



# CROSS COUNTRY & ROAD RUNNING HANDBOOK 2025-2026

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## COMPETITION GUIDE & TEAM SELECTION

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**ANGELA MUDGE**

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

scottishathletics | Laurie Liddell Clubhouse | 42 Peffermill Road | Edinburgh | EH16 5LL  
W: [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk) | E: [performanceteam@scottishathletics.org.uk](mailto:performanceteam@scottishathletics.org.uk)



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## 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 2025-2026 are:

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

The process of each selection is as follows:

- The selectors will call a 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, 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 performance team [angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk) or [performanceteam@scottishathletics.org.uk](mailto:performanceteam@scottishathletics.org.uk)
- A condition of selection will be the requirement of athletes (or their parent/guardian/coach) to **complete the Google Form on the selection letter** – 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: [2025 Selection Policies | UK Athletics](#)

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** 22 Nov 2025 **Selection Date** 10 Nov 2025 **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 2026). 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).*

### Inter Districts Cross Country - Alexandra Park, Glasgow

**Event Date** 10 Jan 2026 **Selection Date** 10 Dec 2025 **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 [Team Selection - Scottish Athletics](#)).

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

### Celtic Nations Cross Country (Incorporated into UK CC Challenge) – Parliament Hill

**Event Date** 7 Feb 2026 **Selection Date** 12 Jan 2026 **Teams** U23 / U20 / U17 **Athlete Cont.** £30

#### Selection Notes

Up to: 4 U23 Men (born 2004, 05, 06), 4 U23 Women (born 2004, 05, 06), 4 U20 Men (born 2007, 08, 09), 4 U20 Women (born 2007, 08, 09), 4 U17 Men (born 2010 and 2011) and 4 U17 Women (born 2010 and 2011) will be selected on current form, particularly Liverpool CC, the District CC and Inter Districts CC. Note age groups are under WA rules (year of birth).

### Home Countries International CC (Incorporated into UK CC Challenge) – Parliament Hill

**Event Date** 7 Feb 2026 **Selection Date** 12 Jan 2026 **Teams** SEN / U20 **Athlete Cont.** £30

#### Selection Notes

Up to 4 Senior Men; 4 Senior Women, 4 U20 Men (born 2007, 08, 09), 4 U20 Women (born 2007, 08, 09),

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

### Inter Counties Cross Country – Nottingham

**Event Date** 7 Mar 2026 **Selection Date** 25 Feb 2025 **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.

## World Athletics Tour

Additional race opportunities are sometimes available (primarily for athletes targeting GB representation at European and World Cross Country Championships) as part of WA 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** 14 Dec 2025

**Venue** Lagoa, Portugal

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 Lagoa, Portugal on Sunday the 14<sup>th</sup> December 2025.

For more information on the selection process please see: <https://www.uka.org.uk/performance/2025-selection-policies/>

### World Cross Country Championships

**Event Date** 11 Jan 2026

**Venue** Tallahassee, Florida, USA

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). The next World Cross Country Championships are in 2026 and will be held in TALLAHASSEE, FLORIDA USA

For more information on the selection process please see: <https://www.uka.org.uk/performance/2025-selection-policies/> in 2025

## UKA Cross Challenge Series 2025-26

| Venue                   | Date        |
|-------------------------|-------------|
| Cardiff                 | 8 Nov 2025  |
| Liverpool               | 22 Nov 2025 |
| Parliament Hill, London | 7 Feb 2026  |
| Nottingham              | 7 Mar 2026  |

## Scottish International Road Running Programme & Selection Dates

### Armagh 3k/ 5k Road Race

|                        |                                                                                                                                                                                                                                    |                       |                    |              |     |  |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------|--------------|-----|--|
| <b>Event Date</b>      | <b>12 Feb 2026</b>                                                                                                                                                                                                                 | <b>Selection Date</b> | <b>12 Jan 2026</b> | <b>Teams</b> | SEN |  |
| <b>Selection Notes</b> | <p>The team will be selected based on current form in races of similar distance.<br/>Male race 5k, Female race 3k.</p> <p>Team Size: Up to 4 men and up to 4 women (with one U23 athlete for development - where appropriate).</p> |                       |                    |              |     |  |

