



England Athletics Performance Programme

The England Athletics Performance Programme aims to support athletes who have the realistic potential to win medals at the 2026 Commonwealth Games and future potential to compete at the Olympic or Paralympic Games and World Athletics Championships and World Athletics Para Championships. The programme and selection standards reflect the key aims of the 2026 Commonwealth Games selection policy which is to “win the highest number of medals possible”.

The programme runs from 1 October 2025 until 30 September 2026.

Programme Name	Age Group	Programme Size	Programme Duration	Delivery Model
England Athletics Performance Programme	All	20-30	Annual selection Athletes can be retained if they meet all criteria	Talent Hub Environment

Overview of Programme Benefits

Athletes selected onto the programme will receive the following benefits:

- Support in the nominated Talent Hub where the following services maybe be offered upon the completion of an IAP and all relevant paperwork.

- Athlete- coach point of contact to offer support throughout the year
- Coaching and support (in our core Talent Hub sites)
 - Individual athlete planning (IAP) with personal coach and athlete throughout the year. (x3)
 - Regular communication with Point of Contact (POC).
- Medical Insurance via the TASS medical scheme
- Physiotherapy and/or Soft Tissue therapy
- Strength and Conditioning support
- Performance psychology
- Performance nutrition
- Performance lifestyle
- Athlete education sessions including annual UK Anti-Doping sessions
- Access to England Athletics coach development sessions and coach support from athlete-coach point of contact
- Additional financial support in agreement with Commonwealth Games Team Leader.

Non UK based athletes that meet all criteria maybe offered an England Athletics point of contact for support as appropriate. Those based outside of the UK and are selected to the programme will be required to provide their IAP with their point of contact complete additional service requirements by the end of March 2026.

England Athletics may be able to offer :-

- Facility Access
- Physiotherapy/ Soft Tissue therapy
- Strength and Conditioning Support
- Performance services such as Nutrition, Psychology and Lifestyle.
 - These services will only be available at the England Athletics Talent Hubs.

Talent Hub sites where athletes can access the above support are

- England Athletics Talent Hubs:
 - Leeds Beckett University
 - Loughborough University
 - St Marys University
 - University of Birmingham

- Additional TASS delivery sites are available at the below locations and will offer performance support services as appropriate but **without on-site points of contact or coaching support**:
 - Exeter University
 - London-East
 - London- North
 - London-South
 - London-West
 - Manchester Metropolitan University
 - Northumbria University
 - University of East London

Eligibility

To be considered for the England Athletics Performance Programme, an athlete/para-athlete must fulfil the following Eligibility criteria:

- a) Be eligible to compete for England in the Commonwealth Games.
- b) A British Passport holder.
- c) Para athletes must hold a current national or international para-athletics classification.
- d) Not currently serving a period of eligibility because of a transfer of allegiance.
- e) Not currently serving a provisional or permanent suspension for a doping violation.
- f) Has not, whether by an act or omission, brought England Athletics or UK Athletics into disrepute.
- g) Not serving a period of ineligibility from the sport as determined by England Athletics or UK Athletics. For example, due to misconduct and/or disciplinary reasons.
- h) Not be supported on the UK Athletics World Class Programme, Futures Programme or Para Futures.
- i) Signs and adheres to the England Athletics Athlete Agreement
- j) Athletes will be considered only as individual athletes. There will be no relay programme.

Selection Criteria Matrix

Performance Standard	Achieved the Performance Standard in the 2025 season (indoor and outdoor performances will be considered). See specific standards for para-athletes broken down by classification and paralympic event.
Performance Consistency	Performance consistency will be assessed through reviewing their average performance of their top 4 outdoor performances within the 2025 season. Note: Excluding Combined Events and endurance events of 5000m and above.
Performance Potential and progression	Evidence that it is realistic for the athlete to continue a developing performance profile in line with the aims of the programme. This will include but not exclusively review the following: a. World and UK Rankings plus head to heads between athletes. b. Performance in other relevant events c. rates of progress in performance and critical determinants of performance (as considered by relevant event experts) d. injury and training history e. lifestyle and training environment

England Athletics Talent and Performance Programme Consideration Standards 2025

The consideration standards are an entry point for application to the programme only. The selection panel will evaluate athlete progression and are looking for year on year performance improvement/ development.(This is primarily applicable for the Talent Development Programme). The panel reserves the right to select athletes based on exceptional circumstances that maybe included (but is not limited to) injury, ill health, pregnancy, potential for future progression, for example, in events that has evidence of late development.

