

Road Running and Cross Country Commission

Anglo-Celtic Plate 100km 27th March 2016 at North Inch, Perth

The Anglo-Celtic Plate for 100k is staged annually by Scotland; England; Wales and Ireland. 2016 sees the event being held in Scotland at North Inch, Perth on **Saturday, 27th March** (Easter Saturday).

The selection policy for Scotland will be as follows:

Selection for the Scottish teams for the ACP 100km international being held at Perth on Sunday 27th March 2016 will be made in mid/late January 2016. Our selection policy allows us to consider,

Male runners who have bettered **8 hours** in a 100km road event, in the last 2 years or are deemed capable of doing so by virtue of similar performances in other road and trail events in the same period.

Female runners who have bettered **9 hours** in a road 100km event in the last 2 years or are deemed capable of doing so, by virtue of similar performances in other road and trail events in the same period.

Recent and current form in shorter events possibly also to be taken into consideration.

The rules of the ACP allow us to select **up to 5** men and **up to 5** women, but only if the selectors feel that the standard is of sufficient quality.

NB: the ACP will also incorporate the **British Athletics 100km championships** and will act as part of the selection process for the GB team for any subsequent IAU 100km World Championships (an autumn date is still being considered by the IAU with confirmation one way or the other by Christmas.)

At this stage we are just asking for athletes, without formal commitment, to let us know by **7th January 2016**, if they wish to be considered for selection for the Scottish 100km team for Perth. An accompanying list of your principal races in the last 12 months would be useful as Power of Ten and DUV ultra lists don't always pick up every performance.

Please do call/mail either myself or Mark Pollard with any questions if you need any more information.

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