



Essex 5K and 10k track championships - entries open plus details of an event being held at Colchester on Friday 12th August

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Message from Billy Green April 24, 2022 16:25

All Club e-mail messages can now be viewed via the Ilford AC web site link at ilfordathleticclub.co.uk/messages

All

Essex AA are pleased to announce the 5000m and 10,000 Track Championships entries are open.

5000m 8th June 2022 from 6.45pm Chelmsford Athletics Track

data.opentrack.run/en-gb/x/2022/GBR/essex5/

10,000m 27th July 2022 from 6.45pm Chelmsford Athletics Track.

data.opentrack.run/en-gb/x/2022/GBR/essex10/

Shoes must comply with the World Athletics shoe compliance list which is attached for your information.

Cost to enter each event £12

Active Training World have organised the inaugural 5k event which will see an evening of racing starting with a 1 mile, open 5k and open 10k event and culminate in an elite 5k women's and men's race.

The race is being held on the evening of Friday 12th August at Colchester Sports Park where the Essex Road Relays were recently held at the weekend - those that attended can testify to it being a great venue for fast running and for spectating.

The main goals of the event are to:

A: Provide mixed ability races open to all runners looking for fun, competition or a new PB.



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B: Provide high quality racing and competition with an opportunity for fast times.

C: Showcase the quality of athletes in Essex.

There are 2 entry pages for the event as per below:

First is the Fun Run and Open 5k and 10k events for all abilities – the 5k is still likely to be competitive due to the qualifying standards of the Elite races.

Runners are encouraged to stay behind and watch their friends and club mates compete in the Elite races afterwards.

The link to enter is below:

activetrainingworld.co.uk/event/fnr-at-colchester-12th-august-2022/

Second will be the Elite races for under 17mins (men) and under 21mins (women) which will also have a team event (first 3 finishers from each club to score).

These 2 races will have equal prizes for men and women of: £200 for 1st, £100 for 2nd, £50 for 3rd paid in SportsShoes.com Vouchers.

Free entry is available in the elite races for anyone who can run under 14:30 (men) and under 17:15 (women) – details on the website.

Entry for the Elite event is below:

activetrainingworld.co.uk/event/fast-fnr-at-colchester-12th-august-2022/

In order to make the event successful and competitive, we are asking club to share the details of the event with their members and help contribute to a high standard and enjoyable evening of racing.

Attachments area

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



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[world-athletics-approved-shoe-list-as-at-4-march-3.pdf](#)