

**BRITISH MASTERS CROSS COUNTRY INTERNATIONAL
DUBLIN 12th NOVEMBER 2022**

WELSH TEAM SELECTION CRITERIA

Following on from the success of the recent Masters Road International against England at Tenby, Welsh Masters have asked Welsh Athletics to be responsible for the Welsh Team in Dublin so the Masters Advisory Group, who were responsible for the Team at Tenby, will take responsibility for the selection and management of the teams in Ireland. It goes without saying that we hope to build on the success of the road internationals and get the best possible teams out

Please note that to be considered for selection you just need to be eligible to compete for Wales and be a registered athlete in Wales. Athletes will have to pay their own travel and accommodation costs.

Selection Process

1. The Team will be selected week commencing 3rd October 2022.
2. There are five year age groups from 35 to 75+Men & 35 to 70+Women with 6 to run in the Men's Teams 35 to 50 and 4 to run in all other Men's age groups and all Women's age groups.
3. The Team will be selected based on athletes form, fitness and competition history up to and including 2nd October 2022, with priority given to cross country results. However given the lack of cross country races this season we will be using road and trail performance results.
4. Current form will be prioritised when selecting between athletes with similar qualifying performances
5. Qualification performances must be achieved in ratifiable UKA or World Athletics competition under standard race licensing and competition rules.

Selected athletes will have to complete the iRunClean diploma before competing.

Please let me know asap if you wish to be considered for the Welsh Team by e mailing Bernie-jones@sky.com or by telephoning me on 07919 043117