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**Senior Home Countries Mountain International  
Saturday 11<sup>th</sup> May - Glenshee, Scotland  
Selection Policy published October 2023**

**Overview**

The Senior Home Countries Mountain International will take place in Glenshee, Scotland on Saturday 11<sup>th</sup> May. The race this year will be an uphill only race. Welsh Athletics values the role this representative opportunity will provide in gaining experience in competing against a high quality domestic field as part of a representative team competing against other representative teams.

**Selection Policy Aim**

The selection panel will attempt to select the **best team possible** to represent Wales.

**Athlete Eligibility**

Eligibility will be in line with Welsh Athletics eligibility criteria.

**Competition Format**

The Senior Home Countries Mountain International provides **Senior and U23 Age Group** competition opportunities, with athletes from both age groups competing in the same race.

Teams of up to **4 Senior and 2 U23 Men and 4 Senior and 2 U23 Women** may be selected. The age groups follow World Athletics rules, so U23 athletes are those born in 2002, 2003 and 2004. Wales will compete against teams from the other home nations.

**Selection Process**

The trial race for the British team for the uphill race at the European Athletics Off Road Running Championships will also be used as the trial race for the Welsh team for the Senior Home Countries Mountain International. The race is in the Lake District, England on **Friday 19<sup>th</sup> April** and climbs Skiddaw from Dodd Wood. The first three Welsh male and female senior and first Welsh male and female U23 athletes across the finish line in the trial race will be selected, with the final senior and U23 places at the discretion of the selection panel. **There is no obligation to fill all available positions, even if athletes finish in the top three senior or**

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**top U23 positions in the trial race, if runners are not considered of the required standard to warrant selection.**

To be considered for the team athletes need to do one of the following:

1. Take part in the trial race
2. If unable to do the trial race, contact Arwel Lewis (Welsh Athletics Mountain and Trail committee representative) and Steve Mitchell (Welsh Athletics National Talent Development Coordinator) before the entries for the trial race closes. The athlete must explain why they are unable to do the trial race and prior to the selection meeting must give an indication of current mountain and fell running form. The athlete will be considered in the selection meeting when discussing discretionary places.

Arwel Lewis contact email address: [arweleryri@googlemail.com](mailto:arweleryri@googlemail.com)

Steve Mitchell contact email address: [steve.mitchell@welshathletics.org](mailto:steve.mitchell@welshathletics.org)

The selection meeting will take place on **Tuesday 23<sup>rd</sup> April 2024** and the teams will be announced on **Saturday 27<sup>th</sup> April 2024**.

The **Selection Panel** will comprise of **2 individuals nominated by the Welsh Athletics Mountain and Trail Committee, a team manager and 2 individuals from the Welsh Athletics performance team.**

In coming to its decision, the **Selection Panel** will consider the following criteria when it comes to the discretionary places (in no priority order):

1. 2024 form and fitness in mountain and fell races
2. Evidence from competing at mountain and fell races in previous seasons
3. Future potential and associated progression / development
4. Head-to-head competitive records
5. Previous / other event championship performances
6. Athletes who are supportive of Welsh Athletics
7. Any other factors that, in the panel's opinion, give Wales the best chance of success

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## **Appeals Process**

There shall be no right to appeal the selection of the Welsh team made by the selection panel.

## **De-selection Process**

De-selection of an athlete may occur following:

1. Failure to adhere to the Welsh Athletics code of conduct
2. In the event of an athlete sustaining an injury or illness following acceptance of their position on the team, they are required to inform the team leader immediately. If required, evidence will have to be supplied. If it is deemed that the injury or illness will negatively affect the athlete's performance this will result in deselection.

## **Equal Opportunities**

Welsh Athletics will not discriminate in the selection of any athlete on the basis of any protected characteristics.

## **Amendment**

Welsh Athletics reserves the right to amend this selection policy at its sole discretion and will make any amended version publically available (including the date on which the amendment was made) on the [Welsh Athletics website](#)



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