Ref: ATH/5k/21

See Distribution: 30 Mar 21

## Army Virtual Road Race Series Race 10 - Inter Unit 5k Road Race Apr 21

**General**

1. Lockdown 3 means more restrictions so during these times of social distancing and the current lack of competition across the Services, Corps and Units, Army Athletics is filling the gap with virtual racing. Virtual racing allows individuals to compete against each other in a safe way that conforms with the government’s current social distancing guidelines. The next race in the Virtual race series is an Inter Unit Open 5k Road Race.

**Eligibility**

3. The 5k race is open to all serving members of the Regular Army (Men & Women), Reserve Forces and Army Veterans and everyone is encouraged to take part. There will be no separate Reserve forces competition all Reserve forces entries will be entered under the Inter Unit 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.

|  |  |
| --- | --- |
|  |  |

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

**Army – Inter Unit:**

1. Male Open, Masters, U23 and Super Masters Individual.
2. Female Open, Masters, U23 and Super Masters Individual.
3. Inter Unit Open Team.
4. Inter Unit Open U23 Team.
5. Inter Unit Open Masters Team (Male over 40, Female over 35).
6. Inter Unit Open Senior Masters Team (Male over 50, Female over 45).

In order to ensure more units are able to enter the event this will be an open event with the first 4 scoring athletes from each unit scoring towards the team competiton irrespective of age or gender and units can enter as many teams as the wish.

**Scoring**

5. Scoring for the individual competition will be top 1,2,3 in each category. Scoring for the team competitions will be the best accumulated places for each teams quickest 4 runners. Runners can count in all categories they are eligible for.

**Prizes**

6. **There are no prizes for individual races.**  Prizes will only be awarded for the overall race series winners at unit and Corps level. Prizes will be awared at the Army Athletics Awards Dinner in 2021.

**Entries**

7. All entries are to be made via the Opentrack online system.

1. Initially personnel will need to sign up if they have not used Opentrack before or login if they already have a login.
2. All personnel should enter individually via the link. The race is accessible via the [Link](https://data.opentrack.run/en-gb/x/2021/GBR/army_5k_apr_21/) search button by entering Army and pressing the filter button. The following will be displayed:

Army Inter Unit Open 5k Apr 21.

1. Click to access and then press enter to enter the competition. Add athlete and confirm you will then need to enter your Unit name or code (See Annex A) in the drop down menu. Once logged in individuals can upload their results which must include a Strava/Garmin connect embedded link.
2. Individuals must ensure that when they enter they select their Unit Code. All Unit 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. **Please ensure you enter a unit name do not enter as a Corps.** If your unit is not shown then contact the AAA Secretary who will add your unit to the race list.
3. All those who are taking part in the AAA virtual series will be deemed on duty as long as they are abiding by the rules and any physical exemptions/ limitations they may have.

**Rules**

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

1. 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.
2. Social distancing guidelines MUST be adhered to (run solo, do not travel to your chosen route). Respect Government Guidelines.
3. Efforts completed between 01 Apr 21 and 01 May 21 will be counted.
4. Entries must be submitted by 1200 hrs 01 May 21.
5. Terrain
   1. Start and finish within 500m of each other.
   2. No treadmills.

**All athletes uploading Strava links are to ensure their accounts are accessible in order that their evlevation and distance can be checked. If they are not accessible the times may not be counted.**

**Results**

9. All timings must be uploaded by 1200 hrs on 01 May 21. 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 and opentrack is accessible by anyone who logs onto the site. In order to ensure that service personnel are not giving details of their home location all runners are advised to begin their 1 mile 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.

11. Due to a number of requests about not displaying units against individuals as this may lead to a security issue,oww the unit information is displayed on OpenTrack has been amended as this is an openaccess site and anyone can see an individuals unit details. To combat this each unit has been allocated a code and the code will be displayed under team name rather than the unit name when looking at the results lists. A full list of unit codes is shown at Annex A and is also available on the Army Athletics Defence Connect site, anyone who cannot see their unit should contact either The Army Athletics Secretary or Claire Murton at the email addresses shown at the top of the admin order and request they be added.

