

14th European Cup 10,000m Saturday 5th June 2009 Marseille, France

European Athletics annual European Cup 10,000m track race in 2010 will take place on the 5th June.

Athletics Ireland have applied entry standards for this event and will select a small team of athletes who have achieved the relevant standard between the period 1st January 2009 and the 17th May 2010 and will use this event as a competitive opportunity to achieve qualifying times for the forthcoming season's major champs.

Current form will be a critical factor for selection purposes

Event	Men	Women
5000m (track)	13:59.00	16:13.00
10,000m (track)	29:38.00	34:47.00
10,000m (road)	29:20.00	34:30.00
Half Marathon	1:05:30	1:14:37
Marathon	2:18:00	2:38:00

Selections will take place on Monday 17th May. Athletes interested in being selected should initially express their interest with Performance Manager at garethdevlin@athleticsireland.ie prior to the 17th May.