### London Mini Marathon

|                        |                                                                                                                                                                                                                                                                                                                                                                                   |                       |                    |              |                 |                                     |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------|--------------|-----------------|-------------------------------------|
| <b>Event Date</b>      | <b>25 April 2026</b>                                                                                                                                                                                                                                                                                                                                                              | <b>Selection Date</b> | <b>17 Mar 2026</b> | <b>Teams</b> | U17/ U15<br>TBC | Age groups may change to under even |
| <b>Selection Notes</b> | <p>The Scottish team for each age group (U15 &amp; 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.</p> <p>Age groupings for this race are U15 dob 01/09/10 – 31/08/12 and U17 dob 01/09/08 – 31/08/10</p> |                       |                    |              |                 |                                     |

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

|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                       |                   |              |     |                   |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-------------------|--------------|-----|-------------------|
| <b>Event Date</b>      | <b>21 March 2026</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Selection Date</b> | <b>6 Jan 2026</b> | <b>Teams</b> | SEN | Athlete Cont. £30 |
| <b>Selection Notes</b> | <p>Team Size: Up to 5 Men and 5 Women.</p> <p>To be considered for selection athletes must achieve (or be deemed capable of achieving) the following standards:<br/>Men: Sub 7:30 hours &amp; Women: Sub 8 hours 55 mins.</p> <p>Selection criteria: Current form, on loop road courses will be the main criteria.<br/>Performance in other ultra-events and results from 2025 and competent marathon runners looking to move up in distance will also be considered. Athletes must submit an expression of interest before Sunday 14 December to <a href="mailto:performanceteam@scottishathletics.org.uk">performanceteam@scottishathletics.org.uk</a></p> |                       |                   |              |     |                   |

### Antrim Coast Half Marathon – Northern Ireland TBC

|                        |                                                                                                                                                                                                                        |                       |     |              |     |  |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----|--------------|-----|--|
| <b>Event Date</b>      | TBC                                                                                                                                                                                                                    | <b>Selection Date</b> | TBC | <b>Teams</b> | SEN |  |
| <b>Selection Notes</b> | <p>The team will be selected based on current form in the Half Marathon / races of a similar distance.</p> <p>Team Size: Up to 4 men and up to 4 women (with one U23 athlete for development - where appropriate).</p> |                       |     |              |     |  |

### SportsShoes Home Nations 5k – Cardiff, Wales TBC

|                        |                                                                                                                                                                                                                            |                       |     |              |     |                   |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----|--------------|-----|-------------------|
| <b>Event Date</b>      | TBC                                                                                                                                                                                                                        | <b>Selection Date</b> | TBC | <b>Teams</b> | SEN | Athlete Cont. £30 |
| <b>Selection Notes</b> | <p>The team will be selected based on current form over 5k races of a similar distance (on road or track).</p> <p>Team Size: Up to 4 men and up to 4 women (with one U23 athlete for development - where appropriate).</p> |                       |     |              |     |                   |

## Domestic Calendar (Cross Country)

### scottishathletics Cross Country Team Challenge

The races below constitute the 2025 Team Challenge Series.

| Fixture                                              | Date        | Venue       |
|------------------------------------------------------|-------------|-------------|
| <a href="#">scottishathletics District CC Relays</a> | 11 Oct 2025 | Various     |
| <a href="#">scottishathletics National CC Relays</a> | 25 Oct 2025 | Cumbernauld |
| <a href="#">scottishathletics Short Course CC</a>    | 8 Nov 2025  | Lanark      |

### scottishathletics Cross Country Grand Prix

The races below constitute the 2025/26 Grand Prix Series.

| Fixture                                             | Date        | Venue   |
|-----------------------------------------------------|-------------|---------|
| <a href="#">scottishathletics Short Course CC</a>   | 8 Nov 2025  | Lanark  |
| <a href="#">scottishathletics District CC</a>       | 6 Dec 2025  | Various |
| <a href="#">scottishathletics Inter District CC</a> | 10 Jan 2026 | Glasgow |
| <a href="#">scottishathletics National CC</a>       | 21 Feb 2026 | Falkirk |

