

The Welsh Athletics Performance Pathway Selection Policy

Programme Purpose

1. *“The Welsh Athletics Performance Team strives to deliver a sustainable athlete pathway where decision making is based on evidence. The purpose of the Welsh Athletics Performance Pathway Selection Policy is to ensure Performance Athlete selection aligns with the Welsh Athletics Performance strategy. The Welsh Athletics performance vision is to deliver a sustainable sector leading elite performance system that consistently transfers talented athletes to UKA’s WCP whilst winning medals at Commonwealth Games. The policy aims to outline the performance evidence used to select athletes onto the performance pathway and clarify the process used for selection.”* **Chris Type, Head of Performance.**

Programme Structure

2. From December 1st 2023 the Performance Pathway will consist of 3 support tiers (Described in Appendix 1);
 - a) National Development
 - b) Transition
 - c) Performance
3. Full details of the support provided to athletes and coaches on each tier can be found in the Appendix 2 Programme Support Policy.
4. Athletes will be considered for selection every six months with successfully selected athletes remaining on the programme until the point where their personal performance determines deselection.
5. Para athletes will be integrated into the performance pathway at all levels.

Eligibility for consideration for selection

6. To be eligible for consideration for selection, athletes must comply with the requirements below:
 - a) Eligibility Criteria: Meet the Eligibility Criteria, as set out in Appendix 3 – Eligibility Criteria.
 - b) Consideration Standard: Achieve a Consideration Standard as listed in Appendix 4 & 5 – Consideration Standards, at any point within the competitive calendar.
7. Athletes who achieve Requirements a) and b) will be eligible for consideration for selection (“Eligible Athletes”). Other athletes will only be eligible for consideration in the following cases; they are transitioning to another event (as agreed with the Head of Performance) or if their performance profile demonstrates an ability to achieve the determined performance trajectory.
8. Eligible Athletes are not guaranteed Pathway Selection.

Selection Meeting

9. The Selection meetings will take place at varying points throughout the competitive calendar.
10. The Selection Panel for the meeting shall comprise of:

- a) Voting members:
 - i. Head of Performance (Selection meeting chairperson)
 - ii. Pathway Lead & National Talent Development Co-ordinator Speed
 - iii. National Talent Development Co-ordinator Throws
 - iv. National Talent Development Co-ordinator Endurance
 - v. Jumps & Combined Events Consultant
 - vi. Para Athletics Co-ordinator.
 - b. The following non- voting persons shall attend the selection meeting, unless they are unable due to unforeseen circumstances:
 - i. Independent observer
 - ii. Note-takers.
 - c. The following non-voting persons will be invited to attend the selection meeting when appropriate to provided evidence on an individual athlete basis:
 - i. Sports science practitioners.
11. In the event of an actual, potential, or possible conflict relating to any selector, the actual, potential or possible conflict shall be reported to the Chairperson of the selection meeting who shall determine whether the selector in question should be permitted to take part in relation to any selection decision(s). The Chairperson may appoint an alternative selector if necessary.
12. Voting of the Selection Panel shall be by simple majority. The Head of Performance shall have a casting vote, if required. If the Head of Performance is unable to vote due to a conflict, the Pathway Lead shall have a casting vote, if required.
13. The Selection Panel may make any selection subject to the athlete completing a performance requirement or test set by the Selection Panel.
14. The head of performance reserves the right to use their discretion during the selection process for the benefit of Welsh Athletics pathway.

Selection Process

15. There is no automatic selection for the Performance Pathway. All eligible athletes will be discussed by the selection panel.
16. In coming to its decision, the panel will consider the following criteria (in no priority order):
- a. Athlete Profile (Physical, Technical and Behavioural)
 - b. Career trajectory in relation to the Welsh Athletics Performance Vision
 - c. Previous Performance History
 - d. Athlete and Coach Engagement.
17. The Athlete and Coach pair will be notified of selection within one week of a selection meeting.
18. Athletes selected onto the pathway will be required to sign the athlete agreement. The athletes coach will also be required to sign the athlete's agreement to enable the athletes inclusion in the Welsh Athletics Performance Pathway.
19. Unsuccessful athletes that attended a screening day will be notified in writing prior to the formal announcement of successful athletes selected onto the performance pathway.
20. Athletes career trajectories will be considered in conjunction with the Commonwealth Games medal winning consideration standards in Appendix 5.

