

England Athletics Selection Policy for Trofeo Opitergium 2026 v1
U20 5k & 10k

1st May 2026

Overview

The European Under 20 Road Races at the annual **Trofeo Opitergium** provide a high-quality road competition for England under 20 athletes. The selected 5k & 10k England Teams will compete against other international teams from across Europe and the race has a huge pedigree in supporting athletes to transition to higher levels of competition and build invaluable experience of competition overseas in a team context. England Athletics values the importance of competitive road running opportunities for developing athletes looking to gain international experience and therefore intend to select athletes for competitive opportunities who the Selection Panel believes have the potential to make future England and Great Britain teams at major championships on the track, road or cross-country.

England Athletics will be sending a team of up to a maximum of four men and four women to compete in the match against other European countries. The men will race over 10k and the women 5k. The first three runners in each category will score for the team with the men's and women's team scores being added for an overall team score. The race will be run under World Athletics rules and the rules of the Italian Athletics Federation.

Eligibility

To be considered for selection for this team:

- Athletes must be eligible to compete for England in accordance with [World Athletics eligibility rules](#). This includes holding a full British passport.
- Athletes must not be currently serving a period of ineligibility or a provisional or permanent suspension for a doping violation or for any other reason of misconduct.
- Athletes must be registered as a member with England Athletics, directly or through a club.
- Athletes will be required to sign the England Athletics Team Members' Agreement ("TMA") and abide by its terms and conditions. Any athlete failing to do so before the date of the competition will result in their selection being withdrawn.
- Athletes must 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.
- Athletes must be eligible as an under 20 under World Athletics Rules as the competition. This requires athletes to be aged 19 or under on 31st December 2026.
- Athletes selected to represent Great Britain & NI and relevant age championships in 2026 will not be eligible for selection.
- Athletes wishing to be selected must complete the expression of interest by 23:59 Sunday 29 March 2026. Link to the expression of interest can be found [here](#). Please ensure the selection policy has been read thoroughly before completing an expression of interest.

Qualification Standards

U20 Male	Standard	U20 Female
	3km or 3000m	9:50
15:00	5km or 5000m	17:15
32:30	10km or 10000m	

Qualification performances must be achieved between 00:00 (GMT) 1 September 2025 & 23:59 (GMT) 29 March 2026

Selection Process & Criteria

- The team will be selected the week commencing Monday 30 March 2026. Selected athletes will be notified and will be required to confirm their selection ASAP.
- Up to four men and four women athletes may be selected. Up to two non-travelling reserve athletes may also be selected for each team.
- To be considered for selection athletes must have achieved the specified selection standard within the selection window. Achieving the standard does not guarantee selection.
- Athletes wishing to be considered for selection must complete the [expression of interest](#) by 23:59 (GMT) 29th March 2026.
- The selection panel will comprise of voting and non-voting members including:
 - EA Event Group Leads or representative.
 - Team Leader.
 - EA Coaching staff (where required).
 - Independent Observer.
 - EA Team/Programme staff.
- The panel may also (at their discretion) seek assistance from anyone else that may be of help. (N.B any voting member of the panel shall declare his/her conflict of interest in respect of any selection issue and shall not be entitled to vote on that issue)
- The consideration period for performances is from 1 September 2025 - 29 March 2026.
- The panel will select athletes against the following criteria (in no ranked order)
 - Current competitive form. This focus will be performances from 1 November 2025 - 29 March 2026. Current form will be given extra consideration when selections are made. Current form can be demonstrated through performances at different race distances or on different surfaces to the highlighted selection standards provided the selection panel consider the performances relevant to the event.
 - Relevant head to heads from races within the selection window.
 - Relevant past England, British or International championship performances within the selection window.
 - Consistency of performance defined by the number of times athletes have met the listed selection standards
 - Future potential to represent England or Great Britain at major championships.
 - Injury status
- England Athletics reserves the right to amend or vary this Selection Policy where necessary at any time. Any such amendments or variations will take effect from the first date of publication of the amended Selection Policy on the England Athletics website.
- 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 this event.

Additional Notes

- Athletes will be expected to travel as a team from the departure airport. The likely departure airport will be Manchester (this is subject to change). Travel dates: Outbound- 30 April, Return - 2 May.
- 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.
- 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.
- England Athletics reserves the right to amend or vary this Selection Policy where necessary at any time. Any such amendments or variations will take effect from the first date of publication of the amended Selection Policy on the England Athletics website.
- 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.
- If you require additional information, please contact Andrew Heyes – ahey@englandathletics.org