Please see below for selection standards. Para standards are broken down by classification and paralympic event and . can be found in full in Appendix 1.

Men		Events	Women	
TDP	PP		PP	TDP
10.66	10.17	100m	11.25	11.82
21.52	20.50	200m	22.80	24.16
47.71	45.20	400m	51.40	54.81
		100H	13.00	13.70
14.01	13.55	110H		
52.58	49.50	400H	55.75	59.48
01:51.18	01:46.25	800m	02:01.20	02:05.46
03:48.48	03:38.16	1500m	04:07.65	04:17.55
08:19.80		3000m		
14:37.20	13:28.00	5000m	15:24.09	16:09.00
30:04.00	28:06.70	10000m	32:19.20	34:35.70
09:26.80	08:30.05	3000mSC	09:42.77	10:06.90
45:45.60		10k Walk		50:28.20
	01:22.19	20k Walk	01:32.35	
	02:37.03	35k Walk	02:56.45	
	01:03.00	Half marathon	01:12.30	
	02:15.00	Marathon	02:33.30	
17.71	20.52	Shot Put	17.79	14.21
53.76	62.79	Discus	58.34	47.52
67.68	72.02	Hammer	66.50	57.12
66.24	79.87	Javelin	58.80	48.00
2.06	2.25	High Jump	1.90	1.77
5.00	5.45	Pole Vault	4.45	3.98
7.32	8.00	Long Jump	6.65	6.06
14.84	16.70	Triple Jump	14.00	12.61
7008	7900	Combined Events	5900	5184

Programme Selection Process

The selection process is split across four stages:

Stage 1 Athletes who have met the consideration standard can apply to be considered for the England Athletics Performance programme. **The deadline will be 9am on 15 September 2025.**

Stage 2 The selection panel will consider all the information, and a selection decision will be made.

Stage 3 Athlete invited to accept the selection place and is required to sign the pathway agreement by deadline.

Stage 4 Induction within an England Athletics Talent Hnglandub or online for those within a satellite site.

Selection Panel

The England Athletics Performance Programme selection panel will have the following representatives:

- England Athletics National Event Managers (Speed, Endurance, Throws, Jumps and Combined Events).
- England Athletics National Para Manager
- England Athletics Director of Talent and Performance (Selection Meeting Chair)
- England Athletics Head of Talent Programmes

- England Athletics Commonwealth Games Team Leader
- Independent Sport Observer & Note taker

Where there is conflict of interest for a panel member (i.e. coach/mentor/club relationship), the panel member will not be involved in the selection process.

Where voting takes place, the selection decision will be made on majority vote with the Head of Talent Programmes having the casting vote if required.

The Panel may reconvene, subject to the outcome of the selection decisions for the UKA WCP Programme and Para Programmes.

Programme Places and Duration

The number of places on the programme is limited and may vary from year to year. The programme will select only those who meet the criteria and not look to fill places.

Selection for the programme takes place annually and places are guaranteed for one programme year (October to September) only.

The panel may retain athletes even if they have not achieved a consideration standard in the previous season. There must be a rationale that the athlete can show progression in the upcoming calendar year, and they must still be of the appropriate year of birth outlined above. The panel may also retain athletes where the panel deem there have been exceptional circumstances.

De-Selection

The Panel have the right to remove any athlete from the England Performance Programme through the programme year (1 October 2025 to 30 September 2026) if they are no longer eligible against this policy or fails to comply with the Performance Programme Athlete Agreement.

