

## OPPORTUNITY TO REPRESENT WALES IN ROAD RUNNING AT MASTERS LEVEL IN 2023

Building on the success of two road Masters Internationals in 2022 at Tenby and Bristol, there will be more opportunities for Master athletes to represent Wales in 2023 across all distances from 5km through to marathon. It is hoped in future years we will be able to spread the events around the Home countries using a variety of races and venues.

The International fixtures will be against England, and hopefully some of the other Home International countries. The opportunities are as follows:

Distance	Event	Date
5km	Mid Cheshire 5km	25 <sup>th</sup> August 2023
10km	Chester 10km	12 <sup>th</sup> March 2023
Half Marathon	Chester Half Marathon	21 <sup>st</sup> May 2023
Marathon	Chester Marathon	8 <sup>th</sup> October 2023

Teams of 6 male and 6 athletes (with four to score in each) per 10 year age groups will be picked per event provided that the minimum standards have been achieved.

These opportunities are being provided by Welsh Athletics and athletes have to be eligible to compete for Wales and registered athletes in Wales. It is expected that athletes competing for Wales would take part in at least one Welsh Championship in the preceding or current year.

### Selection Process

1. With the exception of the marathon, teams will be selected and announced one month before the date of the international.
2. 6 women and 6 men may be selected for the competing team in each 10 year age category.
3. The Team will be selected based on athletes' form, fitness and competition history, with priority to given to performances achieved in Welsh Championships.
4. For the marathon selection, results and times from the previous 12 months will be used. In all other distances, current form will be prioritised when selecting between athletes with similar qualifying performances.
5. Qualification performances must be achieved in ratifiable UKA or World Athletics competition under standard race licensing and competition rules; Parkrun times will not be used to judge selection standards over 5km.
6. In exceptional circumstances only, the selection panel reserve the right to select athletes without a current standard.
7. The following minimum standards apply:

		35-44years	45-54years	55-64years	65+years
<b>5km</b>	Men	16-30	18-00	19-30	23-00
	Women	20-00	21-45	24-00	28-30
<b>10km</b>	Men	34-15	36-00	39-30	48-00
	Women	41-00	45-00	47-30	61-00
<b>Half Marathon</b>	Men	77-30	83-00	93-00	1hr44
	Women	89-00	96-00	1hr48	2hr12
<b>Marathon</b>	Men	2-50	3-10	3-30	3-50
	Women	3-20	3-40	4-00	4-30

