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**WELSH ATHLETICS**  
ATHLETAU CYMRU

**Telford 10km – Sunday 13<sup>th</sup> December 2026**

**Telford, England**

**Selection Policy published June 2026**

## **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 Telford 10km is classified as a **Representative Opportunity**.

## **Selection Policy Aim**

The aim of the selection policy is to provide Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (road 10km).

## **Athlete Eligibility**

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by end of Sunday 1<sup>st</sup> November 2026.

## **Competition Format**

The Telford 10km 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 other representative teams as part of the Telford 10km.

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

Step 1: The following athletes will gain automatic selection, as long as they have ran the qualification standard on either the road or track between 1<sup>st</sup> January 2026 and the end of Sunday 1<sup>st</sup> November 2026 and are showing current form:

- The first Welsh eligible athlete in the Welsh Road 10km championships 2026 (which are held in the Richard Burton 10km on Sunday 1<sup>st</sup> November 2026) who makes themselves available for selection
- The highest ranked Welsh eligible athlete at the 10km (using either road or track times) between start of 1<sup>st</sup> January 2026 and end of Sunday 1<sup>st</sup> November 2026 who makes themselves available for selection

The qualification standards are as follows:

Male: 29.47

Female: 34.26

Qualification standards are the time needed to rank in the top 100 in the UK at road 10km in 2025

If the same athlete meets both the criteria above, the 2<sup>nd</sup> automatic space will go to the athlete who is the second Welsh eligible athlete in the Welsh Road 10km Championships who makes themselves available for selection, provided they have met the qualification standard. If no one meets this criteria, it will then go the second Welsh ranked athlete in 2026 who makes themselves available for selection, provided they have met the qualification standard.

Step 2: Athletes who have ran the qualification standard on either the road or track between 1<sup>st</sup> January 2026 and 1<sup>st</sup> November 2026 who have not gained an automatic place but who wish to be considered for selection will then be considered.

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

- a. Performance History (priority to road and track 10km and recent performance history)
- b. Head-to-head records (priority to road and track 10km and recent record)
- c. Career trajectory (priority to performance history and head-to-head record)
- d. If applicable, and further relevant evidence/information

Step 3: If following step 2 a full team has not been selected, then the following athletes who make themselves available for selection will be considered:

- Athletes who did not meet the criteria to be considered in step 2 but from previous results are deemed capable of achieving the consideration standards
- Athletes high in the Welsh road and track 10km rankings in 2026

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- Athletes who do not meet the criteria to be considered in step 2 but are showing significant potential and for whom the Telford 10km would be a relevant development opportunity

They will be considered using the same criteria as used in step 2.

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

The selection meeting will take place by **Wednesday 4<sup>th</sup> November 2026** and the athletes selected will be announced by **Saturday 14<sup>th</sup> November 2026**.

The selection panel will consist of three people, with both the **Welsh Athletics Performance Team** and the **Welsh Athletics Road and Cross Committee** represented in the selection panel. 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 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. 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.

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**Amendment**



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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](#)