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21. Para athlete selection will be aligned to the process set out in 16 with consideration to the percentage of Tokyo Paralympic standards document in Appendix 4.

Appeals Process

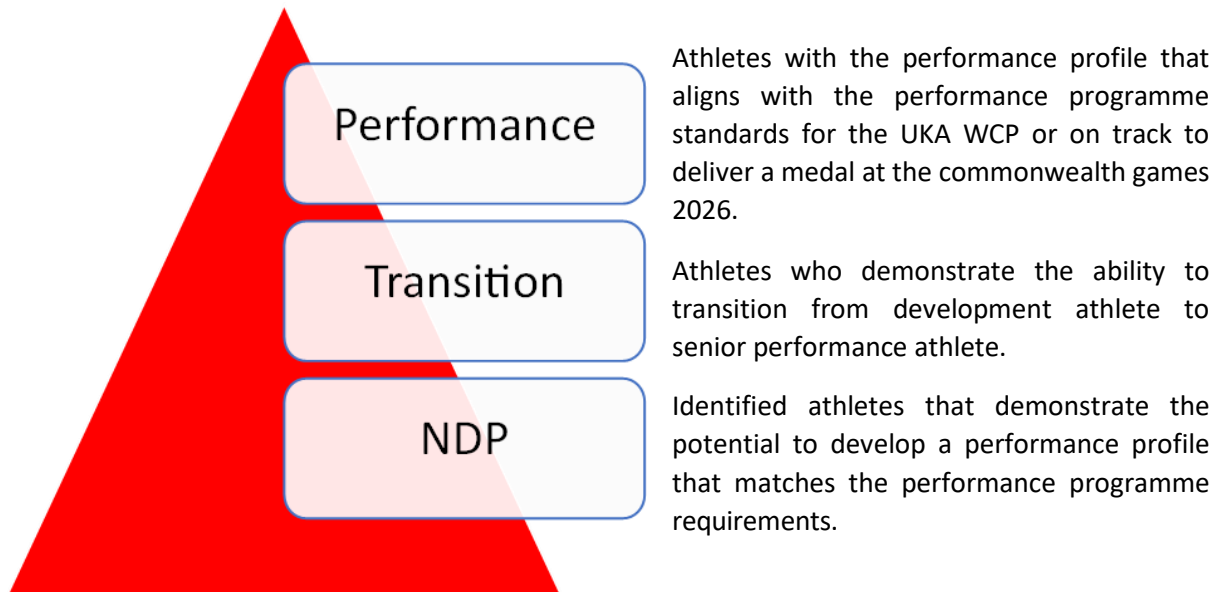
22. All appeals must be submitted via email to Head of Performance Chris Type within a two week period after a selection meeting. Appeals can be made on the following grounds:
 - a. Process - the selection process as outline in this policy has not been followed.

Amendments

23. Welsh Athletics reserves the right to amend this Selection Policy at any time in its sole discretion and will make any amended version publicly available (including the date on which any amendment was made) at <https://www.welshathletics.org>

Appendix 1: Pathway Structure

The below diagram outlines the progressive performance pathway that visualises the hierarchy of the performance programmes. Each programme is progressive by design and the level of bespoke performance support offered to each selected athlete increases as the athlete progresses up the pathway. The focus of each programme is described alongside each level of the pathway.



Athlete profiling:

Each athlete that resides within each level of the performance pathway will engage in athlete profiling across three event specific models: Physical preparation, Technical and Behavioural. These areas are the foundation of athlete development, and their consideration is vital in athlete understanding and performance planning. Each model is described below.

Physical preparation:

Each event specific component is to be measured and monitored aligned to a clear understanding of what it takes to deliver a performance on a physical and physiological level. Example areas of consideration are speed, strength and physiology markers but limited to only these.

