



EUROPEAN CHAMPIONSHIPS 2026, BIRMINGHAM, UNITED KINGDOM, SELECTION POLICY FAQs

The FAQs below are designed to support athletes and coaches in understanding the selection process for the European Championships. FAQs cannot replace the European Selection Policy, which takes precedence in the event of a conflict with this document. Athletes and coaches should consult the FAQs where needed, in parallel with reading the policy itself. There are different selection policies for Track & Field, Race Walk and Marathon events, athletes should read the policy relevant to them which can be found [here](#).

What are the Performance objectives for these Championships?

As this is a home Championships, the Performance Objectives have been carefully considered in order to select athletes capable of winning individual medals or contributing to team medals in the Marathon event in line with the World Class Programme strategy. We also want to support those athletes with strong potential to move through rounds to reach finals in gaining valuable championship experience for future Olympic and World Championship success.

TRACK & FIELD

What are the key eligibility requirements?

To be eligible for selection, athletes must:

- Meet all **General Eligibility Requirements** that can be found in Appendix 1 of the Selection Policy.
- Comply with **Requirement One** – Participation at Trials (UK Athletics Outdoor Championships)
- Comply with **Requirement Two** – Qualification Requirement (standard, ranking or Wild Card)

Meeting eligibility requirements allows an athlete to be considered but does not guarantee selection.

Is it compulsory to compete in the Trials?

It is mandatory for all athletes to compete at Trials, except for the specific provisions in the 10,000m event.

The main Trials are the British Championships which take place at the Alexander Stadium, Birmingham on 20 and 21 June 2026.

For the 10,000m, the trial event is 17 May 2026, at the Loughborough International.

As a general rule, athletes must compete in their corresponding event at Trials in order to be eligible for selection (Requirement One). Please see exceptions below.

What are the exceptions to competing at Trials?

Exceptions may apply in specific circumstances:

- Olympic or World Championship individual medallists may compete in a different discipline (with prior written approval by the Performance Director)
- 4 x 100m relay athletes may compete in 100m, 200m or 100H/110H
- 4 x 400m relay athletes may compete in 200m, 400m, 400mH or 800m
- Combined event athletes must compete in one relevant event that is agreed with the Performance Director
- Approved illness or injury exemptions (athletes must familiarise themselves with the timelines and conditions in the policy if they are seeking a medical exemption).
- Doubling up – athletes will only need to compete in their primary event at Trials in order to be considered (however, note that Trials winners with an EA Standard are prioritised in selection).



For athletes considering the 5,000m & 10,000m double, athletes will need to compete in the 5,000m Trial event.

What happens if I am injured or ill and cannot compete at Trials?

You must provide appropriate medical evidence and notify the Performance Director and/or UKA Lead Doctor within the required medical timelines (paragraph 8g). At this point, UKA will confirm whether a medical exemption can be granted.

Even with an approved exemption, non-attendance at Trials will naturally place an athlete at a disadvantage in the selection process.

What are the ways I can satisfy the Qualification Requirement (Requirement Two)?

Athletes can qualify by one of the following routes. Note they are not all equal when it comes to selection consideration – there is a priority order used in the rounds.

- Have a **European Athletics (EA) Wild Card** – achieved by virtue of being 2024 European Champion
- Achieve an **EA Entry Standard** published in the Selection Policy within the qualification period (event standards are listed in the Selection Policy). 10,000m and Combined Events have longer qualification periods.
- Be in a **Road to Birmingham ranking** position either 'In World Rankings Quota' or as 'Next best by World Rankings' positions at the time of the selection meeting (athletes selected must then be in a qualifying position at the close and final publication on 30 July 2026).

Note:

- Relay events do not require an individual to meet the qualification requirement.
- The EA Entry Standard for 5k Road times are not listed in the selection policy as accepted Standards – only the 5,000m track times will be considered.

How many places are available by event?

There are 3 places available in each event. For the Women's 100m and Women's 800m GB has EA Wild Cards, so if the Wild Card athlete competes in the same event, there is a fourth place available for those events.

Can I compete in more than one individual event at the European Championships?

If you're aiming to compete in two individual events, you only need to compete in your primary event at Trials to be considered*. In these circumstances, you must notify the Panel of your request to be considered for both events by emailing the Performance Director. Requests must be made in writing in advance of the Trials in order to be considered in the selection meetings. You will also need to have a Qualification Requirement in both events to be considered. The Selection Panel will assess the impact on performance and may decide not to select an athlete for their second event.

