Ref: ATH/5KM/20

See Distribution: 28 Apr 20

## INTER SERVICE AND INTER CORPS 5K VIRTUAL ROAD RACE CHAMPIONSHIPS

**GENERAL**

1. During these times of social distancing and the current lack of competition across the Services and the Corps there is a gap that can be filled by virtual racing. Virtual racing allows individuals to compete against others not only across the 3 Services but also within their own service in a safe way that conforms with the government’s current social distancing guidelines. To that end the 3 Services have set up a virtual 5K competition that is open for all personnel to take part in.

2. Within the Army the race has been set as an Inter Corps event that is open to all personnel who wish to compete.

**ELIGIBILITY**

3. The Inter Corps race is open to all serving members of the Regular Army (Men & Women), Reserve Forces and Army Veterans. There will be no separate Reserve forces competition all Reserve forces entries will be entered under the Inter Corps Championships in line with the one Army concept. The overall individual only results will also include retired personnel (veterans) who are to enter using the following code ARMYV Army Veterans.

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 4. There will be one race in which the following events will be contested:

 **Inter Service:**

1. Inter Service Male Senior Team and Individual.
2. Inter Service Female Senior Team and Individual.
3. Inter Service Male U23 Team and Individual.
4. Inter Service Female U23 Team and Individual.
5. Inter Service Male Master Team and Individual.
6. Inter Service Female Masters Team and Individual.

**Army – Inter Corps:**

1. Inter Corps Male Senior Team and Individual.
2. Inter Corps Female Senior Team and Individual.
3. Inter Corps Male U23 Team and Individual.
4. Inter Corps Female U23 Team and Individual.
5. Inter Corps Male Master Team and Individual.
6. Inter Corps Female Masters Team and Individual.
7. Inter Corps Male Senior Master Team and Individual.
8. Inter Corps Female Senior Masters Team and Individual.

**SCORING**

5. Scoring for the individual competition will be top 1,2,3 in each category will be awarded prizes. Scoring for the team competitions will be the best accumulated time for each teams quickest 6 runners.

**PRIZES**

6. Prizes will be awarded as follows subject to number of competing teams within each category:

 **Individuals:**

 1st Medal

 2nd Medal

**Team Championships:**

 1st Team x 6 Medals

 2nd Team x 6 Medals

\*Minimum of 3 competing teams in a category.

Prizes for the Inter Corps Championships will be awarded at the Inter Corps Cross Country Relays on 4 Nov 20.

**ENTRIES**

7. All entries are to be made via the Opentrack online system via the [link](https://data.opentrack.run/x/?type=VIRTUAL).

Initially personnel will need to sign up if they have not used Opentrack before or login if they already have a login.

All personnel should enter individually via the link. The race is accessible via the search button by entering Inter Services and pressing the filter button. The following will be displayed:

[Inter Service and Inter Corps 5K Championships](https://data.opentrack.run/x/2020/GBR/is_5k_champs/)

Click to access and then press enter to enter the competition. Once logged in individuals can upload their results which must include a Strava/Garmin connect embedded link.

Individuals must ensure that when they enter they select their Corps team. All Corps team codes are shown at Annex A. Be aware if you group upload entries you will be responsible for entering the results for those individuals. The advice is to ensure that all participants register themselves and then they are responsible for entering their own results.

**RULES**

8. The rules for the competition areas shown below and must be adhered to especially the social distancing:

The race is 5k and this must be evidenced by either Strava/Garmin connect embedded link which must be uploaded to open track. Each submission must have total activity time so that people cannot stop start their run, with maximum elevation/decline limit set.

* Social distancing guidelines MUST be adhered to (run solo, do not travel to your chosen route). Respect Government Guidelines.
* Efforts completed between 17 Apr and 31 May will be counted.
* Entries must be submitted by 2359 hrs 31 May 2020.
* Entries with excessive negative elevation (> 30ft) will not be counted.
* Treadmill runs will not be accepted.

**RESULTS**

9. All timings must be uploaded by 2359 hrs on 31 May 20. The final results will be uploaded to Defence Connect.

**SECURITY**

10.       Be aware that when uploading your Strava/Garmin/Google/Apple to the Open Track site you will be uploading your start location.   In order to ensure that service personnel are not giving details of their home location all runners are advised to begin their 5k away from their home address.  Guidance would be to warm up without Strava/Garmin on and then begin the Strava at the beginning of your run and ensue that your run does not end at your home location.

Original Signed

J Killoran

Maj (Retd)

Secretary AAA

Distribution:

All Corps Secretaries

All Army Team Managers

Information:

President

Chairman

**Annex A to**

# **ATH/5KM/20**

# **Dated 28 Apr 20**

**INTER SERVICE AND INTER CORPS CODES FOR OPENTRACK REGISTRATION**

|  |  |
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| AAA | Army Athletics Association |
| AGC | Army Adjutant General's Corp |
| AAC | Army Air Corps |
| INFTY | Army Infantry |
| INTEL | Army Intelligence Corps |
| AMS | Army Medical Services |
| RAC | Army Royal Armoured Corps |
| RART | Army Royal Artillery |
| REME | Army Royal Electrical and Mechanical Engineers |
| RENG | Army Royal Engineers |
| RLC | Army Royal Logistics Corps |
| RSIG | Army Royal Signals |
| SASC | Army Small Arms School Corps |
| ARMYV | Army Veterans |
| CAMUS | Corps of Army Musicians |
| RACHD | Royal Army Chaplains Corps |
| RAPTC | Royal Army Physical Training Corps |
| RAF | RAF Athletics |
| RAFV | RAF Veterans |
| RNAVY | Royal Navy Athletics Club |
| RNV | Royal Navy Veterans |