

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

### Speed

#### Female

Event Discipline	WADPP	WAPP		
	2022 -2026	2022	2023 -2024	2025 -2026
60m	-	-	7.25	7.25
100m	11.46	11.35	→	11.24
200m	23.50	23.28	→	23.05
400m	52.73	52.20	→	51.70
60mH	-	-	8.10	8.10
100mH*	13.20	13.05	→	12.93
400mH	57.00	56.40	→	55.85

#### Male

Event Discipline	WADPP	WAPP		
	2022 -2026	2022	2023 -2024	2025 -2026
60m	-	-	6.60	6.60
100m	10.36	10.26	→	10.16
200m	20.80	20.63	→	20.43
400m	46.60	46.15	→	45.70
60mH	-	-	7.65	7.65
110mH	13.77	13.63	→	13.50
400mH	50.50	50.00	→	49.50

WAPP – Welsh Athletics Performance Programme

WADPP – Welsh Athletics Development Performance Programme

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

### Endurance

#### Female

Event Discipline	WADPP	WAPP		
	2022-2026	2022	2023-2024	2025-2026
800m	2.02.25	2.01.50	→	2.00.50
1500m	4.11.25	4.08.50	→	4.06.50
3000m	N/A	9.00.00	→	8.53.50
5000m	15.45.00	15.25.00	→	15.10.00
10000m	33.02.50	32.20.00	→	31.45.00
3000m S/C	9.49.50	9.39.00	→	9.30.00
Half Marathon	N/A	72.00	→	70.00
Marathon	2.35.30	2.32.30	→	2.28.30
35 k Walk	N/A	2.55.00	→	2.47.30
20K Walk	1.34.08	1.32.15	→	1.29.30
10K Walk	N/A	45.30.00	→	43.45.00
Cross Country	Qualify for Euro Senior Cross	N/A		
Mountain	Top 3 at Euro Senior Mountain or top 8 at World Senior Mountain (Uphill only or up and down)	N/A		

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### Endurance

#### Male

Event Discipline	WADPP	WAPP		
	2022-2026	2022	2023-2024	2025-2026
800m	1.46.75	1.46.50	→	1.45.50
1500m	3.40.00	3.39.00	→	3.36.50
3000m	N/A	7.55.00	→	7.48.00
5000m	13.44.00	13.35.00	→	13.24.00
10000m	28.42.50	28.15.00	→	27.55.00
3000m S/C	8.39.00	8.30.00	→	8.20.00
Half Marathon	N/A	64.00	→	62.00
Marathon	2.15.30	2.14.30	→	2.11.30
35K Walk	N/A	2.35.30	→	2.31.00
20K Walk	1.25.45	1.25.30	→	1.22.30
10K Walk	N/A	41.30.00	→	39.30.00
Cross Country	Qualify for Euro Senior Cross	N/A		
Mountain	Top 3 at Euro Senior Mountain or top 8 at World Senior Mountain (uphill only or up and down)	N/A		

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

### Jumps & Combined Events

#### Female

Event Discipline	WADPP	WAPP		
	2022-2026	2022	2023 - 2024	2025-2026
Pole Vault	4.26	4.30	→	4.60
High Jump	1.84	1.86	→	1.95
Long Jump	6.48	6.55	→	6.79
Triple Jump	13.46	13.60	→	14.25
Combined Events	5791	5850	→	6250

#### Male

Event Discipline	WADPP	WAPP		
	2022 - 2026	2022	2023-2024	2025-2026
Pole Vault	5.40	5.45	→	5.75
High Jump	2.20	2.22	→	2.30
Long Jump	7.82	7.90	→	8.10
Triple Jump	16.34	16.50	→	16.95
Combined Events	7623	7700	→	8100

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

### Throws

#### Female

Event Discipline	WADPP	WAPP		
	2022-2026	2022	2023 - 2024	2025 - 2026
Shot Putt	16.28m	16.45m	→	18.20m
Discus	53.46m	54.00m	→	58.80m
Hammer	65.34m	66.00m	→	68.90m
Javelin	55.44m	56.00m	→	62.50m

#### Male

Event Discipline	WADPP	WAPP		
	2022-2026	2022	2023 - 2024	2025 - 2026
Shot Putt	18.71m	18.90m	→	20.85m
Discus	58.41m	59.00m	→	65.20m
Hammer	70.29m	71.00m	→	77.00m
Javelin	76.23m	77.00m	→	84.00m

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