Notes

- There is no right to an appeal for non-selection
- To confirm their place on the programme athletes must
 - Complete all documents as requested by England Athletics and TASS by no later than 31 October 2025.
 - Attend England Athletics Induction or attend an online induction before 31 October 2025.
 - If the above conditions are not met the athlete will forfeit their place on the programme which will be offered to the next highest ranked eligible athlete from any event group.
- Any athlete/para-athlete who has associated, or intends to associate, themselves with a coach, doctor or other medical or support person who England Athletics or UK Athletics reasonably considers it inappropriate for the athlete to associate with, shall not be eligible for selection for membership.

Appendix 1 – England Athletics Para Athletics Talent Pathway Consideration Standards 2025/26

EA Para Athletics Talent Pathway Consideration Standards 2025/26

- Para athletes must have a national or international para athletics classification to be considered.
- Standards should be viewed as minimum standards to be considered for the England Talent Pathway alongside the relevant selection policies.
- Commonwealth rankings will be taken into consideration at the point of selection for events included in the 2026 Commonwealth Games.

Sex	Classification	Event	Eligible Sport Classes	Performance Programme	Talent Development Programme	Para Academy
M	T11	Men's 100 m T11	T11	12.74s	13.07s	13.85s
M	T12	Men's 100 m T12	T12	12.58s	12.91s	13.68s
M	T13	Men's 100 m T13	T13	12.42s	12.74s	13.50s
M	T34	Men's 100 m T34	T33, T34	17.47s	17.92s	18.99s
M	T35	Men's 100 m T35	T35	13.56s	13.91s	14.74s
M	T36	Men's 100 m T36	T36	13.66s	14.02s	14.85s
M	T37	Men's 100 m T37	T37	13.12s	13.46s	14.26s
M	T38	Men's 100 m T38	T38	12.64s	12.97s	13.74s
M	T44	Men's 100m T44	T43, T44	13.32s	13.66s	14.48s
M	T47	Men's 100 m T47	T45, T46, T47	12.40s	12.72s	13.47s
M	T51	Men's 100 m T51	T51	24.31s	24.95s	26.43s
M	T52	Men's 100 m T52	T52	20.06s	20.58s	21.80s
M	T53	Men's 100 m T53	T53	17.34s	17.79s	18.85s
M	T54	Men's 100 m T54	T54	15.94s	16.35s	17.32s
M	T63	Men's 100 m T63	T42, T63	13.92s	14.28s	15.12s
M	T64	Men's 100 m T64	T62, T64	12.39s	12.71s	13.46s
M	T72	Men's 100 m T72	T72	20.49s	21.03s	22.27s
M	T35	Men's 200 m T35	T35	27.46s	28.18s	29.85s
M	T37	Men's 200 m T37	T37	26.15s	26.83s	28.43s
M	T51	Men's 200 m T51	T51	44.45s	45.61s	48.31s
M	T64	Men's 200 m T64	T44, T64	26.01s	26.69s	28.28s
M	T11	Men's 400 m T11	T11	58.52s	1m0s	1m4s
M	T12	Men's 400 m T12	T12	56.99s	58.48s	1m2s
M	T13	Men's 400 m T13	T13	56.15s	57.62s	1m1s
M	T20	Men's 400 m T20	T20	55.54s	56.99s	1m0s
M	T37	Men's 400 m T37	T37	58.07s	59.59s	1m3s
M	T38	Men's 400 m T38	T35, T38	57.41s	58.91s	1m2s
M	T47	Men's 400 m T47	T45, T46, T47	55.17s	56.60s	59.96s
M	T52	Men's 400 m T52	T51, T52	1m10.24s	1m12.07s	1m16.35s
M	T53	Men's 400 m T53	T53	55.02s	56.45s	59.80s
M	T54	Men's 400 m T54	T54	51.88s	53.23s	56.39s
M	T62	Men's 400 m T62	T43, T62	53.95s	55.35s	58.64s
M	T34	Men's 800 m T34	T33, T34	1m55.15s	1m58.15s	2m5.16s
M	T53	Men's 800 m T53	T51, T52, T53	1m53.21s	1m56.16s	2m3.05s
M	T54	Men's 800 m T54	T54	1m44.63s	1m47.36s	1m53.72s
M	T11	Men's 1500 m T11	T11	4m40.63s	4m47.96s	5m5.04s
M	T13	Men's 1500 m T13	T12, T13	4m18.68s	4m25.43s	4m41.17s
M	T20	Men's 1500 m T20	T20	4m24.40s	4m31.29s	4m47.39s
M	T38	Men's 1500 m T38	T37, T38	4m51.10s	4m58.69s	5m16.41s
M	T46	Men's 1500 m T46	T45, T46	4m26.08s	4m33.02s	4m49.21s
M	T54	Men's 1500 m T54	T53, T54	3m19.57s	3m24.78s	3m36.92s
M	T11	Men's 5000 m T11	T11	17m6.50s	17m33.28s	18m35.76s
M	T13	Men's 5000 m T13	T12, T13	18m18.51s	18m47.17s	19m54.04s
M	T54	Men's 5000 m T54	T53, T54	12m34.39s	12m54.07s	13m39.99s
M	T12	Men's Marathon T12	T11, T12	2h46m16s	2h50m37s	3h0m44s
M	T54	Men's Marathon T54	T52, T53, T54	1 h45m5s	1 h47m50s	1 h54m14s
M	T13	Men's Long Jump T13	T13	6.12	5.90	5.40
M	T20	Men's Long Jump T20	T20	6.27	6.05	5.54
M	T36	Men's Long Jump T36	T36	4.90	4.72	4.32
M	T37	Men's Long Jump T37	T37	5.27	5.08	4.65
M	T38	Men's Long Jump T38	T35, T38	5.44	5.25	4.80
M	T44	Men's Long Jump T44*	T43, T44	5.53	5.33	4.88
M	T47	Men's Long Jump T47	T45, T46, T47	5.99	5.78	5.29
M	T64	Men's Long Jump T64	T62, T64	6.37	6.14	5.62

