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**International Snowdon Race
Saturday 20th July 2024 – Llanberis, Wales
Selection Policy published October 2023 (updated December 2023)**

Overview

The International Snowdon Race will take place in Llanberis, Wales on Saturday 20th July 2024. This provides senior athletes with the opportunity to compete against a high-quality international field as well as the best mountain runners in Britain and Ireland. Welsh Athletics values the role this representative opportunity provides to compete for Wales in the flagship Welsh Mountain Race.

Selection Policy Aim

The selection panel will attempt to select the **best team possible** to represent Wales.

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria.

Competition Format

The International Snowdon Race provides a **Senior Age Group** competition opportunity.

Teams of up to **4 Senior Men and 4 Senior Women** may be selected. Wales will compete against international teams as part of the International Snowdon Race.

Selection Process

The Cader Idris Race on Saturday 18th May will be used as the trial race for the Welsh team. **Please be aware that this is a very popular race which fills up quickly so get your entry in early once entries open in the new year.** The first two Welsh male and female senior athletes across the finish line in the trial race will be selected, with the final two senior places at the discretion of the selection panel. **There is no obligation to fill all available positions, even if athletes finish in the top two senior positions in the trial race, if runners are not considered of the required standard to warrant selection.**

To be considered for the team athletes need to do one of the following:

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1. Take part in the trial race
2. If unable to do the trial race, contact Arwel Lewis (Welsh Athletics Mountain and Trail committee representative) and Steve Mitchell (Welsh Athletics National Talent Development Coordinator) before the entries for the trial race closes. The athlete must explain why they are unable to do the trial race and prior to the selection meeting must give an indication of current mountain and fell running form. The athlete will be considered in the selection meeting when discussing discretionary places.

Arwel Lewis contact email address: arweleryri@googlemail.com

Steve Mitchell contact email address: steve.mitchell@welshathletics.org

If athletes have entered the trial race, and subsequently are selected for the Welsh team in Trail de Guerledan (same weekend as the trial race) they will be considered for the discretionary places.

The selection meeting will take place on **Tuesday 21st May 2024** and the teams will be announced on **Saturday 25th May 2024**.

The **Selection Panel** will comprise of **2 individuals nominated by the Welsh Athletics Mountain and Trail Committee, a team manager and 2 individuals from the Welsh Athletics performance team.**

In coming to its decision, the **Selection Panel** will consider the following criteria when it comes to the discretionary places (in no priority order):

1. 2024 form and fitness in mountain and fell races
2. Evidence from competing at mountain and fell races in previous seasons
3. Future potential and associated progression / development
4. Head-to-head competitive records
5. Previous / other event championship performances
6. Athletes who are supportive of Welsh Athletics
7. Any other factors that, in the panel's opinion, give Wales the best chance of success

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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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