

Anglo Celtic Plate 100km – Saturday 21st March 2026

Limerick, Ireland

Selection Policy published October 2025

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.
3. **School-Aged Match Opportunity** – a development opportunity in either pathway or non-pathway events for school aged Welsh athletes to compete in a representative match. The eligibility criteria for some of these competitions is different to that for International and Representative opportunities.

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

Selection Policy Aim

The aim of the selection policy is to provide senior Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (road 100km).

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by Wednesday 31st December 2025.

Competition Format

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

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.

Step 1: The top ranked Welsh eligible athlete over 100km in 2025 (road or track times) who makes themselves available for selection will gain automatic selection if they have ran faster than the following times for 100km in 2025:

Female: 9.00hours

Male: 8.00hours

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

- Athletes who have ran at least one road and/or track ultra of at least 40miles since 1st January 2024 and who, since 1st January 2024, have achieved (or produced performances in distances from the marathon upwards which strongly indicate the athlete is capable of achieving) at least one of the following consideration standards:

100km	Gender	50km
9.00hours	Female	4.00hours
8.00hours	Male	3.30hours

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

- a. Performance History (times and championship/race placing: priority given to recent and road and track ultra performance history)
- b. Career trajectory
- c. Head-to-head records (priority given to recent and road and track ultra record)
- d. Recent verified screening/monitoring data (e.g. physiological landmarks; strength and power landmarks; strength capacity landmarks)
- e. Athlete Engagement with Welsh Athletics
- f. Any further evidence which implies the athlete will compete well and strongly benefit from being selected

A maximum of three males and three females can be selected at the end of this step

Step 3: Following step 2, all athletes considered in step 2 but not selected, and athletes who did not meet the criteria to be considered in step 2 but from previous results are deemed capable of achieving at least one of the above consideration standards, will be considered. This includes marathon athletes considering stepping up to ultra distances, and athletes who have competed at trail ultra but not road and/or track ultra. Athletes will be considered using the same criteria as used in step 2. If athletes wish to express their interest in being considered in this step, they can contact the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) by Wednesday 31st December 2025. Steve Mitchell's email address is:

steve.mitchell@welshathletics.org

Our aim is to select full teams. However, it is not an obligation to fill all available positions.

The selection meeting will take place on **Thursday 9th January 2026** and the athletes selected will be announced by **Saturday 18th January 2026**.

The selection panel will consist of three people, with both the **Welsh Athletics Performance Team** and the **Welsh Athletics Mountain, Trail and Ultra Committee** represented in the selection panel. **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](#)