

# Leicestershire & Rutland Athletics Association

## County XC Team Selection Policy for the 2026 Inter-Counties XC Championships

Those athletes seeking selection for the County (Leicestershire & Rutland) team to compete at the 2026 Inter-Counties XC Championships (Wollaton Park, Nottingham, on March 7<sup>th</sup>) are strongly advised to enter and compete in the County XC Championships (at Rotherby Farm, on Saturday, January 3<sup>rd</sup>). \*

The County Selection policy is as follows:

# The first 4 finishers in each of the age/gender races from U13 through to Senior category at the County XC Championships will gain automatic selection for the 'team' to compete at the Inter-Counties XC Championships.

# Additional places in the 'team' will be based on performances at: the County XC Championships; Area XC Championships; the National XC Championships; and other XC races of note.

Additionally, please note ...

# To comply with the U20 age category used for the Inter-Counties XC Championships, those 'Junior' runners eligible to compete in the U20 age category must have been born in 2007 or 2008. 'Junior' runners born in 2005/2006 are eligible for the County Senior teams (assuming that they meet the selection criteria listed above) ... Runners competing as 'Masters' in the County XC Championships are also eligible for the County Senior teams (assuming that they meet the selection criteria listed above).

# Initial 'squad' selections (12 runners per U13 to U20 age-group; & 15 for the Senior age-group) from which the final 'team' will be selected have to be made by our Team Managers no later than January 31<sup>st</sup>, so performances prior to this date are critical for initial (squad) selection.

# Final 'teams' (and named reserves) will be published around 10 days prior to the Inter-Counties XC Championships. ... Those selected will be contacted directly by their respective Team Manager to confirm their selection and the arrangements for the day.

# The strongest possible team from those available & wishing to compete will be selected.

\* NB: Any runner who wishes to be considered for selection but is unable to compete at the County XC Championships should make their availability known by contacting the County Secretary (Alan Maddocks) by e-mail (E-Mail: [striders1@hotmail.co.uk](mailto:striders1@hotmail.co.uk)) by January 22<sup>nd</sup> at the latest, so that the relevant Team Managers can be informed prior to the Area Championships. ... Please note that Team Managers will need both a runner's England Athletics registration number and Date-of-Birth in order to enter the individual concerned.