### scottishathletics Cross Country Relay Championships

| Fixture                                  | Date        | Venue       |
|------------------------------------------|-------------|-------------|
| <a href="#">East District CC Relays</a>  | 11 Oct 2025 | Livingston  |
| <a href="#">North District CC Relays</a> | 11 Oct 2025 | Inverness   |
| <a href="#">West District CC Relays</a>  | 11 Oct 2025 | Kilmarnock  |
| <a href="#">National CC Relays</a>       | 25 Oct 2025 | Cumbernauld |

### scottishathletics Cross Country Championships

| Fixture                                           | Date        | Venue    |
|---------------------------------------------------|-------------|----------|
| <a href="#">scottishathletics Short Course CC</a> | 8 Nov 2025  | Lanark   |
| <a href="#">North District CC Championships</a>   | 6 Dec 2025  | Elgin    |
| <a href="#">East District CC Championships</a>    | 6 Dec 2025  | Stirling |
| <a href="#">West District CC Championships</a>    | 6 Dec 2025  | Erskine  |
| <a href="#">scottishathletics National CC</a>     | 21 Feb 2026 | Falkirk  |

### University Championships

| Fixture                  | Date | Venue |
|--------------------------|------|-------|
| Scottish Universities CC | TBC  | TBC   |
| British Universities CC  | TBC  | TBC   |

### Schools Cross Country Championships

| Fixture                                          | Date        | Venue          |
|--------------------------------------------------|-------------|----------------|
| <a href="#">SSAA Secondary Schools CC Champs</a> | 4 Mar 2026  | Hopetoun House |
| <a href="#">SIAB CC International</a>            | 21 Mar 2026 | Wales          |

## Domestic Calendar (Road Running)

### scottishathletics Road Running Grand Prix

The races below constitute the 2026 Grand Prix Series.

| Fixture       | Date     | Venue / Host            |
|---------------|----------|-------------------------|
| Half Marathon | 8 March  | Inverness Half Marathon |
| 10 Miles      | 29 March | Tom Scott 10 Mile Race  |
| Marathon      | 26 April | London Marathon         |
| 5k            | 1 May    | Silverknowes            |
| 10k           | 10 May   | Babcock Shettleston     |

### scottishathletics Road Race Championships

| Fixture                     | Date     | Venue / Host            |
|-----------------------------|----------|-------------------------|
| Half Marathon Championships | 8 March  | Inverness Half Marathon |
| YA Road Race Championships  | 15 March | Greenock                |
| 6/4 Stage Road Relay        | 21 March | Livingston              |
| 10 Mile Championships       | 29 March | Tom Scott 10 Mile Race  |
| Marathon Championships      | 26 April | London Marathon         |
| 5k Championships            | 1 May    | Silverknowes            |
| 10k Championships           | 10 May   | Babcock Shettleston     |

### 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 4 October 2026. 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 11 April 2026. If your club is interested in sending a team, please send an expression of interest to Angela Mudge before 31/1/2026.

Selection of teams will be based on the following:

Finishing position of the A team (and B team for the men) in the National Road Relays.

Overall performance at the National Road Relays showing enough strength in depth to field a team of 12 or 6. This will include not only the finishing position of the A team in the race but will also include performances of first claim athletes in the clubs' B team and master's and first claim club athletes representing their university.

A strong team performance in the National cross country will also be considered as evidence that the club has strength in depth over 12 or 6 athletes

## Additional Running Competition Opportunities 2026

| Fixture                            | Date         | Venue      | Selection     |
|------------------------------------|--------------|------------|---------------|
| Great Manchester Run (10k)         | 31 May 2026  | Manchester | By invitation |
| Great North Run (Half Marathon)    | 13 Sept 2026 | Newcastle  | By invitation |
| Great Scottish Run (Half Marathon) | 4 Oct 2026   | Glasgow    | By invitation |
| Great South Run (10 Mile)          | 18 Oct 2026  | 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).