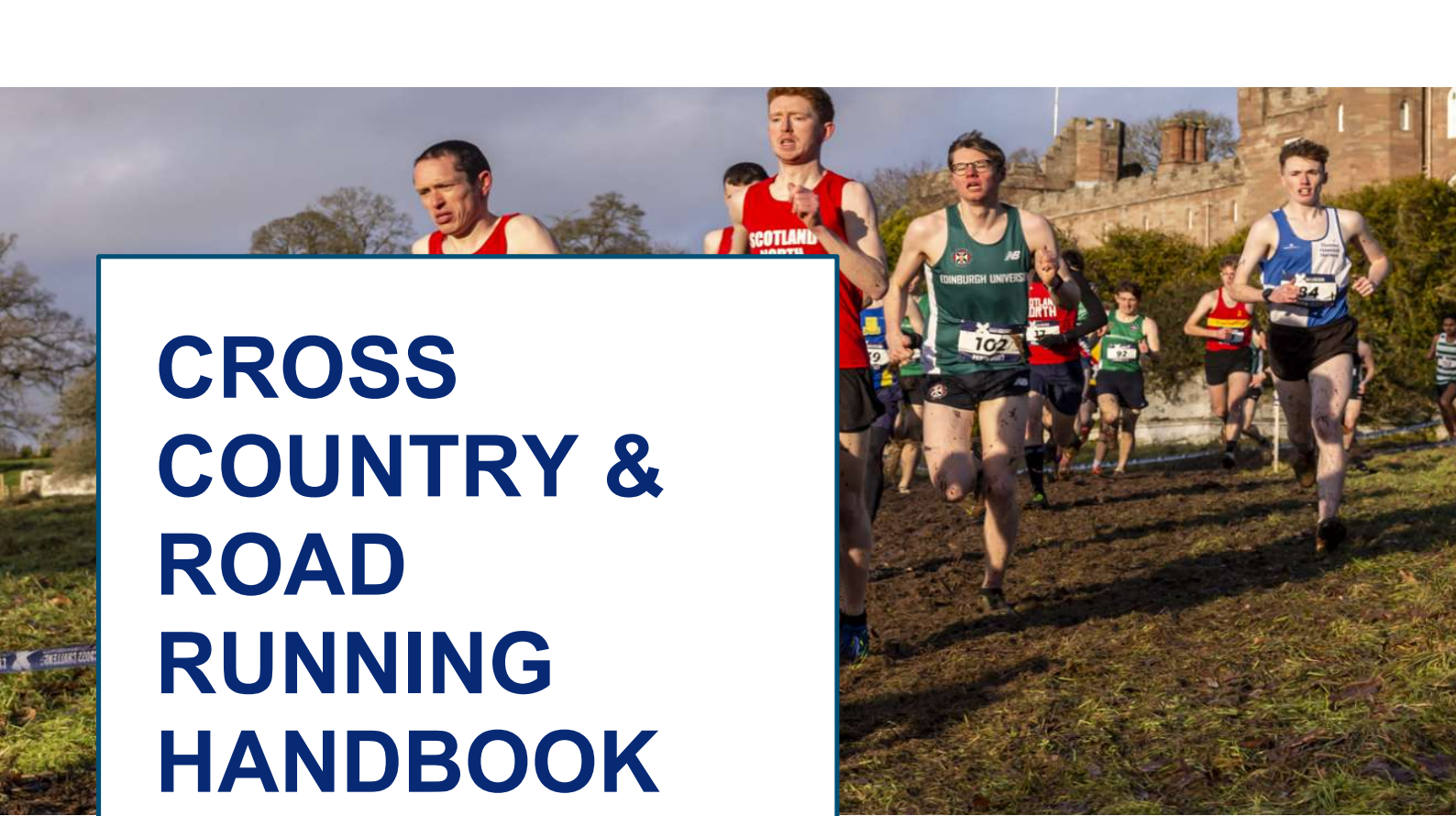


A group of male cross-country runners are competing on a grassy field. In the foreground, a runner in a green singlet with 'EDINBURGH UNIVERSITY' and bib number '102' is running. To his right, a runner in a blue singlet with bib number '84' is also running. Other runners in red and green singlets are visible in the background. A stone building is visible in the distance.

CROSS COUNTRY & ROAD RUNNING HANDBOOK 2026-2027

COMPETITION GUIDE & TEAM SELECTION

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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) 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 2026-2027 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 or 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 competition programme 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).

