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WELSH ATHLETICS
ATHLETAU CYMRU

Senior Home International (Trail) – Saturday 11th April 2026

Keswick, Cumbria, England

Selection Policy published January 2026

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 Senior Home International (Trail) is classified as a **Representative Opportunity**.

Selection Policy Aim

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

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by Sunday 1st February 2026.

Athlete Contribution

Entry for the competition is covered by race organisers for all athletes selected to compete for their nation. Athletes will have to cover all other costs and organise their own logistics such as accommodation.

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Competition Format



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The Senior Home International (Trail) provides a **Senior Age Group** competition opportunity in a long trail race (53.4km with 2,640m of ascent).

Teams of up to **4 Senior Men and 4 Senior Women** may be selected. Wales will compete against **national** teams from the other home countries. The race also acts as the trial for the British team for the trail race at the European Off Road Championships.

Selection Process

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

There will be no official trial race for the Welsh team in this competition. Athletes wishing to be considered for selection must contact the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) by 22:00 on Sunday 1st February 2026 to confirm their interest and provide information they wish to be considered during the selection meeting. Steve Mitchell's email address is:

steve.mitchell@welshathletics.org

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

- a. Performance History (priority to trail and recent performance history)
- b. Head-to-head records (priority to trail and recent record)
- c. Career trajectory (priority to performance history and head-to-head record)
- d. If applicable, and further relevant evidence/information

Our aim is to select full teams. However, it is not an obligation to fill all available positions.

The selection meeting will take place by **Thursday 5th February 2026** and the athletes selected will be announced by **Saturday 14th February 2026**.

The selection panel will consist of three people, with both the **Welsh Athletics Performance Team** and the **Welsh Athletics Mountain, Trail and Ultra Committee** represented in the selection panel. **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.

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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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