



International Handbook 2018 - 2019 Cross Country & Road Running

Oct 2018

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Contact details for the **scottishathletics** Performance Team can be found on the website:

<https://www.scottishathletics.org.uk/about/people/staff/>

Scottish International Cross Country and Road Racing Programme & Selection Dates

Cross Country

Fixture	Age Group	Date	Venue	Selection
British Athletics Cross Challenge – (inc. Euro Trials)	SEN / U23/U20	24 Nov 2018	Liverpool	12 Nov 2018
Inter Districts <i>Great Stirling CC</i>	SEN / U17/ U15/ U13	12 Jan 2019	Stirling	10 Dec 2018
Celtic Nations CC	U23 / U20 / U17	19 Jan 2019	Belfast	10 Dec 2018
Cross Country Challenge	2019 - Inc. in to Home Countries and Celtic Nations CC Champs			
Home Countries CC	SEN	19 Jan 2019	Belfast	10 Dec 2018
UK CAU Champs (Inter Counties)	SEN / U20 / U17	9 March 2019	Loughborough	25 Feb 2018

Road Racing

Fixture	Age Group	Date	Venue	Selection
Abbey Dash 10K	SEN	4 Nov 2018	Leeds	1 Oct 2018
Armagh 3k/5k RR	SEN	14 Feb 2019	Armagh	7 Jan 2019
London Mini Marathon	U17/ U15	28 April 2019	London	18 March 2019
Lillebaelt Half Marathon	SEN	4 May 2019	Denmark	2 April 2019
Anglo Celtic Plate 100K Road Race	SEN	24 March 2019	Perth, Scotland	7 Jan 2019

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 CC Trial (Liverpool)

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 (Belfast)

Four each of: U23 Men (born 1997, 98, 99), U23 Women (born 1997, 98, 99), U20 Men (born 2000, 01, 02), U20 Women (born 2000, 01, 02), U17 Men (born 2003 and 2004) and U17 Women (born 2003 and 2004) will be selected on current form, particularly the District Championships. Note age groups are under IAAF rules.

Inter Districts (Stirling)

North, East, West District representative teams will be primarily selected from results of the District Championships in December.

Chair of selectors:

East – Sandra Hardacre **North** – Ross Cairns **West** – Dawn Armitt

Inter Counties CC (Loughborough)

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.

There are no Scotland representative events for under 13 athletes and it is not the policy of **scottishathletics** to send under 13 district teams to the Inter Counties. Those under 13 athletes qualifying to compete through their standing in the UK Cross Challenge must make their own arrangements.

Home Countries International CC (Belfast)

Incorporated into UK CC Challenge

Up to 4 Senior Men; 4 Senior Women (2019 – U20 races will be incorporated in to the Celtic Cross Country).

Selection will be based on current form, in particular performances at Liverpool and the District CC Championships.

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 (mark.pollard@scottishathletics.org.uk).

Dates for this year's events are still to be confirmed but will be available at <http://www.lottocrosscup.be/>

European Cross Country

The European Cross Country takes place every year will normally see a GB team represented at U20, U23 and Senior age groups. This winter the event takes place in Tilburg, Holland on Sunday the 9th December 2018.

For more information on the selection process please see: <https://www.uka.org.uk/performance/2019-selection-policies/>

World Cross Country

The World Cross Country takes place every bi-annually and will normally see a GB team represented at U20 and Senior age groups. This winter the event takes place in Aarhus, Denmark on Saturday the 30th March 2019.

For more information on the selection process please see: <https://www.uka.org.uk/performance/2019-selection-policies/>

UKA International XC Fixtures

Fixture	Date	Venue
European XC Championships	9 Dec 2018	Tilburg, Holland
World XC Championships	30 March 2019	Aarhus, Denmark

UKA Cross Challenge

Venue	Date
Cardiff	13 Oct 2018
Milton Keynes	10 Nov 2018
Liverpool	24 Nov 2018
Belfast	19 Jan 2019
Loughborough	9 March 2019

Road Running Internationals

Leeds 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).

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 (4 Jan 2019).

