

**WELSH ATHLETICS ROAD/CROSS COUNTRY COMMITTEE  
2024/2025 SEASON**

**MINUTES TEAMS MEETING WED 2<sup>nd</sup> APRIL 2025 5.15PM**

**ATTENDEES: -**

Graham Finlayson, Steve Jones, Sharon Leech, Steve Mitchell

**APOLOGIES :** Alex Donald, Alaw Evans, Kevin Tobin

**DECLARATIONS OF INTEREST:** None

**ACTIONS FROM PREVIOUS MEETING (5<sup>th</sup> FEB 2025)**

- *Welsh XC Championships: AD to check with Masters Committee as to whether athletes should be allowed to drop down an age group (for team purposes), or whether they should remain in their own age group. **AD not present so will be discussed at next meeting***
- *Welsh Inter Schools/ Inter Regional 16<sup>th</sup> Nov'24: SJ stated that there are two proposals currently by WSAA for either a stand-alone IS event as it stands, with a full timetable, or a stand-alone school relay event. Date will also need to be confirmed, whether it will be a weekend date or a mid-week date, (as with the Welsh Schools XC), to maximise school interest. Proposals will be shared with school districts to see what the reaction is and gauge interest. WSAA have gone out to consultation, key stakeholders have received a questionnaire, with individual expressions also being invited to be sent to SJ. Andrew Jenkins shared with schools community*  
SJ confirmed that the deadline for the survey response is 7<sup>th</sup> April, results will then be collated and discussed at the WSAA management meeting. **SJ will update at the next meeting**
- *Welsh Road Relays: decision re masters being able to score in more than one age group team: AD confirmed that Master athletes can run in their Master age group and also in the Senior race, it was also confirmed that the U17s could run if too old by September. Also a junior 3000m offered race for*

Road Relays a success, although SJ queried the two random

distances for seniors and masters, is it easier to have a set 5K distance which both age groups do?

GF has also proposed an alternative course using the car racing track at Pembrey. **Can be discussed at next meeting, AD to look into the possibility**

- *SM to feedback re Road Relays in Ireland:* SM confirmed that the Victoria Park Relays in Belfast have not replied to confirm a date and so is unlikely to be offered to the winning teams at last month's Road Relays. In 2026 the winning teams will be offered a place at the 12 and 6 stage relays

*Junior relays in September. Is there an update on the Junior Relay date?* **AD can confirm at the next meeting**

- *Cardiff 5K: possibly field an U20 WSAA team? Or a WA senior team?* Discussion had regarding fielding a team, SM of opinion that a further 5K representative not needed, GF of the opinion that it is an ideal race to host a Welsh team to compete against the various England and Scotland area teams. Given that not many at this evening's meeting and that we have time before the 2026 event (too late for this year), **subject can be discussed again**
- *Welsh Athletics 10K Series:* AD emailed Committee with suggestions, the following was confirmed:  
*Sunday 11<sup>th</sup> May Bryn Meadows Caerphilly 10K (East Wales)*  
*Sunday 7<sup>th</sup> July Porthcawl 10K (South Wales)*  
*Sunday 20<sup>th</sup> July Helena Tipping 10K (North Wales)*  
*Sunday 14<sup>th</sup> September Admiral Swansea Bay 10K (West)*  
*Sunday 2<sup>nd</sup> November Tata Steel Richard Burton 10K (West)*  
  
AD to contact each of the race organisers and advertise the series on WA website
- *Update on expenses rate from GC/WA board?* No update, unsure who would know
- *HCI/Celtic XC:* Two Celtic team medals (U17 and U20 women)
- *Armagh 5K/3K:* Joseph Rees Gara 14:34 pb, Henry Evans 14:41 pb, Millie Gold 9:50, Abigail Doherty 10:02, Rebeca Harries 10:12. Noted at GC meeting that there was no report on this, despite Team Managers sending to WA

- *Welsh Schools XC*: 523 athletes completed the event, good standard, well organised, only feedback being lack of shelter if weather poor. Difficult either way, as a marquee very expensive and in dry weather is not needed  
SIAB XC Scotland: 2 bronze relay medals, very long journey. SJ and SM to meet to discuss how to improve Scotland experience given the difficulty of getting there
- *Race Walk*: no athletes due to injury
- *Pulford 10K*: Adam Barber only WA team competitor 30:09

## CORRESPONDENCE RECEIVED

- *For discussion: the Committee received a letter from JW (via SM), regarding a proposed policy to charge athletes £75 towards travel costs when selected to represent Wales overseas. Domestic fixtures will not require upfront contribution*  
SM stated that WA are unfortunately having to ask for an athlete contribution of £75 for any foreign representative fixture. These would be the Armagh 3K/5K, Dudinska World Race Walking, Valencia Marathon. Due to limited funding, the contribution will be needed, **however the Committee needs to agree to it and the matter will again be discussed at the next meeting.** The Trail/Mountain Committee have agreed and athletes selected for the forthcoming France race have received notification of the £75. Likelihood is there would be no overseas road/cross fixtures without a contribution  
SJ added that WSAA have been asking for an athlete contribution of £50 for many years
- *SL attended GC meeting 5<sup>th</sup> March 2025*

## DISCUSSIONS

- As above

## FIXTURES

### DOMESTIC

- Welsh 5K Championships Cardiff Race for Victory May 4<sup>th</sup>

- Caerphilly 10K (inc. Welsh Inter-Regional Champs) May 11<sup>th</sup>
- WA Road Relays September 2025 (Juniors). Date tbc

#### REPRESENTATIVE

- Mini Marathon 26<sup>th</sup> April 2025 (selection meeting Wed 12<sup>th</sup> March)
- ACP 100K Ultra 3<sup>rd</sup> May 2025
- Podium 5K date tbc 2025 (selection meeting Wed 6<sup>th</sup> August)
- Valencia Marathon Dec 2025 (selection meeting Wed 25<sup>th</sup> June)

#### SCHOOLS

- Noted in above discussions

#### **PERFORMANCE**

- Noted in above discussions, also:  
SM stated that the plan is to offer Seniors a representative opportunity at XC (domestic), 5K (Podium Cardiff August), 10K (Telford December), HM (Bath Spring) Marathon (Valencia December), Race Walk (Dudinska Spring)  
It is hoped to take a full team to the XC, 5K, 10K and HM, with a potential full team, (but possibly less as based on criteria), to Valencia for the Marathon  
U20 have a 5K/3K opportunity at Armagh and a 10K opportunity at Pulford, (possibly a full team but dependent on meeting criteria set)

#### **AOB**

- n/a

#### **DATE & TIME OF NEXT MEETING**

- Proposal: Wednesday 21<sup>st</sup> May 5.15pm. Microsoft Teams invite will be sent to members for a virtual meeting, minutes will be available on WA website (emailed to [eleonor.cartlidge@welshathletics.org](mailto:eleonor.cartlidge@welshathletics.org) and [media@welshathletics.org](mailto:media@welshathletics.org)) and emailed to members