

## 20th European Athletics Championships Barcelona, Spain

### Marathon Selection Policy

The European Athletics Championships Marathon in 2010 will incorporate the European Marathon Cup.

All performances will be considered in the qualification period 1st January 2009, up to and including the 30th May 2010. Athletes who achieve the qualification standard before the 1st January 2010 will be expected to prove fitness over an appropriate distance as agreed by the Athletics Ireland Selection Committee.

The team selection for the Marathon will take place on Monday 31<sup>st</sup> May 2010; no additions will be made after this date.

To comply with European Athletics (EA) standards, performances must be achieved in official Marathons that have been ratified by the IAAF. A list of IAAF ratified Marathons can be found at [www.aimsworldrunning.org](http://www.aimsworldrunning.org)

The Athletics Ireland qualification standards to compete in the marathon:

Men	Event	Women
28:30.00	10,000m	33:00.00
64.00	Half Marathon	74:00
2:18.00	Marathon	2:38.00