Technical:

The measurement of event specific technical components monitored in a biomechanical approach. The focus of the profile will be to inform technical changes to optimise energy transfer. Example areas may include optimum joint angles of sprint starting, maximising release speed of a discus or optimising energy transfer on foot contact of endurance running.

Behavioural:

The subjective monitoring of athlete behaviours aligned to the behavioural requirements of elite performance athletes. Examples will include, time management, decision making, nutritional and lifestyle choices.

Appendix 2: Programme Support Policy

Welsh Athletics Programme Support Offer

Purpose:

The purpose of this document is to clearly define what support each athlete can access across varying levels of the performance pathway. Each level of the programme has a clearly defined strategic intent with varying support packages agreed through the Individual Athlete Planning (IAP) process. The progressive approach to creating high levels of specificity of support higher up the performance pathway is a key function of this approach. The performance services identified in this document will be delivered in Cardiff at the National Indoor Athletic Centre.

Welsh Athletics Performance Programme

- Bespoke programme cost – Communicated on selection
- Access to physiotherapy assessment, treatment and rehabilitation as required/necessary with Welsh Athletics' physiotherapy team
- Access to soft tissue therapy (1 x session per week) with Welsh Athletics' soft tissue therapist
- Access to medical support for diagnosis and injury/illness management as required/necessary (Inclusion of anything specific re: diagnostic imaging)
- Access to injury prevention screening (DXA/Bloods) as deemed appropriate by Head of Performance
- Performance Psychology
- S&C Support
- Biomechanical support
- IAP support through NTDC

Welsh Athletics Transition Programme

- Bespoke programme cost – Communicated on selection
- Mandatory inclusion Welsh Athletics performance training camp
- Access to physiotherapy assessment, treatment and rehabilitation as required/necessary with Welsh Athletics' physiotherapy team
- Access to soft tissue therapy (1 x session per fortnight) with Welsh Athletics' soft tissue therapist
- Access to medical support for diagnosis and injury/illness management as required/necessary (Inclusion of anything specific re: diagnostic imaging)
- Performance Psychology
- S&C Support
- Biomechanical support
- Welsh Athletics organised performance camp support
- IAP support through NTDC

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Welsh Athletics National Development Programme

- Mandatory National Development activity access for Athlete and Coach (Preauthorised absences can be granted at the Head of Performances discretion)
- Athlete education programme access
- Event specific development camps
- Event specific competition opportunity
- Invitation to Welsh Athletics performance training camps
- Performance monitoring
- IAP support through NTDC

The Head of Performance retains the right to use their discretion when performance services outside of the above programmes are requested by athletes.

Appendix 3: Eligibility Criteria

- a. Be eligible to compete for Wales through the following criteria;
 - I. Birth
 - II. Grand Parentage
 - III. Retention
 - IV. Residence (minimum 3 years)

If an athlete has started or is considering starting the eligibility process, this must be complete before they can be considered for the Performance Programme.

- b. Be 14 years or older as of 1st January 2024;
- c. Hold a current national or international classification (Para Athletes);
- d. Not currently serving a period of ineligibility or a provisional or permanent suspension for a doping violation or for any other reason of misconduct;
- e. Meet the standards and behaviour expected by Welsh Athletics, as published from time to time, including in the Athletes Code of Conduct;
- f. Be registered as a member of Welsh Athletics, directly or through a club;
- g. Sign the Welsh Athletics Performance Programme Athlete Agreement and abide by its terms and conditions. Any athlete failing to do so prior to the communicated deadline will result in their selection being withdrawn.



