

WELSH ATHLETICS MOUNTAIN & TRAIL RUNNING COMMITTEE MEETING THURSDAY 29th MAY 2025 ON-LINE VIA TEAMS MEETING at 7:45pm

- 1. Attendees:** Sharon Jones. Steve Livett. Arwel Lewis. Steve Mitchell. Matthew Roberts. Peter Ryder.
- 2. Apologies:** Tom Meredith. Mike Blake. Dic Evans. Neal Hockley. Owain Schiavone. Alex Donald
- 3. Actions from previous meeting. Key Points:** All listed on the agenda
- 4. Trail de Guerledan 26k & 65k update:** Teams of 3 women & 3 men for the 26km and 1 woman & 1 man selected for the 66km. Of those from the original selections, 1 woman & 1 male have withdrawn, replaced by the 1st reserve athlete. (AL) awaiting final timetable of instructions from the event organiser.
- 5. Trofeo Nasego Review (AL)** Produced a written document about the event which was of a very high standard and an event that we should continue to support highlighting the requirement for an uphill trial as well as an up & down trial, the vertical race was a new experience for our athletes considering the steepness of the climb to the finish. The date for next year's race has not been finalised and may revert back to its original date in late August. Our hosts were very welcoming for the well organised event/s.
- 6. Anglo Celtic Plate 100k Review (AL)** The event venue of Mallory Park, more used to motor cycle racing was very tough for a 100k championship race, 850m of ascent over the 21.71 laps of the circuit which included two hairpin, cone turns on every lap. Of our 5 male athletes competing, 3 were to finish, while our first finisher Henry Drake achieved a personal best for the distance, our other two finishers suffered with not only the undulating course but the weather conditions which varied from being very cold in the morning to quite warm later in the day and also having to contend with a stiff breeze on some parts of the course. Jamie Pugh, possibly our best hope of a podium suffered an injury on his warm up and despite starting the race, was forced to retire in some discomfort due to a hip injury while it was a huge learning experience for Owain Zirilli who managed to complete 71.55kms before retiring.
- 7. International U18 Mountain Running Cup Trial Race Review (Moel Eilio) Selections:** Teams of 4 female and 4 male athletes have been selected with travel plans organised to hopefully negate last years' experience of long airport waits for transport, long travel journeys to the hotel and event venue as well as accommodation issues.
- 8. Welsh (Long) Mountain Running Championships: Llanbedr-Blaenafon Review (PR)** The event was as expected South dominated for the classic (Long) race. (PR) queried whether there had been any discussion regarding amalgamating the WFRA and Welsh Athletics championships (AL) has liaised with the WFRA chairperson regarding the matter. (SM) to liaise with Alex Donald

- 9. RDP Training Days Review (NH & TM/PR):** (NH) not in attendance. (PR) & (SM) the use of Spond for the RDP was very good for communication and ongoing information. (SM) urged all committee members to join the Spond RDP App.
- 10. Ras y Wyddfa – Cader Idris Trial Race/Team Selections:** (AL) attended the trial race at Dolgellau where the conditions were very warm. The first 2 male/female were selected from the event with another 2 male/female athletes selected from the selection meeting. There was a near 30 per cent of entries who failed to run in the race with 10 DNF's.
- 11. B&I Trial race and championships planning:** (AL) will be devising the same race routes as last year for the trial and B&I championship races. W/A medals required for the Welsh Junior Championships. (SL) suggested a sub-committee for the B&I event, to be convened after the trial race. (AL) suggested chip timing if required for the B&I? (SM) to query with (AD) Our athletes along with possibly England will require transport from the accommodation (Bangor University) to the event venue?
B&I selection – (SJ – SL & AL) on the selection panel. SHI – Senior Home International Selection – (AL – MR & PR) on the selection panel on Monday 21st July?
- 12. Budget:** (SM) nothing much further to add
- 13. AOB: British Inter-Counties – Welsh** Regional teams attending. (AL) North Wales have a male/female team. (TM) is organising the East. (PR) to check on the South. (AL) to check with (OS) regarding the West region. (SJ) Reiterated the requirement for better, more informed and updated media coverage for mountain & trail running especially when referring to photographs which should be of the current athletes competing on the mountain/trails. (SM) Has improved the media coverage for the disciplines to what was published before.
- 14. Date of next meeting: Thursday 24th July 2025 at 1945**
-