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**WELSH ATHLETICS**  
ATHLETAU CYMRU

**SportsShoes Home Nations 5km – Sunday 27<sup>th</sup> September 2026**

**Bute Park, Cardiff**

**Selection Policy published May 2026**

## **Overview**

The Welsh Athletics performance vision is to deliver a sustainable sector leading elite performance system that consistently transfers talented athletes to UKA's WCP whilst winning medals at Commonwealth Games. As part of this strategy, Welsh Athletics is committed to providing competition opportunities to developing and aspiring Welsh international athletes. Opportunities to compete for Wales are categorised as one of the following;

1. **International Opportunity** - a competitive opportunity in pathway events for senior Welsh athletes.
2. **Representative Opportunity** - a development opportunity in either pathway or non-pathway events for both junior and senior Welsh athletes.
3. **School-Aged Match Opportunity** – a development opportunity in either pathway or non-pathway events for school aged Welsh athletes to compete in a representative match. The eligibility criteria for some of these competitions is different to that for International and Representative opportunities.

The SportsShoes Home Nations 5km is classified as a **Representative Opportunity**.

## **Selection Policy Aim**

The aim of the selection policy is to provide Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (road 5km).

## **Athlete Eligibility**

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by end of Sunday 9<sup>th</sup> August 2026.

## **Competition Format**

The SportsShoes Home Nations 5km provides a **Senior Age Group** competition opportunity.

Teams of up to **4 Senior Men and 4 Senior Women** may be selected. Wales will compete against both home nations and other teams as part of the SportsShoe Home Nations 5km.

Selection of the team will use the following process to ensure the **selection policy aim** is met:

Step 1: The following athletes will gain automatic selection, as long as they have ran the qualification standard on either the road or track between 1<sup>st</sup> January 2026 and the end of Sunday 9<sup>th</sup> August 2026.

- The first Welsh eligible athlete in the Welsh Road 5km championships 2026 (which are held in the Caerphilly 5km on Sunday 9<sup>th</sup> August) who makes themselves available for selection
- The first Welsh eligible athlete in the Welsh track 5000m championships 2026 (which are held within the Tonypany Track Classic on Saturday 13<sup>th</sup> June) who makes themselves available for selection

The qualification standards are as follows:

Male: 14:10

Female: 16:30

Qualification standards are the NDP 10000m bottom year U23 consideration standard for males and females at the time this selection policy was released ([Welsh Athletics Performance Pathway Policy \(17102024\).pdf](#))

If the same athlete meets both the criteria above, the 2<sup>nd</sup> automatic space will go to the athlete who is the second Welsh eligible athlete in the Welsh Road 5km Championships who makes themselves available for selection, provided they have met the qualification standard. If no one meets this criteria, it will then go the second Welsh eligible athlete in the Welsh track 5000m championships who makes themselves available for selection, provided they have met the qualification standard.

Step 2: Athletes who have ran the qualification standard on either the road or track between 1<sup>st</sup> January 2026 and 9<sup>th</sup> August 2026 who have not gained an automatic place but who wish to be considered for selection will then be considered for selection.

The following evidence will be considered when deciding who to select:

- a. Performance History (priority to road and track 5km and recent performance history)
- b. Head-to-head records (priority to road and track 5km and recent record)
- c. Career trajectory (priority to performance history and head-to-head record)
- d. Any further evidence which implies the athlete will compete well and strongly benefit from being selected

Step 3: If following step 2 a full team has not been selected, then the following athletes who make themselves available for selection will be considered:

- Athletes who did not meet the criteria to be considered in step 2 but from previous results are deemed capable of achieving the consideration standards

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- Athletes high in the Welsh road and track 5km rankings in 2026
- All athletes on any level of UKA or Welsh Athletics performance support programme who have identified in their Individual Athlete Plans (IAPs) that they wish to compete in this race

They will be considered using the same criteria as used in step 2.

**Our aim is to select full teams. However, it is not an obligation to fill all available positions.**

The selection meeting will take place by **Wednesday 12<sup>th</sup> August 2026** and the athletes selected will be announced by **Saturday 22<sup>nd</sup> August 2026**.

The selection panel will consist of three people, with both the **Welsh Athletics Performance Team** and the **Welsh Athletics Road and Cross Committee** represented in the selection panel. **Selections will be ratified by the Welsh Athletics Head of Performance.** Selection meeting notes will be made available.

Please note that, if having been selected you become unavailable, evidence for why you are unavailable will need to be supplied to the Welsh Athletics Head of Performance and the Welsh Athletics NTDC for endurance.

## **Appeals Process**

There shall be no right to appeal the selection of the Welsh team made by the selection panel.

## **De-selection Process**

De-selection of an athlete may occur following:

1. Failure to adhere to the Welsh Athletics 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 required, evidence will have to be supplied. If it is deemed that the injury or illness will negatively affect the athlete's performance this will result in deselection.

## **Equal Opportunities**

Welsh Athletics will not discriminate in the selection of any athlete on the basis of any protected characteristics.

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### **Amendment**

Welsh Athletics reserves the right to amend this selection policy at its sole discretion and will make any amended version publically available (including the date on which the amendment was made) on the [Welsh Athletics website](#)