



# CROSS COUNTRY & ROAD RUNNING HANDBOOK 2023-2024

---

## COMPETITION GUIDE & TEAM SELECTION

PUBLISHED NOVEMBER 2023 V2

---

**ANGELA MUDGE**

**National Endurance Manager (Off Track  
Pathway)**

scottishathletics | Caledonia House | South Gyle | Edinburgh | EH12 9DQ  
W: [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk) | E: [performanceteam@scottishathletics.org.uk](mailto:performanceteam@scottishathletics.org.uk)



scottishathletics 

## Contents

- Selection Policy Overview
- Selection Committee & Procedure
- Eligibility
- Anti-Doping
  
- Scottish International Cross Country Programme & Selection Dates
  
- UK International Cross Country Fixtures & UKA Cross Challenge
  
- Scottish International Road Running Programme & Selection Dates
  
- Domestic Calendar (Cross Country)
  
- Domestic Calendar (Road Running)
  
- Road Running & Calendar

## Selection Policy Overview

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 the **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 Angela Mudge ([angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@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.

## Selection Committee & Procedure

The selectors for 2024 are:

*Mike Johnston (Chair), Angela Mudge (scottishathletics), John Mackay, Sandra Hardcastle, Neil Renton, and Anne Marie Hughes.*

The process of each selection is as follows:

- The selectors will call a zoom meeting where the team will be selected. This will be on the designated selection date.
- Athletes will then be formally notified by email as soon as possible following the selections. A telephone call may also be made to speed up this process and allow travel confirmations to be made.
- A formal team announcement will then follow from the scottishathletics office, normally in the form of a press release and message on the website.
- It is requested that any questions related to selection are addressed through the Chair by contacting the scottishathletics office.
- A condition of selection will be the requirement of athletes (or their parent/guardian/coach) to let the scottishathletics office know of their acceptance of selection – this must be within three days of receipt of the selection email or telephone call.
- Athletes will be contacted by selectors to agree their training and racing program up to the international and asked not to communicate selection in any way (e.g., on social media) prior to the formal team announcement.

### International Programme Notes

Selectors have the discretion not to allocate all the places shown if it is considered that the event is not appropriate for the standard of athlete available.

It is essential that coaches and/or their athletes keep the selectors informed of their race programme and their desire to be considered for selection. This is best done by e-mail or telephone to the National Endurance Manager (Off Track Pathway) Angela Mudge (07739506786, [angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk)).

For GB team selection matters, see here: <http://www.uka.org.uk/performance/2023-selection-policies/>

Please read these notes in conjunction with the background text and details of Selection Committee and Procedures.

## Eligibility

Athletes will only be selected for National teams if they have completed the relevant eligibility process in advance of selection dates. The process for confirming eligibility can be found on the scottishathletics website:

<https://www.scottishathletics.org.uk/athletes/selection-policies-international-handbooks/scottish-eligibility/>

## Anti-Doping

It is strongly recommended that all selected athletes undertake the '100% Me' UK Anti-Doping eLearning course.

To access the courses, you need to register on the UK Anti-Doping Clean Sport Hub. Your registration details will determine which course is appropriate. Athletes should select the 100% Me course. This course is currently free and can be accessed at Welcome to eNetLearn - eNetLearn (<https://ukad.enetlearn.com/Login/?c=82>).

There is a recommended requirement to complete this course every two years.

For record purposes, a copy of the course completion certificate is required to be sent to:  
[performanceteam@scottishathletics.org.uk](mailto:performanceteam@scottishathletics.org.uk)

## Scottish International Cross Country Programme & Selection Dates

### British Athletics Cross Challenge (incorporating Euro Cross Country Trials) - Liverpool

**Event Date** 25 Nov 2023    **Selection Date** 8 Nov 2023    **Teams** SEN / U23 / U20

#### Selection Notes

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.

*This race is traditionally used as a trial to determine which UKA Club will represent the UK at the European Club Cross Country (Feb 2024). The combined 4 fastest times (for UKA defined 1st claim members – either Seniors, U23s or Masters) from each club at the National Cross Country Relays will determine which Scottish club will represent Scotland at the trial race (male and female).*

### Celtic Nations Cross Country (Incorporated into UK CC Challenge) - Renfrew

**Event Date** 13 Jan 2024    **Selection Date** 6 Dec 2023    **Teams** U23 / U20 / U17    **Athlete Cont.** N/A

#### Selection Notes

Up to: 4 U23 Men (born 2002, 03, 04), 4 U23 Women (born 2002, 03, 04), 4 U20 Men (born 2005, 06, 07), 4 U20 Women (born 2005, 06, 07), 4 U17 Men (born 2008 and 2009) and 4 U17 Women (born 2008 and 2009) will be selected on current form, particularly Liverpool CC and the District CC. Note age groups are under WA rules.

