



SELECTION POLICY

2026 WORLD ATHLETICS ROAD RUNNING CHAMPIONSHIPS: 19-20 SEP, COPENHAGEN, DEN

GENERAL INFORMATION

This policy should be read in conjunction with the [Selection Panel Terms of Reference](#).
Updated on 22 June 2026 to extend qualification period to 23 August 2026.

QUALIFICATION PERIODS		
Date	Event	Notes
1 August 2025 to 16 August 2026	Qualification Period for Mile and 5km only	
1 Jan 2025 to 23 August 2026	Qualification Period for Half Marathon	
IMPORTANT DATES		
1 July 2026	National Team Declaration Form	
24 August 2026	Final selection all events	
31 August 2026	Final Entry all events	

1. Entry Conditions:

- 1.1 In the Half Marathon members may enter a maximum of five athletes; no more than four will be allowed to start, with three to score for the team event. Individual entries are also allowed.
- 1.2 In the 5km and Mile members may enter a maximum of three athletes per race with no more than two allowed to start. The mixed team will consist of two women and two men from the same country.
- 1.3 Athletics Ireland will only consider athletes for selection to the Mile and 5km who are at least 18 years of age on 31 December 2026 and will only consider athletes for selection to the Half Marathon who are at least 20 years of age on 31 December 2026
- 1.4 All qualifying performances must be achieved in a competition conducted according to World Athletics Competition, its Area Associations or its National Member Federations and conducted in conformity with World Athletics Rules and for which an application has been submitted to World Athletics (WA). No results will be considered from competitions not submitted to WA and not included into [World Athletics Global Calendar](#).
- 1.5 Qualifying performances on both track (indoor and Outdoor) and road will be accepted for the Mile and 5km. Qualifying performances in the Half Marathon must be achieved on road only.
- 1.6 Performances achieved in mixed (male & female athletes) races will not be accepted for the Mile and 5k. Performances achieved in mixed races will be accepted in the Half Marathon.
- 1.7 Performances for qualifying purposes achieved on the road may only be achieved on a course measured by a World Athletics/AIMS Grade "A" or "B" international Road Race Course Measurer with the measurement certificate established no more than five years before the date of the race.

2. SELECTION PHILOSOPHY:

- 2.1 Athletics Ireland has established the Selection Criteria consistent with its High Performance vision of "more athletes winning on the world stage", and selected athletes will be expected to have the potential of achieving top 8, top 16 or top 24 position.

3. SELECTION PROCESS:

Participation Criteria

- 3.1 Nothing in this Policy obliges Athletics Ireland to select any athlete in this event regardless of World Athletics Entry Rules or the qualification standards. Athletics Ireland will select its Team and/or Individuals according to the criteria set out in this Policy as allowed by World Athletics Entry Rules. **Achieving a Performance Standard gives no right or guarantee of selection.**

Eligibility

3.2 In order to be eligible for selection all athletes must:

- 3.2.1** Fill out a [National Team Declaration Form \(NTDF\)](#) on the High Performance section of the Athletics Ireland website.
- 3.2.2** Satisfy all World Athletics, eligibility, nationality and world championship participation rules.
- 3.2.3** Be a registered member of Athletics Ireland.
- 3.2.4** Remain in “good standing” with Athletics Ireland and at all times comply with any established code of conduct or athlete agreement and otherwise conduct themselves in a way that does not bring their sport or the National Team into disrepute.
- 3.2.5** Hold a current valid Irish passport

Performance Standards

3.3 Athletics Ireland has set its own Performance Standards for the purposes of this Selection Policy. Only World Athletics recognised performances will be accepted. Athletics Ireland’s Performance Standards for the 2026 World Athletics Road Running Championships are set out in Clause 5.

Qualification Period

3.4 Athletics Ireland has set its own period in which the Performance Standards must be achieved. Selection will be based on the performances during the period of:

- For Mile and 5km from 1 August 2025 to 23 August 2026.
- For Half Marathon from 1 January 2025 to 23 August 2026.

General Selection Criteria

3.5 The Selection Panel may “exercise their sole discretion” to select an athlete(s) or team that meets with the eligibility and entry rules of the 2026 World Athletics Road Running Championships and as stipulated in this Selection Policy.

3.5.1 The Selection Panel may use their sole and overriding discretion to consider any factor or combination of factors that, in their opinion, are relevant to the selection of an athlete, including, but not necessarily limited to the following general principles:

- A. Consistency and Repeatability** of performances (in all or any events) during the qualification period, achieving the performance standard and showing current form and fitness
- B. Statistical data** (ranking/performance list, performance-time curves, course ratings, altitude/wind adjustments)
- C. Championship performance history**, in particular, the history of the athlete’s on-demand performances at major championships
- D.** The competitive **head to head record** of each athlete
- E. Injury and illness** history

3.6 Where there are more athletes that have achieved the selection criteria in this policy beyond the maximum entry limit in any one event, the Selectors will have sole discretion to decide which of the athlete(s) is to be selected.

