



**Orienteering  
Ireland**

### SHI 2025 Selection Policy

The Senior Home International is taking place on the 27<sup>th</sup>/28<sup>th</sup> September in the Lake District, England. It will consist of an Individual race on the Saturday and a Relay race on the Sunday. For 2025 only, these events will also host the JIRCs.

Team will consist of: 6 x Senior Men (of which at least one M35+), 6 x Senior Women (of which at least one W35+), 3 x M20, 3 x W20

The purpose of this policy:

- To enable the selectors to select the best possible team
- To provide eligible athletes an opportunity to claim a place in the team

### Selection criteria:

- Selectors are Susan Lambe, Philip Baxter and Dave Masterson.
- The team will be announced at the end of June 2025.
- **Athletes must declare themselves available for selection by Sunday 25th May 2025**
- M/W18s are welcome to declare for M/W20s, either if they are aged 18 at the date of the competition, or if they have an agreed chaperone. It is recommended that M/W18s eligible for the JIRCs give preference to the JIRCs rather than SHI this year
- If W/M20s want to be considered for a Senior place, they should declare for both 20s and Senior
- It is recommended that you run in the age class you wish to be selected for, or where relevant you run the same course (eg if 18s run the same course as 20s). The exception being the spaces allocated for M/W35+, where running your age class (or running up) is acceptable.
- Athletes must inform Susan Lambe of any illness or injury **before** any particular selection race.
- A senior member of the team will be asked to act as Team Manager over the weekend.
- We will select the team with the aim of achieving the strongest set of results. Athletes may be selected to gain experience, and we would encourage all older juniors to consider putting themselves forward for selection. When it has not been possible to select a full team from the named races, an athlete may be selected to gain experience.
- It is each athlete's responsibility to ensure they are eligible to compete for Ireland on the date of the competition – see rules on the British Orienteering website [https://www.britishorienteering.org.uk/home\\_internationals](https://www.britishorienteering.org.uk/home_internationals)

The first 4 places in the Senior team and the first 2 places in the W/M 20 team will be selected using selection races **1-3** (listed below). To fill the remaining places selectors will look at all known form, particularly from races 1-3 & a-b (listed below).

Please note the SHI is a self-funded event. You may be eligible to apply for funding from clubs, councils etc. NI athletes are welcome to read the NIOA policy on International Representation.

Races to be considered for selection	Races to be considered for all known form
<ol style="list-style-type: none"> <li>1. JK Middle &amp; Long (19<sup>th</sup> &amp; 20<sup>th</sup> Apr)</li> <li>2. IOC Middle &amp; Long (3<sup>rd</sup> &amp; 4<sup>th</sup> May)</li> <li>3. British Long (10<sup>th</sup> May)</li> </ol>	<ol style="list-style-type: none"> <li>a. JK &amp; IOC Relay (21<sup>st</sup> Apr &amp; 5<sup>th</sup> May)</li> <li>b. Any WRE (Long/Middle) before 15<sup>th</sup> June 2025</li> </ol>