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Appendix 4: Para Consideration Standards

Sex	Classification	Event	Eligible Sport Classes	Paris Bronze	NDP Standard
M	T11	Men's 100 m T11	T11	11.08s	14.29s
M	T12	Men's 100 m T12	T12	10.94s	14.11s
M	T13	Men's 100 m T13	T13	10.80s	13.93s
M	T34	Men's 100 m T34	T33,T34	15.19s	19.60s
M	T35	Men's 100 m T35	T35	11.79s	15.21s
M	T36	Men's 100 m T36	T36	11.88s	15.33s
M	T37	Men's 100 m T37	T37	11.41s	14.72s
M	T38	Men's 100 m T38	T38	10.99s	14.18s
M	T44	Men's 100m T44	T44	12.05s	14.94s
M	T47	Men's 100 m T47	T45,T46,T47	10.78s	13.91s
M	T51	Men's 100 m T51	T51	21.14s	27.27s
M	T52	Men's 100 m T52	T52	17.44s	22.50s
M	T53	Men's 100 m T53	T53	15.08s	19.45s
M	T54	Men's 100 m T54	T54	13.86s	17.88s
M	T63	Men's 100 m T63	T42,T63	12.10s	15.61s
M	T64	Men's 100 m T64	T62,T64	10.77s	13.89s
M	T72	Men's 100m T72	Current WC Event / PG tbc	17.82	22.98
M	T35	Men's 200 m T35	T35	23.88s	30.81s
M	T37	Men's 200 m T37	T37	22.74s	29.33s
M	T51	Men's 200 m T51	T51	38.65s	49.86s
M	T64	Men's 200 m T64	T64	22.62s	29.18s
M	T11	Men's 400 m T11	T11	50.89s	1m6s
M	T12	Men's 400 m T12	T12	49.56s	1m4s
M	T13	Men's 400 m T13	T13	48.83s	1m3s
M	T20	Men's 400 m T20	T20	48.30s	1m2s
M	T36	Men's 400 m T36	T36	53.60s	1m9s
M	T37	Men's 400 m T37	T37	50.50s	1m5s
M	T38	Men's 400 m T38	T38	49.92s	1m4s
M	T47	Men's 400 m T47	T45,T46,T47	47.97s	1m2s
M	T52	Men's 400 m T52	T51,T52	1m1s	1m19s
M	T53	Men's 400 m T53	T53	47.84s	1m2s
M	T54	Men's 400 m T54	T54	45.11s	58.19s
M	T62	Men's 400 m T62	T62	46.91s	1m1s
M	T34	Men's 800 m T34	T33,T34	1m40s	2m9s
M	T53	Men's 800 m T53	T53	1m38s	2m7s
M	T54	Men's 800 m T54	T54	1m31s	1m57s
M	T11	Men's 1500 m T11	T11	4m4s	5m15s
M	T13	Men's 1500 m T13	T12,T13	3m45s	4m50s
M	T20	Men's 1500 m T20	T20	3m50s	4m57s
M	T38	Men's 1500 m T38	T37,T38	4m13s	5m27s
M	T46	Men's 1500 m T46	T45,T46	3m51s	4m58s
M	T54	Men's 1500 m T54	T53,T54	2m54s	3m44s
M	T11	Men's 5000 m T11	T11	14m53s	19m11s

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M	T13	Men's 5000 m T13	T12,T13	15m55s	20m32s
M	T54	Men's 5000 m T54	T53,T54	10m56s	14m6s
M	T12	Men's Marathon T12	T11,T12	2h24m35s	3h6m31s
M	T54	Men's Marathon T54	T52,T53,T54	1h31m23s	1h57m53s
M	T11	Men's Long Jump T11	T11	6.15	5.20
M	T12	Men's Long Jump T12	T12	7.03	5.94

