



# **International Handbook 2017 - 2018 Cross Country & Road Running**

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**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.

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### Cross Country Internationals

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#### 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.

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#### 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.

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#### 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

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#### 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.

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#### 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.

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#### 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.

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#### 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/>

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### 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).

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### London Mini Marathon

The Scottish team for each age group (U15 & U17) will be selected based on the first 4 athletes across the line at the **scottishathletics** Age Group Road Races and there will be 2 discretionary spots, that will be selected based on eligibility and current form.

Age groupings for this race are U15 dob 01/09/02 to 31/8/04 and U17 dob 23/04/00 to 31/8/02.

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### 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).

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### 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.

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### 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).

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## Domestic Calendar (Cross Country)

### scottishathletics Cross Country Team Challenge

The races below constitute the 2018 Team Challenge Series.

Fixture	Date	Venue
<a href="#">scottishathletics District CC Relays</a>	14&15 Oct 2017	Various
<a href="#">scottishathletics National CC Relays</a>	28 Oct 2017	Cumbernauld
<a href="#">scottishathletics Short Course CC</a>	11 Nov 2017	Kirkaldy

### scottishathletics Cross Country Grand Prix

The races below constitute the 2018 Grand Prix Series.

Fixture	Date	Venue
<a href="#">scottishathletics Short Course CC</a>	11 Nov 2017	Kirkaldy
European CC Trials	25 Nov 2017	Liverpool
<a href="#">scottishathletics District CC</a>	9 Dec 2017	Various
scottishathletics Inter District CC	13 Jan 2018	Edinburgh
<a href="#">scottishathletics National CC</a>	24 Feb 2018	Falkirk
Inter Counties CC	11 March 2017	Loughborough

### scottishathletics Cross Country Relay Championships

Fixture	Date	Venue
<a href="#">East District CC Relays</a>	14 Oct 2017	Glamis Castle
<a href="#">North District CC Relays</a>	14 Oct 2017	Edderton, Tain
<a href="#">West District CC Relays</a>	15 Oct 2017	Hamilton
<a href="#">National CC Relays</a>	28 Oct 2017	Cumbernauld

### scottishathletics Cross Country Championships

Fixture	Date	Venue
<a href="#">National Short Course CC Championships</a>	11 Nov 2017	Kirkaldy
<a href="#">District CC Championships North</a>	9 Dec 2017	Gordonstoun
<a href="#">District CC Championships East</a>	9 Dec 2017	Livingston
<a href="#">District CC Championships West</a>	9 Dec 2017	TBC
<a href="#">National Championships</a>	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
<a href="#">Scottish Schools</a>	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 7<sup>th</sup> 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 7<sup>th</sup> or 14<sup>th</sup> 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
<b>scottishathletics</b> 10 miler Road Championships	1 April 2018	Motherwell
<b>scottishathletics</b> Marathon Championships	29 April 2018	Stirling
Virgin London Mini Marathon	22 April 2018	London
IPC World Cup	TBC	TBC
<b>scottishathletics</b> Long Ultra Trail Race - Highland Fling	28 April 2018	Trossachs
<b>scottishathletics</b> 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
<b>scottishathletics</b> 10k Road Race Championships	9 Sept 2018	Stirling
Great North Run	9 Sept 2018	Newcastle
<b>scottishathletics</b> Half Marathon Championships	30 Sept 2018	Glasgow
Great South Run (10 Miles)	21 Oct 2018	Portsmouth

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