

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh International representative opportunities (Junior) – Road and XC 2021-22

Endurance

Date	Race	Age groups	Participation level	Selection Criteria/Standards
November 27 th 2021	Liverpool X challenge	U20 U17	Development	Up to 4 per age group/gender. First 2 across the line at the Cardiff Cross Challenge and 2 discretionary places based on current form
January 22 nd 2022	Celtic Challenge and Home Countries International Belfast	U23 U20 U17	Development	Up to 4 athletes in each age group/gender. Selection will be based on performances at the Liverpool X challenge and the Welsh Inter-Regionals XC
Event TBC	Armagh 5k	U20	Development	Up to 4 junior men and women who have achieved the 3k/5k standard in 2021/22 *

There is no obligation to fill all the places on the teams

***Road standards**

	U20 Men	U20 Women
3K		10:10
5K	15:10	17:50