



England Representative Opportunities in Road Running

31st Armagh International Road Races, 9 February 2023

England Athletics value the importance of competitive road running opportunities for athletes seeking first time international experience as well as those looking to further develop themselves through international competition. The Armagh International Road Races have long had some of the strongest fields in European road running. England Athletics intend to send teams of up to four men (competing over 5km) and four women (competing over 3km) to contest the team competition.

All athletes wishing to be considered for selection must carefully read this selection policy and complete the expression of interest form linked at the bottom of this document. One automatic selection is available to the fastest eligible female and male athlete at the England Athletics 5k Road Championships taking place on the 26 August 2022 at the Mid Cheshire 5k.

Please note the race takes place on a Thursday. You must be available to travel on Wednesday and return on Friday.

Eligibility

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

- I. Be a England Athletics registered athlete and be eligible to compete for England (i.e. full British passport holder).
- II. Have achieved one of the stated qualification standards within the qualification period. Standards must have been achieved in a ratifiable UKA or World Athletics competition under standard race licensing and competition rules.

Qualification Standards

Men	Event	Women
n/a	1500m	4:22
8:15	3k	9:25
14:15	5k	16:30
29:45	10k	n/a

**Qualification performances must be achieved between 00:00 (GMT) 1st January 2022 & 24:00 (GMT) 1st January 2023 (GMT).*

Selection Process & Criteria

- I. The team will be selected week beginning 2 January 2023
- II. Up to a maximum of four men and four women may be selected. In addition one non travelling reserve will be selected for each team.
- III. The fastest English woman and English man at England Athletics 5k Road Championships on 26th August will be offered automatic selection provided they meet one of the selection standards outlined above. This place will NOT be rolled down if the first athlete declines selection. Automatic selections will be subject to current form and fitness as on the date of the selection meeting.

- IV. The remaining selections will be made from athletes who have completed an expression of interest for selection.
- V. The selection panel will consider athletes who meet the qualification standards dating back to 1 January 2022, with current form, fitness and head to heads (including on the road and track) up to and including midnight 1 January 2022 will be considered when making selections.
- VI. In exceptional circumstances only England Athletics reserve the right to select athletes without a current standard.

Appeals

There shall be no right of appeal to the selection of the England Team made by the Selection Panel. The provisions of the UK Athletics Selection and Nomination "Fast" Appeals Procedure" do not apply to the England team selections for the Armagh International Road Races.

Additional Notes

Any selected athlete with doubts over their fitness in the lead up to the race may be required to evidence a fitness test. England Athletics reserve the right to deselect athletes who the selection panel feel are not fit or competitive enough in the final month before the event.

Athletes who withdraw themselves for reasons other than illness or injury may also be liable to cover the costs of their flights or a change of name to the ticket where there is the option to substitute.

Expressions of Interest

Please complete the expressions of interest form at this link no later than **midnight Sunday 1 January 2023** - <https://forms.gle/iWwu5Lkg9c3LFP9N8>

Any questions should be directed to Tom Craggs, Road Running Manager - tcraggs@englandathletics.org