



U20 5k Road Running Representative Opportunity

Cardiff 5km, Wales

Sunday 1st May 2022

England Athletics values the importance of competitive road running opportunities for developing athletes looking to gain international experience and therefore intend to select athletes for competitive opportunities 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 a four u/20 men and four u/20 women to the Cardiff 5km (<https://www.cardiff5k.com/2022>) where a Welsh u/20 team will also compete. The England Team will be selected based on performances achieved between 1st January 2021 and midnight 10th April 2022. The fastest English u/20 male and female at National 6 & 12-Stage Relay on 9th April in both the short and long legs will be offered automatic selection provided they have also met the required qualification standards set out below. The remaining selections will be made from athletes who have completed the expression of interest form linked at the bottom of this policy.

Eligibility

To be considered for selection, athletes must satisfy the following:

- Be eligible to compete for England (i.e. full British passport holder)
- Have achieved a relevant England Athletics standard within the qualification period
- Be at least 18 years old in the year of competition and U20 under IAAF rules at the time of the competition

Qualification/Minimum or Recommended Minimum Standards

The England Athletics development standards for this event are as follows:

U20 Men	Event	U20 Women
8:45	3000m	10:00
15:15	5k/5000m	17:50

Qualification performances must be achieved between 00:00 (BST) 1 Jan 2021 and 24:00 (BST) 10 April 2022

Selection process

- The Team will be selected the week beginning 10th April 2022
- A minimum scoring team of up to four men and women may be selected.
- Selected athletes will be required to have at least one minimum track or road qualification standard.
- The fastest English u/20 male and female at National 6 & 12-Stage Relay on 9th April from both the short and long legs will be offered automatic selection provided they have also met the required qualification standards. The remaining athletes will be selected on current form including road, track and XC where relevant from athletes who have completed the expression of interest form below.
- Qualification performances must be achieved in ratifiable UKA or IAAF competitions under standard race licensing and competition rules.
- Whilst a selection standard is required to be eligible for selection the panel will select athletes based on their current form and fitness on the country, road and track.

Interested athletes should complete the expression of interest form at this link -

<https://forms.gle/vVTRC5yNhepE3GwX8>

If you have difficulties completing the form please email England Athletics Road Running Manager, Tom Craggs, tcraggs@englandathletics.org