



England Age Group Masters Representative Opportunity

5k Masters Road Running

Shrewsbury 5k - 11 July 2026

This document outlines the selection policy for the 5k representative race in Shrewsbury on 11 July 2026.

England Age Group Masters will once again have two teams competing at this year's event:

- England Masters A team
- England Masters Development team

To make the race competitive with the Welsh team, 6 people will be selected for the England Masters 'A' team in each of 5-year age bands. This opportunity is an addition to the main England Masters Programme, the England team will be determined by selection, not via the qualification route, and based upon the criteria laid out in this document.

To put yourself forwards for selection please read this document carefully and then complete the expression of interest form found in the link at the end of the document. For the absence of doubt selected athletes will be self-funded.

- [Read about the England Athletics Masters programme](#)
- [Read FAQs](#) (PDF 750kB)

Please note you should only fill in one submission of interest form for EITHER the A team OR the Development team.

Qualification standards for England Masters A team

To be considered for selection you must have achieved a relevant selection standard for your age category as per the table below. **Please note a qualification time does not guarantee selection.** Selections will be made from the expressions of interest received according to current form.

| Men | Event | Women |
|-------|-----------|-------|
| 16:00 | 5k - V35 | 19:45 |
| 16:30 | 5k - V40 | 20:15 |
| 17:00 | 5k - V45 | 21:00 |
| 18:00 | 5k - V50 | 22:00 |
| 19:00 | 5k - V55 | 23:15 |
| 20:00 | 5k - V60 | 25:00 |
| 21:30 | 5k - V65 | 28:00 |
| 24:00 | 5k - V70 | 30:30 |
| 27:00 | 5k - V75 | 33:30 |
| 31:00 | 5k - V80+ | 38:00 |

Please note qualification performances must be achieved and uploaded to your Power of 10 profile between 00:00 (GMT) 1 January 2026 and 23:59 (GMT) Friday 12 June 2026.

Qualification standards for the England Masters Development team

To be considered for selection you must have achieved a relevant selection standard for your age category as per the table below. As this is a development opportunity for athletes who are aspiring to run in the 'A' race at future 5k events, the following criteria applies:

- You have not represented England Athletics Age Group Masters in a representative race in the previous 3 years (from 11 July 2023 onwards).

Again, please note a qualification time does not guarantee selection. Selections will be made from the expressions of interest received according to current form.

| Men | Event | Women |
|-------|-----------|-------|
| 16:30 | 5k - V35 | 20:15 |
| 17:00 | 5k - V40 | 20:45 |
| 17:30 | 5k - V45 | 21:30 |
| 18:30 | 5k - V50 | 22:30 |
| 19:30 | 5k - V55 | 23:45 |
| 20:30 | 5k - V60 | 25:30 |
| 22:00 | 5k - V65 | 28:30 |
| 24:30 | 5k - V70 | 31:15 |
| 27:45 | 5k - V75 | 34:15 |
| 31:45 | 5k - V80+ | 39:00 |

Please note qualification performances must be achieved and uploaded to your Power of 10 profile between 00:00 (GMT) January 2026 and 23:59 (GMT) Friday 12 June 2026.

Eligibility

Your expression of interest will be assessed according to your **age on the day of the race**. Please make this clear when completing the expression of interest form.

To be considered for selection, athletes must satisfy the following:

- Be a registered athlete (1st or 2nd claim) in an English affiliated clubs
- England Athletics 'athlete registration' is up to date.
- Have achieved a relevant standard within the qualification period
- For the England Masters Development Team **only**:
You have not represented England Athletics Age Group Masters in a representative race in the previous 3 years (from 11 July 2023 onwards).

Selection process for the 'A' Team

- Closing date for applications is Friday 12 June at 23:59 hrs
- The England Masters 'A' Team will be selected from Monday 15 June 2026.
- Up to 6 women and 6 men may be selected for the competing team in each age category from 35 to 80+ years.
- The 'A' Team will be selected using Power of 10.
- Standards outlined in this policy are the minimum standards to be considered for selection and should not be considered as a guarantee of selection.
- Current form will be prioritised when selecting between athletes with similar qualifying performances.
- Qualification performances must be achieved in ratifiable UKA or World Athletics competitions under standard race licensing and competition rules. This includes road and

athletics track 5k but does NOT include parkruns. **parkrun times will not be used to judge selection standards over 5k.**

8. If your result is not showing on Power of 10 by the closing date for applications of 23:59 hrs on Friday 12 June, the result will not be considered. England Athletics are not responsible for results that are not listed, or listed incorrectly
9. It is the responsibility of the athlete to ensure the Expression of Interest form is completed and submitted correctly. If data is missing or inputted incorrectly, e.g. England Athletics URN number, the athlete may not be considered for selection.

Selection process for the England Masters Development Team

Places will be offered to athletes who have submitted an Expression of Interest for the Development Team.

1. Closing date for applications is Friday 12 June at 23:59 hrs
2. The Development Team will be selected from the Monday 15 June 2026.
3. Up to 2 women and 2 men may be selected for the competing team in each age category from 35 to 80+ years.
4. The Development Team will be selected using Power of 10.
5. Standards outlined in this policy are the minimum standards to be considered for selection and should not be considered as a guarantee of selection.
6. Current form will be prioritised when selecting between athletes with similar qualifying performances.
7. Qualification performances must be achieved in ratifiable UKA or World Athletics competitions under standard race licensing and competition rules. This includes road and athletics track 5k but does NOT include parkruns. **parkrun times will not be used to judge selection standards over 5k.**
8. In exceptional circumstances only the select panel reserve the right to select athletes without a current standard.
9. If your result is not showing on Power of 10 by the closing date for applications of 23:59 hrs on Friday 12 June, the result will not be considered. England Athletics are not responsible for results that are not listed or listed incorrectly.
10. It is the responsibility of the athlete to ensure the Expression of Interest form is completed and submitted correctly. If data is missing or inputted incorrectly, e.g. England Athletics URN number, the athlete may not be considered for selection.

Appeals: There shall be no right of appeal to the selection of the England Masters 'A' or Development 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 2026 Masters 5k at the Shrewsbury 5k.

Selections will only be made from athletes who have expressed an interest in selection. Interested athletes should complete the following expression of interest form no later than 23:59 hrs on 12 June 2026.

- 'A' team expression of interest form: <https://forms.office.com/e/2kVKeNavFu>
- Development team expression of interest form: <https://forms.office.com/e/qEGydxmkak>

If you have any trouble accessing or completing the form, please email agegroupteam@englandathletics.org before the closing date for submissions.