



England Representative Opportunities in Road Running

Home Nations 5km, Bute Park, Cardiff – 24th August 2024

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 through international competition.

With this in mind England Athletics intend to send a team of up to four senior men and four senior women and four Under 20 men and four under 20 women to compete in the planned Home Nations International 5k in Cardiff to compete against teams from Wales and Scotland as well as other invited teams.

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.
- III. To be considered for the Under 20 team you must be an Under 20 according the current UKA Rules

Qualification Standards

Senior Men	Event	Senior Women
8:15.00	3km / 3000m	9:35.00
14:20.00	5km / 5000m	16:30.00

Under 20 Men	Event	Under 20 Women
8:45.00	3km / 3000m	10:05.00
15:30.00	5km / 5000m	17:40.00

**Qualification performances must be achieved between 00:00 (GMT) 1st October 2023 & 23:59 (GMT) 26th May 2024 (GMT).*

Selection Process & Criteria

- I. The team will be selected in two meetings, with round 1 selections taking place in w/b 8th April 2024 and round 2 selections taking place during week beginning 27th May 2024.
- II. Up to four men and four women athletes may be selected for each team. One non travelling reserve athlete may also be selected for each team.
- III. Automatic (Round 1) selections will be available first eligible senior and first eligible under 20 male and first eligible senior and first eligible under 20 female athlete at the England 5km Championships at the Sportshoes.com Podium Festival on 16th March. In order to be eligible athletes must also hold one of the outlined selection standards at the time of the round 1 selection meeting during w/b 8th April. If the automatically selected athletes do not hold a selection standard or decline selection the selection will not be rolled down.

- IV. A further automatic selection for the under 20 team will be available for eligible athletes who run the fastest under 20 male and under 20 female short legs at the ERRA Relays on 6th April provided they have also achieved one of the outlined selection standards at the time of the round 1 selection meeting during w/b 8th April. If the automatically selected athletes do not hold a selection standard or decline selection the selection will not be rolled down.
- V. Remaining (Round 2) selections will be made from athletes who have completed the expression of interest form below.
- VI. The selection panel will consider athletes who meet the qualification standards dating back to 01/10/23.
- VII. When making selections the following criteria will be considered by the panel;
- Current form in races from 1/02/24 – 26/05/24. Current form can be demonstrated in races other than 3km / 5km and on non road surfaces provided the selection panel consider them relevant to indicate potential form at the 5km distance.
 - Relevant head-to-head performances at distance from within the selection window
 - Consistency of racing form
 - Future potential to represent England or Great Britain in championship competition
 - Injury & illness status
- VIII. 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 Home Nations 5km.

Additional Notes

- Round 1 selections will be deemed to have expressed interest, all other athletes MUST complete the expression of interest form or make contact with the email below if they are having issues completing the form in advance of the deadline.
- England athletics will not provide financial assistance for domestic assembly for international races (e.g. travel to or parking at an airport) or meals at the airport. Athletes based overseas will be expected to pay their own travel back to the UK to join the team on departure dates. Flights, hotels and transfers will be covered for the selected team.
- England Athletics will provide competition kit to any athletes that haven't received such kit within the last 2 years.
- England Athletics reserve the right to deselect athletes who the selection panel or team management feel are not ready to compete in the final weeks before the event.
- Athletes who withdraw themselves for reasons other than illness or injury (DOCTORS NOTE TO BE PROVIDED) 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.
- In exceptional circumstances only, England Athletics reserve the right to select athletes without a current standard or athletes from outside the expressions of interest

Expressions of interest

In order to express your interest in selection please read this selection policy carefully before completing the expression of interest form at this link;

<https://forms.gle/tcyRSB5SaztUHkD58>

Expressions of interest must be received no later than 23:59 on the 26th May 2024

If you have any questions or wish to clarify anything in this policy please contact Tom Craggs, national Endurance Manager (Off Track) on tcraggs@englandathletics.org