



Selection Policy, Antrim Coast Half Marathon, 23rd August 2026

1 Introduction

Athletics Ireland is pleased to announce International 5km and Half Marathon road race opportunities for 2026. Recognising the importance of continuing to develop athletes over shorter road distances while also building a pipeline for 10km and cross-country competition, Athletics Ireland will field teams to compete against other international teams in the Antrim Coast 5k and Antrim Coast Half Marathon.

Both fixtures will incorporate an International team element with teams from Northern Ireland and Ulster, and England, as well as strong fields of elite internationals from other nations. The selection of Irish teams to compete will be used as an opportunity for athletes to increase their experience of International level competition and an International team competition environment.

TEAM OBJECTIVES AND SELECTION PHILOSOPHY

We are aiming for a successful outcome both in terms of a) final team and individual performances which should be reflective of Ireland's strong tradition in road running, and b) making a positive contribution to individual athlete development of athletes capable of competing at Global and European marathon and half marathon championships in the future. We will aim to select full teams as described below:

- Irish Women's Team- 5k & HM (4 athletes per team)
- Irish Men's Team -5k & HM (4 athletes per team)

2 SELECTION PROCESS:

2.1 Whilst Athletics Ireland will endeavour to send full teams to this event, nothing in the policy obliges Athletics Ireland to select a full contingent of athletes for the teams. A full complement of athletes will only be selected if athletes that have run inside the minimum standards listed in section 4 for half marathon or other endurance events make themselves available for selection.

Eligibility

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

- 2.2.1 Complete the [National team declaration form](#) prior to 24th July and contact the Performance Endurance Lead with any updates after the form is submitted.
- 2.2.2 Satisfy all World Athletics eligibility and nationality participation rules.
- 2.2.3 Be a registered member of Athletics Ireland.
- 2.2.4 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.
- 2.2.5 Selected athletes will be asked to complete the European athletics [lrunclean](#) online program.
- 2.2.6 To facilitate meaningful competition involving a Northern Ireland and Ulster team in addition to the Irish team, athletes offered selection for the Ulster and Northern Ireland team will not be selected for the Irish team for this competition.

Performance Standards

2.3 Given the standard of the elite only fields for this event, athletes will only be considered for the Irish team if they have run inside the minimum standards in section 4 of this document.

2.4 Performance Period

- **Antrim Coast 5k:** Selection will be based on performance(s) from January 1st, 2026, to July 26th, 2026.
- **Antrim Coast Half Marathon:** Selection will be based on performance(s) from January 1st, 2025, to July 26th, 2026.

General Selection Criteria

2.5 Selections are at the sole discretion of the National Endurance Lead and will be based upon, but not necessarily limited to, the following general principles:

- A. Consistency and repeatability of performances during the performance period, showing current form and fitness
- B. Statistical data (ranking/performance list, performance-time curves)
- C. Performance history, in particular, indications of the potential of the athlete to compete for Ireland in future International Championships over the half marathon or marathon distances.
- D. The competitive head-to-head record of each athlete
- E. Injury and illness history

2.6 Selection Queries

Athletes can seek clarification regarding selection and/or requirements regarding what they need to do to meet selection requirements from the [National Endurance Lead](#).

3 GENERAL INFORMATION:

- 3.1 The criteria may be amended at any time by the Directors of Athletics Ireland if Athletics Ireland is of the opinion that such amendment is necessary in the best interests of Athletics Ireland or as a result of any change in participation rules and/or guidelines. Any amendment to the criteria will be published on the Athletics Ireland website.

Gear:

- 3.2 At a minimum, selected athletes will be provided with competition singlet and shorts or equivalent. N.B Those that have previously received Adidas Irish team kit will wear that gear and will not receive a new set of gear.

Substitutions:

- 3.3 Following selections substitutions may be made in the event of an athlete being sick or injured & unable to compete and this will be at the discretion of the Performance Endurance Lead.

Appeals:

- 3.4 No non-selection appeals will be considered for this development event.

Notification of Selection:

- 3.5 Selection will be announced by 31st July 2026. NB: Entry to the elite field for this event is very limited but athletes not selected may wish to contact the race director, James McIlroy James@antrimcoasthalfmarathon.com, to see if they can be considered for a place in the event that they are not selected.

Accommodation and travel:

- 3.6 Selected athletes will be provided with accommodation by the race organisers for the night before and after the race. Athletes will be expected to come into that team environment on the evening of Saturday 22nd August. Athletes will be expected to make their own arrangements for travel to the team hotel but the organisers will provide a contribution to each athlete towards travel and other costs.

4 Minimum standards for selection consideration

Half Marathon standards

Distance	Female	Male
10 000 m	35:00.00	30:30.00
10 km road	34:40	30:10
10 miles	57:30	50:00
Half Marathon	1:18:00	1:07:00
Marathon	2:41:00	2:20:00

5k standards

Distance	Female	Male
5,000 m	16:35.00	14:20.00
5 km road	16:25	14:10
10,000m	35:00	30:30
10 km road	34:40	30:10
3,000m	09:36	08:20

Running inside these times does not guarantee selection it is merely a guideline for the level of performance expected of athletes in order for athletes to be considered for selection.