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**Home Nations Podium 5km
Date and venue TBC (potentially August in Scotland)
Selection Policy published December 2022**

Overview

The date and venue for the Home Nations Podium 5km is to be confirmed (potentially August in Scotland). This provides senior athletes with the opportunity to compete against a high-quality **British and Irish** field. Welsh Athletics continues to value **representative** competition opportunities and the role it plays in developing Welsh athletes.

Selection Policy Aim

The selection panel will attempt to select the best team possible to represent Wales.

Athlete Eligibility

To be considered for selection, athletes must be eligible to compete for Wales through at least one of the following:

1. Birth
2. Parentage
3. Retention
4. Residence (minimum 3 years)

Competition Format

The Podium Home Nations 5km provides **Senior Age Group** competition opportunities.

Teams of up to **4 Senior Men and 4 Senior Women** may be selected. Wales will compete against **national** teams from the home nations and potentially other teams.

Selection Process

The Cardiff 5km Race for Victory, which includes the Welsh 5km road championships, on **Sunday 30th April** will act as the trial race. The first three male and female Welsh athletes across the finish line who have

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WELSH ATHLETICS
ATHLETAU CYMRU

met the qualification standard within the stated dates will be selected, with the final place at the discretion of the selection panel. **There is no obligation to fill all available positions.**

The qualification standards for this event is as follows:

Senior Female	Event	Senior Male
16:50	5km	14:30

Qualification standards must have been achieved between 00:00 (GMT) 26th June 2022 and 00:00 26th June 2023 (GMT)

Qualification standards must be achieved in competitions organised or authorized by World Athletics, its Area Associations or its National Member Federations (Road performances apply)

To be considered for the team athletes need to do one of the following:

1. Compete in the trial race
2. If unable to compete in the trial race, contact Kevin Tobin (Welsh Athletics Road and Cross committee representative) and Steve Mitchell (Welsh Athletics National Talent Development Coordinator) before the trial race. The athlete must explain why they are unable to do the trial race and to give an indication of current 5km road running form. The athlete will be considered in the selection meeting when discussing discretionary places.

Kevin Tobin contact email address: kevin.tobin@jamesandnicholas.com

Steve Mitchell contact email address: steve.mitchell@welshathletics.org

The selection meeting will take place on **Tuesday 27th June 2023** and the teams will be announced on **Saturday 1st July 2023**. **There is no obligation to fill all available positions.**

The **Selection Panel** will comprise of **2 individuals nominated by the Welsh Athletics Road and Cross Committee, a team manager and 2 individuals from the Welsh Athletics performance team.**

In coming to its decision, the **Selection Panel** will consider the following criteria for the discretionary places (in no priority order):

1. Have met the qualification standard within the stated dates
2. 2023 form and fitness in road 5km races
3. Evidence of competing at road 5km races in previous seasons
4. Current form, fitness and competition history (from 1st January 2023 to 29th May 2023)
5. Future potential and associated progression/development
6. Head-to-head competitive records

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7. Previous /other event championship performances
8. Injury status
9. Athletes who are supportive of Welsh Athletics
10. Any other factors that, in the panel's opinion, give Wales the best chance of success

Appeals Process

There shall be no right of appeal to Welsh Team selected by the Selection Panel.

De-Selection Process

De-selection of an athlete may occur following:

1. Failure to adhere to the Welsh Athletics athlete 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 immediately. If it is deemed that the injury or illness will negatively affect the athlete's performance this will result in de-selection.

Equal Opportunities

Welsh Athletics is committed to offering equal opportunities to all athletes in Wales. Any Welsh athletes will be considered as part of the selection process, providing they have met the criteria that is laid out within this policy. 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 publicly available (including the date on which the amendment was made) at www.welshathletics.org