

## Welsh Athletics Event Group Performance Consideration Tables 2022-2026

### Speed

#### Female

Event Discipline	U20 TP			U23 TP			WADPP	WAPP		
	16-17	17-18	18-19	19-20	20-21	21-22	2022 - 2026	2022	2023 - 2024	2025 - 2026
60m	-	-	-	-	-	-	-	-	7.25	7.25
100m	11.95	11.85	11.80	11.70	→	11.56	11.46	11.35	→	11.24
200m	24.50	24.30	24.00	23.80	→	23.60	23.50	23.28	→	23.05
400m	55.50	55.00	54.60	54.10	→	53.40	52.73	52.20	→	51.70
60mH	-	-	-	-	-	-	-	-	8.10	8.10
100mH*	14.1 (2'6)	13.75 (2'6)	13.8 (2'9)	13.70	→	13.40	13.20	13.05	→	12.93
400mH	62.00	61.00	59.60	59.00	→	58.00	57.00	56.40	→	55.85

#### Male

Event Discipline	U20 TP			U23 TP			WADPP	WAPP		
	16-17	17-18	18-19	19-20	20-21	21-22	2022 - 2026	2022	2023 - 2024	2025 - 2026
60m	-	-	-	-	-	-	-	-	6.60	6.60
100m	10.85	10.75	10.65	10.55	→	10.40	10.36	10.26	→	10.16
200m	21.80	21.60	21.40	21.23	→	21.00	20.80	20.63	→	20.43
400m	48.50	48.20	48.00	47.50	→	46.80	46.60	46.15	→	45.70
60mH	-	-	-	-	-	-	-	-	7.65	7.65
110mH*	14.2 (3'0)	13.8 (3'0)	13.9 (3'3)	13.80~	→	14.00	13.77	13.63	→	13.50
400mH	54.50	53.00	52.50	52.00	→	51.00	50.50	50.00	→	49.50

## Welsh Athletics Event Group Performance Consideration Tables 2022-2026

### Endurance

#### Female

Event Discipline	TP						WADPP	WAPP		
	16-17	17-18	18-19	19-20	20-21	21-22	2022-2026	2022	2023-2024	2025-2026
800m	2.08.00	2.07.00	2.06.00	2.05.00	2.04.00	2.03.00	2.02.25	2.01.50	→	2.00.50
1500m	4.26.00	4.24.00	4.22.00	4.19.33	4.16.67	4.14.00	4.11.25	4.08.50	→	4.06.50
3000m	9.38.00	9.34.00	9.30.00	-	-	-	-	9.00.00	→	8.53.50
5000m	-	16.51.67	16.40.00	16.28.33	16.16.67	16.05.00	15.45.00	15.25.00	→	15.10.00
10000m	-	-	-	-	34.08.33	33.45.00	33.02.50	32.20.00	→	31.45.00
2000m S/C	6.55.00	-	-	-	-	-	-	-	-	-
3000m S/C	-	10.40.00	10.30.00	10.20.00	10.10.00	10.00.00	9.49.50	9.39.00	→	9.30.00
Half Marathon	-	-	-	-	-	-	-	72.00	→	70.00
Marathon	-	-	-	-	-	-	2.35.30	2.32.30	→	2.28.30
35 k Walk	-	-	-	-	-	-	-	2.55.00	→	2.47.30
20K Walk	-	-	-	1.39.28	1.37.44	1.36.00	1.34.08	1.32.15	→	1.29.30
10K Walk	-	49.56	49.00	-	-	-	-	45.30.00	→	43.45.00
5K Walk	24.45.00	-	-	-	-	-	-	-	-	-
Cross Country	Qualify for Euro U20 Cross			Qualify for Euro U23 Cross			Qualify for Euro Senior Cross	-		
Mountain	Top 3 at Euro U20 Mountain (uphill only or up and down) or top 8 at World U20 Mountain			Top 6 at Euro Senior Mountain or top 16 at World Senior Mountain (uphill only or up and down)			Top 3 at Euro Senior Mountain or top 8 at World Senior Mountain (Uphill only or up and down)	-		

