



WELSH ATHLETICS
ATHLETAU CYMRU

OPPORTUNITIES TO REPRESENT WALES AT MASTERS LEVEL IN 2026

Once again in 2026, Welsh Athletics are providing a number of opportunities for Master athletes to represent Wales in Internationals across all distances from 5km through to marathon and following the success of the Trail Half Marathon this year we will be repeating it again on 2026. As last year in addition to competing against England in all of the fixtures we will hope for even more competition from Northern Ireland and the Armed Forces in some of the matches.

Athletes have to be eligible to compete for Wales and registered athletes in Wales. It is expected that all athletes competing for Wales would take part in at least one Welsh Championship in the preceding or current year.

Master International Opportunities 2026

5km	- Shrewsbury Festival of Sport	- 11/07/2026
10km	- Bideford 10km	- 10/05/2026
Half Marathon	- Swansea ½ Marathon	- 07/06/2026
Marathon	- Manchester Marathon	- 19/04/2026
Trail ½ Marathon	- Forest of Dean	- 27/09/2026

Teams of up to 6 male and 6 female athletes will be selected in **FIVE** year age groups across all distances. We will also be including 70+ teams in all of the fixtures. In road events athletes are required to meet the minimum standards as follows:

Minimum Welsh Standards 2026

	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
5KM									
Men	16-00	16-30	17-00	18-00	19-00	20-00	21-00	24-00	26-00
Women	19-30	20-00	21-00	22-00	23-30	24-30	27-30	30-00	33-00
	35-39	40-44	45-49	50-54	55-59	60-64	65+		
10KM									
Men	33-30	34-30	36-00	37-30	39-30	41-00	45-00	47-30	52-00
Women	41-00	42-30	44-00	45-30	47-30	50-00	57-30	62-30	67-30
	35-44		45-54		55-64		65+		
1/2 MARATHON									
Men	75-00	77-30	80-00	85-00	90-00	95-00	1hr45	1hr55	2 hrs05
Women	89-00	93-00	96-00	1hr40	1hr45	1hr54	2hr10	2hr20	2hr30
	35-44		45-54		55-64	65+			
MARATHON									
Men	2-45	2-50	3-00	3-10	3-20	3-40	4-00	4-15	4-30
Women	3-20	3-30	3-40	3-50	4-00	4-15	4-30	5-15	5-30

Athletes are expected to pay their own race entry fees, make and fund their own travel and accommodation arrangements for Manchester. All athletes representing Wales for the first time are entitled to a free Welsh vest and are entitled to purchase a kit package.

PLEASE only express an interest if you are available on the date of the event. Whilst we accept athletes get injured between expressing an interest and selection, we have had a number of late withdrawals due to change of availability. This often results in others missing out on an opportunity.

Expressions of interest for the international matches will be sought **on a race by race basis** as some athletes expressed an interest across all races last year and after selection then declared themselves unavailable.

Manchester Marathon

However, expressions are already sought from all athletes interested in the Manchester Marathon which is taking place on April 19th. The Manchester Marathon is already sold out but they have guaranteed us places for this iconic race. In order to give athletes time to prepare the selection date for the Manchester Marathon will be selected 18th December and athletes will be informed immediately afterwards. We will be considering marathon performances over the past 15 months when determining the teams.

If you are interested in representing Wales at the Manchester Marathon, please complete the **Expression of Interest Form** via the following link:

<https://forms.office.com/e/7cVQMdA7am> or QR code:



Swansea Half Marathon

If you are interested in competing for Wales at the Swansea University Swansea Half Marathon on Sunday 7th June 2026, please complete the **Expression of Interest Form** via the following link:

<https://forms.office.com/e/TUCAw5gUFz> or QR Code



Bideford 10km

If you are interested in competing for Wales at the Bideford 10km on Sunday 10th May 2026, please complete the **Expression of Interest Form** via following link:

<https://forms.office.com/e/geRJPuvrr1> or QR code



Links for the Shrewsbury Festival of Running 5km and the Forest of Dean Trail Race will be provided later in the year.

Further details of all of the International programme are available from **Bernie Jones** at Bernie-jones@sky.com or 07919043117

Selection dates for teams will be as follows:

Marathon	-	18/12/2025
Half Marathon	-	15/4/2026
10km	-	15/4/2026
5km	-	10/6/2026
Trail ½ Marathon**	-	19/8/2026

**Please note that the first two finishers in each age group at the Bwstfil y Bryn Trail Race on 16th August (Welsh Masters Championship) will automatically be selected for the Trail Half Marathon International if they are interested.

There is no obligation to fill all available positions.

The selection panel will consist of members of the Welsh Athletics Masters Advisory Group.

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 Manager immediately.

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

Further details or information is available from Bernie Jones Bernie-jones@sky.com or 07919043117