



WELSH ATHLETICS
ATHLETAU CYMRU

OPPORTUNITIES TO REPRESENT WALES AT MASTERS LEVEL IN 2025

Based on the success of the past three years there will be more opportunities to represent Wales at Masters Level across all distances from 5km to marathon and the addition of a Trail Half Marathon in 2025. In addition it is hoped that teams from Northern Ireland and/or the Armed Forces will join us for some of the matches.

Athletes have to be eligible to compete for Wales and registered athletes in Wales. It is expected that all athletes competing for Wales would take part in at least one Welsh Championship in the preceding or current year.

Master International Opportunities 2025

5km	- Shrewsbury Festival of Sport	- 17/05/2025
10km	- Great North 10km, Newcastle	- 06/07/2025
Half Marathon	- Swansea ½ Marathon	- 08/06/2025
Marathon	- Abingdon Marathon	- 19/10/2025
Trail ½ Marathon	- Forest of Dean	- 28/09/2025

Teams of up to 6 male and 6 female athletes will be selected in **FIVE** year age groups across all distances. We will also be including 70+ teams in all of the fixtures. In road events athletes are required to meet the minimum standards as follows:

Minimum Welsh Standards 2025

	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
5KM								
Men	16-00	16-30	17-00	18-00	19-00	20-00	21-00	24-00
Women	19-30	20-00	21-00	22-00	23-30	24-30	27-30	30-00
	35-39	40-44	45-49	50-54	55-59	60-64	65+	
10KM								
Men	33-30	34-30	36-00	37-30	39-30	41-00	45-00	47-30
Women	41-00	42-30	44-00	45-30	47-30	50-00	57-30	62-30
	35-44		45-54		55-64		65+	
1/2 MARATHON								
Men	75-00	77-30	80-00	85-00	90-00	95-00	1hr45	1hr55
Women	89-00	93-00	96-00	1hr40	1hr45	1hr54	2hr10	2hr20
	35-44		45-54		55-64	65+		
MARATHON								
Men	2-45	2-50	3-00	3-10	3-20	3-40	4-00	4-15
Women	3-20	3-30	3-40	3-50	4-00	4-15	4-30	5-15

Expressions of interest are sought from all athletes interested in any of the above events through the following link: <https://forms.office.com/e/W58kh7BbWW>

Selection dates for teams will be as follows:

5km	-	9/4/2025
Half Marathon	-	9/4/2025
10km	-	4/6/2025
Marathon	-	4/6/2025
Trail ½ Marathon	-	13/8/2025

There is no obligation to fill all available positions.

The selection panel will consist of members of the Welsh Athletics Masters Advisory Group.

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 Manager immediately.

Equal Opportunities

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 publically available (including the date on which the amendment was made) on the Welsh Athletics website

Further details or information is available from Bernie Jones Bernie-jones@sky.com or 07919043117