



2021 - 2022

Cross Country & Road Running Competition Guide

October 2021

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

Scottish International Cross Country Programme & Selection Dates

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

Event Date 27 Nov 2021 **Selection Date** 8 Nov 2020 **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 (tbc 06/02/2022). 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) - Belfast

Event Date 22 Jan 2022 **Selection Date** 6 Dec 2021 **Teams** U23 / U20 / U17 **Athlete Cont.** £30

Selection Notes

Up to: 4 U23 Men (born 2000, 01, 02), 4 U23 Women (born 2000, 01, 02), 4 U20 Men (born 2003, 04, 05), 4 U20 Women (born 2003, 04, 05), 4 U17 Men (born 2006 and 2007) and 4 U17 Women (born 2006 and 2007) will be selected on current form, particularly Liverpool CC and the District CC. Note age groups are under IAAF rules.

Inter Districts Cross Country (Incorporated into UK CC Challenge) - Venue (tbc)

Event Date 15 Jan 2022 **Selection Date** 6 Dec 2021 **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. Chair of selectors: **East** – Sandra Hardacre **North** – Ross Cairns **West** – Dawn Armitt

Home Countries International CC (Incorporated into UK CC Challenge) - Belfast

Event Date 22 Jan 2022 **Selection Date** 6 Dec 2021 **Teams** Senior **Athlete Cont.**

Selection Notes

Up to 4 Senior Men; 4 Senior Women (U20 races will be incorporated into the Celtic Cross Country U20 event).
Selection will be based on current form, particularly performances at Liverpool and the District CC.

Inter Counties Cross Country - Loughborough

Event Date 12 Mar 2022 **Selection Date** 28 Feb 2022 **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 Scotland 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.

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/>

UKA International CC Fixtures

European Cross Country Championships

Event Date 13 Dec 2021

Venue Dublin, Ireland

The European Cross Country, which 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 Dublin, Ireland on Sunday the 13th December 2021.

For more information on the selection process please see: <https://www.uka.org.uk/performance/2021-selection-policies/>

World Cross Country Championships

Event Date 18 Feb 2023

Venue Bathurst, Australia

The World Cross Country takes place bi-annually and will normally see a GB team represented at U20 and Senior age groups. This event has been postponed and will return to the calendar in Bathurst, Australia in 2023

For more information on the selection process please see: <https://www.uka.org.uk/performance> in late 2022

UKA Cross Challenge Series

Venue	Date
Cardiff	16 Oct 2021
Milton Keynes	13 Nov 2021
Liverpool	27 Nov 2021
Belfast	22 Jan 2022
Loughborough	12 Mar 2022

Scottish International Road Running Programme & Selection Dates

Armagh 3K/ 5K Road Race

Event Date Feb 2022 (TBC) **Selection Date** 5 Jan 2022 **Teams** SEN

Selection Notes

The team will be selected based on current form in races of similar distance, but particularly performances at the **scottishathletics** Indoor 3000m Championships (3 Jan 2022).

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 2 Oct 2022 **Selection Date** TBC **Teams** U17/ U15

Selection Notes

TBC

Age groupings for this race are U15 dob 01/09/07 to 31/8/09 and U17 dob 01/09/05 to 31/8/07.

Anglo Celtic Plate 100K Road Race – TBC

Event Date TBC 2022 **Selection Date** TBC 2022 **Teams** SEN

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 2021 and competent marathon runners looking to move up in distance will also be considered.

Domestic Calendar (Cross Country)

scottishathletics Cross Country Team Challenge

The races below constitute the 2019 Team Challenge Series.

Fixture	Date	Venue
scottishathletics District CC Relays	9 Oct 2021	Various
scottishathletics National CC Relays	23 Oct 2021	Perth
scottishathletics Short Course CC	6 Nov 2021	Lanark

scottishathletics Cross Country Grand Prix

The races below constitute the 2021/22 Grand Prix Series.

Fixture	Date	Venue
scottishathletics Short Course CC	6 Nov 2021	Lanark
European CC Trials	27 Nov 2021	Liverpool
scottishathletics District CC	4 Dec 2021	Various
scottishathletics Inter District CC	15 Jan 2022	TBC
scottishathletics National CC	26 Feb 2022	Falkirk
Inter Counties CC	12 Mar 2022	Loughborough

scottishathletics Cross Country Relay Championships

Fixture	Date	Venue
East District CC Relays	9 Oct 2021	Galashiels
North District CC Relays	9 Oct 2021	TBC
West District CC Relays	9 Oct 2021	Glasgow
National CC Relays	23 Oct 2021	Perth

scottishathletics Cross Country Championships

Fixture	Date	Venue
scottishathletics Short Course CC	6 Nov 2021	Lanark
North District CC Championships	4 Dec 2021	Gordonstoun
East District CC Championships	4 Dec 2021	Stirling
West District CC Championships	4 Dec 2021	Glasgow
scottishathletics National CC	26 Feb 2022	Falkirk

University Championships

Fixture	Date	Venue
Scottish Universities CC	20 Nov 2021	TBC
British Universities CC	5 Feb 2022	Brunel

Schools Cross Country Championships

Fixture	Date	Venue
SSAA Secondary Schools CC Champs	3 Mar 2022	Hopetoun House
SIAB CC International	26 Mar 2022	Penbrey, Wales

Domestic Calendar (Road Running)

scottishathletics Road Running Grand Prix

The races below constitute the 2022 Grand Prix Series.

Fixture	Date	Venue
10 Miler	TBC 2022	TBC
Marathon	TBC 2022	TBC
5k	TBC 2022	TBC
10k	TBC 2022	TBC
Half Marathon	TBC 2022	TBC

scottishathletics Road Race Championships

Fixture	Date	Venue
YA Road Race Championships	19 Mar 2022	TBC
6/4 Stage Road Relay	26 Mar 2022	TBC
10 Mile Championships	TBC	TBC
Marathon Championships	TBC	TBC
5k Championships	TBC	TBC
10k Championships	TBC	TBC
Half Marathon Championships	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 9 October 2021. 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 9 April 2022. 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.

Additional Running Competition Opportunities 2021-22

Fixture	Date	Venue	Selection
Great South Run (10 Mile)	17 Oct 2021	Portsmouth	By invitation
Great Manchester Run (10k & Half)	26 Sept 2021	Manchester	By invitation
Great North Run (Half)	11 Sept 2022	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
Great South Run (10 Miles)	17 Oct 2021	Portsmouth
Tom Scott 10 Mile Road Race	TBC Apr 2022	Motherwell
Virgin London Marathon / Mini Marathon	2 Oct 2022	London
Highland Fling	23 Apr 2022	Trossachs
Silverknowes 5k	TBC May 2022	Edinburgh
Anglo Celtic Plate 100k Home International	TBC 2022	TBC
Great Manchester Run (10k and HM)	TBC 2022	Manchester
Stirling 10k	TBC 2022	Stirling
Great North Run	11 Sept 2022	Newcastle
Great Scottish Run (10k and HM)	2 Oct 2022	Glasgow