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**WELSH ATHLETICS**  
ATHLETAU CYMRU

**Anglo Celtic Plate 100km**  
**Sunday 24<sup>th</sup> March 2024 – Perth, Scotland**  
**Selection Policy published October 2023 (updated January 2024)**

### **Overview**

The Anglo Celtic Plate 100km will take place at North Inches Park, Perth, Scotland on Sunday 24<sup>th</sup> March 2024. This race will also incorporate the British 100km Championships. Welsh Athletics values this opportunity for senior athletes to compete against a high-quality **British and Irish** Field as part of a representative team competing against other representative teams.

### **Selection Policy Aim**

The selection panel will attempt to select the **best team possible** to represent Wales.

### **Athlete Eligibility**

Eligibility will be in line with Welsh Athletics eligibility criteria.

### **Competition Format**

The Anglo Celtic Plate 100km provides **Senior Age Group** competition opportunities.

Teams of up to **5 Senior Men and 5 Senior Women** may be selected. Wales will compete against **national** teams from the other home countries.

### **Selection Process**

#### **First wave of selection**

**There will be no trial race as part of the first wave of selection.** Athletes wishing to be considered for selection must contact Arwel Lewis, [arweleryri@googlemail.com](mailto:arweleryri@googlemail.com), and Steve Mitchell, [steve.mitchell@welshathletics.org](mailto:steve.mitchell@welshathletics.org), by **22:00 on Sunday 28<sup>th</sup> January 2024** to confirm their interest. Athletes must state their performances in suitable races within the qualification time frame which show they meet the criteria required to be considered for selection.

A **maximum of four males and four females** can be chosen as part of the first wave of selection. For consideration for selection, athletes must have achieved at least one of the following qualification standards or have ran an equivalent time (agreed by Arwel Lewis and Steve Mitchell) at an ultra road or track race of a different distance:

Senior Female	Event	Senior Male
3:05:00	Marathon	2:40:00
3:45:00	50km	3:25:00
5:35:00	40miles	4:50:00
8:45:00	100km	8:15:00

Qualification standards must have been achieved between 00:00 (GMT) 1<sup>st</sup> January 2023 and 00:00 29<sup>th</sup> January 2024 (GMT). Qualification standards must be achieved in competitions organised or authorized by World Athletics, its Area Associations or its National Member Federations (Road and Track performances apply). Athletes must also have previously competed in at least one ultra-distance road or track race of at least 50km.

The selection meeting for athletes selected during the first wave of selection will take place on **Tuesday 30<sup>th</sup> January** and the athletes selected will be announced on the following **Saturday 3<sup>rd</sup> February**. **There is no obligation to fill all available positions in the first wave of selection if runners are not considered of the required standard to warrant selection.**

The **Selection Panel** will comprise of **2 individuals nominated by the Welsh Athletics Mountain and Trail Committee, a team manager and 2 members from the Welsh Athletics performance team.**

In coming to its decision, the **Selection Panel** will consider the following criteria (in no priority order):

1. 2023 and 2024 form and fitness in road and track ultra races of similar distance
2. Evidence of competing in ultra road and track races in previous seasons
3. Future potential and associated progression / development
4. Head-to-head competitive records
5. Previous / other event championship performances
6. Athletes who are supportive of Welsh Athletics
7. Any other factors that, in the panel's opinion, give Wales the best chance of success

### **Second wave of selection**

The second wave of selection provides athletes with an opportunity to fill any of the remaining spaces on the team. To be considered during this wave of selection, athletes must compete in the **Barry 40 mile track** on **Sunday 3<sup>rd</sup> March**. The first male and female Welsh

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athletes across the finish line not selected in wave 1 will be selected if they finish in a time quicker than the following:

Senior Female	Event	Senior Male
5:35:00	40miles	4:50:00

Any other athletes competing in the trial race who finish inside the times above will be considered if there are still spaces available on the team.

**There is no obligation to fill all available positions, even if athletes meet the criteria above, if runners are not considered of the required standard to warrant selection.**

The selection meeting for athletes selected during the second wave of selection will take place on **Tuesday 5<sup>th</sup> March 2024** and the teams will be announced on **Saturday 9<sup>th</sup> March 2024**.

The **Selection Panel** will comprise of **2 individuals nominated by the Welsh Athletics Mountain and Trail Committee, a team manager and 2 individuals from the Welsh Athletics performance team.**

In coming to its decision for any remaining discretionary places, the **Selection Panel** will consider the following criteria (in no priority order):

1. 2023 and 2024 form and fitness in road and track ultra races of similar distance
2. Evidence of competing in ultra road and track races in previous seasons
3. Future potential and associated progression / development
4. Head-to-head competitive records
5. Previous / other event championship performances
6. Athletes who are supportive of Welsh Athletics
7. Any other factors that, in the panel's opinion, give Wales the best chance of success

## Appeals Process

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

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## **De-selection Process**



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De-selection of an athlete may occur following:

1. Failure to adhere to the Welsh Athletics code of conduct
2. In the event of an athlete sustaining an injury or illness following acceptance of their position on the team, they are required to inform the team leader immediately. If required, evidence will have to be supplied. If it is deemed that the injury or illness will negatively affect the athlete's performance this will result in deselection.

## **Equal Opportunities**

Welsh Athletics will not discriminate in the selection of any athlete on the basis of any protected characteristics.

## **Amendment**

Welsh Athletics reserves the right to amend this selection policy at its sole discretion and will make any amended version publically available (including the date on which the amendment was made) on the [Welsh Athletics website](#)