

Home Nations and Celtics Cross Country – 8th February 2025

Leeds, England

Selection Policy – published October 2024

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.

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 National Cross Country Championships on Saturday 25th January.

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 high quality domestic field as a representative team against other representative teams

Wales will be looking to 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 2003, 2004, 2005) (an U23 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 2006, 2007, 2008)
 - U17 (Home Nations and Celtics): up to 4 females and 4 males (born in 2009, 2010)

Selection Process

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

Step 1: The Welsh National Cross Country Championships on 25th January will be used as the trial race. The age groups used for Welsh Championships are different to those used for the Home Nations and Celtics Cross Country, with athletes in younger races in the Welsh Championships potentially being in the older age group for the Home Nations and Celtics Cross Country. The following criteria will be used for automatic selections:

- Senior team: The first two athletes in the male and female senior races in the Welsh Cross Country Championships will gain automatic selection
- U23 team: The first U23 eligible athlete in the senior race in the Welsh Cross Country Championships and the first U23 eligible athlete in the U20 race in the Welsh Cross Country Championships will gain automatic selection
- U20 team: The first U20 eligible athlete in the U20 race in the Welsh Cross Country Championships and the first U20 eligible athlete in the U17 race in the Welsh Cross Country Championships will gain automatic selection
- U17 team: The first U17 eligible athlete in the U17 race in the Welsh Cross Country Championships and the first U17 eligible athlete in the U15 race in the Welsh Cross Country Championships will gain automatic selection

The Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) will contact athletes meeting the step 1 selection criteria to see if they wish to be selected. If athletes do not reply by the time of the selection meeting, it will be assumed that the athlete does not wish to be selected. If athletes who have met the step 1 selection criteria do not wish to take up their selection, automatic selection will not go down to the next ranked Welsh athletes.

Step 2: The following athletes will then be considered for selection:

- All performance programme athletes (Performance programme, Transition programme and National Development Programme) who have identified in their Individual Athlete Plans (IAPs) that they wish to compete in this race
- Non-programme athletes who have finished in the top 20 overall in either the Cardiff Cross or Liverpool Cross or the top 6 in the Welsh Cross Country Championships (but not gained automatic selection). Athletes meeting this criterion will be contacted by the Welsh Athletics National Talent Development Coordinator for Endurance (Steve

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Mitchell) prior to the selection meeting to see if they wish to be considered for selection and if there is any evidence they wish to be put forward to be used during the selection meeting. If athletes do not reply by the time of the selection meeting, it will be assumed that the athlete does not wish to be considered for selection

- Non-programme athletes wishing to be considered but have not met any of the criteria above need to email the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) by end of Sunday 26th January to state their wish to be considered and to provide evidence they wish to be used 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. Recent Performance History (7th September 2024 to 25th January 2025: times and championship/race placings, priority to cross country races)
- b. Previous Performance History (times and championship/race placings: priority to cross country races and to Recent Performance History)
- c. Career trajectory
- d. Head-to-head records (priority given to both head-to-head record from 7th September 2024 to 25th January 2025 and to cross country head-to-head 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

There is no obligation to fill all available positions.

The selection meeting will take place on **Wednesday 29th January** and teams will have been announced by **Saturday 1st February**.

The selection panel will consist of **two members of the Welsh Athletics Performance Team** and a **nominated member of the road and cross committee**. **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.

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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](#)