For GB team selection matters, see here: [2026 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 complete UK Anti-Doping's *Compete Clean+* eLearning course. To access the course, you will need to register on the UKAD Clean Sport Hub: [UKAD eLearning | UK Anti-Doping](#).

Please note that the renewal course must be completed every two years. For our records, a copy of your completion certificate should be sent to: performanceteam@scottishathletics.org.uk.

Scottish International Cross Country Programme & Selection Dates

British Athletics Cross Challenge (Incorporating Euro Cross Country Trials) - Liverpool

Event Date	28 Nov 2026	Selection Date	09 Nov 2026	Teams	SEN / U23 / U20	
Selection Notes	<p>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.</p> <p><i>This race is traditionally used as a trial to determine which UKA Club will represent the UK at the European Club Cross Country (Feb 2027). 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).</i></p>					

Inter Districts Cross Country - Alexandra Park, Glasgow

Event Date	16 Jan 2027	Selection Date	09 Dec 2026	Teams	SEN/ U18/ U16/ U14	
Selection Notes	<p>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).</p> <p>Chair of selectors: East – Megan Wright, North – John Newsom, West – Sharon Taylor</p>					

Celtic Nations Cross Country (Incorporated into Inter Districts) – Alexandra Park, Glasgow

Event Date	16 Jan 2027	Selection Date	14 Dec 2026	Teams	U23 / U20 / U18	Athlete Cont. £30
Selection Notes	<p>Up to: 4 U23 Men (born 2005, 06 & 07), 4 U23 Women (born 2005, 06 & 07), 4 U20 Men (born 2008 & 09), 4 U20 Women (born 2008 & 09), 4 U18 Men (born 2010 & 2011) and 4 U18 Women (born 2010 & 2011) will be selected on current form, particularly Liverpool CC and the District CC.</p>					

Home Countries International CC (Incorporated into Inter Districts) – Alexandra Park

Event Date	16 Jan 2027	Selection Date	14 Dec 2026	Teams	SEN / U20	Athlete Cont. £30
Selection Notes	<p>Up to 4 Senior Men; 4 Senior Women, 4 U20 Men (born 2008 & 09), 4 U20 Women (born 2008 & 09),</p> <p>Selection will be based on current form, particularly performances at Liverpool and the District CC.</p>					

Inter Counties Cross Country – Nottingham

Event Date	13 Mar 2027	Selection Date	24 Feb 2027	Teams	SEN / U20 / U18 / U16	Athlete Cont. £30
Selection Notes	<p>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 U18 levels. Teams will be selected with consideration given to their potential to medal. U16 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 14 athletes. It is not the policy of scottishathletics to send U14 district teams to the Inter Counties. Those U14 athletes qualifying to compete through their standing in the UK Cross Challenge must make their own arrangements.</p> <p>Note Inter Counties will use English age group definitions: U16 dob 01/09/11 – 31/08/13 and U18 dob 01/09/09 – 31/08/11</p> <p>U20 dob calendar year: born in 2008 or on and before 31/08/09</p>					

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).

UKA International CC Fixtures

European Cross Country Championships

Event Date 13 Dec 2026

Venue Belgrade, Serbia

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 Belgrade, Serbia on Sunday the 13 December 2026.

For more information on the selection process please see: <https://www.uka.org.uk/performance/2026-selection-policies/>

World Cross Country Championships

Event Date 2029

Venue Venue tbc

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 2029 and the venue is still to be confirmed

For more information on the selection process please see: <https://www.uka.org.uk/performance/2026-selection-policies/>

UKA Cross Challenge Series 2026-27

Venue	Date
Cardiff	8 Nov 2026
Liverpool	28 Nov 2026
Nottingham	13 Mar 2027

Scottish International Road Running Programme & Selection Dates

Armagh 5k Road Race

Event Date 11 Feb 2027 **Selection Date** 11 Jan 2027 **Teams** SEN

Selection Notes

The team will be selected based on current form in races of similar distance.
Both male and female races will be 5km from this year.

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

London Mini Marathon

Event Date Saturday 24 April 2027 **Selection Date** 1 Mar 2027 **Teams** U18/ U16

Selection Notes

The Scottish team for each age group (U18 & U16) 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 group definitions for selections are U16 dob 01/09/11 – 31/08/13 and U18 dob 01/01/10 – 31/08/11

Anglo Celtic Plate 100K Road Race – Belfast

Event Date 21 March 2027 **Selection Date** 14 Dec 2026 **Teams** SEN **Athlete Cont. £30**

Selection Notes

Team Size: Up to 5 Men and 5 Women.