M	T47	Men's High Jump T47	T45, T46, T47	1.70	1.64	1.50
M	T63	Men's High Jump T63	T42, T63	1.57	1.52	1.39
M	T64	Men's High Jump T64	T44, T64	1.73	1.66	1.52
M	F32	Men's Club Throw F32	F31, F32	32.82	31.66	28.96
M	F51	Men's Club Throw F51	F51	29.05	28.03	25.64
M	F37	Men's Discus Throw F37	F37 (1KG)	44.66	43.08	39.41
M	F52	Men's Discus Throw F52	F51, F52 (1KG)	16.56	15.97	14.61
M	F64	Men's Discus Throw F64	F43, F44, F62, F64 (1.5KG)	49.10	47.36	43.32
M	F13	Men's Javelin F13	F12, F13 (800g)	53.13	51.26	46.88
M	F34	Men's Javelin F34	F33, F34 (600g)	31.59	30.48	27.88
M	F38	Men's Javelin F38	F38 (800g)	44.17	42.62	38.98
M	F46	Men's Javelin F46	F45, F46 (800g)	55.22	53.27	48.72
M	F57	Men's Javelin F57	F55, F56, F57 (600g)	42.04	40.56	37.10
M	F64	Men's Javelin F64	F42, F43, F44, F61, F62, F63, F64 (800g)	55.16	53.21	48.67
M	F11	Men's Shot Put F11	F11 (7.26KG)	11.37	10.97	10.04
M	F12	Men's Shot Put F12	F12 (7.26KG)	13.69	13.21	12.08
M	F20	Men's Shot Put F20	F20 (7.26KG)	14.44	13.93	12.74
M	F32	Men's Shot Put F32	F32 (2KG)	8.36	8.07	7.38
M	F33	Men's Shot Put F33	F33 (3KG)	9.57	9.23	8.45
M	F34	Men's Shot Put F34	F34 (4KG)	9.91	9.56	8.75
M	F35	Men's Shot Put F35	F35 (4KG)	13.46	12.99	11.88
M	F36	Men's Shot Put F36	F36 (4KG)	13.60	13.12	12.00
M	F37	Men's Shot Put F37	F37 (5KG)	12.95	12.50	11.43
M	F40	Men's Shot Put F40	F40 (4KG)	9.38	9.04	8.27
M	F41	Men's Shot Put F41	F41 (4KG)	9.91	9.56	8.75
M	F46	Men's Shot Put F46	F45, F46 (6KG)	13.83	13.34	12.20
M	F53	Men's Shot Put F53	F53 (3KG)	7.39	7.13	6.52
M	F55	Men's Shot Put F55	F54, F55 (4KG)	10.04	9.68	8.86
M	F57	Men's Shot Put F57	F56, F57 (4KG)	12.45	12.01	10.99
M	F63	Men's Shot Put F63	F42, F61, F63 (6KG)	12.72	12.28	11.23

