

# COMMONWEALTH PROGRAMME

## WHAT IS THE COMMONWEALTH PROGRAMME?

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This level of the pathway is for athletes with a focus on making the 2022 Commonwealth Games and has two tiers:

- TIER 1: COMMONWEALTH GAMES ATHLETE supports senior athletes who are likely to represent Wales at the next Commonwealth Games with a probability of winning a medal or achieving a top-6 finish. These athletes are also likely to be GB internationals challenging for major games places.
- TIER 2: COMMONWEALTH GAMES POTENTIAL supports a range of senior athletes from those who will be challenging for Commonwealth Games selection, to those on the cusp of making finals and challenging for medals.

## WHAT ARE THE BENEFITS OF BEING A COMMONWEALTH ATHLETE?

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- Direct Financial contribution to help with their individual athlete plan and coach development.
- Funded training camps and international competition opportunities
- Objective measures of technical and physical abilities to provide insight and interventions to enable development e.g. *DEXA Scans, Bloods, Physiotherapy -subject to individual athlete plan*
- Multi-Disciplinary Team + review meetings based around individual athlete plans and integration with Personal Coach and NTDC
- Organised training days and camps with education programme which ensures athletes & coaches are provided with the knowledge and tools to realise their potential.
- Access to performance support services.
- Access to performance training environments.

7 YEARS | 6 GOALS | 1 VISION

1 SPORT

## HOW DO YOU ACCESS THE COMMONWEALTH PROGRAMME?

Tolerance tables for access to the Commonwealth Programme are presented below and are based a within ~5% of Commonwealth Games 'A' standard – a metric based on achieving a Top 6 performance.

Event	Men			Women		
	2019	2020	2021 / 2022	2019	2020	2021 / 2022
100m	10.30	→	10.25	11.45	→	11.3
200m	20.75	→	20.65	23.55	→	23.2
400m	45.90	→	45.65	52.70	→	51.5
800m	1.47.5	→	1.46.5	2.02.9	→	2.00.00
1500m	3.41.0	→	3.38.50	4.11.0	→	4.09.50
5000m	13.38.0	→	13.32	15.45.0	→	15.38.00
10000m	28.50.0	→	28.25	33.00.0	→	32.40.00
3000m S/C	8.40.0	→	8.32	9.58.00	→	9.50.00
Marathon	2.18.0	→	2.15	2.39.00	→	2.37.00
110/100mH	13.80	→	13.70	13.55	→	13.20
400mH	50.00	→	49.75	57.50	→	56
Long Jump	7.80	→	7.90	6.40	→	6.5
Triple Jump	16.40	→	16.70	13.25	→	13.8
High Jump	2.21	→	2.24	1.83	→	1.88
Pole Vault	5.30	→	5.45	4.25	→	4.25
Shot Putt	18.50	→	18.75	16.25	→	17.00
Discus	60.00	→	62.50	57.00	→	59.00
Hammer	67.00	→	69.00	62.00	→	64.00
Javelin	76.00	→	78.00	55.00	→	59
Combined Events	7500	→	7900	5700	→	5850
20K Walk	1.26.00	→	1.24.00	1.39.00	→	1.35.00