

OPPORTUNITIES TO REPRESENT WALES AT MASTERS LEVEL IN 2025

Based on the success of the past three years there will be more opportunities to represent Wales at Masters Level across all distances from 5km to marathon and the addition of a Trail Half Marathon in 2025. In addition it is hoped that teams from Northern Ireland and/or the Armed Forces will join us for 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 2025

| | | |
|------------------|-------------------------------|---------------|
| 5km | - To be confirmed | - May 2025 |
| 10km | - Great North 10km, Newcastle | - 06/07/2025 |
| Half Marathon | - Swansea ½ marathon | - 08/06/2025 |
| Marathon | - To be confirmed | - Autumn 2025 |
| Trail ½ Marathon | - Forest of Dean | - 28/09/2025 |

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. When selecting the teams for the Trail Half Marathon International, priority will be given to those finishing in the first two places in their age groups in the Welsh Trail Half Marathon Championships at the Red Kite Challenge, Devil's Bridge, Ceredigion. In road events athletes are required to meet the minimum standards as follows:

Minimum Welsh Standards 2025

| | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70+ |
|---------------------|--------------|--------------|--------------|--------------|--------------|--------------|------------|-------|
| 5KM | | | | | | | | |
| Men | 16-00 | 16-30 | 17-00 | 18-00 | 19-00 | 20-00 | 21-00 | 24-00 |
| Women | 19-30 | 20-00 | 21-00 | 22-00 | 23-30 | 24-30 | 27-30 | 30-00 |
| | 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 |
| Women | 41-00 | 42-30 | 44-00 | 45-30 | 47-30 | 50-00 | 57-30 | 62-30 |
| | 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 |
| Women | 89-00 | 93-00 | 96-00 | 1hr40 | 1hr45 | 1hr54 | 2hr10 | 2hr20 |
| | 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 |
| Women | 3-20 | 3-30 | 3-40 | 3-50 | 4-00 | 4-15 | 4-30 | 5-15 |

Expressions of interest are sought from all athletes interested in any of the above events through the following link: <https://forms.office.com/e/W58kh7BbWW>

Selection dates for teams will be as follows:

| | | |
|------------------|---|-----------|
| 5km | - | 9/4/2025 |
| Half Marathon | - | 9/4/2025 |
| 10km | - | 4/6/2025 |
| Marathon | - | 4/6/2025 |
| Trail ½ Marathon | - | 13/8/2025 |

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