

NATIONAL DEVELOPMENT PATHWAY ENTRY STANDARDS - ENDURANCE

Women

	800m	1500m	3000m	2000 S/C	1500 S/C
Year 11 (2nd year U17)	2.16-2.18	4.42-4.45	10.29-10.34		5.18
Year 12 (1st year U20)	2.14-2.16	4.38-4.42	10.13-10.29		5.14
Year 13 (2nd year U20)	2.11-2.15	4.31-4.38	9.56-10.20	07:28.5	5.1

Men

	800m	1500m	3000m	1500 S/C	2000 S/C
Year 11 (2nd year U17)	1.58-2.01	4.06-4.10	9.03-9.08	04.35.0	
Year 12 (1st year U20)	1.56-1.58	4.01-4.06	08.53-9.03	04.31.0	
Year 13 (2nd year U20)	1.54-1.56	3.57-4.01	8.48-8.53		06.14.9

Note: The Welsh Athletics performance team will consider inviting athletes who have achieved a top 25 placing at the Liverpool X challenge or a top 5 placing at the British Mountain running championships.