



England Representative Opportunities in Road Running

10k Road Running Representative Opportunity International Team Competition Rennes, France.

11 October 2020

England Athletics value the importance of competitive road running opportunities for developing athletes looking to gain international experience in preparation for future major competitions. England Athletics therefore intend to select athletes who the Selection Panel believes have the potential to make future England and Great Britain teams at major championships on the track, road or cross-country.

England Athletics will be sending a team of up to four men and four women to compete in a match against other European teams and the Celtic nations at this event which is hosted by the French Athletics Federation.

The course is a technical, flat lapped route, run on a 1250m loop (eight laps). The first three runners in each category will score for the team and the overall winning team will be ranked by the times across the four races. The race will be run under IAAF and French Athletics Federation rules.

Qualification: The England 5km Championships will take place at the Ipswich Twilight 5km on 9th May 2020, and the England 10000m Championships take place at 'Fast Friday' on July 10th 2020. These events will serve as primary selection events however general expressions of interest which meet the standards outlined below will also be considered.

Eligibility To be considered for selection, athletes must satisfy the following: a. Be eligible to compete for England (i.e. full British passport holder) b. Have achieved a relevant England Athletics standard within the qualification period

NB. This opportunity is for Senior and U23 athletes only, U20 athletes will not be eligible for selection.

Qualification Standards Seniors

Men	Event	Women
14:30	5km	16:40
30:30	10km	34:30

Qualification Standards Under 23s

Men	Event	Women
15:00	5km	17:00
32:30	10km	36:30

**Qualification performances must be achieved between 00:00 (GMT) 1 January 2019 & 24:00 (GMT) 12th July 2020 (GMT).*

Selection process

I. The Team will be selected w/b 13th July 2020.

II. Up to Four men and four women may be selected.

III. Both the first Senior and first U23 at Ipswich Twilight 5km and the England 10000m Championships (Fast Friday) in both the mens and womens categories will be automatically selected subject to meeting eligibility and qualification standards.

IV. The Selection Panel will select reserve athletes based on athletes' form, fitness and competition history up to and including 12th July 2020 provided an expression of interest is made as per below. Eligible athletes who competed at the England 10,000m track thampionships, England road 5km championships will be prioritised for reserve selection.

V. Should any of the automatic qualifiers not wish to take up their place then the remaining places will be considered under point iv.

VI. Qualifcation performances must be achieved in ratifiable UKA or IAAF competitions under standard race licensing and competition rules.

Interested athletes should send expressions of interest to Spencer Duval, sduval@englandathletics.org no later than midnight 12 July, 2020