



2018 Anglo Celtic Plate 100K

24th March 2019, North Inch Park Bells Sports Centre, Perth, Scotland, PH1 5HS

Selection Policy – published December 2018

Overview

The overall objective of the international competitions programme is to prepare Welsh athletes to perform at the best of their ability at major, senior Championship events (e.g. World Championships and the Commonwealth Games). As part of that strategy, Welsh Athletics is committed to providing domestic and international competition opportunities to developing and aspirational Welsh athletes. International competitions are categorised as one of the following;

1. **International Matches** (where a Welsh team is fielded in a competitive fixture against other teams)
2. **International Overseas or Domestic Fixtures** (either an overseas or domestic competition that provides Welsh athletes of the appropriate standard with a conducive environment to achieve a good performance outcome)

The Anglo Celtic Plate 100K is classified as an **International Match**.

Athlete Eligibility

To be considered for selection, athletes must satisfy the following;

1. Be eligible to compete for Wales by either:
 - a. Birth
 - b. Parentage
 - c. Retention
 - d. Residence (minimum 2 years, and not having competed for another nation in the previous 12 months)

Competition Format and Event Information

Welsh Athletics will select to compete:

- Up to 5 men and up to 5 women

There is no obligation to fill all positions.

The 100K distance incorporates both the British and Scottish 100K Road Championship for 2019, and also the annual Anglo Celtic Plate home countries event. The 50K race incorporates the Scottish 50K Championship for 2019.

The race is, to the organiser's knowledge, the only certified accurate 100K and 50K road event in 2019. The race will take place on a traffic-free loop course on the North Inch Park on the banks of the River Tay, Perth. The loop is measured by IAAF measurers at 2.381km. The event will be held under license from Scottish Athletics and under UKA and International Association of Ultra Runners rules.

Selection Process

The selection meeting will take place on **Sunday 16th December 2018**.

Teams will be announced as soon as possible after this date.

Athletes who wish to be considered for selection should communicate all performances of races up to, and beyond the Marathon to: Rhiannon Linington-Payne – Rhiannon@welshathletics.org

Guideline performances for consideration for selection are:

- Marathon – Men: 2:40; Women: 3:10
- 50K – Men: 3:35; Women: 3:50
- 40 Miles – Men: 4:50; Women: 5:35
- 100K – Men: 8:45; Women: 9:30

Performances must be achieved between 1st January 2016 and 1st December 2018.

It will be necessary for current fitness to be evident prior to selection and for athletes to be injury-free.

The selection committee has the discretion to consider other performances outside of the selection criteria if deemed necessary.

Selection of all athletes is subject to agreement of the athlete's racing programme between the athlete of selection and the Anglo Celtic Plate 100K Home Countries International race by the Welsh Athletics Selection Committee.

Welsh Athletics is committed to offering equal opportunities to all athletes in Wales. Any Welsh athlete is eligible to be selected and will be considered as part of the selection process, providing they have achieved all that is laid out within this selection policy. Welsh Athletics will not discriminate in the selection of any athlete on the basis of any protected characteristic

Appeals Process

There shall be no right of appeal to the selection of the Welsh team made by the Panel.