

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

Road Racing

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

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) 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 (3rd Jan 2016) and the **scottishathletics** National Cross Country Championships (27th 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 th Dec	Hyeres, France
World CC Championships	N/A	N/A

UKA Cross Challenge

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

Birmingham	12 th March
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Relay Championships

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

Scottish Cross Country Championships

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

University Championships

Fixture	Date	Venue
Scottish Universities	21 st Nov	Stirling
BUCS	6 th Feb	Gloucester

Schools Cross Country Championships

Fixture	Date	Venue
Scottish Schools	5 th Mar	Irvine
SIAB	19 th Mar	Falkirk

Scottish Road Race Championships

Fixture	Date	Venue
YA Road Race Championships	2 nd 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 16th 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).

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/>