



**2026 EUROPEAN 10K Cup: 23 MAY 2026
LA SPEZIA, ITALY**

SELECTION POLICY – published January 2026

Updated February 2026 – Amendment to paragraph 9, Appendix 1
Updated March 2026 – Removal of Appendix 3, Athlete Contribution

This Selection Policy (“the Policy”) sets out the selection process for the team to represent Great Britain & Northern Ireland at the 2026 European 10k Cup (“the Championships”).

Athletes should note that they must comply with all General Eligibility Requirements given in Appendix 1 to compete for Great Britain & Northern Ireland at these Championships.

PERFORMANCE OBJECTIVES

- To maximise individual and team medal success at these Championships
- To bridge the gap to world-class senior level by prioritising the development of U23 athletes, providing them with the exposure and experience of competition on the international stage.

SELECTIONS

1. The selection meeting will take place on **6 May 2026**.
2. Selections will be based on the performance objectives of the Championships as stated above.
3. Selections will be published by **13 May 2026**.
4. Selections will be subject to a maximum of six (6) athletes in each of the male and female events.:

TRIALS

5. There will be **no Trial event** for athletes wishing to be considered for selection for the European 10k Cup.

EXPRESSION OF INTEREST

6. Athletes wishing to be considered for selection should submit an expression of interest form by **5 May 2026**. The expression of interest form can be found [here](#).
7. Following submission of an expression of interest, athletes should notify the UKA Endurance Strategy Manager (cjones@uka.org.uk) if their availability changes.

ELIGIBILITY FOR SELECTION

8. In addition to meeting the General Eligibility Requirements in Appendix 1, to be eligible for selection, athletes must comply with the Qualification Requirement.
9. For the avoidance of doubt, complying with the Qualification Requirement means an athlete can be considered in the Selection Process; it does not guarantee selection.
10. Athletes who meet the Qualification Requirement are ‘Eligible Athletes’.

QUALIFICATION REQUIREMENT

11. To be considered for selection, athletes must achieve a UKA Selection Standard set out in the tables below within the qualification period **1 January 2025 to 3 May 2026**.

Version	Date
v1	Published 22 January 2026
v2	Updated 3 February 2026
v3	Updated 18 March 2026



Men	Event	Women
13:35.00 (5000m/5km) 28:20.00 (10,000m/10km)	Senior Athletes	15:35.00 (5000m/5km) 32:20.00 (10,000m/10km)
13:50.00 (5000m/5km) 28:45.00 (10,000m/10km)	U23 Athletes	15:50.00 (5000m/5km) 32:45.00 (10,000m/10km)

12. For the avoidance of doubt, the U23 selection standards are qualification requirements for U23 athletes wishing to be considered for the senior event. There is no U23 race event at the Championships.
13. Selection standards must be achieved in competitions that comply with the Performance Conditions in Appendix 2.

SELECTION PROCESS

14. The Selection Panel (the “Selection Panel”) will only select from Eligible Athletes who meet the General Eligibility Criteria and the Qualification Requirement.
15. Selection will be made in two (2) rounds conducted as outlined below.
 - Round 1 – U23 athletes with a UKA Selection Standard
 - Round 2 – Remaining athletes with a UKA Selection Standard
16. Athletes should note that selection in all rounds is subject to the Selection Panel's expert assessment of the athlete's injury and health status.
17. In its assessment of an athlete, or where UK Athletics does not have the capacity or appropriate resources to provide the level of health-related support required, the Selection Panel may decide not to select an athlete if UK Athletics' medical advice considers that participation would pose a risk to the athlete's health or the safety of others.
18. The Selection Panel may in its sole discretion set conditions of selection, which may include but are not limited to fitness, health-related or any other form of assessment. In circumstances where this applies, in the event the athlete fails to comply with the conditions, the provisions for deselection as set out below may apply.

19. Round 1 – U23 athletes with a UKA Selection Standard

- a. The Selection Panel can select up to a maximum of two (2) male and two (2) female athletes in this Round. For the avoidance of doubt, if there are more athletes eligible for consideration for selection in this round than places available, those not selected can be considered in subsequent rounds.
- b. The Selection Panel will consider U23 athletes who have achieved a UKA Selection Standard. Athletes being considered for selection in this round must, in the sole discretion of the Selection Panel, be likely to achieve the Performance Objectives of the Championships based on their assessment of the criteria below.
 - The number of times UKA Selection Standards were achieved within the qualification period.
 - Performances and the consistency of performances in 5,000m, 5km, 10,000m and 10km events during the qualification window.
 - Assessment of an athlete's current form to determine their current performance potential and readiness to compete at a level that can meet the performance objectives

Version	Date
v1	Published 22 January 2026
v2	Updated 3 February 2026
v3	Updated 18 March 2026



of these championships. Current form can be demonstrated in 3,000m, 5,000m, 5km, 10,000m and 10km and will be assessed during the period **1 January 2026 to 3 May 2026**.

