



International Handbook 2017 - 2018 Cross Country & Road Running

Jan 2018

scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ
T: 0131 539 7320 F: 0131 539 7321 W: www.scottishathletics.org.uk E: admin@scottishathletics.org.uk

Index

Page 3	<ul style="list-style-type: none">❖ Scottish International Cross Country and Road Racing Programme & Selection Dates 2017–18<ul style="list-style-type: none">▪ Cross Country▪ Road Running
Page 4	<ul style="list-style-type: none">❖ Selection Policy
Page 5	<ul style="list-style-type: none">❖ UKA International XC Fixtures❖ UKA Cross Challenge
Page 6	<ul style="list-style-type: none">❖ Road Running Internationals<ul style="list-style-type: none">▪ Armagh International Road Races▪ London Mini Marathon▪ Lillebealt Half Marathon▪ Anglo Celtic Plate 100Km Road Race▪ Abbey Dash 10k Road Race
Page 7	<ul style="list-style-type: none">❖ Domestic Calendar (Cross Country)<ul style="list-style-type: none">▪ scottishathletics Cross Country Team Challenge▪ scottishathletics Cross Country Grand Prix▪ Scottish Cross Country Relay Championships▪ Scottish Cross Country Championships▪ University Championships▪ Schools Cross Country Championships
Page 8	<ul style="list-style-type: none">❖ Domestic Calendar (Roads)<ul style="list-style-type: none">▪ scottishathletics Road Running Grand Prix▪ Scottish Road Race Championships❖ Further Road Running Competition Opportunities 2018
Page 9	<ul style="list-style-type: none">❖ Road Running and Race Walking Calendar
Page 10	<ul style="list-style-type: none">❖ scottishathletics Staff Contact Details

**Scottish International Cross Country and Road Racing Programme & Selection Dates
2017–18**

Cross Country

Fixture	Age Group	Date	Venue	Selection
British Athletics Cross Challenge – (inc. Euro Trials)	SEN/ U23/U20	25 Nov 2017	Liverpool	13 Nov 2017
Inter Districts <i>Great Edinburgh CC</i>	SEN/ U20/ U17/ U15/ U13	13 Jan 2018	Edinburgh	11 Dec 2017
Cross Country Challenge	SEN/ U23	6 Jan 2018	Antrim	11 Dec 2017
Celtic Nations	U23/ U20/ U17	22 Jan 2017	Cardiff	11 Dec 2017
Inter Counties	SEN/ U20/ U17	10 March 2018	Loughborough	26 Feb 2018
Home Countries	SEN/ U20	24 March 2018	Nottingham	26 Feb 2018

Road Racing

Fixture	Age Group	Date	Venue	Selection
Armagh 3k/5k RR	SEN	15 Feb 2018	Armagh	8 Feb 2018
London Mini Marathon	U17/ U15	22 April 2018	London	19 March 2018
Lillebaeltt Half Marathon	SEN	5 May 2018	Denmark	2 April 2018
Anglo Celtic Plate 100K Road Race	SEN	31 March 2018	Newport, Wales	5 Feb 2018
Abbey Dash 10K	SEN	4 Nov 2018	Leeds	15 Oct 2018

Please read the notes below for further clarification on the age group specifications for the races above

Selection Policy

It is important to note that only athletes who will benefit from the standard of competition at a particular event will be selected and that the selection committee has discretion to leave places empty if necessary. Although this type of decision can be disappointing for athletes, there are a number of factors that will affect the standard of team that may be sent to particular events and all of these will be taken into account. These may include the age of an athlete, the wishes of race promoters, the demands of the event (distance, conditions and course profile) and funding. The selected teams for the events in the programme will be funded by **scottishathletics** Road Running and Cross Country budget.

For this programme to be successful and to ensure progress towards our aim of fielding Scottish athletes in GB Teams, our top endurance athletes and their coaches are encouraged to participate in this programme and plan their season accordingly.

Please keep Mark Pollard (mark.pollard@scottishathletics.org.uk) and/ or members of the selection committee fully informed of athletes' racing programmes, results, training progress, injuries, illness and availability for selection for those races on the programme.

This type of information and two-way communication is extremely valuable in assisting the selectors to pick the best possible teams.

Cross Country Internationals

European Trial

Up to 4 Senior Men; 4 Senior Women; 4 U23 Men; 4 U23 Women; 4 U20 Men and 4 U20 Women will be selected on current form.

Where this race is used as a selection trial for the UK Club team to represent the UK at the European Club Championships, the Scottish team to represent Scotland at the trial is selected from the combined 4 fastest times for UKA defined 1st claim members (Senior, U23 and Masters) from each club at the National Cross Country Relays.