Notes:

* The 5,000m and 10,000m double requires competing in the 5,000m Trial event as a minimum.

Athletes should be aware that, although they are not required to double up at the Trials in order to be considered, selection for the secondary event cannot not be considered until Round 4 or Round 5, with Trials winners (with EA standard) taking precedence via Round 3.

How are selections made?

Selections take place in three selection meetings: 21 June 2026, 1 July 2026, 27 July 2026. Provided athletes meet the General Eligibility Criteria and Two Requirements, they are selected in the following order:

Round 1 – All EA Wild Cards, 2024 Olympic Games individual medallists and 2025 World Championship individual medallists are selected on 21 June 2026.

Round 2 – Athletes with the EA Entry Standard (as stated in the selection policy) who win trials will be selected on 21 June 2026.



Round 3 – The two highest ranked Combined Event athletes on the Road to Birmingham will be selected.

Round 4 – Remaining athletes with an EA Entry Standard (as stated in the selection policy) will be assessed against performance criteria (see policy for details).

Round 5 – Remaining athletes on the Road to Birmingham rankings will be assessed against performance criteria (see policy for details).

Round 6 – Relay Events – athletes will be assessed against performance criteria (see policy) with specific consideration of relay skills.

What Rounds can Combined Events athletes be considered for selection in?

Combined event athletes can be considered for selection in the following Rounds:

- Round 1 - if they are a previous medallist
- Round 3 – the two highest ranked Combined Event athletes on the 'Road to Birmingham' rankings (excluding athletes selected in R1)
- Round 4 – if places remain, any athletes who have an EA Entry Standard
- Round 5 – if places remain, any athletes who are in a ranking position

If I win the Trials, am I guaranteed selection?

Only if you:

- Have achieved the EA Entry Standard, and
- Are assessed as fit and healthy by the Selection Panel

If a medallist or Wild Card athlete wins Trials, the second-placed athlete may be selected in addition, provided they meet the requirements.

Can I be selected without an EA Entry Standard?

Yes, but only through **EA Rankings (Round 5)** and only if in the Selection Panel's expert opinion, you can meet the performance objectives of the Championships. The range of assessment criteria is given in the policy.

What happens if I win Trials but do not have the EA Standard?

If you win your Trial event and later achieve the EA Entry Standard before the end of the qualification window, you will be considered for selection in Round 4. If you do not have the standard but are on the Road to Birmingham ranking, you will be considered in Round 5. If you do not fulfil any of the Qualification routes, then you will not be considered in the Rounds.

What happens if an Individual medallist or Wild Card wins the Trial event?

If a medallist or Wild Card athlete wins a Trial event, then the 2nd place athlete will be considered in Round 2 (Winner of Trial Event Round) provided they have an EA Entry Standard. If they do not have an EA Entry Standard, then the place will not be offered by default to the next place athlete at this point in the selection process.

10,000m EVENTS

I want to be considered for the 10,000m Event at the Europeans, do I have to compete at the 10k Trial OR can I compete at the UK Championships in June?

Athletes who want to be considered for the 10,000m event at the 2026 European Championships do not need to compete at either Trial event to be eligible for selection. Athletes should be aware that if they do not race at the Trial event they can only be considered in Rounds 4 or 5 and as part of that they will need to demonstrate current form from 27 March 2026.

I want to double in the 5,000m and 10,000m Event at the Europeans, what Trials do I need to compete in?



You will need to compete in the 5,000m Trial event as a minimum in order to be eligible for selection consideration. Athletes can also choose to compete in the 10,000m Trial, but it is not a mandatory requirement.

Are 10k Road Times accepted for the 10,000m Event Entry Standard?

Yes, 10k Road Times are accepted for the Entry Standard for the 10,000m Event. However, athletes should note that performances achieved by women in mixed competitions are not accepted by European Athletics as Entry Standards.

RELAYS

How are relay athletes selected?

Up to nine athletes may be selected per relay event. This includes athletes already selected for individual events. Selection is based on form, consistency, relay skills, health and the ability to maximise medal potential.

If I am selected for an individual event, will I have to run relays?

Yes. Athletes selected for the 4x100m and 4x400m may be required to compete in both the Men's and Women's Relay and Mixed Relay, as directed by the Performance Director.

Can I be selected for a relay but not an individual event?

Yes. Athletes may be selected for the relay-only (even if they have met an individual qualification requirement) if this best supports medal success.

MARATHON

Is there a Trial Event and is it mandatory to compete?

The Trial event is the TCS London Marathon on 26 April 2026. Female athletes must have entered the elite race field in order to be considered for selection. Male athletes can enter the elite or general field.

