

**WELSH ATHLETICS MOUNTAIN & TRAIL RUNNING COMMITTEE MEETING
THURSDAY 24th JULY 2025 ON-LINE VIA TEAMS MEETING at 7:45pm**

- 1. Attendees:** Dic Evans (DE) Sharon Jones (SJ) Arwel Lewis (AL) Steve Livett (SL) Steve Mitchell (SM) Matthew Roberts (MR)
- 2. Apologies:** Mike Blake. Neal Hockley. Tom Meredith. Peter Ryder & Owain Schiavone
- 3. Actions from previous meeting/Key Points:** All actions/key points to discuss are on the agenda
- 4. Trail de Guerledan Review:** (AL) Congratulations to Josh Griffiths on winning the 26km trail race (His third success in the event) and to Andy Davies who finished 3rd in the 67k/2675m ultra trail race in which Sanna Duthie finished 5th female. Eden O’Dea and Lucy Williamson were placed 1st & 2nd for most of the 26km race but both faded towards the end with both suffering from a virus they picked up at the Trofeo Nasego event 23-25 May.
- 5. International U18 Mountain Running Cup Review:** (SL & SJ) Conditions were very warm for the tough course, though specifically an Uphill Only race, there was a short steep downhill in the middle. Some of the athletes were affected by the warm weather conditions and a virus. Overall, a well organised event. The 2026 U18 MR Cup will be in Puglia. Italy
- 6. B&I/Welsh Junior Championships - Trial Race Review (Y Fron) Selections:** (AL) A very warm day for the trial race at Y Fron not helped by the previous day’s cancellation of a muti trail race in Llanberis which may have contributed to the poor turnout and concerns that the trial race would not go ahead because of the Llanberis adverse publicity and the very warm conditions which were negated somewhat by having two water stations on the race routes. The outstanding performances were by the Benson brothers, Chris & Matt Benson with Chris a clear winner of the U17 race while Matt had a fierce tussle with Finley Bruce for the U20 title. The B&I teams were mostly selected from the performances at the event and expressions of interest from those who could not make the trial race due to other commitments.
- 7. Ras Y Wyddfa Review – Senior Home International Selections:** (AL) Produced an event report prior to the meeting. Weather conditions for the race were very warm and humid. Our women were reduced to three starters due to a late withdrawal from the race in which Eden O’Dea was once again our first female finisher. The Italian men dominated the race with a 1-2 & 3 finish. The first Welsh finisher was reserve athlete Huw Davies in 16th place overall 1:16:38. (DE) suggested a Welsh A & B team for Ras Y Wyddfa in 2026. (AL) 2017 was the last occasion when we did have a male B Team in the race. Race organisers discretion?
- 8. Welsh Inter-Regional/Short Mountain Running Championships (Cilcain):** The event will be run under a Welsh Athletics event licence. Regions reminded to select their teams for the event. 4 Senior Male/Female and 2 U/23 Male/Female born in years 2003 – 2005 inclusive with the first three finishers to count

- 9. UKA Fell Relays Update:** Meirionnydd RC have finalised the race routes and the first phase for entries was between 1st to 21st July. The 2nd phase is from 1st to 18th August. No race recces are allowed on the course (Private land)
- 10. Junior Age Groups from 1st April 2026:** (SM) As of 1st April 2026, all disciplines will align age groups. (SM) & (AL) is due to meet with the other home countries mountain/trail representatives and UKA on 12th August to discuss and decide on the future B&I Junior age categories to align and standardise all age groups across all other disciplines i.e. U/18 instead of U/17 (a three-year age group) and U/20 (a two-year age group) (SL) We may struggle to select full U/20 teams with the proposed new format.
- 11. Senior Home International future:** (SM) & (AL) are to discuss during the junior age groups meeting on 12th August 2025.
- 12. 2026 UKA Fell & Hill Running Championships/Welsh Short Race selection process:** (AL) There have been two expressions of interest to date to stage the short British Championships race. Pen y Fan and Tal y Mignedd (MR) to check on the dates and availability to stage the event at Tal y Mignedd.
- 13. Budget: (SM)** No change
- 14. AOB: (SM)** Congratulations to Kris Jones (Short) & Lizzie Richardson (Long) for the World Trail Running Championships in Canfranc. Spain 25-28 September. B&I Sub-Committee to consist of (SJ) (AL) (SL) & (MR) Bethan Davies is due back in work on 1st August to take over the coordination of the accommodation/dining aspects of the event at Bangor University.
- 15. Date of next meeting: Thursday 25th September 2025 at 1945**