

## Road Running and Cross Country Commission

### Scottish International Cross Country and Road Racing Programme & Selection Dates 2015–16

#### Cross Country

Fixture	Age Group	Date	Venue	Selection Date
Cross Country Challenge - <i>European Trial</i>	SEN U23 U20	28 <sup>th</sup> Nov	Liverpool	16 <sup>th</sup> Nov
Inter Districts <i>Great Edinburgh CC</i>	SEN / U20 U17 U15 U13	9 <sup>th</sup> Jan	Edinburgh	14 <sup>th</sup> Dec
Celtic Nations	U23 U20 U17	9 <sup>th</sup> Jan	Edinburgh	14 <sup>th</sup> Dec
Cross Country Challenge	SEN U23	16 <sup>th</sup> Jan	Antrim	14 <sup>th</sup> Dec
Inter Counties	SEN U20 U17	12 <sup>th</sup> Mar	Birmingham	29 <sup>th</sup> Feb
Home Countries	SEN U20	19 <sup>th</sup> Mar	Falkirk	29 <sup>th</sup> Feb

#### Road Racing

Fixture	Age Group	Date	Venue	Selection Date
London Mini Marathon	U17 U15	24 <sup>th</sup> Apr	London	29 <sup>th</sup> Feb

*\*Please read the notes below for further clarification on the age group specifications for the races above\**

#### 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 Mark Pollard ([mark.pollard@scottishathletics.org.uk](mailto:mark.pollard@scottishathletics.org.uk)) 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 (Liverpool):** Up to 4 Senior Men; 4 Senior Women; 4 U23 Men; 4 U23 Women; 4 U20 Men and 4 U20 Women will be selected on current form.

**Celtic International:** 4 each of U23 Men (born 1994, 95, 96), U23 Women (born 1994, 95, 96), U20 Men (born 1997, 98, 99), U20 Women (born 1997, 98, 99), U17 Men (born 2000 and 2001) and U17 Women (born 2000 and 2001) will be selected on current form, particularly the District Championships. 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

**UK CC Challenge (Antrim):** Up to 3 Men (including one U23) and 3 Women (including one U23) can be selected on current form - particularly the European Trial and District Championships.

**Inter Counties:** District teams (of 32 approximately) will be selected, consisting of up to 9 Males and Females at Senior level, up to 6 Males and Females at U20 and U17 levels. Teams will be selected with consideration given to their potential to medal. U15 athletes may be selected by the districts if they have shown exceptional form and funding is available. Other U15 and U13 athletes can participate (should they meet the qualifying standards), but they will not receive any funding for travel or accommodation.

**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.

**London Mini Marathon:** The Scottish team each age group (U15 & U17) will be selected, based on current form, but particularly performances in the **scottishathletics** Indoor 3000m Championships (3<sup>rd</sup> Jan 2016) and the **scottishathletics** National Cross Country Championships (27<sup>th</sup> Feb 2016). Age groupings for this race are U15 dob 1/9/01 to 31/8/02 and U17 dob 1/9/98 to 31/8/00

### International Fixtures

Fixture	Date	Venue
European CC Championships	13 <sup>th</sup> Dec	Hyeres, France
World CC Championships	N/A	N/A

### UKA Cross Challenge

Venue	Date
Milton Keynes	7 <sup>th</sup> November
Liverpool	28 <sup>th</sup> November
Antrim	16 <sup>th</sup> January
Cardiff	24 <sup>th</sup> January (Sun)

Birmingham	12 <sup>th</sup> March
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### Relay Championships

Fixture	Date	Venue
District CC Relays	10 <sup>th</sup> Oct	N (Edderton)
District CC Relays	11 <sup>th</sup> Oct (Sun)	E (Peebles) W (Hamilton)
National CC Relays	24 <sup>th</sup> Oct	Cumbernauld
6/4 Stage Road Relay	3 <sup>rd</sup> Apr	Livingston

### Scottish Cross Country Championships

Fixture	Date	Venue
National 4K Championships	7 <sup>th</sup> Nov	Glasgow
District CC Championships North	5 <sup>th</sup> Dec	Elgin
District CC Championships East	12 <sup>th</sup> Dec	Livingston
District CC Championships West	6 <sup>th</sup> Dec	Bellahouston
National Championships	27 <sup>th</sup> Feb	Falkirk

### University Championships

Fixture	Date	Venue
Scottish Universities	21 <sup>st</sup> Nov	Stirling
BUCS	6 <sup>th</sup> Feb	Gloucester

### Schools Cross Country Championships

Fixture	Date	Venue
Scottish Schools	5 <sup>th</sup> Mar	Irvine
SIAB	19 <sup>th</sup> Mar	Falkirk

### Scottish Road Race Championships

Fixture	Date	Venue
YA Road Race Championships	2 <sup>nd</sup> Apr	Greenock

**ERRA 12 Stage (Male) & 6 Stage (Female) relay:** The ERRA will invite **scottishathletics** to enter teams in their National 12 / 6 Stage relay, which is held at Sutton Park, Sutton Coldfield on 16<sup>th</sup> April. Entry forms are normally sent to the first 3 teams in the Scottish 6 & 4 Stage Relay but team managers wishing to enter should contact the Mark Pollard ([mark.pollard@scottishathletics.org.uk](mailto:mark.pollard@scottishathletics.org.uk)).

**Lotto Cross Series:** Additional race opportunities are sometimes available (primarily for athletes targeting GB representation at European and World Cross Country Championships) as part of the Lotto Cross Country Series in Belgium. Interested athletes should contact Mark Pollard. Dates for this year's events are still to be confirmed but will be available at <http://www.lottocrosscup.be/>