There is prioritisation given in Selection Round 2 for athletes who compete at the Trial event. However, it is not mandatory to compete, and athletes can still be considered in Round 1, 3 or 4.

Do I need to get a medical exemption if I am unable to compete at the Marathon Trial?

As it is not mandatory to compete at the Trials for athletes wishing to be considered for selection, they do not need to get a medical exemption. However, keeping UKA informed of an athlete's current injury and health status is important for the selection process. Contact with the WCP Endurance Performance Lead (tcraggs@uka.org.uk) is encouraged.

How many places are available in each of the Marathon events?

There are six places available in each of the Marathon events. There is no obligation for the Selection Panel to fill all event places, only athletes who in the Selection Panel's expert opinion, are able to fulfil the performance objectives of the Championships (found in the policy) will be selected.

What are the Qualification routes for the Marathon Event?

Athletes must either:

- Achieve a European Athletics Entry Standard within the qualification period or;
- Be in a European Athletics ranked position either 'In World Rankings Quota' or 'Next best by World Rankings' on the Road to Birmingham at the time of the selection meeting. Selected athletes then must be in a qualifying position at the close and final publication of the ranking on 30 July.

How are athletes selected for the Marathon?



Selections for the Marathon will take place in two selection meetings: 16 February 2026 and 27 April 2026. Provided athletes meet the General Eligibility Criteria and the Qualification Requirement, they are selected in the following order:

Round 1 – Athletes with a EA Entry Standard prior to the first selection meeting will be assessed against performance criteria (a maximum of four male and four female athletes can be selected in this round)

Round 2 – Athletes with the EA Entry Standard who finish in the Top 3 at Trials will be selected on 27 April 2026.

Round 3 – Remaining athletes with an EA Entry Standard will be assessed against performance criteria (see policy for details).

Round 4 – Remaining athletes on the Road to Birmingham rankings will be assessed against performance criteria (see policy for details). Athletes who are selected in this round, in a 'Next Best' position on the rankings will need to be within the rankings quota by 30 July 2026 to have their place confirmed.

What is a performance plan and who do I need to share this with?

A performance plan is a high-level overview of an athlete's individual training and competition schedule between the date of selection and the European Championship marathon. This is to ensure that the plan is aligned to championship marathon preparation. We will not require a highly detailed plan of every session, but it would need to include any camps and key races. We will then ask selected athletes to keep us informed with how they are progressing during this period.

What events can I demonstrate Current Form in?

Current Form can be demonstrated in Road 10km and Half Marathon distances, and any other alternative relevant discipline as deemed appropriate.

RACE WALKS

Is there a Trial Event for the Race Walks?

There is no Trial Event for athletes wishing to be considered for the Race Walks. Athletes will be assessed against performance criteria (see policy for details) in two separate rounds (depending on their qualification route).

What are the Qualification routes for the Race Walk Events?

Athletes must either:

- Achieve a European Athletics Entry Standard within the qualification period (**note – there are different qualification periods for the Half Marathon and Marathon**) or;
- Be in a European Athletics ranked position either 'In World Rankings Quota' or 'Next best by World Rankings' on the Road to Birmingham at the time of the selection meeting. Selected athletes then must be in a qualifying position at the close and final publication of the ranking on 30 July.

How many places are available in each of the Race Walk events?

There are three places available in each of the events.

Can I appeal if I am not selected?

Yes. Athletes may appeal a non-selection in accordance with the UK Athletics Selection Fast Appeals Procedure.

- Appeals may only be lodged after final selections are published
- A £250 administration fee applies (refundable if the appeal is upheld)
- Appeals must strictly follow the published timelines in the respective Selection Policy. Athletes are strongly advised to familiarise themselves with the deadlines in advance.

I have a question that was not addressed here. Who can I contact?



You can address any selection policy-related query to Tina Ryan, Director of Performance Operations on the email address below.

USEFUL CONTACTS	
Paula Dunn, Performance Director pdunn@uka.org.uk	UK Athletics Championships related requests (please submit in writing) and general selection queries
Tina Ryan, Director of Performance Operations tryan@uka.org.uk	General selection and policy related queries (including appeals) and timelines.
George Polglass, UKA Head of Medicine gpolglass@britishathletics.org.uk or James Brown, UKA Lead Doctor jbrown@britishathletics.org.uk	Medical issues relating to participation at UK Athletics Championships
Maddy Ibbett mibbett@britishathletics.org.uk	Championships logistics related queries