Original Signed

J Killoran

Maj (Retd)

Secretary AAA

Distribution:

All Units

All Army Team Managers

Information:

President

Chairman

**Annex A to**

# **ATH/5k/21**

# **Dated 30 Mar 2021**

**INTER UNIT CODES FOR OPENTRACK REGISTRATION FROM THE ARMY SPORTS TROPHY DATABASE**

|  |  |
| --- | --- |
| **Units** | **3-5 digit codes** |
| 1 Med Regt | 100 |
| 1 COLDM GDS | 101 |
| 1 Bn REME | 102 |
| 1 Gren Gds | 103 |
| 1 IG | 104 |
| 1 IS & RECCE Bde | 105 |
| 1 Lancs | 106 |
| 1 MERCIAN | 107 |
| 1 MI Bn | 108 |
| 1 MWD Regt | 109 |
| 1 PWRR | 110 |
| 1 R ANGLIAN | 111 |
| 1 Regt AAC | 112 |
| 1 Regt RLC | 113 |
| 1 RGR | 114 |
| 1 RHA | 115 |
| 1 Rifles | 116 |
| 1 RMP | 117 |
| 1 Royal Irish | 118 |
| 1 Royal Welsh | 119 |
| 1 RRF | 120 |
| 1 RSME | 121 |
| 1 SCOTS | 122 |
| 1 SG | 123 |
| 1 Sig Regt | 124 |
| 1 WG | 125 |
| 1 YORKS | 126 |
| 10 Bn REME | 127 |
| 10 QOGLR | 128 |
| 101 Eng Regt (EOD) | 129 |
| 101 REME | 130 |
| 102 Log Bde HQ | 131 |
| 103 Bn REME (RHQ) | 132 |
| 103 Regt RA | 133 |
| 104 Bn REME | 134 |
| 104 Regt RA | 135 |
| 105 Bn REME | 136 |
| 105 Regt RA | 137 |
| 106 Bn REME | 138 |
| 106 Regt RA | 139 |
| 11 EOD Regt RLC | 140 |
| 11 Sig Regt | 141 |
| 12 Regt RA | 142 |
| 13 Regt RLC | 143 |
| 131 Cdo Sqn RE | 144 |
| 135 Geo Sqn RE | 145 |
| 14 Regt RA | 146 |
| 14 Sig Regt | 147 |
| 15 Sig Regt | 148 |
| 150 Regt RLC | 149 |
| 151 Regt RLC | 150 |
| 152 RLC Regt | 151 |
| 154 Regt RLC | 152 |
| 156 Tpt Regt RLC | 153 |
| 157 Regt RLC | 154 |
| 158 Tpt Regt | 155 |
| 159 RLC | 156 |
| 16 Bde HQ | 157 |
| 16 Med Regt | 158 |
| 16 Regt RA | 159 |
| 16 Sig Regt | 160 |
| 162 Regt RLC | 161 |
| 167 Regt RLC | 162 |
| 17 Regt RLC | 163 |
| 170 (Infra Sp) Eng Gp | 164 |
| 19 Regt RA | 165 |
| 1UKXX | 166 |
| 2 AAC | 167 |
| 2 Bn REME | 168 |
| 2 Lancs | 169 |
| 2 Med Bde | 170 |
| 2 Med Regt | 171 |
| 2 Mercian | 172 |
| 2 OSG | 173 |
| 2 PARA | 174 |
| 2 R Irish | 175 |
| 2 RGR | 176 |
| 2 RIFLES | 177 |
| 2 Royal Anglian | 178 |
| 2 RTR | 179 |
| 2 SCOTS | 180 |
| 2 Signal Regt | 181 |
| 2 YORKS | 182 |
| 20 Wks RE | 183 |
| 202 Field Hosp | 184 |
| 203 Fd Hosp | 185 |
| 204 Fd Hosp | 186 |
| 205 Fd Hosp | 187 |
| 207 Fd Hosp | 188 |
| 208 Fd Hosp | 189 |
| 21 Engr Regt | 190 |
| 21 Sig Regt | 191 |
| 216 Sig Sqn | 192 |
| 22 Engr Regt | 193 |
| 22 Fd Hosp | 194 |
| 22 Sig Regt | 195 |
| 225 Med Regt | 196 |
| 23  Eng Regt | 197 |
| 24 Cdo Regt | 198 |
| 243 Fd Hosp | 199 |
| 25 Regt RLC | 200 |
| 253 Med Regt | 201 |
| 254 Med Regt | 202 |
| 256  Fd Hosp | 203 |
