

**LISTEN  
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**WELSH ATHLETICS**  
ATHLETAU CYMRU

**Trofeo Nasego Mountain Running Seven Nations  
Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> September 2026 – Casto, Italy  
Selection Policy published January 2026 – updated March 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 Trofeo Nasego Mountain Running Seven Nations is classified as a **Representative Opportunity**.

## **Selection Policy Aim**

The aim of the selection policy is to provide senior Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (uphill mountain and up and downhill 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 Snowdon International Mountain Race (acting as the trial race) on Saturday 18<sup>th</sup> July 2026. Trofeo Nasego is also only for athletes older than U20. Therefore athletes need to have been born in or prior to 2006.

## **Athlete Contribution**

As this competition is outside of Britain, selected athletes are asked to contribute £75.

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## Competition Format



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The Trofeo Nasego Mountain Running Seven Nations provides a **Senior Age Group** competition opportunity. On Saturday 5<sup>th</sup> September is the uphill race and on Sunday 6<sup>th</sup> September is the up and downhill race.

Teams of up to **4 Senior Men and 4 Senior Women** may be selected. Wales will compete against international teams from the other six nations. On the Saturday is the uphill race in which the first two athletes home score for the team. On the Sunday is the up and down hill race in which first three athletes home score for the team. There is not a requirement for all athletes selected to do both races.

## 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 athletes in the Snowdon International Mountain Race (Saturday 18<sup>th</sup> July 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 Trofeo Nasego Mountain Running Seven Nations. This includes consideration of whether athletes will need to compete in both races for the overall team score and their uphill as well as their up and downhill prowess.

Step 2: To be considered for a discretionary place, athletes need to have either competed in the Snowdon International Mountain 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 to be considered. Uphill prowess, as well as up and downhill, will form a key part of the considerations. 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 (both uphill only and up and down hill) and recent performance history)
- b. Head-to-head records (priority to mountain (both uphill only and up and down hill) 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.**

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The selection meeting will take place by **Thursday 23<sup>rd</sup> July 2026** and the athletes selected will be announced by **Saturday 1<sup>st</sup> August 2026**.

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