### Inter Districts Cross Country (Incorporated into UK CC Challenge) - Renfrew

**Event Date** 13 Jan 2024    **Selection Date** 6 Dec 2023    **Teams** SEN/ U17/ U15/ U13

#### Selection Notes

North, East, West District representative teams will be primarily selected from results of the District Championships in December (please refer to District Selection policies for more information).

Chair of selectors: **East** – Sandra Hardacre **North** – John Newsom **West** – Sharon Taylor

### Home Countries International CC (Incorporated into UK CC Challenge) - London

**Event Date** 20 Jan 2024    **Selection Date** 6 Dec 2023    **Teams** SEN / U20    **Athlete Cont.** £30

#### Selection Notes

Up to 4 Senior Men; 4 Senior Women, 4 U20 Men (born 2005, 06, 07), 4 U20 Women (born 2005, 06, 07),

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

### Inter Counties Cross Country - Loughborough

**Event Date** 9 Mar 2024    **Selection Date** 28 Feb 2024    **Teams** SEN / U20 / U17    **Athlete Cont.** £30

#### Selection Notes

District teams 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 scottishathletics representative events for Under 13 athletes. It is not the policy of scottishathletics to send U13 district teams to the Inter Counties. Those U13 athletes qualifying to compete through their standing in the UK Cross Challenge must make their own arrangements.

### Cross Cup Series

Additional race opportunities are sometimes available (primarily for athletes targeting GB representation at European and World Cross Country Championships) as part of WA CC Tour series: <https://worldathletics.org/competitions/world-athletics-cross-country-tour>

Interested athletes / coaches should contact Angela Mudge ([angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk)).

## UKA International CC Fixtures

### European Cross Country Championships

**Event Date** 10 Dec 2023

**Venue** Brussels, Belgium

The European Cross Country (which takes place every year) will see full GB & NI men's and women's senior, U23 and U20 teams will be selected for this competition (6 athletes per team) as well as a senior mixed relay team (2 senior men and 2 senior women). This winter the event takes place in Brussels, Belgium on Sunday the 10<sup>th</sup> December 2023.

For more information on the selection process please see: <https://www.uka.org.uk/performance/2023-selection-policies/>

### World Cross Country Championships

**Event Date** 30 Mar 2024

**Venue** Belgrade, Serbia

The World Cross Country takes place bi-annually and normally sees a GB & NI men's and women's senior and U20 team being selected for this competition (up to 6 athletes per team) as well as a senior mixed relay team (2 senior men and 2 senior women). This winter season the event will be held on Saturday the 30<sup>th</sup> March in Belgrade, Serbia in 2023.

The trial for this event is intended to be at the World Trials and Home Countries International CC, Parliament Hill (London) on 20<sup>th</sup> January 2024

For more information on the selection process please see: <https://www.uka.org.uk/performance/2023-selection-policies/> in late 2023

## UKA Cross Challenge Series 2023-24

Venue	Date
Cardiff	11 Nov 2023
Liverpool	25 Nov 2023
Renfrew	13 Jan 2024
London	20 Jan 2024
Loughborough	9 Mar 2024



## Scottish International Road Running Programme & Selection Dates

### Armagh 3k/ 5k Road Race

Event Date **8 Feb 2024**Selection Date **10 Jan 2024**Teams **SEN**

#### Selection Notes

The team will be selected based on current form in races of similar distance.  
Male race 5k, Female race 3k.

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

### London Mini Marathon

Event Date **20 April 2024**Selection Date **20 Mar 2024**Teams **U17/ U15**

#### Selection Notes

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 01/09/08 – 31/08/10 and U17 dob 01/09/06 – 31/08/08

### Anglo Celtic Plate 100K Road Race – TBC

Event Date **24 Mar 2024**Selection Date **05/01/2024**Teams **SEN**Athlete Cont. **£30**

#### Selection Notes

Team Size: Up to 5 Men and 5 Women.

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

Men: Sub 7:30 hours & Women: Sub 8 hours 55 mins.

Selection criteria: Current form, on loop road courses will be the main criteria.

