

**Armagh International Road Races (U20 team) – Thursday 13<sup>th</sup> February 2025**

**Armagh, Northern Ireland**

**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 Armagh International Road Races (U20 team) is classified as a **Representative Opportunity**.

### **Selection Policy Aim**

The aim of the selection policy is to provide U20 Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (road).

### **Athlete Eligibility**

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by the end of Sunday 12<sup>th</sup> January 2025.

### **Competition Format**

The Welsh team being selected to compete in the Armagh International Road Races will provide U20 athletes with the chance to compete in a Senior Age Group competition opportunity.

Wales will be looking to send developmental teams of up to **4 U20 Men** and **4 U20 Women** to compete in the senior age group 5km race for males and 3km race for females. The age groups for the developmental teams will follow World Athletics rules. For the U20 teams, this means athletes will need to be born in the years 2006 and 2007. Younger athletes (born in

2008) may be considered for the team if not all spaces are filled by U20 athletes, but selection priority will be for athletes in the U20 age category.

## **Selection Process**

Selection of the team will use the following process to ensure the **selection policy aim** is met:

Step 1: The two highest ranked eligible Welsh male athletes over 5km and female athletes over 3km (both track and road times will be considered) from 4<sup>th</sup> May 2024 to end of Sunday 12<sup>th</sup> January 2025 will be selected as long as they have ran faster than the qualification standard. The qualification standards are as follows:

Male: 15:11

Female: 9.59

*Qualification standards are the NDP 3000m top year U17 consideration standard for females and for males are the Daniel's Table (VDOT) equivalent time for 5000m as the NDP 3000m top year U17 consideration standard ([Performance Pathway \(welshathletics.org\)](https://www.welshathletics.org))*

The Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) will contact athletes meeting the step 1 selection criteria to see if they wish to be selected. If athletes do not reply by the time of the selection meeting, it will be assumed that the athlete does not wish to be selected. If athletes who have met the step 1 selection criteria do not wish to take up their selection, automatic selection will not go down to the next ranked Welsh athletes.

Step 2: The following athletes will then be considered for selection:

- All performance programme athletes (Performance programme, Transition programme and National Development Programme) who have identified in their Individual Athlete Plans (IAPs) that they wish to compete in this race
- Non-programme athletes who have ran quicker than the qualification standard between 4<sup>th</sup> May 2024 and 12<sup>th</sup> January 2025 but were not ranked within the top two Welsh athletes. Athletes meeting this criterion will be contacted by the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) prior to the selection meeting to see if they wish to be considered for selection and if there is any evidence they wish to be put forward to be used during the selection meeting. If athletes do not reply by the time of the selection meeting, it will be assumed that the athlete does not wish to be considered for selection
- Non-programme athletes wishing to be considered but have not ran the qualification standard between 4<sup>th</sup> May 2024 and 12<sup>th</sup> January 2025 need to email the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) by end of Sunday 12<sup>th</sup> January to state their wish to be considered and to provide evidence they wish to be used during the selection meeting. Steve Mitchell's email address is:

[Steve.Mitchell@Welshathletics.org](mailto:Steve.Mitchell@Welshathletics.org)

The following evidence will be considered when deciding who to select:

- a. Recent Performance History (4<sup>th</sup> May 2024 to 12<sup>th</sup> January 2025: times and championship/race placings)
- b. Previous Performance History (times and championship/race placing: priority given to Recent Performance History)
- c. Career trajectory
- d. Head-to-head records (priority given to head-to-head record from 4<sup>th</sup> May 2024 to 12<sup>th</sup> January 2025)
- 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.**

The selection meeting will take place on **Wednesday 15<sup>th</sup> January** and teams will have been announced by **Saturday 25<sup>th</sup> January**.

The selection panel will consist of **two members of the Welsh Athletics Performance Team** and a **nominated member of the road and cross committee**. **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

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ENGAGE  
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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](#)