

**WELSH ATHLETICS MOUNTAIN, TRAIL & ULTRA RUNNING COMMITTEE
THURSDAY 27th NOVEMBER 2025 ON-LINE VIA TEAMS MEETING at 7:45pm**

- Attendees:** Mike Blake (MB) Neal Hockley (NH) Arwel Lewis (AL) Steve Livett (SL) Bethan Logan (BL) Tom Meredith (TM) Steve Mitchell (SM) Peter Ryder (PR)
- Apologies:** Alex Donald. Dic Evans (Unable to log in). Sharon Jones. Ffion Price. Matthew Roberts, Owain Schiavone.
- Actions from previous meeting/Key Points: (SM)** Junior age groups aligning across all disciplines in even age groups U/12. U/14. U16 etc. The calculation of these dates for U10 – U18 cut off will be 31st August within the competition year though, for international competition the December cut off will apply. The U20 cut-off date will remain the 31st of December in the calendar year of competition. **(NH)** The WFRA in conjunction with the FRA will be adhering to the age on 31st December remit. All other actions/key points to discuss are on the agenda.
- British & Hill Running Relays Review: (AL)** Excellent positive feedback from the clubs and competitors involved. **(NH & BL)** were both in attendance and commented on the excellent event venue, steep and testing race routes, well organised by the host club Meirionnydd.
- International/British events 2026 Updates/Trial Races: (SM)** Suggested the GB Uphill only Euro trial race at Keswick on Friday 1st May for our SHI trial race with the British Inter-Counties taking place at Sedbergh on Bank Holiday Monday 3rd May, it should give our senior athletes an opportunity to race in both events. **(SM)** also suggested the possibility of utilising the junior GB up and down trial race at Sedbergh as our U/18 Mountain Running Cup trial race on Monday 3rd May which is pre-exams as was the case this year and it would encourage our junior athletes to compete in GB trial races. **(SL)** queried whether our junior athletes would be intimidated competing against probable older athletes in the event. **(TM)** iterated that if selection policies are clear, athletes will travel. **(SL)** emphasised the importance of performance standards to be included in the selection policies ensuring athletes specifically train and compete on the mountain especially the downhill aspect of the discipline. Decided to defer on the trial race venue though, the event should not coincide with the examination schedules. **Snowdon Race** – Trial race is Cader Idris with agreement on the top 2 finishers being selected. **Trofeo Nasego** – Snowdon Twilight (SHI) on Saturday 27th June as our vertical trial race. With the Trofeo Nasego event being back-to-back. Saturday/Sunday Uphill only/Up & Down event, most athletes double up though a possibility that some athletes may concentrate on the one event? **(PR)** Emphasised the requirement for some leeway in the selection policies regarding selecting from trial races especially if the race finishing times are quite far apart **(SM)** will be sending all the selection policies to the committee for proof reading before publicising. B&I Junior International. **(SM)** suggested the same weekend date as previous years being the end of term and summer recess in July 2026. **(NH & SM)** The Pen y Fan, British Short race with a 300 limit is too long in distance and height gain to be used as our

trial race. **(NH)** Suggested the WFRA Welsh Junior Championships race at Abergynolwyn which is in mid Wales with accessible travel for our junior athletes though, **(NH)** would have to amend the current proposed date of June 27th and alter the race routes. For Information: The B&I format for 2026 - U20 2-year age band. 4 to run. 3 to count. U18 3-year age band. 5 to run. 3 to count and to review the situation after the first year. **(AL)** to contact the Northern Ireland B&I organiser for the race route/s information. **Welsh Inter-Regional MR Championships.** **(AL)** suggested the Cilcain race once again on the August Bank Holiday Monday which was well contested by the Welsh regions this year as **(BL)** testified. All agreed. **(AL)** to liaise with the event organiser for approval and confirmation. **Trail: (SM)** Nant yr Arian trail Half Marathon is once again our “Short” trail running championships with the event organisers being very supportive. **(BL)** Will entries be reserved for athletes with a chance of selection. **(SM)** to liaise with the event organisers for reserve entries. **(PR)** in view of this year’s lack of a long championship event, has looked at the 2026 list of long trail races in Wales of which there are several though, the UTS/UTMB events are quite expensive to enter and fill up quickly while other events clash with some of our other races. **(PR)** to investigate further on possible long trail running events and select an appropriate event for the committee’s approval.

6. **Budget: (SM)** No change
7. **AOB: (AL)** attached the Welsh Athletics Governance calendar for future meeting dates.
8. **Date of next meeting: Thursday 4th February 2026 at 1945**