Performance in other ultra-events and results from 2022 and competent marathon runners looking to move up in distance will also be considered. Athletes must submit an expression of interest before Sunday 17 December to [performanceteam@scottishathletics.org.uk](mailto:performanceteam@scottishathletics.org.uk)

### Antrim Coast Half Marathon – Northern Ireland

Event Date **25 Aug 2024**Selection Date **TBC 2024**Teams **SEN**

#### Selection Notes

The team will be selected based on current form in the Half Marathon / races of a similar distance.

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

### Home Nations Podium 5k – Cardiff, Wales

Event Date **TBC 2024**Selection Date **TBC 2024**Teams **SEN**Athlete Cont. **£30**

#### Selection Notes

The team will be selected based on current form over 5k races of a similar distance (on road or track).

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



## Domestic Calendar (Cross Country)

### scottishathletics Cross Country Team Challenge

The races below constitute the 2023 Team Challenge Series.

Fixture	Date	Venue
<a href="#">scottishathletics District CC Relays</a>	7 Oct 2023	Various
<a href="#">scottishathletics National CC Relays</a>	21 Oct 2023	Cumbernauld
<a href="#">scottishathletics Short Course CC</a>	4 Nov 2023	Lanark

### scottishathletics Cross Country Grand Prix

The races below constitute the 2023/24 Grand Prix Series.

Fixture	Date	Venue
<a href="#">scottishathletics Short Course CC</a>	4 Nov 2023	Lanark
<a href="#">scottishathletics District CC</a>	2 Dec 2023	Various
<b>scottishathletics Inter District CC</b>	13 Jan 2024	Renfrew
<a href="#">scottishathletics National CC</a>	24 Feb 2024	Falkirk

### scottishathletics Cross Country Relay Championships

Fixture	Date	Venue
<a href="#">East District CC Relays</a>	7 Oct 2023	Livingston
<a href="#">North District CC Relays</a>	7 Oct 2023	Nairn
<a href="#">West District CC Relays</a>	7 Oct 2023	Glasgow
<a href="#">National CC Relays</a>	21 Oct 2023	Cumbernauld

### scottishathletics Cross Country Championships

Fixture	Date	Venue
<a href="#">scottishathletics Short Course CC</a>	4 Nov 2023	Cumbernauld
<a href="#">North District CC Championships</a>	2 Dec 2023	Gordonstoun
<a href="#">East District CC Championships</a>	2 Dec 2023	Aberdeen
<a href="#">West District CC Championships</a>	2 Dec 2023	Strathaven
<a href="#">scottishathletics National CC</a>	24 Feb 2024	Falkirk

### University Championships

Fixture	Date	Venue
Scottish Universities CC	18 Nov 2023	Livingston
British Universities CC	3 Feb 2024	Leeds

### Schools Cross Country Championships

Fixture	Date	Venue
<a href="#">SSAA Secondary Schools CC Champs</a>	6 Mar 2024	Hopetoun House
<a href="#">SIAB CC International</a>	23 Mar 2024	Santry, Ireland

## Domestic Calendar (Road Running)

### scottishathletics Road Running Grand Prix

The races below constitute the 2024 Grand Prix Series.

Fixture	Date	Venue / Host
Half Marathon	10 Mar 2024	Inverness
10 Miler	31 Mar 2024	Motherwell
Marathon	21 Apr 2024	London Marathon
5k	3 May 2024	Edinburgh
10k	8 Sep 2024	Stirling

### scottishathletics Road Race Championships

Fixture	Date	Venue / Host
Half Marathon Championships	10 Mar 2024	Inverness
YA Road Race Championships	17 Mar 2024	Greenock
6/4 Stage Road Relay	23 Mar 2024	Livingston
10 Mile Championships	31 Mar 2024	Motherwell
Marathon Championships	21 Apr 2024	London Marathon
5k Championships	3 May 2024	Edinburgh
10k Championships	8 Sep 2024	Stirling

### 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 7 October 2023. 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 Angela Mudge ([angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@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 2024. 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 Angela Mudge in advance.

### Additional Running Competition Opportunities 2024

Fixture	Date	Venue	Selection
Great Manchester Run (10k)	26 May 2024	Manchester	By invitation
Great North Run (Half Marathon)	8 Sept 2024	Newcastle	By invitation
Great Scottish Run (Half Mara)	6 Oct 2024	Glasgow	By invitation
Great South Run (10 Mile)	20 Oct 2024	Portsmouth	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 Angela Mudge or self-enter the race through normal elite field entry process (and be around UK Power of 10 top 50 equivalent for the distance).