



England Representative Opportunities in Road Running

Home Nations 5k, Bute Park, Cardiff: 20 August 2022

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. With this in mind England Athletics intend to send a team of up to four men and four women to compete in the planned Home Nations International 5k in Cardiff to compete against teams from Wales, Scotland, GB under 20, and the areas.

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.

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
8:15	3k	9:35
14:25	5k	16:30

**Qualification performances must be achieved between 00:00 (GMT) 1st January 2022 & 24:00 (GMT) 17th July 2022 (GMT).*

Selection Process & Criteria

- I. The team will be selected week beginning 18 July 2022
- 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 selection panel will consider athletes who meet the qualification standards dating back to 01/01/22, with current form, fitness and head to heads (including on the road and track) up to and including midnight 17 July 2022 will be considered when making selections.
- IV. 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 Home Nations 5k.

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 17 July 2022** - <https://forms.gle/dUnh9xKtUPeBUdAr9>

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