

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

**MINUTES TEAMS MEETING WED 5<sup>th</sup> FEBRUARY 2025 5.15PM**

**ATTENDEES: -**

Alex Donald, Alaw Evans, Graham Finlayson, Martin Green, Nikki Haines, Steve Jones, Sharon Leech, Steve Mitchell, Kevin Tobin

**APOLOGIES :** Paul Adams

**DECLARATIONS OF INTEREST:** None

**ACTIONS FROM PREVIOUS MEETING (27<sup>th</sup> NOV 2024)**

- *Welsh XC Championships:* Senior Champions Dewi Griffiths (=9<sup>th</sup> record win) & Lauren Cooper, higher entry/finisher numbers than 2024, however far less finishers than entries. KT stated he thought it was a good event, SL agreed. AE asked re master age categories, could the age groups be expanded to cover 10 years, possibly for the team event only. AD stated that this has been discussed by the Masters' committee and they are opposed to it. They prefer the 5 year categories. AD also stated that many athletes choose to run in a lower age group, in order to make up a team. Logistically it's more complex, AD to check what the view of the Master Committee is as to whether this should be allowed in future.  
U20 men – numbers still need to improve, Clubs to look at ways to help push up numbers, also perhaps the timetable could rotate so that they're not always the last race?  
AE asked if the Urdd races were promoting WA clubs, as a progression from the event itself. A flyer or QR code when registering for example, with details of how to search for a Club and what the Clubs offer, as information for parents/guardians.  
SM stated that for the Euro Club trial in Liverpool, a senior men/women team will be selected from the WA XC. Team must be declared prior to Liverpool race. If chosen team can't compete, the next team will be selected
- *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 will go out to consultation, key stakeholders will receive a questionnaire, individual expressions can also be sent to SJ

- *Road Relays*: SJ stated that the senior relays have been moved to 22<sup>nd</sup> March, the juniors will be in September. This date clashes with the Welsh Trail Champs on the 22<sup>nd</sup>. AD suggests going with this date, irrespective of clash. AD currently looking at two races, a Senior Men and Women race and a Master men and women race. AD to clarify about masters being able to score in more than one age group team  
SJ asked if the U17 men (second year/year 12) could move up to the Senior Men's race in March, as not all will be eligible age group wise for the Junior Road Relays (U17/U15/U13/U11) in September as they will have moved up an age group.  
SM mentioned about the Road Relays in Ireland, that perhaps the winning teams from the Welsh Road Relays could go to Ireland, however it would be a fully self-funded trip. SM will ask whether more than one team could attend, SM to also check the results of last year's to assess standard.
- *Valencia Marathon 1<sup>st</sup> Dec*: Dan Nash 2:13, Dan Hamilton 2:15, Chris Thomas 2:16 all had a personal best over the distance, (Dan Nash and Chris Thomas running for Wales), Clara Evans 2:33
- *Euro Cross Challenge Italy 8<sup>th</sup> Dec*: both Cari Hughes & Dafydd Jones selected for GB, both won gold team medals

## **CORRESPONDENCE RECEIVED**

- *Marcel Mace has confirmed that the Cardiff 5K in May will host an Inter-Area match. He would like it noted that having a Welsh team compete alongside the other teams would be ideal, he again asks that this may be reviewed for next year.*

SL and SJ queried whether we could offer our WSAA U20 athletes the opportunity to race there as a team, the cost would be minimal as kit cost only. SJ to check with SM (as SM had left meeting), may not happen for this year – dependent on timescale/ budget/ WA approval

KT stated that there are very little opportunities for our senior teams as well, so perhaps fielding a team here could be revisited

- *SL attended a GC meeting on 8<sup>th</sup> Jan'25. It has been minuted that the GC will propose to the board of WA that the expenses rate for officials/ volunteers at events be increased from 30p per mile. The standard rate is 45p per mile. What is the Committee's opinion regarding the amount?*  
Committee agrees that the rate should be increased, SL to take back to the GC
- *SM informed Committee that the Trafford 10K (U23 race) has been postponed to August. MG suggested the Pulford race (Run Cheshire) a few weeks later. SM confirmed that the race will be the Pulford race, as it suits the training and preparation time for those athletes interested in racing. Selected athlete informed*
- *GF circulated notification to the Regions regarding the Inter-Regional 10K which will be held within the Caerphilly 10K in May. Regions will be responsible for informing athletes of the opportunity and Regions will enter the team*
- *SL sent an email to the Committee and JW congratulating GF on a well organised BUCS XC event at Bute Park 1<sup>st</sup> Feb*

## **DISCUSSIONS**

- As above

## **FIXTURES**

### DOMESTIC

- Welsh Road Relays Pembrey 22<sup>nd</sup> March 2025 (Seniors/Masters)
- Caerphilly 10K (inc. Welsh Inter-Regional Champs) May 11<sup>th</sup>
- WA Road Relays September 2025 (Juniors). Date tbc

### REPRESENTATIVE

- Home Nations/Celtic XC Leeds 8<sup>th</sup> February 2025 (U17-Senior)
- Armagh 13<sup>th</sup> Feb 2025 (U20)
- Race Walk 22<sup>nd</sup> March Dudinska 2025

- Pulford 10K 23<sup>rd</sup> March 2025 (U23)
- 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

- Welsh Schools XC Championships 19<sup>th</sup> February Brecon
- SIAB Scotland 22<sup>nd</sup> March 2025

#### **PERFORMANCE**

- No updates (SM had to leave meeting early)

#### **AOB**

- AD updated re Welsh 10K series 2025. Some race organisers have contacted WA to show interest in hosting a Welsh 10K series within their race, however some races are not suitable date wise. AD to look again and will send an email to the Committee with races whose dates are suitable. Likely to be a similar series to last

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

- Wednesday 2<sup>nd</sup> April 5.15pm. Microsoft Teams invite will be sent to members for a virtual meeting, minutes will be available on WA website (emailed to [eleanor.cartlidge@welshathletics.org](mailto:eleanor.cartlidge@welshathletics.org) and [media@welshathletics.org](mailto:media@welshathletics.org)) and emailed to members