



**2026 WORLD ATHLETICS ROAD RUNNING CHAMPIONSHIPS:  
19 – 20 SEPTEMBER 2026, COPENHAGEN, DENMARK**

**SELECTION POLICY – published January 2026**

Updated February 2026 – Introduction of Round 4 (Half Marathon events) and adjustment to qualification window end date & Amendment to paragraph 10, Appendix 1

Updated March 2026 – Removal of Appendix 3, Athlete contribution & addition of point 24 (d) to clarify Half Marathon Round 1 selection.

This Selection Policy (“the Policy”) sets out the selection process for the team to represent Great Britain & Northern Ireland at the 2026 World Athletics Road Running Championships (“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. **New World Athletics Female Athlete Category Testing (‘FACT’) is now an Eligibility Requirement. Female athletes should note that they must have an SRY Gene Test in order to be Eligible to compete - see Appendix 1, paragraph 2.**

**PERFORMANCE OBJECTIVES**

- To maximise medal success and individual top 8 placings at the Championships

**SELECTIONS**

1. The selection meetings will take place on the following dates:
  - Road Mile – **18 August 2026**
  - 5km – **18 August 2026**
  - Half Marathon – **17 March 2026 and 24 August 2026**
  
2. Selections will be made in three (3) stages and across four (4) rounds as outlined in paragraph 20 and will be based on the performance objectives of the championships as stated above.
  
3. Selections will be published on the following dates:
  - Road Mile - **25 August 2026**
  - 5km – **25 August 2026**
  - Half Marathon – **20 March (for Round 1 selections) 25 August 2026**
  
4. Selections will be subject to the maximum number of entries as follows:
  - a. **Road Mile**  
A maximum of two (2) athletes can compete in each individual event.
  
  - b. **5km**  
A maximum of two (2) athletes can compete in each individual event.
  
  - c. **Half Marathon**  
A maximum of four (4) athletes can compete in each individual event.

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## TRIALS

5. The trial event for athletes wishing to be considered for selection in the Half Marathon event, is the Bath Half Marathon on 15 March 2026 (the “Trial”).
6. Athletes wishing to enter the Half Marathon Trial must have achieved the following entry standard in the Half Marathon event between **01 January 2025** and **27 February 2026**.

Men	Event	Women
1:05:00	<b>Half Marathon</b>	1:14:00

7. Athletes who meet the criteria above and wish to enter the Trial event must email Spencer Barden ([spencer.barden@londonmarathonevents.co.uk](mailto:spencer.barden@londonmarathonevents.co.uk)) by **27 February 2026**.
8. It is not mandatory to compete at the Trials for athletes seeking selection for the Half Marathon event, however priority is given to competing athletes and therefore athletes who do not compete at trials may risk non-selection.
9. There will be no Trial event for athletes wishing to be considered for selection in the 1 mile or 5km event at the 2026 World Road Running Championships.

## ELIGIBILITY FOR SELECTION

10. In addition to meeting the General Eligibility Requirements in Appendix 1, to be eligible for selection, athletes must comply with both Requirement One (Expression of Interest) and Requirement Two (Qualification).
11. Athletes who meet all Requirements are Eligible Athletes.
12. For the avoidance of doubt, complying with both requirements means an athlete can be considered in the Selection Process; it does not guarantee selection.

### REQUIREMENT ONE: EXPRESSION OF INTEREST

13. Athletes wishing to be considered for selection must submit an expression of interest form by the following event deadlines. The expression of interest form can be found [here](#).
  - a. Road Mile – **17 August 2026**
  - b. 5km – **17 August 2026**
  - c. Half Marathon – **16 March 2026 (for athletes wishing to be considered in Round 1) and 23 August 2026 (for athletes wishing to be considered in Round 4)**
14. If no expression of interest is received by this date, the Selection Panel will not consider an individual for selection.
15. Following submission of an expression of interest, athletes should notify the UKA Endurance Strategy Manager ([cjones@uka.org.uk](mailto:cjones@uka.org.uk)) if their availability changes.

### REQUIREMENT TWO: QUALIFICATION

16. To be considered for selection, athletes must achieve the **UKA Selection Standard** for their corresponding event as set out in the table below, within the respective qualification period set out below.

