

## England Athletics Selection Policy – Home Nations 5K (v1)

**27<sup>th</sup> September 2026 – Bute Park Cardiff**

### Overview:

England Athletics will select a representative Senior and U20 team to compete at the 2026 Home Nations 5k International (event details will be available [here](#))

The aim of the selection is to provide a competitive road running opportunity for athletes seeking first time international experience as well as those looking to further develop through international competition.

### 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 Any athlete failing to do so before the date of the competition will result in their selection being withdrawn.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.
- Under 20 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 at relevant age championships in 2026 will not be eligible for selection. (World U20's, Euro U18's and European 10,000m Cup).
- Athletes wishing to be selected must complete the expression of interest by 23:59 Sunday 30 August 2026. Link to the expression of interest can be found [here](#).

### Qualification standards:

| Senior Men | Event       | Senior Women |
|------------|-------------|--------------|
| 8:00.00    | 3km / 3000m | 9:30.00      |
| 14:00.00   | 5km / 5000m | 16:20.00     |

| Under 20 Men | Event       | Under 20 Women |
|--------------|-------------|----------------|
| 8:30.00      | 3km / 3000m | 10:05.00       |
| 14:50.00     | 5km / 5000m | 17:30.00       |

*\*Qualification performances must be achieved between 00:00 (GMT) 1<sup>st</sup> January 2026 & 23:59 (GMT) 30 August 2026\**

### Selection Process and Criteria:

- The selection meeting will take place the week commencing Monday 31 August 2026.
- Final team will be announced no later than Friday 4 September 2026.
- Up to four men and four women athletes may be selected for each team. One non travelling reserve athlete may also be selected for each team.
- Selection will be made in two (2) rounds conducted as outlined below:

### Round 1

Automatic selection for winners 5000m at the England Under 20 and Senior Track and Field Championships

- The winner of the Under 20 5000m and the winner of the Senior 5000m at the England Track and Field Championships (3 – 5 July) will automatically be selected provided that they have the England Athletics Qualification Standard listed above.
- Should the winner of the Trials not be eligible for selection (or decline selection), their place will not be offered by default to the next best Eligible Athlete.

### Round 2

The panel will select athletes for the remaining places against the following criteria (in no ranked order:)

- Athletes who meet the qualification standards dating back to 01/01/2026.
  - Current form with particular focus on competition from 01/04/26 – 30/08/26.  
Current form can be demonstrated in races other than 3km / 5km and on non-road surfaces provided the selection panel consider them relevant to indicate potential form at the 5km distance.
  - Relevant head-to-head performances at distance from within the selection window.
  - Consistency of racing form.
  - Future potential to represent England or Great Britain in championship competition.
  - Injury & illness status.
  - Completion of the expression of interest. Link [here](#).
- The selection panel will comprise of voting members. 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)
  - There is no appeal process in operation for this selection.
  - 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.

### Additional Notes

- All athletes **MUST** complete the expression of interest form ahead of the deadline.
- England Athletics **will** provide one night accommodation for athletes if required.
- England Athletics **will not** reimburse athletes for travel costs.
- 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.