Celtic International

Four each of: U23 Men (born 1996, 97, 98), U23 Women (born 1996, 97, 98), U20 Men (born 1999, 2000, 2001), U20 Women (born 1999, 2000, 2001), U17 Men (born 2002 and 2003) and U17 Women (born 2002 and 2003) will be selected on current form, particularly the District Championships. Note age groups are under IAAF rules.

Inter Districts

Cross Country Teams will be selected by the districts on current form - especially the District Championships.
Chair of selectors:

East – Alex Jackson **North** – Sophie Dunnett **West** – Clare Barr

UK CC Challenge (Antrim)

Up to 3 Men (including one U23) and 3 Women (including one U23) can be selected on current form - particularly the European Trial and District Championships.

Inter Counties CC

District teams (of 32 approximately) will be selected, consisting of up to 9 Males and Females at Senior level plus up to 6 Males and Females at U20 and U17 levels. Teams will be selected with consideration given to their potential to medal. U15 athletes may be selected by the districts if they have shown exceptional form and funding is available. Other U15 and U13 athletes can participate (should they meet the qualifying standards), but they will not receive any funding for travel or accommodation.

Home Countries International CC

Up to 4 Senior Men; 4 Senior Women; 4 U20 men; 4 U20 women, (U20 based on UKA rules). First 3 eligible athletes from the National Championships will be offered selection.

Lotto Cross Series

Additional race opportunities are sometimes available (primarily for athletes targeting GB representation at European and World Cross Country Championships) as part of the Lotto Cross Country Series in Belgium. Interested athletes should contact Mark Pollard. Dates for this year's events are still to be confirmed but will be available at <http://www.lottocrosscup.be/>

UKA International XC Fixtures

Fixture	Date	Venue
European XC Championships	10 Dec 2017	Samorin, Slovakia
World XC Championships	2019	TBC

UKA Cross Challenge

Venue	Date
Cardiff	14 Oct 2017
Milton Keynes	11 Nov 2017
Liverpool	25 Nov 2017
Antrim	6 Jan 2018
Loughborough	10 March 2018

Road Running Internationals

Armagh International Road Races

The team will be selected based on current form in races of similar distance, but particularly performances at the **scottishathletics** Indoor 3000m Championships (7 Jan 2018). Male race 5k, Female race 3k.

Team Size: Up to 4 men and up to 4 women (with one U23 athlete for development as appropriate).

London Mini Marathon

The Scottish team each age group (U15 & U17) will be selected, based on current form, but particularly performances in the **scottishathletics** Age Group Road Races.

Age groupings for this race are U15 dob 01/09/02 to 31/8/04 and U17 dob 01/9/00 to 31/8/02.

Lillebealt Half Marathon

The team will be selected based on current form in races of similar distance, but particularly performances in the **scottishathletics** 10 Miler Road Championships.

Team Size: Up to 3 men and up to 3 women (with one U23 athlete for development as appropriate).

Anglo Celtic Plate 100Km Road Race

To gain selection athletes must achieve (or be deemed capable of achieving) the following standards:

Men: 8 hours & Women: 9 hours 5 mins.

Selection criteria: Current form, on loop road courses will be the main criteria. Performance in other ultra-events and results from 2017/ 2018 will also be considered.

Team Size: Up to 5 Men and 4 Women.

Abbey Dash 10k Road Race

The team will be selected based on current form in races of similar distance, but particularly performances from the **scottishathletics** 10k Road Championships and the Great Scottish Run 10k.

Team Size: Up to 4 men and up to 4 women (with one U23 athlete for development as appropriate).

Domestic Calendar (Cross Country)

scottishathletics Cross Country Team Challenge

The races below constitute the 2018 Team Challenge Series.

Fixture	Date	Venue
scottishathletics District CC Relays	14&15 Oct 2017	Various
scottishathletics National CC Relays	28 Oct 2017	Cumbernauld
scottishathletics Short Course CC	11 Nov 2017	Kirkaldy

scottishathletics Cross Country Grand Prix

The races below constitute the 2018 Grand Prix Series.

Fixture	Date	Venue
scottishathletics Short Course CC	11 Nov 2017	Kirkaldy
European CC Trials	25 Nov 2017	Liverpool
scottishathletics District CC	9 Dec 2017	Various
scottishathletics Inter District CC	13 Jan 2018	Edinburgh
scottishathletics National CC	24 Feb 2018	Falkirk
Inter Counties CC	11 March 2017	Loughborough

scottishathletics Cross Country Relay Championships

Fixture	Date	Venue
East District CC Relays	14 Oct 2017	Glamis Castle
North District CC Relays	14 Oct 2017	Edderton, Tain
West District CC Relays	15 Oct 2017	Hamilton
National CC Relays	28 Oct 2017	Cumbernauld

scottishathletics Cross Country Championships

Fixture	Date	Venue
National Short Course CC Championships	11 Nov 2017	Kirkaldy
District CC Championships North	9 Dec 2017	Gordonstoun
District CC Championships East	9 Dec 2017	Livingston
District CC Championships West	9 Dec 2017	TBC
National Championships	24 Feb 2018	Falkirk

University Championships

Fixture	Date	Venue
Scottish Universities	5 Nov 2017	Glasgow University
BUCS	3 Feb 2018	Brunel University

Schools Cross Country Championships

Fixture	Date	Venue
Scottish Schools	3 Mar 2018	TBC
SIAB	24 Mar 2018	Nottingham, England

Domestic Calendar (Roads)

scottishathletics Road Running Grand Prix

The races below constitute the 2018 Grand Prix Series.

