

Podium Home Nations 5km – Saturday 24th August 2024
Bute Park, Cardiff
Selection Policy – published May 2024

Overview

The Podium Home Nations 5km will take place in Bute Park, Cardiff on Saturday 24th August 2024. Welsh Athletics values the opportunity this race will provide for Welsh athletes to compete against a high quality domestic field on a fast course whilst competing for a representative team against other representative teams.

Selection Policy Aim

The aim of the selection policy is to **provide a relevant developmental competition opportunity** to athletes demonstrating potential at the senior level.

Athlete Eligibility

Eligibility will be in line with Welsh Athletics eligibility criteria.

Competition Format

The Welsh team being selected to compete in the Podium Home Nations 5km will provide athletes with the chance to compete in a Senior Age Group competition opportunity.

Wales will be looking to send teams of up to **4 Men** and **4 Women** to compete.

Selection Process

Selection of the team will use the following process to ensure the **selection policy aim** is met:

Step 1: The two highest ranked eligible Welsh male and female athletes over 5km (both track and road times will be considered) from 1st January 2024 to end of Sunday 4th August 2024 will be selected as long as they have ran faster than the qualification standard. The qualification standards are as follows:

Male: 14:25

Female: 16:41

If athletes who have met the criteria for automatic selection do not wish to take up their selection, automatic selection will not go down to the next ranked Welsh athletes.

Step 2: The following athletes will then be considered for selection:

- All performance programme athletes (Performance programme, Transition programme and National Development Programme) who have identified in their Individual Athlete Plans (IAPs) that they wish to compete in this race
- Non-programme athletes who have ran quicker than the qualification standard between 1st January 2024 and 4th August 2024 but were not ranked within the top two Welsh athletes. Athletes meeting this criteria will be contacted prior to the selection meeting to see if they wish to be considered for selection and if there is any evidence they wish to be put forward to be used during the selection meeting
- Non-programme athletes wishing to be considered but have not ran the qualification standard between 1st January 2024 and 4th August 2024 need to email Steve Mitchell (Welsh Athletics National Talent Development Coordinator for Endurance) by end of Sunday 4th August to state their wish to be considered and to provide evidence they wish to be used during the selection meeting. Steve Mitchell's email address is:

Steve.Mitchell@Welshathletics.org

The following evidence will be considered when deciding who to select:

- a. 2024 performances from 1st January to 4th August (times and championship/race placings)
- b. Previous Performance History (times and championship/race placings, priority given to 2024 performances)
- c. Career trajectory
- d. Head-to-head records (priority given to 2024 head-to-head record)
- e. Recent verified screening/monitoring data (e.g. physiological landmarks; strength and power landmarks; strength capacity landmarks)
- f. Athlete Engagement with Welsh Athletics
- g. Any further evidence which implies the athlete will compete well and strongly benefit from being selected

There is no obligation to fill all available positions.

The selection meeting will take place on **Wednesday 7th August** and teams will be announced on **Saturday 10th August**.

The selection panel will consist of **two members of the Welsh Athletics Performance Team** and a **nominated member of the road and cross committee**. **Selections will be ratified by the Welsh Athletics Head of Performance**. Selection meeting notes will be made available.

Please note that, if having been selected you become unavailable, evidence for why you are unavailable will need to be supplied to the Welsh Athletics Head of Performance and the

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Appeals Process

There shall be no right to appeal the selection of the Welsh team made by the selection panel.

De-selection Process

De-selection of an athlete may occur following:

1. Failure to adhere to the Welsh Athletics code of conduct
2. In the event of an athlete sustaining an injury or illness following acceptance of their position on the team, they are required to inform the team leader immediately. If required, evidence will have to be supplied. If it is deemed that the injury or illness will negatively affect the athlete's performance this will result in deselection.

Equal Opportunities

Welsh Athletics will not discriminate in the selection of any athlete on the basis of any protected characteristics.

Amendment

Welsh Athletics reserves the right to amend this selection policy at its sole discretion and will make any amended version publically available (including the date on which the amendment was made) on the [Welsh Athletics website](#)