



# VIRTUAL 5K ROAD RUNNING CHAMPIONSHIPS 2020

## RACE INFORMATION

### RACE FORMAT

- Free to enter 5km National Championship virtual race for athletes registered with England Athletics via an affiliated club
- Minimum age for entrants is 16 years old (on day of start of competition)
- Medals for the top 3 male and top 3 female athletes overall
- Individual winning medals to be awarded by age category: U17, U20, U23, SEN, V35, V40, V45, V50, V55, V60, V65, V70, V75, V80, V85, V90
- 3-to-score ladies and men's team scoring based on cumulative time

### HOW TO COMPETE

1. [Click here](#) to access the dedicated race entry page on OpenTrack
2. Click the 'Enter Here' button
3. Log in to your OpenTrack account (creating an account if you are a new user)
4. Enter competition by completing requested details
5. Race 5K – run to take place between 00:01 on Saturday 11th July and 11:59 (am) on Monday 13th July – following the race rules and government guidance.
6. Upload your GPS proof of activity via OpenTrack manually or by using the Strava integration button
7. Strict closing time for results upload is 23:59 on Monday 13th July
8. View individual results that are ranked automatically

### RULES

- 'Point to point' and 'out and back' courses permissible
- Track runs are not allowed
- No more than 3 complete laps
- Times must be based on running "time elapsed"
- No more than 10m overall elevation loss
- The race officials reserve the right to implement a time penalty or disqualification on activities with significant unfair advantages
- No digital manipulation of GPS data

## DISCLAIMER

- Runners **MUST** ensure they compete in a way that adheres to the letter and spirit of government rules and guidance on social distancing. Consider the time and route you choose in order to minimise the impact on others.
- If you are unwell, injured or have any symptoms of COVID-19 or have recently been in contact with someone with symptoms do not take part.
- Entrants should understand that when participating in any exercise or exercise programme, physical activity, or virtual competition, that there is the possibility of physical injury to you and others. You should always assess the suitability of the exercise/running location, route and equipment being used in order to ensure no risk is posed to others or yourself. If you engage in a specific exercise or all elements of a programme, physical activity or virtual competition, you agree that you do so at your own risk and you are voluntarily participating in these activities, as well as assuming all risk of injury to yourself. In doing so, you agree to release and discharge England Athletics from any and all claims or causes of action, known or unknown, arising out of the participation in such activity and out of the use of any associated guidance.