Fixture	Date	Venue
Tom Scott 10 miler	1 April 2018	Motherwell
Stirling Marathon	28 April 2018	Stirling
Silverknowes 5k	4 May 2018	Edinburgh
Stirling 10k	9 Sept 2018	Stirling
Glasgow Half	30 Sept 2018	Glasgow

scottishathletics Road Race Championships

Fixture	Date	Venue
YA Road Race Championships	18 March 2018	Battery Park, Greenock
6/4 Stage Road Relay	25 March 2018	Livingston
10 Mile Championship	1 April 2018	Motherwell
Marathon Championship	28 April 2018	Stirling
5km Championships	4 May 2018	Edinburgh
10km Championships	9 Sept 2018	Stirling
Half Marathon	30 Sept 2018	Glasgow

ERRA 6 Stage (Male) & 4 Stage (Female) relay

The ERRA will invite **scottishathletics** to enter teams in their National 6 / 4 Stage relay, which is held at Sutton Park, Sutton Coldfield on 7th October. Entry forms are normally sent to the first 3 teams in the Scottish 6 & 4 Stage Relay but team managers wishing to enter should contact Mark Pollard. (mark.pollard@scottishathletics.org.uk) in advance.

ERRA 12 Stage (Male) & 6 Stage (Female) relay

The ERRA will invite **scottishathletics** to enter teams in their National 12 / 6 Stage relay, which is held at Sutton Park, Sutton Coldfield on 7th or 14th April. Entry forms are normally sent to the first 3 teams in the Scottish 6 & 4 Stage Relay but team managers wishing to enter should contact Mark Pollard in advance.

Further Road Running Competition Opportunities 2018

Fixture	Date	Venue	Selection
Great South Run (10 Mile)	21 Oct 2018	Portsmouth	By invitation
Great Manchester Run (10k)	20 May 2018	Manchester	By invitation
Great North Run (Half)	9 Sept 2018	Newcastle	By invitation

These competition opportunities do not carry full representative honours and **scottishathletics** kit will not be issued for them. However – athletes would be encouraged to wear their existing national kit in both competition and award presentations.

Notes: Athletes wishing to be considered for the Great Run Series events should contact Mark Pollard or self enter the race through normal entry process (and be around UK Power of 10 top 50 equivalent for the distance).

Road Running and Race Walking Calendar

Fixture	Date	Venue
scottishathletics 10 miler Road Championships	1 April 2018	Motherwell
scottishathletics Marathon Championships	29 April 2018	Stirling
Virgin London Mini Marathon	22 April 2018	London
IPC World Cup	TBC	TBC
scottishathletics Long Ultra Trail Race - Highland Fling	28 April 2018	Trossachs
scottishathletics 5k Road Race Championships	4 May 2018	Edinburgh
Anglo-Celtic Plate 100k Home International Team Plate	31 March 2018	Newport, Wales
Great Manchester Run (10k)	20 May 2018	Manchester
scottishathletics 10k Road Race Championships	9 Sept 2018	Stirling
Great North Run	9 Sept 2018	Newcastle
scottishathletics Half Marathon Championships	30 Sept 2018	Glasgow
Great South Run (10 Miles)	21 Oct 2018	Portsmouth

Contacts

Performance Director		
Rodger Harkins	Email: rodger.harkins@scottishathletics.org.uk	Tel: 07983 080688
Performance Administrator		
Julie Mollison	Email: performanceteam@scottishathletics.org.uk	Tel: 07818 592639
Performance Manager		
Mark Pollard	Email: mark.pollard@scottishathletics.org.uk	Tel: 07584 102980
Performance Manager		
Allan Scott	Email: allan.scott@scottishathletics.org.uk	Tel: 07824 146796
Performance Manager		
Robert Hawkins	Email: robert.hawkins@scottishathletics.org.uk	Tel: 07903 179875
National Coach Mentor (Hill & Mountain)		
Malcolm Patterson	Email: malcolm.patterson@scottishathletics.org.uk	Tel: 07739 506786
Event Lead – Paralympic Athletes		
Ian Mirfin	Email: ian.mirfin@scottishathletics.org.uk	Tel: 07852873289/ 07827 343410

scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ
 T: 0131 539 7320 F: 0131 539 7321 W: www.scottishathletics.org.uk E: admin@scottishathletics.org.uk