M	T13	Men's Long Jump T13	T13	6.93	5.85
M	T20	Men's Long Jump T20	T20	7.12	6.01
M	T36	Men's Long Jump T36	T36	5.63	4.76
M	T37	Men's Long Jump T37	T37	6.05	5.11
M	T38	Men's Long Jump T38	T38	6.78	5.73
M	T47	Men's Long Jump T47	T45,T46,T47	7.34	6.20
M	T63	Men's Long Jump T63	T42,T61,T63	7.07	5.97
M	T64	Men's Long Jump T64	T44,T62,T64	7.08	5.98
M	T47	Mens High Jump T47	T45,T46,T47	2.04	1.73
M	T63	Men's High Jump T63	T42,T63	1.83	1.55
M	T64	Men's High Jump T64	T44,T64	2.04	1.72
M	F32	Men's Club Throw F32	F31,F32	35.34	29.86
M	F51	Men's Club Throw F51	F51	30.66	25.90
M	F11	Men's Discus Throw F11	F11 (2KG)	39.52	33.39
M	F37	Men's Discus Throw F37	F37 (1KG)	51.86	43.81
M	F52	Men's Discus Throw F52	F51,F52 (1KG)	19.54	16.51
M	F56	Men's Discus Throw F56	F54,F55,F56 (1KG)	43.36	36.63
M	F64	Men's Discus Throw F64	F43,F44,F62,F64 (1.5KG)	53.56	45.25
M	F13	Men's Javelin F13	F12,F13 (800g)	61.13	51.64
M	F34	Men's Javelin F34	F33,F34 (600g)	37.11	31.35
M	F38	Men's Javelin F38	F38 (800g)	54.63	46.15
M	F41	Men's Javelin F41	F40,F41 (600g)	41.39	34.97
M	F46	Men's Javelin F46	F45,F46 (800g)	64.01	54.08
M	F54	Men's Javelin F54	F53,F54 (600g)	31.09	26.26
M	F57	Men's Javelin F57	F56,F57 (600g)	48.93	41.34
M	F64	Men's Javelin F64	F42,F43,F44,F61,F62,F63,F64	65.61	55.43
M	F11	Men's Shot Put F11	F11 (7.26KG)	13.60	11.49
M	F12	Men's Shot Put F12	F12 (7.26KG)	15.94	13.47
M	F20	Men's Shot Put F20	F20 (7.26KG)	15.93	13.46
M	F32	Men's Shot Put F32	F32 (2KG)	10.84	9.16
M	F33	Men's Shot Put F33	F33 (3KG)	11.25	9.50
M	F34	Men's Shot Put F34	F34 (4KG)	11.36	9.60
M	F35	Men's Shot Put F35	F35 (4KG)	15.41	13.02
M	F36	Men's Shot Put F36	F36 (4KG)	14.81	12.51
M	F37	Men's Shot Put F37	F37 (5KG)	14.45	12.21
M	F40	Men's Shot Put F40	F40 (4KG)	10.76	9.09

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M	F41	Men's Shot Put F41	F41 (4KG)	13.30	11.24
M	F46	Men's Shot Put F46	F45,F46 (6KG)	15.90	13.43
M	F53	Men's Shot Put F53	F53 (3KG)	8.25	6.97
M	F55	Men's Shot Put F55	F54,F55 (4KG)	12.15	10.26
M	F57	Men's Shot Put F57	F56,F57 (4KG)	14.77	12.48
M	F63	Men's Shot Put F63	F42,F61,F63 (6KG)	14.13	11.94
W	T11	Women's 100m T11	T11	12.37s	15.66s
W	T12	Women's 100 m T12	T12	12.26s	15.82s
W	T13	Women's 100 m T13	T13	11.94s	15.40s
W	T34	Women's 100 m T34	T33,T34	18.45s	23.80s
W	T35	Women's 100 m T35	T35	14.21s	18.33s
W	T36	Women's 100 m T36	T36	14.24s	18.37s
W	T37	Women's 100 m T37	T37	13.29s	17.14s
W	T38	Women's 100 m T38	T38	12.53s	16.16s
W	T47	Women's 100 m T47	T45,T46,T47	12.20s	15.74s
W	T53	Women's 100 m T53	T53	16.16s	20.85s

