Home Nations and Celtics Cross Country – 16th January 2027
Alexandra Park, Glasgow, Scotland
Selection Policy – published November 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 Home Nations and Celtics Cross Country is classified as a **Representative Opportunity**.

Selection Policy Aim

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

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by the Welsh Inter Regional Cross Country Championships on Saturday 21st November 2026.

Competition Format

The Welsh team being selected to compete in the Home Nations and Celtics Cross Country will provide senior and junior athletes with the chance to compete in a high quality domestic field as a representative team against other representative teams.

Wales will send teams in the following age groups:

- Senior (Home Nations): Up to 4 females and 4 males
- U23 (Celtics): Up to 4 females and 4 males (born in 2005, 2006, 2007) (an U23 athlete can be selected for both the Senior Home Nations and the U23 Celtics team)
- U20 (Home Nations and Celtics): Up to 4 females and 4 males (born in 2008, 2009, 2010)

LISTEN ENGAGE REPRESENT

WELSH ATHLETICS
ATHLETAU CYMRU

Selection Process

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

Step 1: The Welsh Inter Regional Cross Country Championships on Saturday 21st November 2026 will be used as the trial race. The age groups used for the Welsh Inter Regional Championships are different to those used for the Home Nations and Celtics Cross Country, with athletes in younger races at the Inter Regional Championships potentially being in the older age group for the Home Nations and Celtics Cross Country. The first two athletes across the line for each team, as set out below, will be automatically selected:

- Senior teams: The first two Welsh eligible athletes in the senior races in the Welsh Inter Regional Cross Country Championships who make themselves available for selection
- U23 teams: The first U23 Welsh eligible athlete in the senior races in the Welsh Inter Regional Cross Country Championships and the first U23 Welsh eligible athlete in the U20 races in the Welsh Inter Regional Cross Country Championships who make themselves available for selection
- U20 teams: The first two U20 Welsh eligible athletes in the combined U20/U17 races in the Welsh Inter Regional Cross Country Championships who make themselves available for selection

Step 2: The remaining two places in each team will be discretionary and selected on the basis of current form. 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 Off-Track Endurance (Dan Nash) prior to the trial race to ask if they can have exemption from competing in the trial race. Dan Nash's email address is:

dan-nash@outlook.com

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

a. Current form, including but not limited to performances at the Cardiff Cross Challenge on Sunday 8th November 2026
b. Performance History (championship/race placing and times: priority to cross country and recent performance history)
c. Career trajectory
d. Head-to-head records (priority to cross country and recent record)
e. Recent verified screening/monitoring data (e.g. physiological landmarks; strength and power landmarks; strength capacity landmarks)
f. Athlete Engagement with Welsh Athletics
g. Any further evidence which implies the athlete will compete well and strongly benefit from being selected

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

The selection meeting will take place on Wednesday 25th November 2026 and teams will have been announced by Saturday 28th November 2026.

The selection panel will consist of three people, with both the Welsh Athletics Performance Team and the Welsh Athletics Road and Cross 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 Off-Track 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 publicly available (including the date on which the amendment was made) on the Welsh Athletics website.