



ATHLETICS WELLINGTON
P O Box 1734, Wellington
CROSS COUNTRY & ROAD: SELECTION POLICY 2026



Introduction

This selection policy is for the Athletics NZ Cross Country and Road Championships. The selection policy for the NZ Secondary Schools Cross Country Relay is contained in a separate document.

Athletics Wellington will select athletes to represent the Centre at the:

- A. **Athletics NZ Cross Country Championships**, at Christchurch on **Saturday 1 August 2026**
- B. **Athletics NZ 10km Road Championships** at New Plymouth on **Saturday 29 August 2026**

1. Selection Policy Philosophy

The key objectives are:

1. To send competitive Athletics Wellington teams in all grades to these events, where possible.
2. To enable this, in general individual athletes will be selected foremostly on the basis that they show ability to finish in the predicted top half of the field for their event.
3. When appropriate to enable a top team to finish, some additional athletes may be selected to ensure there is a competitive scoring team.
4. Individuals will be selected on merit even when no team is likely based on clause 1.2

Selections will be made in the following grades (these being the grades for which Athletics NZ hold a Team Race at the Championships): Men, Women, Men Under 20, Women Under 20, Masters Men M35+, Masters Men M50+, Masters Men 65+, Masters Women W35+ and Masters Women W50+ and Masters Women 65+. Selections will only be made in the Men Under 18, Women Under 18, Men Under 16 and Women Under 16 grades for the NZ Cross Country Championships (*as there is no Team Race for these grades at the NZ 10km Road Championships*).

2. Expression of Intention

Athletes wishing to be considered for selection **must notify the Selectors** of the events they wish to be considered for at least two days prior to the relevant selection date, by completing both:

- ✓ Go to the online **Expression of Interest** [\[link\]](#) to notify your intention to be selected

If an athlete subsequently becomes unavailable, the athlete must notify the Selectors immediately.

No athlete will be considered for selection if they are not recorded on the ANZ membership database as a current member of an Athletics Wellington club.

3. Selections

Selections will be made for the following events on the following dates:

- **NZ Cross Country:**



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- Initial selections of up to 4 in each grade announced following the Dorne Cup on 13 June 2026 (based on athletes demonstrating the ability to comfortably finish in the top half of their race at the NZ Cross Country based on performances in winter interclub competitions in 2025 & 2026)
 - Following the Athletics Wellington Cross Country Championships on 19 July 2026, the balance of the selections will be announced.
 - Athletes initially selected after the Dorne Cup are expected to demonstrate fitness by racing in the Wellington Cross Country Championships.
- **NZ Road:**
- Following the Athletics Wellington Cross Country Championships on 19 July 2026, the selections will be announced.
 - There is an expectation that athletes compete in either or both Moonshine Relay and the AW 5km Road Champs.

If a selected athlete withdraws from the team, the selectors may replace that athlete at any time.

4. General

Athlete Details

On advice of selection in the team, the athlete must let the Athletics Wellington General Manager or Team Manager know their uniform requirements and travel and accommodation plans. Online forms will be set up for these requirements.

Team Uniform

Selected athletes will be able to purchase an Athletics Wellington team singlet. These are only available for purchase to those named in Athletics Wellington teams for these events. Named teams will be given information on other uniform which is available online at

<https://www.sas.co.nz/product-category/athletics/athletics-wellington/>

Subsidies

Athletes selected for the NZ Cross Country and NZ Road Championships will receive a subsidy of \$50.00 per Championship (payment is conditional on completing the race).

5. Selectors and Managers

The Selectors are

Julie Richards: juliemaerdy@yahoo.co.uk

Zac Milne: zacmilne@hotmail.com

John Cope: johnandjacquicope@gmail.com

Paul Hewitson: kiwiquaker@xtra.co.nz TBC

The Team Managers are:

✓ *Julie Richards:* juliemaerdy@yahoo.co.uk

✓ *Zac Milne:* zacmilne@hotmail.com