

**Trofeo Nasego Mountain Running Six Nations  
Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> May 2025 – Italy  
Selection Policy published February 2025**

## **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.

The Trofeo Nasego Mountain Running Six Nations is classified as a **Representative Opportunity**.

Additionally, the Welsh Athletics performance vision for mountain is to consistently have Welsh athletes qualify for British teams whilst challenging to win the International Snowdon Race.

## **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 (both mountain uphill only, and up and downhill).

## **Athlete Eligibility**

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by Sunday 6<sup>th</sup> April 2025.

## **Competition Format**

The Trofeo Nasego Mountain Running Six Nations provides a **Senior** competition opportunity. On Saturday 24<sup>th</sup> May is the uphill only race and on Sunday 25<sup>th</sup> May is the up and downhill race. Athletes selected will be expected to compete in both races.

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Teams of up to **4 Senior Men and 4 Senior Women** may be selected. Wales will compete against teams from the other five nations.

## Selection Process

Athletes wishing to be considered for this team need to email the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) by end of the Sunday 6<sup>th</sup> April to state their wish to be considered and to provide evidence they wish to be used during the selection meeting. Steve Mitchell's email address is:

[Steve.Mitchell@Welshathletics.org](mailto:Steve.Mitchell@Welshathletics.org)

**We are aiming to select athletes who can compete strongly in British national level mountain competitions.**

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

- a. Recent Performance History (Friday 19<sup>th</sup> April 2024 to Sunday 6<sup>th</sup> April 2025: championship/race placings and times, priority to mountain races)
- b. Previous Performance History (championship/race placings and times: priority to mountain races and to Recent Performance History)
- c. Career trajectory
- d. Head-to-head records (priority given to both head-to-head record from 19<sup>th</sup> April 2024 to 6<sup>th</sup> April 2025 and to mountain head-to-head record)
- e. Recent verified screening/monitoring data (e.g. physiological landmarks; strength and power landmarks; strength capacity landmarks)
- f. Athlete Engagement with Welsh Athletics
- g. Any further evidence which implies the athlete will compete well and strongly benefit from being selected

**There is no obligation to fill all available positions.**

The selection meeting will take place on **Thursday 10<sup>th</sup> April 2025** and the teams will be announced by **Saturday 19<sup>th</sup> April 2025**.

The **Selection Panel** will comprise of **two members of the Welsh Athletics Performance Team, two nominated members of the mountain, trail and ultra committee and a team manager. 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.

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### **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](#)



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