



England Athletics Age Group Masters Representative Opportunity

3000m Masters Track Race England v Wales.

Aberdare, South Wales – 13th June 2026

England Athletics Age Group Masters are delighted to introduce this new competition to the programme. Welsh Athletics have kindly agreed to host two meetings this year as part of the Welsh Inter-Regional Track & Field Championships. The first meeting is in South Wales on the 13th June and this document outlines the selection policy for the 3000m representative track race in Aberdare.

There will be two Masters races during the day which will cover the following age groups:

England v Wales - M35, M40, M45

England v Wales - W50, W55, W60

This opportunity 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)

Qualification standards for England Masters 3k team

Due to the short lead in time and as there are no current Power of 10 Masters rankings for the track, selection will be made from athletes submitting their fastest 3000m time from the 1st August 2025 to the 26th May 2026 (indoor or outdoor) on an expressions of interest form. Only the time noted on the expression of interest form will be taken into account. There is no minimum standard time to be attained to gain selection.

Please note there are no trophies or medals for taking part or winning the races.

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. Only those in the age groups listed above should submit an application.

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

- a) Be a registered athlete (1st or 2nd claim) in an English affiliated club
- b) England Athletics 'athlete registration' is up to date.
- c) Be in the M35, M40, M45, W50, W55, or W60+ age categories **on race day**

Selection process

1. Closing date for applications is Thursday 28th May at 23:59 hrs
2. The England Masters team will be selected from 1st June 2026.
3. Up to 3 athletes may be selected for the competing team in the age categories M35, M40, M45, W50, W55, W60+.
4. Athletes aged W65+ may apply for a place in the W60+ team but as there will only be 3 athletes selected for the W60+ category, selection will still be based on running time.
5. Athletes will be selected on the time noted on the Expression of Interest form and checked against their Power of 10 Profile by the selectors.
6. Qualification performances must be achieved in ratifiable UKA or World Athletics track competitions under standard race licensing and competition rules.
7. If your result is not showing on Power of 10 by the closing date for applications of 23:59 hrs on Thursday 28th May, the result will not be considered. England Athletics are not responsible for results that are not listed, or listed incorrectly
8. 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 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 3000m.

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 28th May 2026.

- Expression of interest form: <https://forms.cloud.microsoft/e/S90RQpaQRj>

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