

| WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE MINUTES OF VIRTUAL MEETING HELD ON WEDNESDAY 14th APRIL 2021 | <u>ACTION</u> |
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| <p>PRESENT: - Alaw Beynon-Thomas, Alex Donald, Graham Finlayson, Martin Green, Nikki Haines, Chris Jones, Steve Jones, Sharon Leech, Rhiannon Linnington-Payne, Peter Sowerby, Kevin Tobin</p> <p>APOLOGIES : - none</p> | |
| <p>MATTERS ARISING (from previous meeting of 27th Jan 2021)</p> | |
| <ul style="list-style-type: none"> • Update on XC equalization of distances survey (no update as yet) | WA |
| <p>CORRESPONDENCE RECEIVED</p> | |
| <ul style="list-style-type: none"> • RLP emailed an update about elite competition. A track 10K was held on 6th March at Newport, open to elite runners and walkers. A closed road cycle track has been identified as a possible 3K/5K route in Rhyl, to provide opportunity for those in the North • SJ sent an email updating the Committee following the WSAA meeting. It's been confirmed that the Welsh Schools XC and the Sportshall Competition have been cancelled, summer term competition programme is provisionally confirmed however (see below) • GF emailed to confirm that the Cardiff Whitchurch 5K will now be held on 29th August 2021 and will incorporate the Welsh 5K Championships and Inter-Area match (Seniors and U20s). GF has also had correspondence from Rob Cameron that an Inter-Area relay match has been provisionally planned for Aug 15th 12.30pm, male and female teams of 5 over a 2 mile per leg course, at the Brownlee Centre in Leeds. Leeds Abbey Dash 24th October is also an inter-area match. Committee to discuss sending teams to the events (see below) • PS has asked SJ to request feedback from athletes regarding the combined Inter Schools and Regional XC Champs (last held November 2019). This is in response to questions raised at the East Regional meeting. Survey circulated to committee (see discussion below) | RLP |

2020 ROAD & CROSS COUNTRY COMPETITIONS PROGRAMME

Domestic:

- Inter-Area Relay match, Brownlee Centre Leeds, 15th August 2021 (Male and Female teams of 5, 2mile legs). Committee agreed to send teams (provisional until budget confirmed)
- Welsh 5K Championships, Whitchurch Cardiff, 29th August 2021 (inc Inter Area match Sen/U20)
- Leeds Abbey Dash, 24th October (inc Inter Area match). Committee agreed to send teams (provisional until budget confirmed)

International:

- Unlikely to see much travelling abroad for competitions due to quarantine restrictions upon return

SCHOOLS:

- Summer term competitions scheduled as follows:
 - WSAA T&F Championships, Saturday July 3rd
 - NASUWT Cup & Plate Final, Wed July 7th
 - SIAB T & F, Saturday July 17th (Derby)

At present, School Districts are therefore **ADVISED** to continue to plan qualifying events to align with these dates. Further information will be provided following the next SIAB meeting as well as the Schools Executive at the end of April. However, SJ confirmed that there are issues with holding events, such as staff and pupils having to be released from school, given the amount of time already lost this year. If permission is not granted for staff and pupils to attend, without qualification events it's unlikely that a SIAB T&F will be feasible. SJ is putting together a 'plan B', encouraging students to attend events which are licensed, with results uploaded to Powerof10, so that results are official. If it would just be Wales and England to send teams, the event would not be viable.

SJ

Further matters relating to Schools:

- PS updated Committee on concerns raised at the East regional meeting, regarding the combining of the Inter Schools Cross Country and the Inter Regional Cross Country in 2019. There was mixed feedback, with some positive and negative comments, PS therefore asked SJ if a survey could be shared among participants and team managers to have a wider range of viewpoints.

SJ and AD confirmed that numbers were up on the day in 2019 and that from a WA viewpoint it was a positive experience. ABT took a team of school pupils and confirmed that the school

pupils had enjoyed and none had felt disheartened because the standard was too high. Committee agreed that it's of benefit to younger athletes to build up their exposure to larger and better competitions. SJ reminded the Committee that there was a welfare reason for having the two fixtures combined as some of the stronger Club athletes were running in too many races, becoming burnt out and then leaving the sport. AD suggested SJ take the question to WSAA for their view, to add to the Committee's view, which is that the decision to combine the events is more positive than negative.