| 26 Engr Regt | 204 |
| 26 Regt RA | 205 |
| 27 Regt RLC | 206 |
| 29 Cdo Regt | 207 |
| 29 Regt RLC | 208 |
| 299 Sig Sqn | 209 |
| 3 Bn REME | 210 |
| 3 CDO Bde | 211 |
| 3 Med Regt | 212 |
| 3 MI Bn | 213 |
| 3 PARA | 214 |
| 3 PWRR | 215 |
| 3 Regt AAC | 216 |
| 3 Regt RLC | 217 |
| 3 RHA | 218 |
| 3 RIFLES | 219 |
| 3 Royal Anglian | 220 |
| 3 Royal Welsh | 221 |
| 3 RSME | 222 |
| 3 SCOTS | 223 |
| 3 Sig Regt | 224 |
| 3 UK Div | 225 |
| 30 Sig Regt | 226 |
| 32 Engr Regt | 227 |
| 32 Regt RA | 228 |
| 32 Sig Regt | 229 |
| 33 Eng Regt (EOD) | 230 |
| 33 Fd Hosp | 231 |
| 34 Fd Hospital | 232 |
| 35 Engr Regt (EOD&S) | 233 |
| 36 Eng Regt | 234 |
| 37 Sig Regt | 235 |
| 38X ATU NI (ITG) | 236 |
| 39 Engr Regt | 237 |
| 39 Sig Regt | 238 |
| 4  Bn REME | 239 |
| 4 Armd Med Regt | 240 |
| 4 Bde HQ | 241 |
| 4 Lancs | 242 |
| 4 Mercian | 243 |
| 4 MI Bn | 244 |
| 4 RA | 245 |
| 4 Regt AAC | 246 |
| 4 Regt RLC | 247 |
| 4 RIFLES | 248 |
| 4 RMP | 249 |
| 4 SCOTS | 250 |
| 40 Sig | 251 |
| 42 Bty RA | 252 |
| 42 Eng Regt | 253 |
| 47 Regt RA | 254 |
| 5 AAC | 255 |
| 5 Bn REME | 256 |
| 5 Med Regt | 257 |
| 5 MI Bn | 258 |
| 5 RA | 259 |
| 5 Rifles | 260 |
| 5 RRF | 261 |
| 5 SCOTS | 262 |
| 51 Bde | 263 |
| 591 RE Sqn | 264 |
| 6  Bn REME | 265 |
| 6 MI Bn | 266 |
| 6 Regt AAC | 267 |
| 6 Regt RLC | 268 |
| 6 RIFLES | 269 |
| 6 Scots | 270 |
| 62 MI Coy | 271 |
| 657 Sqn AAC | 272 |
| 7  Bn REME | 273 |
| 7  RHA | 274 |
| 7 Inf Bde | 275 |
| 7 Regt RLC | 276 |
| 7 Rifles | 277 |
| 7 Scots | 278 |
| 71 Engr Regt | 279 |
| 71 Sig Regt | 280 |
| 75 Engr Regt | 281 |
| 9 Regt AAC | 282 |
| 9 Regt RLC | 283 |
| AFC (H) | 284 |
| Aiyos Nikolias & Dhekelia Station | 285 |
| AMD | 286 |
| AMU (Gib) | 287 |
| APC Glasgow | 288 |
| AS&BM | 289 |
| ASPT | 290 |
| ATR (P) | 291 |
| ATR (W) | 292 |
| ATR Grantham | 293 |
| ATU (WM) | 294 |
| ATU NE | 295 |
| ATU North West | 296 |
| ATU Sc | 297 |
| ATU Wales | 298 |
| ATU(W) | 299 |
| AUOTC | 300 |
| BFPO | 301 |
| BGSU | 302 |
| British Gurkas Nepal | 303 |
| Cambridge UOTC | 304 |
| CEUOTC | 305 |
| DATR | 306 |
| DCSU | 307 |
| Deepcut Stn | 308 |
| Defence Academy (Shrivenham ) | 309 |
| DEMS Trg Regt | 310 |
| DHU | 311 |
| DISC | 312 |
| DMRC Stanford Hall | 313 |
| DMS(W) | 314 |
| DSHE Birmingham | 315 |
| DSPG | 316 |
| DST | 317 |
| DSU Donnington & 11 Sig X HQ | 318 |
| Edinburgh Garrison | 319 |
| EMUOTC | 320 |
| Episkopi Station | 321 |
| Gib Reg | 322 |
| GSUOTC | 323 |
| HAC | 324 |
| HCMR | 325 |
| HCR | 326 |
| Hereford Garrison | 327 |