- Head-to-heads with other relevant athletes in 3,000m, 5,000m, 5km, 10,000m and 10km events in the qualification period
 - Previous major international competition history since 2024
 - Medical, injury and other health-related status considerations
 - Panel’s expert assessment of individual potential to progress to medal at future senior European Championships, Commonwealth Games, World Championships and Olympic Games.
 - Other factors the Selection Panel deem relevant.
- c. The criteria above are not listed in order of priority and may be weighted as necessary to best meet the Performance Objectives or may not be considered as the Selection Panel deems appropriate.
- d. If there are more athletes with a UKA Selection Standard than there are places available, athletes will be considered for selection based on the Selection Panel’s comparative assessment of athletes. The Selection Panel will ultimately selection athletes with the greatest potential to fulfil the performance objectives of the Championships.
- e. For the avoidance of doubt, the Selection Panel is neither obliged to select athletes nor to fill the two event places for each of the male and female events in this round.

20. Round 2 – Remaining athletes with a UKA Selection Standard

- a. The Selection Panel will then consider remaining athletes with a UKA Selection Standard. Athletes being considered for selection in this round must, in the sole discretion of the Selection Panel, be likely to achieve the Performance Objectives of the Championships based on their assessment of the criteria below:
- The number of times UKA Selection Standards were achieved within the qualification period.
 - Performances and the consistency of performances in 5,000m, 5km, 10,000m and 10km events during the qualification window.
 - Assessment of an athlete’s current form to determine their current performance potential and readiness to compete at a level that can meet the performance objectives of these championships. Current form can be demonstrated in 3,000m, 5,000m, 5km, 10,000m and 10km and will be assessed during the period **1 January 2026 to 3 May 2026**.
 - Head-to-heads with other relevant athletes in 3,000m, 5,000m, 5km, 10,000m and 10km events in the qualification period
 - Previous major international competition history since 2024
 - Medical, injury and other health-related status considerations
 - Panel’s expert assessment of individual potential to progress to medal at future senior European Championships, Commonwealth Games, World Championships and Olympic Games.
 - Other factors the Selection Panel deem relevant.
- b. The criteria above are not listed in order of priority and may be weighted as necessary to best meet the Performance Objectives or may not be considered as the Selection Panel deems appropriate.
- c. If there are more athletes with a UKA Selection Standard than there are places available, athletes will be considered for selection based on the Selection Panel’s comparative

Version	Date
v1	Published 22 January 2026
v2	Updated 3 February 2026
v3	Updated 18 March 2026



assessment of athletes. The Selection Panel will ultimately selection athletes with the greatest potential to fulfil the performance objectives of the Championships.

- d. For the avoidance of doubt, the Selection Panel is neither obliged to select athletes nor to fill all event places.

21. Reserves

- a. The Selection Panel may in its discretion nominate one (1) additional male and one (1) additional female Eligible Athlete to be a non-travelling reserve for each event. If more athletes satisfy criteria than there are places available, athletes will be assessed using the criteria outlined in the Rounds. There is no obligation on the Selection Panel to nominate reserves.
- b. In situations where an athlete has been de-selected, UKA will exercise its sole discretion in determining whether or not to call upon a reserve.

SELECTION PANEL

22. The Selection Panel shall comprise the following Members stated below. A substitute may be nominated at any time by the UKA Endurance Strategy Manager if a member (including the UKA Endurance Strategy Manager) is unavailable:

- a. Voting Members:
 - i. UKA Endurance Strategy Manager;
 - ii. European 10k Cup Team Leader;
 - iii. A member of the UKA Endurance Advisory Group
- b. Non-Voting Members:
 - i. Chairperson;
 - ii. Independent Observer (if available);
 - iii. UKA Athlete Commission Member or BEAA (as required by the Chairperson and if available);
 - iv. UKA Medical representative (as required);
 - v. Legal representative (as required by the Chairperson);
 - vi. Note-taker(s);
 - vii. Any other person invited by the Chairperson

23. In the event of an actual, potential or possible conflict relating to any voting member of the Selection Panel, it should be reported to the Chairperson of the selection meeting who shall determine whether the Voting Member in question should be permitted to take part in relation to any selection decision(s). The Chairperson may appoint an alternative selector if necessary.

24. Voting of the Selection Panel shall be by simple majority. The UKA Endurance Strategy Manager shall have the casting vote, if required. If the UKA Endurance Strategy Manager is unable to vote due to a conflict, the Chairperson shall nominate the Selection Panel member with the casting vote if required.

25. The Selection Panel may make any selection subject to the athlete completing a performance requirement, test set or health/injury assessment.