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 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 01/09/03 to 31/8/05 and U17 dob 01/09/01 to 31/8/03.

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 2018 / 2019 will also be considered.

Team Size: Up to 5 Men and 4 Women.

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	13 Oct 2018	Various
scottishathletics National CC Relays	27 Oct 2018	Cumbernauld
scottishathletics Short Course CC	10 Nov 2018	Lanark

scottishathletics Cross Country Grand Prix

The races below constitute the 2018 Grand Prix Series.

Fixture	Date	Venue
scottishathletics Short Course CC	10 Nov 2018	Lanark
European CC Trials	24 Nov 2017	Liverpool
scottishathletics District CC	8 Dec 2018	Various
scottishathletics Inter District CC	12 Jan 2019	Stirling
scottishathletics National CC	23 Feb 2019	Falkirk
Inter Counties CC	9 March 2019	Loughborough

scottishathletics Cross Country Relay Championships

Fixture	Date	Venue
East District CC Relays	13 Oct 2018	Glamis Castle
North District CC Relays	13 Oct 2018	Inverness
West District CC Relays	13 Oct 2018	Irvine (Beach Park)
National CC Relays	27 Oct 2018	Cumbernauld

scottishathletics Cross Country Championships

Fixture	Date	Venue
scottishathletics Short Course CC	10 Nov 2018	Lanark
District CC Championships North	08 Dec 2018	Gordonstoun
District CC Championships East	08 Dec 2018	Aberdeen
District CC Championships West	08 Dec 2018	Kilmarnock
scottishathletics National CC	23 Feb 2019	Falkirk

University Championships

Fixture	Date	Venue
Scottish Universities CC	3 Nov 2018	Aberdeen
British Universities CC	2 Feb 2019	Exeter

Schools Cross Country Championships

Fixture	Date	Venue
SSAA Secondary Schools XC Champs	2 March 2019	Hopetoun House
SIAB	23 March 2019	Santry, Ireland

Domestic Calendar (Roads)

scottishathletics Road Running Grand Prix

The races below constitute the 2019 Grand Prix Series.

Fixture	Date	Venue
10 Mile	TBC	TBC
Marathon	TBC	TBC
5k	TBC	TBC
10k	TBC	TBC
Half	TBC	TBC

scottishathletics Road Race Championships

Fixture	Date	Venue
YA Road Race Championships	17 March 2019	Royal Highland Centre
6/4 Stage Road Relay	24 March 2019	Livingston
10 Mile	TBC	TBC
Marathon	TBC	TBC
5k	TBC	TBC
10k	TBC	TBC
Half	TBC	TBC

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

The ERRA will invite **scottishathletics** to enter teams in their National 6 / 4 Stage relay, which is held at Sutton Park, Sutton Coldfield on 6 October 2019. 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 (Spring)

The ERRA will invite **scottishathletics** to enter teams in their National 12 / 6 Stage relay, which is held at Sutton Park, Sutton Coldfield on 6 April 2019. 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 2018-19

Fixture	Date	Venue	Selection
Great South Run (10 Mile)	21 Oct 2018	Portsmouth	By invitation
Great Manchester Run (10k and Half)	19 May 2019	Manchester	By invitation
Great North Run (Half)	8 Sept 2019	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 and Trail Running Calendar

Fixture	Date	Venue
Tom Scott 10 Mile Road Race	TBC	Motherwell
Stirling Marathon	28 April 2019	Stirling
Virgin London Marathon / Mini Marathon	28 April 2019	London
IPC World Cup	TBC 2019	TBC
Highland Fling	27 April 2019	Trossachs
Silverknowes 5k	3 May 2019	Edinburgh
Anglo-Celtic Plate 100k Home International Team Plate	TBC March 2019	Perth, Scotland
Great Manchester Run (10k and HM)	19 May 2019	Manchester
Stirling 10k	8 Sept 2019	Stirling
Great North Run	8 Sept 2019	Newcastle
Great Scottish Run (10k and HM)	29 Sept 2019	Glasgow
Great South Run (10 Miles)	20 Oct 2019	Portsmouth