

Road Running and Cross Country Commission

Scottish International Cross Country and Road Racing Programme & Selection Dates 2012–13

Cross Country

Fixture	Date	Venue	Selection Date
Cross Country Challenge - <i>European Trial</i>	24 th Nov	Liverpool	12 th Nov
Inter Districts <i>Great Edinburgh CC</i>	5 th Jan	Edinburgh	10 th Dec
Cross Country Challenge	12 th Jan	Antrim	10 th Dec
Celtic Nations	20 th Jan	Cardiff	10 th Dec
Inter Counties	9 th Mar	Birmingham	25 th Feb
Home Countries	23 rd Mar	Dinefwr, Carmarthen.	25 th Feb/13 th March

Road Racing

Fixture	Date	Venue	Selection Date
London Mini Marathon	21 st Apr	London	19 th Mar

Inter-District 10K Road Championships

Venue	Date	Selection Date
Great Edinburgh 10K	7 th October 2012	West and East 16/9; North – 8/9

Selection Policy

It is important to note that only athletes who will benefit from the standard of competition at a particular event will be selected and the selection committee has discretion to leave places empty if necessary. Although this type of decision can be disappointing for athletes, there are a number of factors that will affect the standard of team that may be sent to particular events and all of these will be taken into account. These may include the age of an athlete, the wishes of race promoters, the demands of the event (distance, conditions and course profile) and funding. The selected teams for the events in the programme will be funded by **scottishathletics** Road Running and Cross-Country budget.

For this programme to be successful and to ensure progress towards our aim of fielding Scottish Athletes in GB Teams our top endurance athletes and their coaches are encouraged to participate in this programme and plan their season accordingly. Please keep the National Endurance Coach and/or the selection committee fully informed of athletes' racing programmes, results, training progress,

injuries, illness and availability for selection for those races on the programme. This type of information and two-way communication is extremely valuable in assisting the selectors to pick the best teams.

European Trial: Up to 4 senior men; 4 senior women; 4 U-23 Men; 4 U-23 Women; 4 U-20 men and 4 under 20 women will be selected on current form – Travel to be confirmed.

Antrim Challenge: Up to 3 senior men; 3 senior women selected on current form particularly the European Trial and District Championships.

Celtic International: 4 each of U-23 men, U-23 women, U-20 men, U-20 women; U-17 men and U-17 women will be selected on current form, particularly the Inter District Championships and Challenge events. Note age groups are under IAAF rules.

Inter Districts: Cross Country Teams will be selected by the districts on current form, especially the district championships. Road teams will be selected on known form in the preceding month including the district and national 10K championships

Chair of selectors

East – Alex Jackson

North – Sophie Dunnett

West – Margaret Daly

Inter Counties: District teams will be selected, consisting of up to 6 males and females at each of senior U-20, and U-17 level. First 4 from the senior national championships will be invited to participate plus up to the maximum number on current form may be selected. U-15 athletes may be selected by the districts, if they have shown exceptional form and funding is available. Other U-15 and U-13 athletes may be entered by the districts, and can participate, but they will not receive funding for travel and accommodation

London Mini Marathon: The Scottish team each age group (U15 & U17) will be selected, based on current form but particularly performances in the National Young Athletes Road Race Championships. Age groupings for this race are U15 dob 1/9/9 to 31/8/99 and U17 dob 1/9/95 to 31/8/97

Home Countries International: Up to 4 senior men; 4 senior women; 4 U20 men; 4 U20 women, (U20 based on UK rules). First 3 eligible athletes from the National Championships will be offered selection. The team will be finalised after the Inter-Counties.

International Fixtures

Fixture	Date	Venue
European CC Championships	9 th Dec	Budapest, Hungary
World CC Championships	24 th March	Bydgoszcz, Poland

McCain UK Cross Challenge

Venue	Date
Bristol	28 th October
Liverpool	24 th November
Antrim	12 th January
Cardiff	20 th January
Birmingham	9 th March

Relay Championships

Fixture	Date	Venue
District CC Relays	13 th Oct	E (Camperdown), N (Nairn), W (Kilmarnock)
National CC Relays	27 th Oct	Cumbernauld
6/4 Stage Road Relay	31 st Mar	Livingston

Scottish Cross Country Championships

Fixture	Date	Venue
District CC Championships East	8 th Dec	Cupar
District CC Championships North	24 th Nov	Evanton
District CC Championships West	8 th Dec	Inverclyde
National 4K Championships	11 th Nov	Glasgow
National Championships	23 rd Feb	Falkirk

Universities Cross Country Championships

University Championships

Fixture	Date	Venue
Scottish Universities	17 th Nov	Stepps
BUCS	2 nd Feb	Leeds

Schools Cross Country Championships

Fixture	Date	Venue
Scottish Schools	9 th Mar	Irvine
SIAB	23 rd Mar	Wales

Scottish Road Race Championships

Fixture	Date	Venue
YA Road Race Championships	17 th Mar	Rouken Glen

ERRA 12 Stage relay: The ERRA will invite **scottishathletics** to enter teams in their National 12-stage relay, which is held at Sutton Park, Sutton Coldfield on 13th April. Entry forms are normally sent to the first 3 teams in the Scottish 6 Stage Relay but team managers wishing to enter should contact the National Endurance Coach.

Lotto Cross Series: Additional race opportunities are sometimes available for athletes of the appropriate standard to take part in the Lotto Cross Country Series in Belgium. Interested athletes should contact the National Endurance Coach. Dates for this year's events are still to be confirmed but will be available at <http://www.lottocrosscup.be/>