Sex	Classification	Event	Eligible Sport Classes	Performance Programme	Talent Development Programme	Para Academy
W	T11	Women's 100m T11	T11	13.96s	14.33s	15.18s
W	T12	Women's 100 m T12	T12	14.10s	14.47s	15.32s
W	T13	Women's 100 m T13	T13	13.73s	14.09s	14.93s
W	T34	Women's 100 m T34	T33, T34	21.22s	21.77s	23.06s
W	T35	Women's 100 m T35	T35	16.34s	16.77s	17.76s
W	T36	Women's 100 m T36	T36	16.38s	16.80s	17.80s
W	T37	Women's 100 m T37	T37	15.28s	15.68s	16.61s
W	T38	Women's 100 m T38	T38	14.41s	14.79s	15.66s
W	T47	Women's 100 m T44	T43, T44	15.35s	15.75s	16.69s
W	T47	Women's 100 m T47	T45, T46, T47	14.03s	14.40s	15.25s
W	T53	Women's 100 m T53	T51, T52, T53	18.58s	19.07s	20.20s
W	T54	Women's 100 m T54	T54	18.14s	18.61s	19.71s
W	T63	Women's 100 m T63	T42, T63	16.79s	17.23s	18.25s
W	T64	Women's 100 m T64	T62, T64	14.63s	15.01s	15.90s
W	T64	Women's 100 m T72	T72	21.87s	22.44s	23.77s
W	T11	Women's 200 m T11	T11	28.80s	29.55s	31.30s
W	T12	Women's 200 m T12	T12	28.46s	29.20s	30.94s
W	T35	Women's 200 m T35	T35	34.51s	35.41s	37.51s
W	T36	Women's 200 m T36	T36	34.29s	35.19s	37.28s
W	T37	Women's 200 m T37	T37	31.68s	32.51s	34.44s
W	T47	Women's 200 m T47	T45, T46, T47	28.98s	29.74s	31.50s
W	T64	Women's 200 m T64	T44, T64	30.79s	31.59s	33.46s
W	T11	Women's 400 m T11	T11	1m7s	1m9s	1m13s
W	T12	Women's 400 m T12	T12	1m4s	1m6s	1m10s
W	T13	Women's 400 m T13	T13	1m4s	1m6s	1m9s
W	T20	Women's 400 m T20	T20	1m4s	1m6s	1m10s
W	T37	Women's 400 m T37	T37	1m13.15s	1m15.06s	1m19.51s