SJ

PERFORMANCE

- CJ joined the meeting and gave a brief overview of the Kew Gardens marathon race. He said it wasn't an easy run and was pleased with 5 athletes achieving the CWG standard. There have also been some track standards achieved. The Home Nations are lobbying to the CWG committee to be allowed more places at the Games. The lower numbers is due to the capacity of the accommodation in Birmingham. The build has been affected by Covid and so there is less room to accommodate athletes. UK Sport is pushing for more places so that the Games can showcase the best of what Britain has to offer, particularly after such a tough couple of years.
- CJ also mentioned the British system of having a world class programme with the Nations having a level underneath. Do we as a Committee think it would be of benefit to Welsh athletes if Wales could compete as an individual nation at the European Cross Country Championships. Ireland and Scotland are keen. This would then be part of a Home Nations strategy. Teams would be a minimum of 3. This idea has been mentioned previously, the Committee very keen to support.
- CJ also wants the Home Nations to put forward their case for competing in the National Road Relays (M&F teams), so that it's an open event for all.
- Committee in agreement, ABT asked about the funding for the European Cross Country Championships. CJ confirmed that some of the funding would come from European Athletics Commission. ABT in favour and pointed out that it would increase participation of Welsh athletes at a trial race within an event such as the Cardiff Cross. CJ confirmed this would be possible, but the course would have to be fast, to reflect the nature of the course used for the European Championships.

The next step is that the proposal will be taken to British Athletics. SJ asked about timescale, no clear indication as yet.

- RLP updated on WA elite competition, very much tailored toward athletes wanting to obtain standard for the CWG. From 26th April groups allowed, limit of 30 people, so WA are hoping to put on one 5K fixture a month, one at Pembrey, one in Rhyl, two races of 30. An entry standard is likely to be set, to ensure quality and depth of competition, as numbers limited. AD and RLP looking to use venues which do not require road closures to keep costs low. Athletes are also now able to travel to races over the border, to offer more opportunities. Restrictions are far less severe in England, from 21st June there will be no numerical limit on numbers or social distancing, so mass races will take place there from that time. Currently races are allowed to take place in England, but must follow certain guidelines in line with Covid H&S.
- Welsh Government are planning test events in June for 250 people, the hope is that Wales will then be able to have running events of 100 people, it's looking like it's going to be limited for the larger part of summer here in Wales. The limit on numbers makes it more difficult for competition providers as it becomes less viable cost wise. No set date as yet from Welsh Government for progression further than 100 people in an event. AD added that unlikely to see any events of 1000+ in 2021. A trial triathlon event is planned in Pembrokeshire, originally number of participants was 500, it's now been limited to 250.
- When restrictions ease, it's likely that races will clash as race organisers are keen to hold their races. Jaqueline Brace will be issuing the licences. It's also hoped to hold the WA road relays on weekend of 11th September. The races on endurance calendar circulated by GF will hopefully go ahead, although not all have been issued a licence yet. GF said that JB already has the dates for some races such as the Caerphilly 10K and the Cardiff 10K. RLP answered PS' query re race organisers planning in advance in the 'hope' that more will be allowed that they should plan for 30 and then allow for more to run should restrictions be lifted. AD suggested race organisers would be best to plan for 100 runners and apply for a provisional licence, but be prepared for this to be cancelled. A club could apply for a licence to hold an event, as long as numbers were not greater than 30.

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| <ul style="list-style-type: none">• WA are looking to purchase a chip timing system so that they can share with competition providers. Chip timing is needed if an event is socially distanced and athletes start in waves.• As international competition is going to be very limited, Committee agreed that supporting domestic competition and offering representative honours will be the way forward. <p>AOB</p> <ul style="list-style-type: none">• KT to put together a list of domestic fixtures, including some in the Autumn (next Road/Cross Country season), so that they can be included in the annual budget. List will be sent to AP and JW so that money is earmarked for these events. Above domestic events will be included, along with the Liverpool Cross Challenge. <p>DATE & TIME OF NEXT MEETING</p> <ul style="list-style-type: none">• Wed 26 May 2021, <u>5.15pm</u>. Microsoft Teams invite will be sent to members for another virtual meeting | <p>KT/SL</p> |
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