

18th Spar European Cross Country Championships
Sunday 11 December 2011
Velenje, Slovenia

Selection Policy

UKA intends to select the strongest Aviva GB & NI men's and women's teams consisting of six senior, U23 and junior athletes for the European Cross Country Championships in 2011.

The official Trial will be held in Liverpool as part of the McCain Cross Challenge on Saturday 26 November 2011.

- Senior Trial: At the trial the first three eligible seniors will be selected automatically;
- U23 Trial: The first three eligible U23 athletes in the combined trial race (with the seniors) will be selected automatically.

If an U23 athlete finishes in an automatic senior selection position at the trial they may be selected for the senior Championship. If an U23 athlete is seen as a serious individual medal contender for the European U23 Championships, they may be selected for the U23 Championship race rather than the senior Championship race. The final decision on whether or not to select U23 athletes for the senior teams will rest solely with the selectors.

- U20 Trial: At the trial, the first three eligible juniors will be selected automatically;
- UK athletes based in the US and competing in the NCAA championships will be required to return home to compete in the trial if they wish to be considered for selection for the European Cross;
- The selectors will fill the remaining places based on all known form up to and including the 26 November 11.

The Aviva GB & NI teams will be selected on Monday 28 November 2011 following the Trial in Liverpool.

All athletes who do not intend to compete at Liverpool and wish to be considered for selection must ensure that they advise UKA National Endurance Manager Spencer Barden at sbarden@uka.org.uk of their situation **before the trial**.