



2019 Selection Events for Race Walking

6 January	England Indoor Championships:	Sheffield	U13/U15 B/G 1000m, U17/U20/Senior 3000m.	
27 January	Élan Indoor Meeting (Bratislava, Slovakia)	Bratislava, Slovakia	5000m Men, 3000m Women	The winners of the Men's and Women's races at the England Athletics Indoor Championships (3000 m) on 6 January will be selected to compete.
17 March	Lugano Trophy 16th Memorial Mario Albisetti	Lugano, Switzerland	Senior M/W 20 km Advised standards: 20km Men 1:28:00 Women 1:40:00.	Senior competition opportunity. EA aim to select 2 per event. Selection: 8 January 2019 Contact Andi Drake if you are seeking selection for this event.
23 March	EAA Permit Race Walk 38th Edition Dudinska 50	Dudince, Slovakia	Senior M/W 50 km Advised standards: 50km Men 4:14:00 Women 4:40:00	Senior competition opportunity. EA aim to select 2 per event. Selection: 8 January 2019 Contact Andi Drake if you are seeking selection for this event. This event forms the British Athletics World Athletics Championships Trial for 50 km: see https://www.uka.org.uk/performance/2019-selection-policies/
6 April	EAA Permit Race Walk Podebrady Walking	Podebrady, Czech Republic	Senior M/W 20km, U20M/W 10km, U18M 10km, U18W 5km. Advised standards: 10km U18M 48:00 5km U18W 25:00 10km U20M/W 46:00/52:30 20km M/W 1:28:00/1:40:00.	EA aim to select 2 per event Seniors, 2 per event Juniors and 1 per event U18 boys & girls. EA will retain some flexibility with numbers depending on the standard of performance achieved in each age group. Selection: 4 March 2019, following the England Athletics 10km Championships at Coventry on 3 March.
14 August	Manchester International	Manchester	3000m	