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WELSH ATHLETICS
ATHLETAU CYMRU

Anglo Celtic Plate 100km – Saturday 3rd May
Mallory Park, Leicestershire
Selection Policy published October 2024

Overview

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. As part of this strategy, Welsh Athletics is committed to providing competition opportunities to developing and aspiring Welsh international athletes. Opportunities to compete for Wales are categorised as one of the following;

1. **International Opportunity** - a competitive opportunity in pathway events for senior Welsh athletes.
2. **Representative Opportunity** - a development opportunity in either pathway or non-pathway events for both junior and senior Welsh athletes.

The Anglo Celtic Plate 100km is classified as a **Representative Opportunity**.

Additionally, the Welsh Athletics performance vision for road/track ultra is to consistently have Welsh athletes qualify for British teams whilst challenging to win the Anglo Celtic Plate 100km.

Selection Policy Aim

The aim of the selection policy is to select a team which has the **best possible chance** of having individuals and teams capable of challenging to win the Anglo Celtic Plate 100km.

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by Sunday 5th January (wave 1) and by the Barry 40 mile track race on Sunday 2nd March (wave 2).

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.

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Selection Process



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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 the National Talent Development Coordinator for Endurance (Steve Mitchell) by **22:00 on Sunday 5th January 2025** to confirm their interest.

Steve Mitchell's email address is: steve.mitchell@welshathletics.org

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:

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

If athletes have competed in a road/track ultra race longer than 50km but a different distance to those stated above, they must contact the Welsh Athletics National Talent Development Coordinator for endurance (Steve Mitchell) prior to the selection meeting to ask if the time will be considered as a qualification standard.

Qualification standards must have been achieved between 00:00 (GMT) 1st January 2024 and 22:00 Sunday 5th January 2025 (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 following evidence will be considered when deciding who to select:

- Recent Performance History (1st January 2024 to 5th January 2025: championship/race placings and times, priority to ultra road/track races)
- Previous Performance History (championship/race placings and times: priority to ultra road/track races and to Recent Performance History)
- Career trajectory
- Head-to-head records (priority given to both head-to-head record from 1st January 2024 to 5th January 2025 and to ultra road/track head-to-head record)
- Recent verified screening/monitoring data (e.g. physiological landmarks; strength and power landmarks; strength capacity landmarks)
- Athlete Engagement with Welsh Athletics
- Any further evidence which implies the athlete will compete well and strongly benefit from being selected

There is no obligation to fill all available positions.

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The selection meeting for athletes selected during the first wave of selection will take place on **Thursday 9th January** and the athletes selected will be announced by **Saturday 18th January**.

The **Selection Panel** will comprise of **two members of the Welsh Athletics Performance Team, two personnel nominated by the mountain, trail and ultra committee and a team manager. Selections will be ratified by the Welsh Athletics Head of Performance.** Selection meeting notes will be made available.

Please note that, if having been selected you become unavailable, evidence for why you are unavailable will need to be supplied to the Welsh Athletics Head of Performance and the Welsh Athletics NTDC for endurance.

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 2nd March 2025**. The first male and female Welsh 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 have a time from 1st January 2024 to 2nd March 2025 which is quicker than the times provided for the 1st wave of selections will be considered if there are any available places left on the team. The following evidence will be considered when deciding who to select:

- a. Recent Performance History (1st January 2024 to 2nd March 2025: championship/race placings and times, priority to ultra road/track races)
- b. Previous Performance History (championship/race placings and times: priority to ultra road/track races and to Recent Performance History)
- c. Career trajectory
- d. Head-to-head records (priority given to both head-to-head record from 1st January 2024 to 2nd March 2025 and to ultra road/track head-to-head record)
- e. Recent verified screening/monitoring data (e.g. physiological landmarks; strength and power landmarks; strength capacity landmarks)
- f. Athlete Engagement with Welsh Athletics
- g. Any further evidence which implies the athlete will compete well and strongly benefit from being selected

There is no obligation to fill all available positions.

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The selection meeting for athletes selected during the second wave of selection will take place on **Thursday 6th March 2024** and the teams will be announced by **Saturday 15th March 2024**.

The **Selection Panel** will comprise of **two members of the Welsh Athletics Performance Team, two personnel nominated by the mountain, trail and ultra committee and a team manager. Selections will be ratified by the Welsh Athletics Head of Performance.** Selection meeting notes will be made available.

Please note that, if having been selected you become unavailable, evidence for why you are unavailable will need to be supplied to the Welsh Athletics Head of Performance and the Welsh Athletics NTDC for endurance.

Appeals Process

There shall be no right to appeal 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 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](#)