W	T54	Women's 100 m T54	T54	15.77s	20.34s
W	T63	Women's 100 m T63	T42,T63	14.60s	18.83s
W	T64	Women's 100 m T64	T44,T62,T64	12.72s	16.41s
W	T72	Women's 100m T72	Current WC Event / PG tbc	19.02	24.53
W	T11	Women's 200 m T11	T11	25.04s	32.30s
W	T12	Women's 200 m T12	T12	24.75s	31.93s
W	T35	Women's 200 m T35	T35	30.01s	38.71s
W	T36	Women's 200 m T36	T36	29.82s	38.47s
W	T37	Women's 200 m T37	T37	27.55s	35.54s
W	T47	Women's 200 m T47	T45,T46,T47	25.20s	32.51s
W	T64	Women's 200 m T64	T44,T64	26.77s	34.53s
W	T11	Women's 400 m T11	T11	58.25s	1m15s
W	T12	Women's 400 m T12	T12	55.67s	1m12s
W	T13	Women's 400 m T13	T13	55.52s	1m12s
W	T20	Women's 400 m T20	T20	55.82s	1m12s
W	T37	Women's 400 m T37	T37	1m4s	1m22s
W	T38	Women's 400 m T38	T38	1m0s	1m18s
W	T47	Women's 400 m T47	T45,T46,T47	57.20s	1m14s
W	T53	Women's 400 m T53	T53	55.09s	1m11s
W	T54	Women's 400 m T54	T54	54.01s	1m10s
W	T34	Women's 800 m T34	T33,T34	2m6s	2m42s
W	T53	Women's 800 m T53	T53	1m47s	2m18s
W	T54	Women's 800 m T54	T54	1m43s	2m13s
W	T11	Women's 1500 m T11	T11	4m35s	5m55s
W	T13	Women's 1500 m T13	T12,T13	4m23s	5m40s
W	T20	Women's 1500 m T20	T20	4m29s	5m48s
W	T54	Women's 1500 m T54	T53,T54	3m17s	4m14s
W	T54	Women's 5000 m T54	T53,T54	11m10s	14m25s
W	T12	Women's Marathon T12	T11,T12	3h4m23s	3h57m51s
W	T54	Women's Marathon T54	T52,T53,T54	1h46m29s	2h17m22s



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W	T11	Women's Long Jump T11	T11	4.86	4.11
W	T12	Women's Long Jump T12	T12	5.33	4.50
W	T20	Women's Long Jump T20	T20	5.46	4.61
W	T37	Women's Long Jump T37	T37	4.56	3.85
W	T38	Women's Long Jump T38	T38	4.91	4.15
W	T47	Women's Long Jump T47	T45,46,47	5.63	4.76
W	T63	Women's Long Jump T63	T42,T61,T63	5.01	4.23
W	T64	Women's Long Jump T64	T44,T62,T64	5.78	4.88
W	F32	Women's Club Throw F32	F31,F32	23.29	19.68
W	F11	Women's Discus Throw	F11 (1KG)	36.11	30.51
W	F38	Women's Discus Throw	F37,F38 (1KG)	33.73	28.50
W	F41	Women's Discus Throw	F40,F41 (750g)	29.30	24.75
W	F53	Women's Discus Throw	F51,F52,F53 (1KG)	14.37	12.14
W	F55	Women's Discus Throw	F54,F55 (1KG)	24.11	20.37
W	F57	Women's Discus Throw	F56,F57 (1KG)	30.49	25.76
W	F64	Women's Discus Throw	F43,F44,F62,F64 (1KG)	37.85	31.98
W	F13	Women's Javelin F13	F12,F13 (600g)	38.99	32.94
W	F34	Women's Javelin F34	F33,F34 (600g)	17.47	14.76
W	F46	Women's Javelin F46	F45,F46 (600g)	39.73	33.56
W	F54	Women's Javelin F54	F53,F54 (600g)	17.83	15.06
W	F56	Women's Javelin F56	F55,F56 (600g)	24.22	20.46
W	F12	Women's Shot Put F12	F11,F12 (4KG)	13.72	11.59

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WELSH ATHLETICS
ATHLETAU CYMRU