DE-SELECTION

26. Following selection, an athlete may be de-selected by the Selection Panel or UK Athletics in the event of:

Version	Date
v1	Published 22 January 2026
v2	Updated 3 February 2026
v3	Updated 18 March 2026



- a. The athlete ceasing to comply with the eligibility criteria set out in this Selection policy, European Athletics or World Athletics rules, or other UK Athletics strategy document or policy communicated by UK Athletics
- b. Failure to sign the World Class Programme Athlete Agreement or Team Member Agreement
- c. Failure to comply with any conditions set by the Selection Panel
- d. Application of the UK Athletics Team Medical Policy as set out in the World Class Programme Athlete Agreement or Team Member Agreement
- e. Any anti-doping rule violation or provisional suspension or failure to complete any required anti-doping action, including training or courses
- f. Any serious misconduct or suspension due to misconduct
- g. A breach of any UK Athletics policy
- h. UK Athletics reasonably considering that the athlete will be unable to perform at the level required or expected due to any reason including loss of form or failure to recover fully or as expected from injury or illness or health related issue.

GENERAL PROVISIONS

27. Appeals

There will be no right of appeal to the selection of the GB & NI Team made by the Selection Panel. The provisions of the UK Athletics Fast Appeals Procedure do not apply to the GB & NI team selections for the 2026 European 10k Cup.

28. Amendment

UK Athletics reserves the right to amend this Selection Policy at any time in its sole discretion and will make any amended version publicly available (including the date on which any amendment was made) at www.britishathletics.org.uk.

29. Governing Law

This Selection Policy shall be governed by and construed in accordance with the law of England and Wales.

30. Jurisdiction

Any dispute or claim (other than appeals) arising out of or in connection with this Selection Policy shall be submitted for determination exclusively to arbitration under the auspices of Sports Resolutions (UK) Limited and subject to the procedural control of the English Courts.

31. Key Contacts

For any questions relating to the Selection Policy please contact Chris Jones cjones@uka.org.uk or Paula Gowing pgowing@uka.org.uk

Version	Date
v1	Published 22 January 2026
v2	Updated 3 February 2026
v3	Updated 18 March 2026



APPENDIX 1 – GENERAL ELIGIBILITY CRITERIA

1. Be eligible to compete for GB&NI and be the holder of a full and current British passport.
2. Comply with all World Athletics and competition rules relevant to the category and/or event they wish to compete in.
3. Is not serving a period of ineligibility from the sport (as determined by UK Athletics or a Home Country Athletics Federation) or from any other sport. For example, due to misconduct and/or disciplinary reasons.
4. Not under investigation or been charged by UK Athletics, a Home Country Athletics Federation, or any other relevant organisation (including the police and CPS) with misconduct or any disciplinary, safeguarding or criminal offence.
5. Completed all anti-doping requirements.
6. Not committed a criminal, disciplinary or safeguarding offence that in the reasonable opinion of the Board of UK Athletics renders the athlete unsuitable for selection.
7. Has not, whether by an act or omission, brought UK Athletics into disrepute.
8. Meet the standards and behaviour expected by UK Athletics, as published from time to time, including in the International Athletes Code of Conduct.
9. Be registered as a member with the relevant Home Country Athletics Federation (HCAF), directly or through a club. Exemption may be granted in exceptional circumstances only, where an athlete must be registered to a club in a foreign country due to local laws and regulations governing residency and training. In such cases, the athlete should seek written approval from the Performance Director in advance.
10. Be 16 years or older as of 31 December 2026 (i.e. born in 2010 or earlier).
11. Complete European Athletics “I Run Clean” online anti-doping certification.
12. Sign the UK Athletics Team Members’ Agreement (“TMA”) or World Class Programme Agreement as applicable and abide by its terms and conditions. Any athlete failing to do so prior to the first date of competition will result in their selection being withdrawn. The current version of the TMA can be found online at <https://www.uka.org.uk/performance/british-athletics-teams-information/>

APPENDIX 2 - PERFORMANCE CONDITIONS

The UKA Selection Standards must be achieved in accordance with the Performance Conditions as set out below.

1. Performances must be achieved during competitions organised or authorised by World Athletics, its Area Associations or its National Member Federations, conducted in conformity with World Athletics Rules and as of 1 January 2023 must be published on the Global Calendar pages of the World Athletics website (<https://worldathletics.org/competition/calendar-results>).
2. Track events will only be listed on the World Athletics global calendar if they are licensed as a UK Athletics Level 2 competition or higher. Performances in road events will be considered on certified courses by the National Federation of the country in which the competition was organised.
3. Performances achieved in mixed track events between male and female participants shall not be accepted.

Version	Date
v1	Published 22 January 2026
v2	Updated 3 February 2026
v3	Updated 18 March 2026



4. Performances in road events will be considered on certified courses by the National Federation of the country in which the competition was organised.

Version	Date
v1	Published 22 January 2026
v2	Updated 3 February 2026
v3	Updated 18 March 2026