

Schools' International Athletics Board (SIAB) Cross Country – 21st March 2026
Faenol Estate, Bangor, Wales
Selection Policy – published October 2025

Overview

The Welsh Athletics performance vision is to deliver a sustainable sector leading elite performance system that consistently transfers talented athletes to UKA's WCP whilst winning medals at Commonwealth Games. As part of this strategy, Welsh Athletics is committed to providing competition opportunities to developing and aspiring Welsh international athletes. Opportunities to compete for Wales are categorised as one of the following;

1. **International Opportunity** - a competitive opportunity in pathway events for senior Welsh athletes.
2. **Representative Opportunity** - a development opportunity in either pathway or non-pathway events for both junior and senior Welsh athletes.
3. **School-Aged Match Opportunity** – a development opportunity in either pathway or non-pathway events for school aged Welsh athletes to compete in a representative match. The eligibility criteria for some of these competitions is different to that for International and Representative opportunities.

The Schools' International Athletics Board (SIAB) Cross Country is classified as a **School-Aged Match Opportunity**.

Selection Policy Aim

The aim of the selection policy is to provide junior Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (cross country).

Athlete Eligibility

To be considered for a Welsh Schools' Team athletes must be in school/college in Wales or registered with an Education Authority in Wales.

Competition Format

Welsh Schools' Athletics Association and Welsh Athletics will select the following teams to compete at the SIAB Cross Country International Fixture:

- 8 Junior Boys and 8 Junior Girls (Schools years 8 and 9) - Individual Races
- 8 Middle Boys and 8 Middle Girls (Schools years 10s and 11) - Individual Races

- 2 Junior Boys and 2 Junior Girls – Mixed Relay
- 2 Middle Boys and 2 Middle Girls – Mixed Relay

Reserves will be selected for all races, with a boy and girl reserve selected for both relays.

Selection Process

Selection of the team will use the following process to ensure the **selection policy aim** is met:

Individual Races:

Step 1: The Welsh Schools Cross Country Championships (to be held at Brecon on Wednesday 25th February) will act as the trial race. The first 6 in each race will be automatically selected in the Junior and Middle teams. If an athlete turns down their selection, their automatic place will go down to the next finisher in the trial race.

Step 2: To be considered for a discretionary place, athletes need to have either competed in the trial race or have contacted the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) prior to the trial race to ask if they can have exemption from competing in the trial race. Steve Mitchell's email address is:

Steve.Mitchell@welshathletics.org

The following evidence will be considered when deciding who to select:

- Performance History (championship/race placing and times: priority to cross country and recent performance history)
- Head-to-head records (priority to cross country and recent record)

Mixed Relay Races:

Step 1: The 1500m races in the 2026 Welsh Indoor U15 and U17 Championships (U15 championships held in NIAC, Cardiff on the weekend of 17-18th January 2026 and U17 championships held in NIAC, Cardiff on the weekend of 7-8th February 2026) will act as the trial race. The winner of each race will be automatically selected in the Junior and Middle teams

Step 2: To be considered for a discretionary place, athletes need to have either competed in the trial race or have contacted the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) prior to the trial race to ask if they can have exemption from competing in the trial race. Steve Mitchell's email address is:

Steve.Mitchell@welshathletics.org

The following evidence will be considered when deciding who to select:

- Performance History (championship/race placing and times: priority to 1500m races and recent performance history)
- Head-to-head records (priority to 1500m races and recent performance history)

Athletes who meet the automatic criteria for selection in both the individual race and the mixed relay race, will be asked which race they would prefer to compete in prior to the selection meeting. For the race they don't choose, their automatic place will go down to the next finisher in the trial race.

The selection meeting will take place on **Friday 27th February** and teams will have been announced by **Saturday 7th March**.

The selection panel will consist of **the WSAA International Team Lead, the WSAA Chair, 1 representative from each of the eight school districts and 1 Welsh Athletics representative. Selections will be ratified by the Welsh Athletics Head of Performance.** Selection meeting notes will be made available.

Please note that, if having been selected you become unavailable, evidence for why you are unavailable will need to be supplied to the Welsh Athletics Head of Performance and the Welsh Athletics NTDC for endurance.

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](#)