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**WMRA International U18 Mountain Running Cup
Saturday 14th June 2025 – Bratislava, Slovakia
Selection Policy published October 2024 (updated April 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 WMRA International U18 Mountain Cup 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 junior Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (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 trial race on Saturday 3rd May 2025.

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 WMRA International U18 Mountain Running Cup provides an **U18 Age Group** competition opportunity. This year the U18 Mountain Running Cup is an uphill only race.

Teams of up to **4 U18 Men and 4 U18 Women** may be selected. The age groups follow World Athletics rules, so U18 athletes are those born in 2008 and 2009. Wales will compete against teams from Europe and around the world.

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 Welsh athletes home in the trial race on Saturday 3rd May will be selected. The trial race will be an uphill only race up Moel Eilio.

The Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) will contact athletes meeting the step 1 selection criteria to see if they wish to be selected. If athletes do not reply by the time of the selection meeting, it will be assumed that the athlete does not wish to be selected. If athletes who have met the step 1 selection criteria do not wish to take up their selection, automatic selection will not go down to the next ranked Welsh athletes.

Step 2: The following athletes will be considered for selection:

- Athletes who from 2024 onwards have represented Great Britain or Wales on the mountain
- Athletes who from 2024 onwards have finished in the top six in British or Inter-Counties Mountain Championships
- The third, fourth, fifth and sixth eligible Welsh athletes in the trail race
 - Athletes meeting any of the three criteria above will be contacted by the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) prior to the selection meeting to see if they wish to be considered for selection and if there is any evidence they wish to be put forward to be used during the selection meeting. If athletes do not reply by the time of the selection meeting, it will be assumed that the athlete does not wish to be considered for selection
- Athletes wishing to be considered but have not met any of the criteria above need to email the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) by end of the Sunday 4th May (day after the trail race) 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

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

- a. Recent Performance History (1st January 2025 to Saturday 3rd May 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 1st January 2025 to 3rd May 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 8th May 2025** and the teams will be announced by **Saturday 17th May 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.

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.

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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](#)