

England Cross Country International Fixtures winter 2025-2026

Overview: Our Policy is to support English athletes in their ongoing development who are on an upward trajectory by offering opportunities and experience competing for England in international cross-country competition either in the UK or abroad.

Eligibility:

To be considered for selection for this team:

- Athletes must be eligible to compete for England in accordance with [World Athletics eligibility rules](#). This includes holding a full British passport.
- Athletes must not be currently serving a period of ineligibility or a provisional or permanent suspension for a doping violation or for any other reason of misconduct.
- Athletes must be registered as a member with England Athletics, directly or through a club.
- Athletes will be required to sign the England Athletics Team Members' Agreement ("TMA") and abide by its terms and conditions. Any athlete failing to do so before the date of the competition will result in their selection being withdrawn.
- Athletes wishing to be selected must complete [the expression of interest](#).

Please note – there is a selection criteria and selection window for each event (details elow). Please ensure you understand and meet the criteria requirements before completing an expression of interest for an event.

Selection Process & Criteria:

- Athletes are expected to have competed at Liverpool in the European Cross Trial in 2024 or 2025 for events later in the current winter or if unable to do so demonstrated personal ambition by competing previously in the National Cross-Country Championship or European Cross Country Trial.
- The above is a pre-requisite for selection along with current form.
- Athletes are expected to [complete an expression of interest](#).

Please refer to the selection criteria/selection window for each event before submitting an expression of interest.

Race Dates and selection meetings:

- Race 1
 - o Roeselare, Belgium: 26 October 2025.
 - o Selection date: 5 October
 - o Selection window: previous cross-country form from January to March 2025 and current endurance performances up to selection date on 5th October.
- Race 2
 - o Elgoibar, Spain: 18 January 2026
 - o Selection date: w/c 15th December 2025
 - o Selection Window: selection primarily based on European Trial 2025 + other recent form taken into account.
 - o Note: Due to the proximity of the World Cross Country 1 week before athletes competing in the Worlds will not be considered.
- Race 3
 - o Hannut, Belgium: 25 January
 - o Selection date: w/c 15th December 2025
 - o Selection window: selection primarily based on European Trial 2025 + other recent form considered since the trial.
- Race 4
 - o Parliament Hill, London: 7 February. Home Countries and Celtic International + area match.
 - o Selection date: 21 January 2026
 - o Selection primarily based on recent form to be considered.

For more information, please contact specific team managers or visit the ECCA [website](#).

- Senior Men – Eamonn Martin, email: eamonnmartin1958@gmail.com. Mob 07566 843375
- Senior Women - Sue Lamb, email: suelamb.run@virginmedia.com. Mob 07989 129889
- Junior Men - Keith Holt, email: keith_holt1@sky.com. Mob 07979 678939
- Junior Women - Jo Newcombe, email: newcombe_jo@hotmail.com. Mob 07983 439058