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Home Countries Cross Country – Saturday 20th January 2024
Parliament Hill, London
Selection Policy – published October 2023

Overview

The Home Countries Cross Country will take place at Parliament Hill, London on Saturday 20th January 2024. This will be a combined event with the English leg of the British Athletics Cross Challenge and incorporates the World Cross Trials. Welsh Athletics values the role this representative opportunity will provide in gaining experience in competing as part of a representative team against other representative teams and provide the opportunity to gain selection for international cross country championships.

Selection Policy Aim

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

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria.

Competition Format

The Home Countries Cross Country provides a Senior and U20 Age Group competition opportunity. In addition, we will also send an U17 team to compete in the U17 race (there is no Home Countries Cross Country competition in this age group). This is so U17 athletes gain experience of the event ready for future seasons.

Teams of up to **4 Senior Men, 4 Senior Women, 4 U20 Men, 4 U20 Women, 4 U17 Men and 4 U17 Women** may be selected. The age groups will follow the same rules as the UK Cross Challenge Series. For the Senior and U20 age groups, these follow the World Athletics rules. For the U20 race, this means athletes must not turn 20 at any point in the year 2024. The U17 age group follows the British Cross Country Age Group rules.

Selection Process

Selection of the team will use the following process to ensure the **best team possible** is selected:

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Step 1: Athletes currently on Welsh Athletics 2024 support programmes (Performance Programme, Transition Programme and National Development Programme) who are competing over cross country during the winter 2023-2024 season will be prioritised for selection. If required, results in the Cardiff Cross and Liverpool Cross Challenges will be considered.

Step 2: Non-programme athletes will be considered. Results of non-programme athletes in the Cardiff Cross and Liverpool Cross Challenges will be considered.

There is no obligation to fill all available positions.

The selection meeting will take place on **Tuesday 19th December** and teams will be announced on **Saturday 23rd December**.

The senior team and recommended junior teams, selected by the **Welsh Athletics Head of Performance** and **Welsh Athletics National Talent Development Coordinator (NTDC) for Endurance**, will be **presented to the road and cross committee** in the selection meeting. This selection meeting will include a **final analysis of the junior teams**. From here logistical planning will commence.

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.

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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](#)