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**Qualification Periods:**

- **Road Mile:** 1 January 2026 to 16 August 2026
- **5km:** 1 January 2026 to 16 August 2026
- **Half Marathon:** 1 September 2025 to 23 August 2026

Men	Event	Women
3:52.00 3:35.00 (1500m)	<b>Road Mile</b>	4:22.00 4:05.00 (1500m)
13:30.00 13:10.00 (5000m)	<b>5km</b>	15:25.00 15:05.00 (5000m)
1:01:30	<b>Half Marathon</b>	01:09:30

17. UKA Selection Standards must be achieved in competitions that comply with the Performance Conditions in Appendix 2.

**SELECTION PROCESS**

18. The Selection Panel (the “Selection Panel”) will only select from athletes who meet the General Eligibility Criteria and both Performance Requirements One and Two.

19. Selection will be made in three (3) stages and four (4) rounds conducted as outlined below.

- Round 1 – Top two finishers at Half Marathon Trial
- Round 2 – Road Mile Athletes with a UKA Selection Standard
- Round 3 – 5km Athletes with a UKA Selection Standard
- Round 4 – Remaining Athletes for Half Marathon Event with a UKA Selection Standard

20. Athletes should note for the Half Marathon event, the rounds are ordered in such a way to prioritise top finishers at Trials before the assessments of remaining athletes.

21. 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.

22. 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.

23. 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.

**Stage 1 – 17 March 2026 Selection Meeting (Half Marathon): Round 1**

**24. Round 1 - Top two (2) at Half Marathon Trial event**

- The top two (2) Eligible Athletes in each of the individual Half Marathon Trial events (male and female) will be selected for the corresponding event, provided the Selection Panel is satisfied with the athlete’s injury and health status.

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- b. Where there is a dead heat or tie in the Trial event between Eligible Athletes for consideration in this round, the following considerations will apply:
  - i. Where two athletes are tied for first place, both will be selected.
  - ii. Where three or more athletes are tied for first placed, all athletes will be considered in Round 4.
  - iii. Where two or more athletes are tied for second place both athletes will be considered in Round 4.
- c. Should either of the first two finishers at the Trials not be eligible for selection (or decline selection), their place will not be offered by default to the next best Eligible Athlete.
- d. For the avoidance of doubt, if an athlete finishes in the top two positions at the Half Marathon Trial event and does not have the UKA Selection Standard at the time of the first selection meeting on 17 March but subsequently achieves it before end of the qualification window (23 August 2026), they will be considered in Round 4 on 24 August 2026.

**Stage 2 – 18 August 2026 Selection Meeting (Road Mile & 5km): Rounds 2 & 3**

**25. Round 2 – Road Mile Athletes with a UKA Selection Standard**

- a. The Selection Panel will consider Eligible Athletes with a UKA Selection Standard in the Road Mile event. Athletes being considered for selection in this round must, in the sole discretion of the Selection Panel, be likely to achieve the Performance Objective of the Championships based on their assessment of the criteria below:
  - Where relevant, performance at 2026 European Athletics Championships
  - The number of times the corresponding UKA Selection Standards were achieved during the relevant qualification window
  - Performances and the consistency of performances in 1500m and Mile events during the qualification window
  - 2026 Season’s Best in 1500m and Mile (Track & Road) events
  - 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 objective of these championships. Current form can be demonstrated in 800m, 1500m, Mile, 3,000m, 5000m disciplines and will be assessed during the period **1 June 2026 to 18 August 2026**.
  - Head-to-heads with other Eligible Athletes in 1500m and Mile (Track & Road) events in the qualification period
  - Previous major competition history since 2024
  - Medical, injury and other health-related status considerations
  - 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 Objective as the Selection Panel deems appropriate. The Selection Panel may also disregard certain criteria.
- 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 assessment of athletes. The Selection Panel will ultimately select athletes with the greatest potential to fulfil the performance objective of the Championships.

