



## EAA 3k Senior Track Championships 2020

Subject: EAA 3k Senior Track Championships 2020

Message from Billy Green October 27, 2020 11:16

All Club e-mail messages can now be viewed via the Ilford AC web site link at [ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

Essex Athletics Association

### 2020 3000m Senior Track Championships

Following our announcement a week ago a lot of effort has gone into hosting a 5000m county championship after Essex AA had been told this was now possible under current guidelines. Unfortunately, it seems that whilst it is now safe to run anything up to a marathon and beyond on the road with hundreds of other runners, it remains impossible to get a license for a 5000m race for 12 people on the track. Let's hope England Athletics addresses this disparity next season.

We understand that many of you will be as disappointed as we are but we are keen to not allow all the planning to go to waste so we are pleased to announce that we will be going ahead with the 2020 3000m senior championships instead:

Venue: Chelmsford Athletics Centre

Start Times: 10am-6pm

Entry deadline: 6pm Sunday 8th November 2020 (or as soon as the entry limit is reached)

Senior athletes only - minimum age 18

Age categories - Senior, V40, V50

There will be individual races starting every 20 minutes each between 10am and 6pm, with up to 12 athletes per race.

You will be asked to predict your finishing time on the entry form and this (together with any other relevant evidence) will determine your seeding and race allocation. We will endeavor to seed athletes with similar times to make this as much of a real race as possible. We will also aim to have separate veteran races where possible.



## EAA 3k Senior Track Championships 2020

Your individual start time will be communicated once entries have closed. Please do not enter unless you can make any start in the range above but as an indication the fastest runners will run towards the end of the day and the slower runners at the start.

Due to the limited number of athletes that can be accommodated, and the need to adhere to strict start times, all runners must be capable of finishing in under 14 minutes. Please do not enter if you do not expect to be able to run the minimum standard.

Entry via the following link: - [endurancecui.active.com/new/events/72263252/select-race?\\_p=04266417070035011](https://endurancecui.active.com/new/events/72263252/select-race?_p=04266417070035011)

The race is an Essex County Championship race only. Athletes must be Essex qualified and a paid up current member of England Athletics. Any athletes that enters that do not meet these conditions will forfeit their entry.

Essex Championship medals (Open, V40 and V50) will be awarded based on finish times which may mean the county champion could come from any race not just the last race of the day.

No refunds will be given for athletes who cannot make their allocated start time. If any athlete misses their allocated start time they cannot run in a subsequent race. Unfortunately no refunds can be given should there be a change in Government restrictions that mean the event cannot proceed as currently planned.

If you need to respond to this email please do not reply but contact Billy Green separately