

**Pulford 10km (U23 team) – Sunday 23rd March 2025
Pulford, England**

Selection Policy – published October 2024 (updated January 2025 as Trafford 10km postponed so now sending team to Pulford 10km)

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.

The Pulford 10km (U23 team) is classified as a **Representative Opportunity**.

Selection Policy Aim

The aim of the selection policy is to provide U23 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 26th January 2025.

Competition Format

The Welsh team being selected to compete in the Pulford 10km will provide U23 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 U23 Men** and **4 U23 Women** to compete in the senior age group race. The age groups for the developmental teams will follow World Athletics rules. For the U23 teams, this means athletes will need to be born in the years 2003, 2004 and 2005. Younger athletes (born in 2006 and 2007) may be considered for the team if their performance profile justifies selection.

Selection Process

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

Step 1: The two highest ranked eligible Welsh male and female athletes over 10km (both track and road times will be considered) from 31st August 2024 to end of Sunday 26th January 2025 will be selected as long as they have ran the qualification standard. The qualification standards are as follows:

Male: 30:13

Female: 35:07

Qualification standards are the Daniel's Table (VDOT) equivalent time for 10000m as the NDP 5000m 2nd year U20 consideration standard ([Performance Pathway \(welshathletics.org\)](https://www.welshathletics.org))

The Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) will contact athletes meeting the step 1 selection criteria to see if they wish to be selected. If athletes do not reply by the time of the selection meeting, it will be assumed that the athlete does not wish to be selected. If athletes who have met the step 1 selection criteria do not wish to take up their selection, automatic selection will not go down to the next ranked Welsh athletes.

Step 2: The following athletes will then be considered for selection:

- All performance programme athletes (Performance programme, Transition programme and National Development Programme) who have identified in their Individual Athlete Plans (IAPs) that they wish to compete in this race
- Non-programme athletes who have ran quicker than the qualification standard between 31st August 2024 and 26th January 2025 but were not ranked within the top two Welsh athletes. Athletes meeting this criterion will be contacted by the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) prior to the selection meeting to see if they wish to be considered for selection and if there is any evidence they wish to be put forward to be used during the selection meeting. If athletes do not reply by the time of the selection meeting, it will be assumed that the athlete does not wish to be considered for selection
- Non-programme athletes wishing to be considered but have not ran the qualification standard between 31st August 2024 and 26th January 2025 need to email the Welsh Athletics National Talent Development Coordinator for Endurance (Steve Mitchell) by end of Sunday 26th January to state their wish to be considered and to provide evidence they wish to be used during the selection meeting. Steve Mitchell's email address is:

Steve.Mitchell@Welshathletics.org

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To be selected, there must be evidence that the athlete has a realistic chance of achieving the qualification standard within the race. The following evidence will be considered when deciding who to select:

- a. Recent Performance History (31st August 2024 to 26th January 2025: times and championship/race placings)
- b. Previous Performance History (times and championship/race placing: priority given to Recent Performance History)
- c. Career trajectory
- d. Head-to-head records (priority given to head-to-head record from 31st August 2024 to 26th January 2025)
- e. Recent verified screening/monitoring data (e.g. physiological landmarks; strength and power landmarks; strength capacity landmarks)
- f. Athlete Engagement with Welsh Athletics
- g. Any further evidence which implies the athlete will compete well and strongly benefit from being selected

There is no obligation to fill all available positions.

The selection meeting will take place on **Wednesday 29th January** and teams will have been announced by **Saturday 8th February**.

The selection panel will consist of **two members of the Welsh Athletics Performance Team** and a **nominated member of the road and cross committee**. **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

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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.

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](#)