W	F20	Women's Shot Put F20	F20 (4KG)	14.06	11.88
W	F32	Women's Shot Put F32	F32 (2KG)	6.80	5.74
W	F33	Women's Shot Put F33	F33 (3KG)	6.63	5.60
W	F34	Women's Shot Put F34	F34 (3KG)	8.21	6.94
W	F35	Women's Shot Put F35	F35 (3KG)	8.60	7.27
W	F37	Women's Shot Put F37	F37 (3KG)	13.33	11.26
W	F40	Women's Shot Put F40	F40 (3KG)	8.29	7.00
W	F41	Women's Shot Put F41	F41 (3KG)	9.50	8.03
W	F46	Women's Shot Put F46	F45,F46 (4KG)	11.42	9.66
W	F54	Women's Shot Put F54	F54 (3KG)	7.77	6.56
W	F57	Women's Shot Put F57	F56,F57 (3KG)	10.40	8.79
W	F64	Women's Shot Put F64	F42,F43,F44,F62,F63,F64 (4K)	10.83	9.16



Appendix 5: Consideration Standards

Female

	NDP									Transition & Performance							
	U15	U17		U20			U23		Senior	Target 2030				Target 2026			
										-7	-6	-5	-4	-3	-2	-1	
100m	12.3	12.2	12.1	12.0	11.8	11.6					11.4	11.23	11.21	11.19	11.12	11.06	10.93
200m	25.3	25.0	24.7	24.6	24.2	23.6					23	22.77	22.53	22.3	22.25	22.19	21.78
300m	41.0	40.6	40														
400m				56.6	55.6	54.6					53.51	52.07	51.82	51.58	51.33	50.72	50.11
75H	11.4																
80H		11.8	11.5														
100H				14.6	14.1	13.61					13.11	13.02	12.92	12.89	12.85	12.73	12.61
300H		46.3	45.2														
400H				64.70	63.00	62.34					61.68	59.31	57.94	55.78	55.16	55.09	54.97
Shot	11.21	12.50	13.80	13.00	13.50	13.00	13.53	13.76		14.57	15.09	15.62	17.09	18.31	18.65	18.98	
Discus	29.45	33.00	36.00	38.00	39.00	41.00	45.00			45.31	50.72	53.96	56.98	57.95	58	58.05	
Hammer	38.95	47.00	51.00	40.00	45.00	50.00				56.2	59.73	63.42	65.61	70.2	71.25	72.29	
Javelin	35.15	39.00	41.00	40.00	43.00	46.00	49.00	54.00		53.17	55.88	58.12	60.36	60.89	61.42	62.37	
800m	2.15	2.13	2.11	2.09	2.09	2.08				2.1	2.08	2.06	2.04	2.03	2.03	1.59	
1500m	4.39	4.35	4.32	4.28	4.28	4.25				4.27	4.24	4.21	4.18	4.16	4.13	4.07	
3000m	10.23	10.11	9.59	9.48	9.46	9.37											
5000m				16.59	16.56	16.41	16.30	16.20		16.09	15.54	15.39	15.24	15.15	15.06	14.57	
10000m							34.36	34.13	33.53	32.57	32.46	32.35	31.55	31.16	31.07	30.58	
1500m SC		5.11	5.08														
2000m SC				7.07	6.58												
3000m SC						10.42				10.46	10.19	9.59	9.53	9.38	9.3	9.19	
3000m RW	15.25	15.10	14.32														
5000m RW				25.15													
10,000m RW					51.15	49.33	48.23			47.53	47.22	46.5	46.18	45.59	44.58	44.24	
High Jump	1.58	1.6	1.64	1.67	1.7	1.72				1.75	1.77	1.8	1.81	1.86	1.87	1.89	
Long Jump	5.13	5.4	5.65	5.89	5.95	6.02				6.08	6.11	6.15	6.39	6.63	6.71	6.81	
Triple Jump	10.26	11.1	11.65	12.19	12.45	12.72				12.98	13.31	13.64	14.15	14.17	14.2	14.22	
Pole Vault	2.85	3.3	3.33	3.45	3.55	3.65				3.75	4	4.05	4.2	4.35	4.5	4.51	
Pentathlon	2850																
Heptathlon		4370	4465	4560	4720	4879				5039	5241	5442	5660	5788	5916	6044	
*Not contested at CWG but in WCP and subject to change																	
20km RW							1.48.33	1.47.50	1.43.50	1.38.29	1.34.02						
Marathon								2.36.54	2.32.59	2.32.32	2.32.05	2.31.38	2.31.10	2.31.48	2.30.25		