Individual Selection Criteria

3.7 For an individual athlete to be considered for selection to the 2026 World Athletics Road Running Championships an athlete must achieve an A Standard (Section 3.3) within the Performance Period (Section 3.4).

3.7.1 in both the Mile and 5km events, in the case where two (2) males and one (1) female OR one (1) male and two (2) females have been selected having achieved A standards, Selectors will consider selecting a second male or female athlete in order to complete a scoring team. In such cases, only athletes who have achieved a Team Standard (see clause 5) during the qualification period will be considered for selection.

3.7.2 In the Men’s and Women’s Half Marathon, in the case where two (2) athletes have been selected having achieved A standards, Selectors will consider selecting a third athlete in order to complete a scoring team. In such cases, only athletes who have achieved a Team Standard (see clause 5) during the qualification period will be considered for selection.

3.7.3 Having considered 3.7.1 and 3.7.2, Selectors will consider adding a non-travelling reserve in the Mile and 5km events only where two athletes have already been selected in that event, or in the Half Marathon, where four athletes have already been selected in that event.

3.8. In the case where athletes achieved a qualification standard in 2025 only, athletes may be expected to have demonstrated current form by achieving a competition result (at a relevant distance) at a performance level commensurate with the Performance Standards between 1 April 2026 and 16 August 2026.

After Selection

3.9 For the purposes of clarity, it is the intended operation of this Policy that **all selections in the Team remain conditional** up to and through the championships given the athlete shows form and fitness.

3.9.1 Failure by a selected athlete to show form and fitness prior to the Championships will, at the discretion of the Selectors, High Performance Director and/or National Endurance Coordinator, result in an athlete who has been initially selected to the team being withdrawn.

3.10 An athlete who enters the Athletics Ireland Team Camp and/or the 2026 World Athletics Road Running Championship village will be subject to an injury evaluation/assessment by the championship Team Management staff. The injury evaluation/assessment will be carried out by Athletics Ireland's Physio (or appointed Team Physio).

3.10.1 If as a result of such injury evaluation/assessment the Team Physio, Team Management staff, and Team Leader/Manager considers an athlete does not have the standard of fitness or is otherwise not in condition to compete due to injury at a level appropriate to the event(s) for which they have been selected, the Team Leader/Manager, in consultation with High Performance Director, will have the discretion to withdraw the athlete from the competition.

3.11 An athlete who is found to have breached any Athletics Ireland, World Athletics, LOC or other relevant code of conduct, may be withdrawn from the competition at the sole discretion of the Team Leader/Manager.

Selectors Meeting

3.12 The Selection Panel members and the [Selectors Terms of Reference can be found here](#).

3.12.1 Final selections will be on **24 August 2026**.

Selection Queries

3.13 Athletes can seek clarification regarding selection policy from Athletics Ireland's [Performance Endurance Lead](#).

Non-Selection Appeals Process

3.14 The publishing of selected athletes (Selection Announcement) on Athletics Ireland website after a selection meeting will be **deemed the commencement of the 24-hour period to lodge non-Selection Appeals** in accord with this Selection Policy.

3.15 Any athlete who is not selected in accordance with this Selection Policy may appeal their non-selection to Athletics Ireland providing they:

3.15.1 Have submitted an NTFD in accordance with timelines contained in this Selection Policy and;

3.15.2 Submit an appeal relating to their non-selection via online [Notice of Appeals Form](#) within 24 hours of the selection decision published on the Athletics Ireland website (i.e. the Selection Announcement). The Notice of Appeal Form is submitted to the Chair of the Appeals Panel and the CEO of Athletics Ireland.

3.16 The [Selection Appeals Procedure](#) can be found on the HP section of Athletics Ireland website.

3.17 The Grounds upon which a Selection decision may be appealed are limited to the following:

3.18.1 There has been an alleged failure by Selection Panel to follow or apply the relevant Selection Procedure and/or criteria set out in the Selection Policy, and/or

3.18.2 The decision for selection for the championship has been reached based on an error of fact.

4. [GENERAL INFORMATION:](#)

4.1 The criteria may be amended at any time by the Directors of Athletics Ireland, if Athletics Ireland believes such amendment is necessary in the best interests of Athletics Ireland or because of any change in World Athletics participation rules and/or guidelines. Any amendment to the criteria will be published on the Athletics Ireland website.

5. [PERFORMANCE STANDARDS:](#)

Men's A Standards	Men's Team Standards*	Event	Women's A Standards	Women's Team Standards*
3:35.00 (1500m) / 3:51.00 (Mile)	3:36.50 (1500m) / 3:52.50 (Mile)	Mile	4:06.50 (1500m) / 4:24.50 (Mile)	4:08.50 (1500m) / 4:27.00 (Mile)
13:15.00 (5000m) / 13:15 (5km Road)	13:20.00 (5000m) / 13:20 (5km Road)	5km	15:15.00 (5000m) / 15:15 (5km Road)	15:22.00 (5000m) / 15:22 (5km Road)
1:02:15	1:02:30	Half Marathon	1:11:30	1:12:00

*See Clause 3.7.1 and 3.7.2