W	T38	Women's 400 m T38	T36, T38	1m9.43s	1m11.24s	1m15.46s
W	T47	Women's 400 m T47	T45, T46, T47	1m6s	1m7s	1m11s
W	T53	Women's 400 m T53	T51, T52, T53	1m3s	1m5s	1m9s
W	T54	Women's 400 m T54	T54	1m2s	1m4s	1m8s
W	T34	Women's 800 m T34	T33, T34	2m24.83s	2m28.61s	2m37.42s
W	T53	Women's 800 m T53	T51, T52, T53	2m2.85s	2m6.06s	2m13.54s
W	T54	Women's 800 m T54	T54	1m58.93s	2m2.04s	2m9.28s
W	T11	Women's 1500 m T11	T11	5m16.81s	5m25.08s	5m44.36s
W	T13	Women's 1500 m T13	T12, T13	5m2.97s	5m10.87s	5m29.31s
W	T20	Women's 1500 m T20	T20	5m9.81s	5m17.89s	5m36.75s
W	T54	Women's 1500 m T54	T53, T54	3m46.18s	3m52.08s	4m5.85s
W	T54	Women's 5000 m T54	T53, T54	12m50.73s	13m10.84s	13m57.75s
W	T12	Women's Marathon T12	T11, T12	3 h32m2s	3 h37m34s	3 h50m29s
W	T54	Women's Marathon T54	T52, T53, T54	2 h2m27s	2 h5m39s	2 h13m6s
W	T11	Women's Long Jump T11	T11	4.05	3.90	3.57
W	T12	Women's Long Jump T12	T12	4.51	4.35	3.98
W	T20	Women's Long Jump T20	T20	4.87	4.70	4.30
W	T37	Women's Long Jump T37	T37	3.90	3.76	3.44
W	T38	Women's Long Jump T38	T36, T38	4.24	4.09	3.74
W	T47	Women's Long Jump T47	T45, T46, T47	4.90	4.72	4.32
W	T63	Women's Long Jump T63	T42, T61, T63	4.11	3.96	3.62
W	T64	Women's Long Jump T64	T43, T44, T62, T64	4.57	4.41	4.04
W	F32	Women's Club Throw F32	F31, F32	22.11	21.33	19.51
W	F32	Women's Club Throw F51	F51	22.11	21.33	19.51
W	F11	Women's Discus Throw F11	F11 (1KG)	32.02	30.89	28.25
W	F38	Women's Discus Throw F38	F37, F38 (1KG)	32.61	31.46	28.77
W	F41	Women's Discus Throw F41	F40, F41 (750g)	26.26	25.33	23.17
W	F53	Women's Discus Throw F44	F43, F44	34.01	32.81	30.01
W	F53	Women's Discus Throw F52	F51, F52	10.89	10.50	9.61
W	F53	Women's Discus Throw F53	F53 (1KG)	12.04	11.62	10.63
W	F55	Women's Discus Throw F55	F54, F55 (1KG)	21.94	21.16	19.36
W	F57	Women's Discus Throw F57	F56, F57 (1KG)	27.84	26.86	24.56
W	F64	Women's Discus Throw F64	F62, F64 (1KG)	34.01	32.81	30.01
W	F13	Women's Javelin F13	F12, F13 (600g)	31.64	30.52	27.92
W	F34	Women's Javelin F34	F33, F34 (600g)	15.00	14.47	13.24
W	F46	Women's Javelin F46	F45, F46 (600g)	34.50	33.28	30.44
W	F54	Women's Javelin F54	F52, F53, F54 (600g)	13.80	13.32	12.18
W	F56	Women's Javelin F56	F55, F56 (600g)	19.00	18.33	16.76
W	F12	Women's Shot Put F12	F11, F12 (4KG)	10.38	10.01	9.16
W	F20	Women's Shot Put F20	F20 (4KG)	12.16	11.73	10.73
W	F32	Women's Shot Put F32	F32 (2KG)	6.56	6.33	5.79
W	F33	Women's Shot Put F33	F33 (3KG)	6.58	6.35	5.81
W	F34	Women's Shot Put F34	F34 (3KG)	6.63	6.40	5.85
W	F35	Women's Shot Put F35	F35 (3KG)	8.02	7.74	7.08
W	F37	Women's Shot Put F37	F37 (3KG)	10.93	10.55	9.65
W	F40	Women's Shot Put F40	F40 (3KG)	7.36	7.10	6.50
W	F41	Women's Shot Put F41	F41 (3KG)	8.14	7.86	7.19
W	F46	Women's Shot Put F44	F42, F43, F44	10.00	9.65	8.83
W	F46	Women's Shot Put F46	F45, F46 (4KG)	10.10	9.74	8.91
W	F54	Women's Shot Put F54	F53, F54 (3KG)	6.59	6.36	5.81
W	F57	Women's Shot Put F57	F55, F56, F57 (3KG)	9.13	8.81	8.06
W	F64	Women's Shot Put F64	F61, F62, F63, F64 (4KG)	10.00	9.65	8.83
W	T38	Women's 200m T38	T37, T38	27.91	31.36	N/A