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

**26. Round 3 – 5km Athletes with a UKA Selection Standard**

- a. The Selection Panel will consider Eligible Athletes with a UKA Selection Standard in the 5km event. Athletes being considered for selection in this round must, in the sole discretion of the Selection Panel, be likely to achieve the Performance Objective of the Championships based on their assessment of the criteria below:
  - Where relevant, performance in the 5000m at the 2026 European Athletics Championships
  - The number of times UKA Selection Standards were achieved during the qualification window
  - Performances and the consistency of performances in 3000m, 5000m, 5km, 10000m and 10km events during the qualification window.
  - 2026 Season’s Best in the 5000m and 5km.
  - 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 objective of these championships. Current form will be assessed during the period **1 June 2026 to 16 August 2026**.
  - Head-to-heads with other Eligible Athletes in 3000m and 5000m events in the qualification period
  - Previous major international competition history since 2024
  - Medical, injury and other health-related status considerations
  - 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 Objective, as the Selection Panel deems appropriate. The Selection Panel may also disregard certain criteria.
- 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 assessment of athletes. The Selection Panel will ultimately select the athletes it considers possess the greatest potential to fulfil the performance objective of the Championships.
- d. For the avoidance of doubt, the Selection Panel is neither obliged to select athletes nor to fill all event places.

**Stage 3 – 24 August 2026 Selection Meeting (Half Marathon): Round 4**

**27. Round 4 - Remaining Athletes with a UKA Selection Standard in the Half Marathon Event**

- a. The Selection Panel will then consider remaining Eligible Athletes with a UKA Selection Standard in the Half Marathon event. Athletes being considered for selection in this round must, in the sole discretion of the Selection Panel, be likely to achieve the Performance Objective of the Championships based on their assessment of the criteria below:
  - Performance and position at Trials
  - Performances and the consistency of performances in 10km, 10-mile and Half Marathon events during the qualification window
  - Best performance in the Half Marathon event in the qualification window

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- 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 objective of these championships. Current form can be demonstrated in an alternative relevant discipline in road events only and will be assessed during the period **1 January 2026 to 23 August 2026**.
  - Head-to-heads with other Eligible Athletes in the Half Marathon event in the 2025 and 2026 seasons.
  - Previous major international competition history since 2024
  - Medical, injury and other health-related status considerations
  - Individual potential to progress to medal at future senior European Championships, World Championships and Olympic Games.
  - Other factors the Selection Panel deems relevant.
- b. The criteria above are not listed in order of priority and may be weighted as necessary to best meet the Performance Objective, 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 assessment of athletes. The Selection Panel will ultimately select athletes it considers possess the greatest potential to fulfil the performance objective of the Championships.
- d. For the avoidance of doubt, the Selection Panel is neither obliged to select athletes nor to fill all event places.

**28. Reserves**

- a. The Selection Panel may in its discretion nominate one (1) additional athlete as a non-travelling reserve for any individual event. If more athletes satisfy the criteria than there are places available, athletes will be assessed using the criteria outlined within 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**

29. 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. World Road Running Championships 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 (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

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30. 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.
31. 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.
32. The Selection Panel may make any selection subject to the athlete completing a performance requirement, test set or health/injury assessment.

## DE-SELECTION

33. Following selection, an athlete may be de-selected by the Selection Panel or UK Athletics in the event of:
  - a. The athlete ceasing to comply with the eligibility criteria set out in this Selection Policy, 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

### 34. 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 World Athletics Road Running Championships.

### 35. Amendment

If further details are released by World Athletics to include qualification routes or other stipulations, 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](http://www.britishathletics.org.uk).

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**36. Governing Law**

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

**37. 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.

**38. Key Contacts**

For any questions relating to the Selection Policy please contact Chris Jones [cjones@uka.org.uk](mailto:cjones@uka.org.uk) or Paula Gowing [pgowing@uka.org.uk](mailto:pgowing@uka.org.uk)

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## 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. If competing in a Female athlete category event, possess a SRY Gene Test Certificate before 30 August 2026. This is in line with World Athletics eligibility rules (Technical Rule 3, Eligibility Rule 3.5).
3. Comply with all World Athletics and competition rules relevant to the category and/or event they wish to compete in.
4. 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.
5. Not under investigation, nor been charged by UK Athletics, a Home Country Athletics Federation, or any other relevant organisation (including the police and CPS) for misconduct or any disciplinary, safeguarding or criminal offence.
6. Completed all anti-doping requirements.
7. 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.
8. Has not, whether by an act or omission, brought UK Athletics into disrepute.
9. Meet the standards and behaviour expected by UK Athletics, as published from time to time, including in the International Athletes Code of Conduct;
10. 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.
11. Be 18 years or older as of 31 December 2026 (i.e. born in 2008 or earlier).
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.

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3. Performances achieved in mixed track events between male and female participants shall not be accepted.
4. Hand-timed performances will be accepted.

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