



## England Representative Opportunities in Road Running

### 10K VALENCIA IBERCAJA, 15 January 2023

England Athletics value the importance of competitive road running opportunities and aims to provide both for athletes seeking first time international experience as well as those looking to further develop themselves through international competition as a part of the broader talent pathway as they target major championships for England and Great Britain.

England Athletics intend to send a team of up to 3 women and 3 men to the 10km Valencia Ibercaja. The goal is to provide an opportunity for English athletes to build representative experience at a high level of competition in advance of the 2023 World Athletics Championships and 2023 World Road Running Championships.

The selection standards outlined below reflect this aim and also recognise the race's status as one of the most in demand races in the world amongst elite athletes. The winning times at the 2022 race were 26:58 by Daniel Simiu Ebenyo and 30:34 by Norah Jeruto Tanui. The 2022 edition also saw 41 men break 29 minutes and 25 women break 34:30.

#### 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
14:15	5km / 5000m	16:10
29:15	10km / 10000m	33:45
1:04:15	Half Marathon	1:14:30

*\*Qualification performances must be achieved between 00:00 (GMT) 1st October 2021 & 24:00 (GMT) 9<sup>th</sup> October 2022 (GMT).*

#### Selection Process & Criteria

- I. The team will be selected week beginning 10 October 2022.
- II. Three men and three women athletes may be selected. One non travelling reserve athlete will also be selected.
- III. Selections will be made from athletes who have completed the expression of interest form below.
- IV. The selection panel will consider athletes who meet the qualification standards dating back to 01/10/21, but **current form** and fitness, head to heads and competitions up to and including midnight 9<sup>th</sup> October 2022 will be considered strongly when making selections.

- V. In exceptional circumstances only, England Athletics reserve the right to select athletes without a current standard or athletes from outside the expressions of interest.

### **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 10km Valencia Ibercaja.

### **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 (with the provision of written evidence from a medical professional) 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 Monday 10<sup>th</sup> October 2022** - <https://forms.gle/6NU6bfSyK7zd3JyTA>

**Any questions should be sent directly to Tom Craggs, Road Running Manager -**  
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