Armagh International Road Races (U23 and U20 team) – Thursday 11th February 2027
Armagh, Northern Ireland
Selection Policy – published November 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 are different from those for International and Representative opportunities.

The Armagh International Road Races (U23 and U20 team) is classified as a **Representative Opportunity**.

Selection Policy Aim

The aim of the selection policy is to provide U23 and U20 Welsh athletes demonstrating potential with a **developmental opportunity** in a non-pathway event (road).

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria. To be considered, athletes need to have registered as Welsh by the end of Sunday 10th January 2027.

Competition Format

The Welsh team being selected to compete in the Armagh International Road Races will provide U23 and U20 athletes with the chance to compete in a Senior Age Group competition opportunity.
Wales will be looking to send developmental teams of up to **4 Men** and **4 Women** to compete in the senior age group 5km races for males and females. The athletes selected will be in the U23 and U20 age groups, following World Athletics age group rules. For the U23

athletes, this means athletes born in 2005, 2006 and 2007 and for U20 athletes, this means athletes born in or after 2008.

Selection Process

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

Step 1: The following athletes will be considered for selection:

- Athletes who have run faster than the qualification standard on either the road or track between 1st May 2026 and 10th January 2027

The qualification standards are as follows:

3km	Age Group	5km
8:16	U23 Male	14:23
9:37	U23 Female	16:41
8:44	U20 Male	15:11
9:59	U20 Female	17:18

For U23 male the qualification standards are the NDP 3000m and the NDP 5000m top year U20 consideration standards
For U23 female the qualification standards are the NDP 3000m and the NDP 5000m top year U20 consideration standards
For U20 male the qualification standards are the NDP 3000m top year U17 consideration standard and the Daniels' (VDOT) table equivalent 5000m time for the NDP 3000m top year U17 consideration standard
For U20 female the qualification standards are the NDP 3000m top year U17 consideration standard and the Daniels' (VDOT) table equivalent 5000m time for the NDP 3000m top year U17 consideration standard

(Performance Pathway (welshathletics.org))

- 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
- Athletes who have run a programme consideration standard in a relevant discipline since 1st May 2026

The aim will be to select teams of two U23 and two U20 athletes. However, if there are not enough athletes in one age group of the required level who make themselves available for selection to fill the allocated places, then more athletes can be selected from the other age group. The following evidence will be considered when deciding who to select:

a. Performance history (times and championship/race placing: priority given to recent performance history and performances over 3km and 5km)
b. Career trajectory
c. Head-to-head records (priority given to recent and 3/5km head-to-head record)
d. Recent verified screening/monitoring data (e.g. physiological landmarks; strength and power landmarks; strength capacity landmarks)
e. Athlete engagement with Welsh Athletics

f. Any further evidence that indicates the athlete will compete well and strongly benefit from being selected

Step 2: If, following step 1, a full team has not been selected, then U23 and U20 athletes demonstrating potential for whom this race will be a relevant development opportunity will be considered. They will be considered using the same criteria as used in step 1.

Our aim is to select full teams. However, there is no obligation to fill all available positions.

Athletes wishing to be considered for selection should submit an expression of interest to Dan Nash (dan-nash@outlook.com) by **Tuesday 12th January 2027**.

The selection meeting will take place on **Wednesday 13th January** and teams will have been announced by **Saturday 23rd January**.

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 of 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 de-selection.

LISTEN ENGAGE REPRESENT

WELSH ATHLETICS
ATHLETAU CYMRU

Equal Opportunities

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

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) on the Welsh Athletics website.