## Welsh Athletics Event Group Performance Consideration Tables 2022-2026

### Endurance

#### Male

Event Discipline	TP						WADPP	WAPP		
	16-17	17-18	18-19	19-20	20-21	21-22	2022-2026	2022	2023-2024	2025-2026
800m	1.51.00	1.50.00	1.49.00	1.48.33	1.47.67	1.47.0	1.46.75	1.46.50	→	1.45.50
1500m	3.52.00	3.49.00	3.46.00	3.44.33	3.42.67	3.41.0	3.40.00	3.39.00	→	3.36.50
3000m	8.28.00	8.24.00	8.20.00	-	-	-	-	7.55.00	→	7.48.00
5000m	-	14.35.67	14.25.00	14.14.33	14.03.67	13.53.00	13.44.00	13.35.00	→	13.24.00
10000m	-	-	-	-	29.31.33	29.10	28.42.50	28.15.00	→	27.55.00
2000m S/C	5.55.00	-	-	-	-	-	-	-	-	-
3000m S/C	-	9.17.33	9.10.00	9.02.67	8.55.33	8.48.00	8.39.00	8.30.00	→	8.20.00
Half Marathon	-	-	-	-	-	-	-	64.00	→	62.00
Marathon	-	-	-	-	-	-	2.15.30	2.14.30	→	2.11.30
35K Walk	-	-	-	-	-	-	-	2.35.30	→	2.31.00
20K Walk	-	-	-	1.29.25	1.27.42.5	1.26.00	1.25.45	1.25.30	→	1.22.30
10K Walk	46.30.00	45.15.00	44.00.00	-	-	-	-	41.30.00	→	39.30.00
Cross Country	Qualify for Euro U20 Cross			Qualify for Euro U23 Cross			Qualify for Euro Senior Cross	-		
Mountain	Top 3 at Euro U20 mountain (uphill only or up and down) or top 8 at World U20 Mountain			Top 6 at Euro Senior Mountain or top 16 at World Senior Mountain (uphill only or up and down)			Top 3 at Euro Senior Mountain or top 8 at World Senior Mountain (uphill only or up and down)	-		

## Welsh Athletics Event Group Performance Consideration Tables 2022-2026

### Jumps & Combined Events

#### Female

Event Discipline	U20 TP			U23 TP			WADPP	WAPP		
	16-17	17-18	18-19	19-20	20-21	21-22	2022-2026	2022	2023 - 2024	2025-2026
Pole Vault	3.74	3.84	3.94	4.00	4.06	4.12	4.26	4.30	→	4.60
High Jump	1.72	1.73	1.74	1.75	1.77	1.78	1.84	1.86	→	1.95
Long Jump	5.86	5.91	5.95	6.06	6.17	6.28	6.48	6.55	→	6.79
Triple Jump	12.05	12.27	12.48	12.67	12.87	13.06	13.46	13.60	→	14.25
Combined Events	5088	5184	5280	5392	5504	5616	5791	5850	→	6250

#### Male

Event Discipline	U20 TP			U23 TP			WADPP	WAPP		
	16-17	17-18	18-19	19-20	20-21	21-22	2022 - 2026	2022	2023-2024	2025-2026
Pole Vault	4.66	4.80	4.94	5.04	5.14	5.23	5.40	5.45	→	5.75
High Jump	2.00	2.02	2.04	2.07	2.10	2.13	2.20	2.22	→	2.30
Long Jump	6.96	7.08	7.20	7.33	7.46	7.58	7.82	7.90	→	8.10
Triple Jump	14.11	14.52	14.93	15.23	15.54	15.84	16.34	16.50	→	16.95
Combined Events	6720	6840	6960	7104	7248	7392	7623	7700	→	8100



## Welsh Athletics Event Group Performance Consideration Tables 2022-2026

### Male

Event Discipline	TP						WADPP	WAPP		
	16-17	17-18	18-19	19-20	20-21	21-22	2022-2026	2022	2023 - 2024	2025 - 2026
Shot Putt	-	-	-	17.77m	18.14m	18.52m	18.71m	18.90m	→	20.85m
6kg	-	17.95m	18.32m	-	-	-	-	-	-	-
5kg	18.13m	-	-	-	-	-	-	-	-	-
Discus	-	-	-	52.19m	54.37m	56.64m	58.41m	59.00m	→	65.20m
1.75kg	-	52.53m	54.72m	-	-	-	-	-	-	-
1.5kg	52.32m	-	-	-	-	-	-	-	-	-
Hammer	-	-	-	62.81m	65.43m	68.16m	70.29m	71.00m	→	77.00m
6kg	-	64.51m	67.20m	-	-	-	-	-	-	-
5kg	66.24m	-	-	-	-	-	-	-	-	-
Javelin	-	64.51m	67.20m	68.12m	70.96m	73.92m	76.23m	77.00m	→	84.00m
	64.32m	-	-	-	-	-	-	-	-	-

### Key:

TP – Transition Programme

WADPP – Welsh Athletics Development Performance Programme

WAPP – Welsh Athletics Performance Programme

\*Please be aware performance consideration standards may be subject to change and will be aligned to UKA European Championship qualification standards once released.