| Hermitage Stn | 328 |
| Household Div Bands | 329 |
| HQ 1 ARTY Bde | 330 |
| HQ 1 Mech Bde | 331 |
| HQ 101 Log Bde | 332 |
| HQ 11 Inf Bde | 333 |
| HQ 12 Mech Bde | 334 |
| HQ 160 Inf Bde | 335 |
| HQ 2 MI Bn | 336 |
| HQ 20X | 337 |
| HQ 38 X | 338 |
| HQ 42 Inf Bde | 339 |
| HQ 6 Div | 340 |
| HQ 8 Engr Bde | 341 |
| HQ Army | 342 |
| HQ ARRC Sp Bn | 343 |
| HQ Bicester Gar | 344 |
| HQ Brunei Gar | 345 |
| HQ HC | 346 |
| HQ London Dist | 347 |
| HQ RC | 348 |
| HQ Regional Bands | 349 |
| Infantry Battle School | 350 |
| ITC Catterick | 351 |
| JHG (N) | 352 |
| JHG (SE) | 353 |
| JHG(S) | 354 |
| JSMTC | 355 |
| JSSU Digby | 356 |
| KASU Kineaton | 357 |
| King’s Tp RHA | 358 |
| KRH | 359 |
| LD | 360 |
| LONDIST Incremental Coys | 361 |
| London Central Garrison (LCG) | 362 |
| LONDONS | 363 |
| LWC | 364 |
| MAB 1 | 365 |
| MAB 2 | 366 |
| MAB 3 | 367 |
| MAB 4 | 368 |
| MAB 5 | 369 |
| MAB 6 | 370 |
| MCTC | 371 |
| MOD (A) | 372 |
| MoD St Athan | 373 |
| MTMC | 374 |
| NIGSU | 375 |
| NUOTC | 376 |
| NWOTR | 377 |
| PJHQ | 378 |
| PRU Edinburgh | 379 |
| QDG | 380 |
| QRH | 381 |
| RAC Trg Centre | 382 |
| RAF Akrotiri | 383 |
| RCDM | 384 |
| RDG | 385 |
| RL | 386 |
| RMAS | 387 |
| RMon RE | 388 |
| RMSM | 389 |
| RWxY | 390 |
| RY | 391 |
| SCOTS DG | 392 |
| SIB Regt RMP | 393 |
| SJC | 394 |
| SNIY | 395 |
| Spec Ops Regt | 396 |
| SUOTC (Southampton) | 397 |
| TUOTC | 398 |
| UOTC (Queens) | 399 |
| UOTC London | 400 |
| Wales UOTC | 401 |
| Worthydown Sup Unit | 402 |
| 10th Signal Regt 10 SIG | 403 |
| 20 Tpt Sqn RLC 20 TPT | 404 |
| 28 Engr Regt | 405 |
| 2 MI | 406 |
| 4 AAC | 407 |
| 62 Works Group Royal Engineers | 408 |
| British Army Training Unit Kenya | 409 |
| Birmingham UOTC | 410 |
| CJSU | 411 |
| Commando Logistic Regiment | 412 |
| ETS(N) | 413 |
| ETS(S) | 414 |
| JITG | 415 |
| JSMTC | 416 |
| NRHQ RA | 417 |
| 101 Regt RA | 418 |
| 102 Bn REME | 419 |
| 165 P&M Regt RLC | 420 |
| 1 Medical Regt | 421 |
| 201 Fd Hospital | 422 |
| 212 Fd Hospital | 423 |
| 29 EOD & Search Group | 424 |
| 4PWRR | 425 |
| 8 Trg Bn REME | 426 |
| Army Boxing Team | 427 |
| HMS Raleigh | 428 |
| Oxford UOTC | 429 |
| Queens Own Yeomanry | 430 |
| SPCB RMP | 431 |
| 1 Avn Bde | 432 |
| Army Recruiting Group | 433 |
| Battleback Centre | 434 |
| Bristol UOTC | 435 |
| DE&S | 436 |
| YOTR Leeds | 437 |
| OutreachTeam London | 438 |
| YOTR Sheffield | 439 |
| Royal Lancers | 440 |
| Yorkshire OTR | 441 |
| Welsh Guards Band | 442 |
| Queens Royal Hussars | 443 |