Male

	NDP									Transition & Performance						
	U15	U17		U20			U23		Senior	2030 Target			2026 Target			
										-7	-6	-5	-4	-3	-2	-1
100m	11.3	11.0	10.9	10.7	10.6	10.52				10.83	10.7	10.57	10.52	10.47	10.32	10.15
200m	23.2	22.3	22	21.7	21.5	21.36				21.72	21.27	20.82	20.58	20.48	20.37	20.27
300m	37.0															
400m		50.5	49.9	48.5	48.2	47.64				48.36	47.64	46.92	46.05	46	45.94	45.89
80H	11.6															
110H		13.8	13.5	14.8	14.3	13.8				13.62	13.51	13.45	13.38	13.31	13.28	13.25
400H		58.9	57.0	56.1	55.0	53.9				52.86	52.46	52.06	50.11	50.07	49.66	49.55
Shot	13.50	15.25	15.75	15.50	16.25	17.00	17.00	17.75		18.54	19.59	19.86	20.12	20.39	20.65	21.28
Discus	38.00	42.50	45.00	43.00	45.00	47.00	52.50	55.00		62.58	63.42	64.05	64.67	64.91	65.15	65.87
Hammer	40.85	45.00	46.25	46.00	53.00	60.00	62.50	65.00		70.08	70.08	71.88	72.42	72.96	73.5	74.05
Javelin	50.00	51.50	56.50	59.50	62.50	65.50	65.50	67.50		70.46	78.33	79.54	80.75	86.29	86.34	86.38
800m	2.02	1.57	1.55	1.53	1.51	1.49				1.59	1.54	1.51	1.49	1.46	1.46	1.45
1500m	4.14	4.04	3.57	3.55	3.49	3.47				3.52	3.46	3.43	3.37	3.37	3.34	3.33
3000m	9.23	9.01	8.44	8.36	8.22	8.16										
5000m				14.57	14.33	14.23	14.10	13.56	13.42	13.36	13.29	13.22	13.19	13.15	13.11	13.1
10000m							29.52	29.26		29.32	29.20	29.09	28.48	28.28	28.08	27.48
1500m SC		4.36	4.29													
2000m SC				6.10	5.52											
3000m SC							9.19	9.10	9.00	8.50						
3000m RW	14.21	13.41	13.16							8.46	8.43	8.39	8.29	8.28	8.24	8.20
5000m RW				21.31												
10,000m RW					43.32	42.42	42.08			41.34	41.19	41.04	40.49	40.21	39.52	39.17
High Jump	1.69	1.86	1.93	2.00	2.05	2.09				2.14	2.15	2.17	2.25	2.27	2.27	2.28
Long Jump	5.80	6.50	6.75	7.00	7.15	7.30				7.45	7.52	7.72	7.8	7.87	7.95	8.03
Triple Jump	11.87	13.20	13.70	14.20	14.79	15.37				15.96	16.07	16.18	16.28	16.43	16.52	16.62
Pole Vault	3.30	4.20	4.35	4.50	4.80	5.10				5.40	5.40	5.40	5.40	5.55	5.80	5.80
Pentathlon	2517															
Octathlon		4500	4800													
Decathlon				6080	6347	6614				6881	7116	7717	7809	7901	8175	8336
*Not contested at CWG but in WCP and subject to change																
20km RW							1.32.45	1.28.17	1.26.14	1.24.58	1.23.34					
Marathon							2.16.48	2.13.39	2.12.59	2.12.19	2.11.39	2.10.59	2.10.38	2.10.18		

Consideration standards for NDP have been based on event specific criteria e.g. UK ranking lists. Consideration standards for transition and performance have been based on the career trajectories for the 2022 CWG Medalists. The consideration tables will be used to establish the age and performance stage athletes are in relation to the Welsh Athletics Performance vision. Welsh Athletics reserves the right to amend all consideration standards at the Head of Performance teams' discretion.