To be considered for 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 2026 and competent marathon runners looking to move up in distance will also be considered. Athletes must submit an expression of interest before Sunday 06 December 2026 to performanceteam@scottishathletics.org.uk

Antrim Coast Half Marathon – Northern Ireland

Event Date	22 August 2027	Selection Date	14 June 2027	Teams	SEN	Athlete Cont. TBC
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Selection Notes

The first eligible male and female finisher at the National Half Marathon Championship and the National Ten-Mile Championship will gain automatic selection if they meet the A standard in the Road Running Grand Prix. If the Championships are won by the same athlete, the auto spot will not go to the second finisher. The rest of the team will be selected based on current form in 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).

Antrim Coast 5k – Northern Ireland

Event Date	22 August 2027	Selection Date	12 July 2027	Teams	SEN	Athlete Cont. TBC
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Selection Notes

The first male and female eligible finisher at the National 5k Championship will gain automatic selection if they meet the A standard in the Road Running Grand Prix. The rest of 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 2026 Team Challenge Series.

Fixture	Date	Venue
scottishathletics District CC Relays	10 Oct 2026	Various
scottishathletics National CC Relays	24 Oct 2026	Cumbernauld
scottishathletics Short Course CC	7 Nov 2026	Lanark

scottishathletics Cross Country Grand Prix

The races below constitute the 2026/27 Grand Prix Series.

Fixture	Date	Venue
scottishathletics Short Course CC	7 Nov 2026	Kirkcaldy
scottishathletics District CC	5 Dec 2026	Various
scottishathletics Inter District CC	16 Jan 2027	Glasgow
scottishathletics National CC	20 Feb 2027	Falkirk

scottishathletics Cross Country Relay Championships

Fixture	Date	Venue
East District CC Relays	10 Oct 2026	Livingston
North District CC Relays	10 Oct 2026	Inverness
West District CC Relays	10 Oct 2026	Kilmarnock
National CC Relays	24 Oct 2026	Cumbernauld

scottishathletics Cross Country Championships

Fixture	Date	Venue
scottishathletics Short Course CC	7 Nov 2026	Kirkcaldy
North District CC Championships	5 Dec 2026	Elgin
East District CC Championships	5 Dec 2026	Stirling
West District CC Championships	5 Dec 2026	Alexandra Park
scottishathletics National CC	20 Feb 2027	Falkirk

University Championships

Fixture	Date	Venue
Scottish Universities CC	14 Nov 2026	Alexandria Park
British Universities CC	6 Feb 2027	TBC

Schools Cross Country Championships

Fixture	Date	Venue
SSAA Secondary Schools CC Champs	3 Mar 2027	Hopetoun House
SIAB CC International	20 Mar 2027	

Domestic Calendar (Road Running)

scottishathletics Road Running Grand Prix

The races below constitute the 2027 Grand Prix Series.

Fixture	Date	Venue / Host
Half Marathon	14 March	Inverness Half Marathon
10 Miles	28 March	Tom Scott 10 Mile Race
Marathon	24/25 April	London Marathon
5k	7 May	Silverknowes
10k	5 Sept	Podfather Stirling 10k

scottishathletics Road Race Championships

Fixture	Date	Venue / Host
YAAR Road Race Championships	27 Feb	East Fortune
Half Marathon Championships	14 March	Inverness Half Marathon
6/4 Stage Road Relay	20 March	Livingston
10 Mile Championships	28 March	Tom Scott 10 Mile Race
Marathon Championships	24/25 April	London Marathon
5k Championships	7 May	Silverknowes
10k Championships	5 Sept	Podfather Stirling 10k

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) 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 17 April 2027. If your club is interested in sending a team, please send an expression of interest to Angela Mudge before 28/2/2027.

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 2027

Fixture	Date	Venue	Selection
Great Manchester Run (10k)	27 May 2027	Manchester	By invitation
Great North Run (Half Marathon)	12 Sept 2027	Newcastle	By invitation
Great Scottish Run (Half Marathon)	TBC	Glasgow	By invitation
Great South Run (10 Mile)	TBC	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).