

**LISTEN
ENGAGE
REPRESENT**



**45th International Snowdon Race incorporating the Senior Home Countries International
Saturday 15th July 2023 – Llanberis, Wales
Selection Policy published December 2022**

Overview

The 45th International Snowdon Race incorporating the Senior Home Countries International will take place in Llanberis, Wales on Saturday 15th July 2023. This provides senior and U23 athletes with the opportunity to compete against a high-quality international field as well as the best mountain runners in Britain and Ireland. Welsh Athletics continues to value international competition opportunities and the role it plays in developing Welsh athletes.

Selection Policy Aim

The selection panel will attempt to select the best team possible to represent Wales.

Athlete Eligibility

To be considered for selection, athletes must be eligible to compete for Wales through at least one of the following:

1. Birth
2. Parentage
3. Retention
4. Residence (minimum 3 years)

Competition Format

The 45th International Snowdon Race incorporating the Senior Home Countries International provides **Senior and U23 Age Group** competition opportunities within the same race.

Teams of up to **4 Senior and 2 U23 Men and 4 Senior and 2 U23 Women** may be selected. The age groups follow IAAF rules, so U23 athletes are those born in 2001, 2002 and 2003. Wales will compete against international teams as part of the International Snowdon Race and teams from England, Scotland, Northern Ireland and Ireland as part of the Senior Home Countries International.

**LISTEN
ENGAGE
REPRESENT**
Selection Process



The Cader Idir's Race on Saturday 20th May will be used as the trial race for the Welsh team. **Please be aware that this is a very popular race which fills up quickly so get your entry in early once entries open in the new year. WFRA members have a two-week window to enter the race prior to race entries opening up to non-WFRA members.** The first three Welsh male and female senior and first Welsh male and female U23 athletes across the finish line in the trial race will be selected, with the final senior and U23 places at the discretion of the selection panel. **There is no obligation to fill all available positions, even if athletes finish in the top three senior or top U23 position in the trial race, if runners are not considered of the required standard to warrant selection.**

To be considered for the team athletes need to do one of the following:

1. Take part in the trial race
2. If unable to do the trial race, contact Arwel Lewis (Welsh Athletics Mountain and Trail committee representative) and Steve Mitchell (Welsh Athletics National Talent Development Coordinator) before the trial race. The athlete must explain why they are unable to do the trial race and to give an indication of current mountain and fell running form. The athlete will be considered in the selection meeting when discussing discretionary places.

Arwel Lewis contact email address: arweleryri@googlemail.com

Steve Mitchell contact email address: steve.mitchell@welshathletics.org

The selection meeting will take place on **Tuesday 23rd May 2023** and the teams will be announced on **Saturday 27th May 2023**.

The **Selection Panel** will comprise of **2 individuals nominated by the Welsh Athletics Mountain and Trail Committee, a team manager and 2 individuals from the Welsh Athletics performance team.**

In coming to its decision, the **Selection Panel** will consider the following criteria when it comes to the discretionary places (in no priority order):

1. 2023 form and fitness in mountain and fell races
2. Evidence of competing at mountain and fell races in previous seasons
3. Future potential and associated progression / development
4. Head-to-head competitive records
5. Previous / other event championship performances

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

6. Injury status
7. Athletes who are supportive of Welsh Athletics
8. Any other factors that, in the panel's opinion, give Wales the best chance of success

Appeals Process

There shall be no right of appeal to Welsh Team selected by the Selection Panel.

De-Selection Process

De-selection of an athlete may occur following:

1. Failure to adhere to the Welsh Athletics athlete code of conduct
2. In the event of an athlete sustaining an injury or illness following acceptance of their position on the team, they are required to inform the team leader immediately. If it is deemed that the injury or illness will negatively affect the athlete's performance this will result in de-selection.

Equal Opportunities

Welsh Athletics is committed to offering equal opportunities to all athletes in Wales. Any Welsh athletes will be considered as part of the selection process, providing they have met the criteria that is laid out within this policy. Welsh Athletics will not discriminate in the selection of any athlete on the basis of any protected characteristics.

Amendment

Welsh Athletics reserves the right to amend this Selection Policy at its sole discretion and will make any amended version publicly available (including the date on which the amendment was made) at www.welshathletics.org