

Road Running and Cross Country Commission

Scottish International Cross Country and Road Racing Programme & Selection Dates 2013–14

Cross Country

Fixture	Date	Venue	Selection Date
Cross Country Challenge - <i>European Trial</i>	23 rd Nov	Liverpool	11 th Nov
Cross Country Challenge	4 th Jan	Antrim	9 th Dec
Celtic Nations	4 th Jan	Antrim	9 th Dec
Inter Districts <i>Great Edinburgh CC</i>	11 th Jan	Edinburgh	9 th Dec
Inter Counties	8 th Mar	Birmingham	24 th Feb
Home Countries	22 nd Mar	Woolaton Park Nottingham.	24 th Feb/10 th March

Road Racing

Fixture	Date	Venue	Selection Date
London Mini Marathon	13 th Apr	London	18 th Mar

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.

Chair of selectors

East – Alex Jackson

North – Sophie Dunnett

West – Clare Barr

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 1/9/99 to 31/8/00 and U17 dob 1/9/96 to 31/8/98

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	8 th Dec	Belgrade, Serbia

McCain UK Cross Challenge

Venue	Date
Bristol	27 th October
Liverpool	23 rd November
Antrim	4 th January
Cardiff	19 th January
Birmingham	8 th March

Relay Championships

Fixture	Date	Venue
District CC Relays	13 th Oct	Livingston
District CC Relays	12 th Oct	N (Thurso), W (Hamilton)
National CC Relays	26 th Oct	Cumbernauld
6/4 Stage Road Relay	30 th Mar	Livingston

Scottish Cross Country Championships

Fixture	Date	Venue
National 4K Championships	10 th Nov	Glasgow
District CC Championships North	30 th Nov	Nairn
District CC Championships East	7 th Dec	Dundee
District CC Championships West	7 th Dec	Kilmarnock
National Championships	22 nd Feb	Falkirk

University Championships

Fixture	Date	Venue
Scottish Universities	23 rd Nov	Aberdeen
BUCS	1 st Feb	Stirling

Schools Cross Country Championships

Fixture	Date	Venue
Scottish Schools	8 th Mar	Irvine
SIAB	22 nd Mar	Bolton

Scottish Road Race Championships

Fixture	Date	Venue
YA Road Race Championships	16 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 29th March. 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/>