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WELSH ATHLETICS
ATHLETAU CYMRU

Podium Asics Home Nations 5K - Saturday 20th August 2022
Bute Park, Cardiff, Wales
Selection Policy – published July 2022

Overview

The Podium Asics Home Nations 5k will take place at Bute Park, Cardiff on Saturday 20th August 2022. Welsh Athletics continues to value international competition opportunities and the role it plays in developing Welsh athletes.

Selection Policy Aim

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

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 3 years)
2. Have achieved the International Performance Standards (see below).

Competition Format

The Podium Asics Home Nations 5K provides a **Senior Age Group** competition opportunity.

Teams of up to **4 Senior Men and 4 Senior Women** may be selected. Wales will compete against teams from across the home nations.

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International Road performance standards

The performances below must have been achieved between 1st September 2021 up to and including 27th July 2022 and must be achieved in competitions organised or authorised by World Athletics, its Area Associations or its National Member Federations.

Senior Female	Event	Senior Male
9:45	3km	8:25
16:50	5km	14:40
34:45	10km	30:45

Selection Process:

Selection will take place on **28th July 2022** and the teams will be announced as soon as possible after this date.

The **International Selection Panel** will comprise of **2 voting members from the Welsh Athletics Performance Team; a Team Manager and 2 individuals nominated by the Road and Cross-Country Committee.**

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

There is no obligation to fill all available positions.

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Selection Process (Cont.)

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

1. Current form
2. 2022 form and fitness
3. Evidence of competing at events 3km to 10km
4. Future potential and associated progression / development
5. Head-to-head competitive records
6. Previous / other Event - Championship performances
7. Injury status
8. Athletes who are supportive of Welsh Athletics
9. Any other factors that, in the panel's opinion, give Wales the best chance of success in the match

Appeals Process:

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

De-Selection Process

De-selection of an athlete may occur following:

1. Failure to achieve the standard fitness testing protocols
2. Failure to adhere to the Welsh Athletics athlete code of conduct

In the event of an athlete sustaining an injury following acceptance of their position on the team, they are required to inform the Team Leader immediately.

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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) at www.welshathletics.org