned by the competition license applications and the subsequent insurance. There have been several opportunities to engage with this process over the past 2 years, Welsh Athletics have held multiple webinars and always been available to discuss any specific queries. As outlined in matters arising school district contacts have been emailed again to reconfirm these rule change.

#### **6. Teachers Education & Initiatives.**

**6.1** Five primary and secondary teachers workshops have been delivered over the last few months. A campaign to raise awareness of these workshops will now commence in the hope of getting additional courses this academic year, incorporated with a budget request for 1<sup>st</sup> April 2026 financial year is being considered for 3 project areas. First, additional budget to run up to additional discounted teachers education workshops annually, consisting of a blend of Primary and Secondary Workshops. Secondly, the reintroduction of schools to clubs grassroots coaching days for clubs that wish to engage that will have exit routes to clubs available for the events to be delivered, bespoke to each club of which events, schools and pupils they wish to target. Third, as mentioned in competitions above, of how to get engagement across all eight school districts with sports hall athletics and what competition pathway and format would best suit this. Whilst all eight districts engage with cross country, track & field championships and track & field cup fixtures, this does not happen with SportsHall Athletics.

**6.2** The WSAA Social media channels followers continue to grow slowly but surely

The Welsh Schools Athletics Association can be followed on:  
Facebook <https://www.facebook.com/WelshSchoolsAA> 655 followers.

X [https://twitter.com/welsh\\_aa](https://twitter.com/welsh_aa) 564 followers

Instagram [https://www.instagram.com/welshschools\\_athletics/](https://www.instagram.com/welshschools_athletics/) 1126 followers

## 7. AOB including date of next meeting

7.1 Date of next meeting 10am Tuesday 14<sup>th</sup> April 2026.

7.2 Powys Schools September 2026 to August 2027 fixtures. Gareth Oldham of Powys Schools has been asked by Powys Secondary Headteachers, to confirm the athletics dates for the 2026/27 academic year, by the end of this half term. They limit staff to so many days out per academic year and where possible, limit pupils, number of days out of school too. The head teachers request is much earlier than previous years, when they are normally set by Whitsun half-term.

The WSAA management team pencilled in the following dates, but do strongly emphasise that these are very much provisional this far in advance:

- Wednesday 21<sup>st</sup> October 2026 Welsh Inter Schools Cross Country Championships @ Brecon.
- Wednesday 17<sup>th</sup> February 2027 Welsh Schools National Cross Country Championships @ Brecon.
- Saturday 3<sup>rd</sup> July 2027 Welsh Schools National Track & Field Championships @ Aberdare.
- Wednesday 7<sup>th</sup> July 2027 NASUWT U14 & U16 Cup & Plate Finals @ Brecon.

Meeting closed at 11.02am.

### Throwing Implement Weights

Shot	Weight	Discus	Weight	Javelin	Weight	Hammer	Weight
U20B	6.00kg	U20B	1.75kg	U20B	800g	U20B	6kg
U18B	5.00kg	U18B	1.50kg	U18B	700g	U18B	5kg
U16B	4.00kg	U16B	1.25kg	U16B	600g	U16B	4kg
U14B	3.00kg	U14B	1.00kg	U14B	500g	U14B	3kg
U20G	4.00kg	U20G	1.00kg	U20G	600g	U20G	4kg
U18G	3.00kg	U18G	1.00kg	U18G	500g	U18G	3kg
U16G	3.00kg	U16G	1.00kg	U16G	500g	U16G	3kg
U14G	2.72kg	U14G	0.75kg	U14G	400g	U14G	2kg

### Hurdles Heights and Spacings

Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line	Weight for Hurdles
U20B	110H	99.1cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
	400H	91.4cm	10	Green	45m	35m	40m	3.6kg
U18B	110H	91.4cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
	400H	84.0cm	10	Green	45m	35m	40m	3.6kg
U16B	100H	84.0cm	10	Yellow	13m	8.5m	10.5m	2.7kg
	300mH	84.0cm	7	Green	50m	35m	40m	2.7kg
U14B	80H	76.2cm	8	Black	12m	8m	12m	2.7kg
U20G	100H	84.0cm	10	Yellow	13m	8.5m	10.5m	3.6kg
	400H	76.2cm	10	Green	45m	35m	40m	3.6kg
U18G	100H	76.2cm	10	Yellow	13m	8.5m	10.5m	3.6kg
	400H	76.2cm	10	Green	45m	35m	40m	3.6kg
U16G	80H	76.2cm	8	Black	12m	8m	12m	2.7kg
	300H	76.2cm	7	Green	50m	35m	40m	2.7kg
U14G	75H	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg