

LISTEN ENGAGE REPRESENT



WELSH ATHLETICS
ATHLETAU CYMRU

Senior Home Countries Mountain International – Saturday 27th June 2026

Llanberis (Y Wyddfa/Snowdon Uphill Only), Wales

Selection Policy published January 2026

Overview

The Welsh Athletics performance vision is to deliver a sustainable sector leading elite performance system that consistently transfers talented athletes to UKA's WCP whilst winning medals at Commonwealth Games. As part of this strategy, Welsh Athletics is committed to providing competition opportunities to developing and aspiring Welsh international athletes. Opportunities to compete for Wales are categorised as one of the following;

1. **International Opportunity** - a competitive opportunity in pathway events for senior Welsh athletes.
2. **Representative Opportunity** - a development opportunity in either pathway or non-pathway events for both junior and senior Welsh athletes.
3. **School-Aged Match Opportunity** – a development opportunity in either pathway or non-pathway events for school aged Welsh athletes to compete in a representative match. The eligibility criteria for some of these competitions is different to that for International and Representative opportunities.

The Senior Home Countries Mountain International is classified as a **Representative Opportunity**.

Selection Policy Aim

The aim of the selection policy is to provide senior and junior (U23) Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (uphill mountain).

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by the uphill trial for the British team at the European Off Road Championships (acting as the trial race for the Welsh team) on Friday 1st May 2026.

Athlete Contribution

The Welsh team for the Senior Home Countries Mountain International will be fully self-funded by athletes. Athletes will also need to organise their own logistics such as accommodation.

Competition Format

The Senior Home Countries Mountain International provides **Senior and U23 Age Group** competition opportunities, with athletes from both age groups competing in 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 World Athletics rules, so U23 athletes are those born in 2004, 2005 and 2006. Wales will compete against teams from the other home nations.

Selection Process

Selection of the team will use the following process to ensure the **selection policy aim** is met:

Step 1: The first two eligible senior Welsh athletes and first eligible U23 Welsh athlete home in the uphill trial for the British team for the European Off Road Championships (Friday 1st May 2026) who make themselves available for selection will be selected, unless there is strong evidence which indicates to the selection panel that an athlete will not be competitive in the Senior Home Countries Mountain International.

Step 2: To be considered for a discretionary place, athletes need to have either competed in the trial race or have contacted the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) prior to the trial race to ask if they can have exemption from competing in the trial race. If an athlete doesn't do the trial race, athletes must have mountain race experience, with emphasis on the discipline of uphill competition, to be considered. Steve Mitchell's email address is:

Steve.Mitchell@welshathletics.org

The following evidence will be considered when deciding who to select:

- a. Performance History (priority to mountain, with emphasis on the discipline of uphill competition, and recent performance history)
- b. Head-to-head records (priority to mountain, with emphasis on the discipline of uphill competition, and recent record)
- c. Career trajectory (priority to performance history and head-to-head record)
- d. If applicable, any further relevant evidence/information

Our aim is to select full teams. However, it is not an obligation to fill all available positions.

The selection meeting will take place by **Thursday 7th May 2026** and the athletes selected will be announced by **Saturday 16th May 2026**.

The selection panel will consist of three people, with both the **Welsh Athletics Performance**

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Team and the Welsh Athletics Mountain, Trail and Ultra Committee represented in the selection panel. **Selections will be ratified by the Welsh Athletics Head of Performance.** Selection meeting notes will be made available.

Please note that, if having been selected you become unavailable, evidence for why you are unavailable will need to be supplied to the Welsh Athletics Head of Performance and the Welsh Athletics NTDC for endurance.

Appeals Process

There shall be no right to appeal the selection of the Welsh team made by the selection panel.

De-selection Process

De-selection of an athlete may occur following:

1. Failure to adhere to the Welsh Athletics 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 required, evidence will have to be supplied. If it is deemed that the injury or illness will negatively affect the athlete's performance this will result in deselection.

Equal Opportunities

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 publically available (including the date on which the amendment was made) on the [Welsh Athletics website](#)