



England Representative Opportunities in Road Running

Home Nations 5km, Bute Park, Cardiff: 19th August 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.

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 and Scotland as well as other invited teams.

One automatic selection will be available to the male and female winners of the England 5km Championships at the 2023 Mid Cheshire 5km on April 29th 2023.

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

**Qualification performances must be achieved between 00:00 (GMT) 1st November 2022 & 24:00 (GMT) 2nd July 2023 (GMT).*

Selection Process & Criteria

- I. The team will be selected week beginning 3rd July 2023.
- II. Up to four men and four women athletes may be selected. One non travelling reserve athlete may also be selected for each team.
- III. First eligible male and first eligible female athlete (the England 5km Champions) at the England 5km Championships at the Mid Cheshire 5km on 29th April 2023 will be offered an automatic selection provided they hold one of the standards listed in this policy. If the England 5km Champions do not hold a selection standard or decline selection the selection will not be rolled down.
- IV. Remaining selections will be made from athletes who have completed the expression of interest form below.

- V. The selection panel will consider athletes who meet the qualification standards dating back to 01/11/23, but athletes will be expected to have shown **current form** from races in the last 4 months and this will be given close consideration when selections are made.
- VI. 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 Seville Marathon.

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 a supplied doctors letter) may also be liable to cover the costs of their flights (where relevant) or a change of name to the ticket where there is the option to substitute.

Expressions of Interest

Please complete the expression of interest form at this link no later than **midnight Sunday 2nd July 2023** - <https://forms.gle/HPcn4hHRyGwfjgHR6>

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