

1. **Welsh Athletics Updates:**
  - a. Championships Dates 2023
    - i. Senior/U15 24<sup>th</sup>/25<sup>th</sup> June, Cardiff International Stadium
    - ii. U13/U17/U20 12<sup>th</sup>/13<sup>th</sup> August, Newport Stadium
  - b. Internationals
    - i. 26<sup>th</sup> August, Swansea
  - c. Welsh Schools:
    - i. Championships July 1<sup>st</sup> Cardiff International Stadium
    - ii. NASUWT Cup 12<sup>th</sup> July Ron Jones Stadium, Aberdare
  - d. Welsh Junior Competition:
    - i. RH to contact clubs to identify hosts for each competition.
    - ii. Dates 20<sup>th</sup>/21<sup>st</sup> May, 17<sup>th</sup>/18<sup>th</sup> June, 19<sup>th</sup>/20<sup>th</sup> August
  - e. Event Specific: All dates, venues and events detailed on WA website.
- ii. **Regional Championships Dates/Venues/Events 2023**
  - i. **10th May 2023 Cardiff International Stadium**  
200m - U17M, U17W, U20M, U20W, SM, SW.
  - ii. **13th May 2023 Ron Jones Stadium, Aberdare**  
U15B & U15G: 100m, 200m, 800m timetrials, 75mh (U15G), 80mh (U15B), PV,LJ, DT, JT  
U17M & U17W: 100m, 800m, 80mh (U17W), 100mh (U17M), 300mh (U17W), 400mh (U17M), PV, TJ, SP, DT  
U20M & U20W: 100m, 800m, 100mh (U20W), 110mh (U20M), 400mh, PV, TJ, SP, DT  
Senior Men & Senior Women: 100m, 800m, 100mh (SW), 110mh (SM), 400mh, PV, TJ, SP, DT
  - iii. **31st May 2023 Newport Stadium**  
**Welsh 3k and 5k Championships**  
U15-U17-U20-SEN = 1500m (inc South and East Wales Regional Championships)  
U17M-U20-SEN = 400m (inc South and East Wales Regional Championships)  
U15B-U15G-U17W = 300m
  - iv. **10th June 2023 Cardiff International Stadium**  
High Jump, Long Jump
  - v. **5<sup>th</sup> August 2023 Newport Stadium**  
U13 Regional Championships (organised by Newport Harriers) events tbc.
3. **Inter-Regional Championships:** South Wales hosting at Aberdare 16<sup>th</sup> July
4. **Facilities Update:** Newport Stadium has gained Track Mark.
5. **Indoor Review:**
  - i. Welsh Athletics championships will continue to be open to U13 athletes.
  - ii. Athletes will be allowed to move up an age group, it was deemed if athletes were good enough, then they are 'old' enough to compete in the next age group.
  - iii. Guidance is sought from Track & Field Officials' committee with reference to standardising (ensuring consistency between track referees) the number of athletes allowed in each race.
  - iv. A group is to be convened to look at the introduction of standards for U20/Senior competition.

- v. The matter of U15 athletes competing at 3000m indoors was raised. Concern was expressed that competing over this distance may not be conducive to athlete development. There are several opportunities for middle distance athletes to compete in cross country events.
- vi. Inclusion of pools was considered for Welsh Championships field events, should pools be considered or qualification on day one with finals on day two for U20/senior events.