



## Essex 5k Road Running Championship "Test Event" – Colchester Sports Park, Friday 12th August

Subject: Essex 5k Road Running Championship "Test Event" – Colchester Sports Park, Friday  
12th August

Message from Billy Green June 18, 2022 10:34

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[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

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Hi all,

By way of introduction, my name is Scott Darney and I am a member of the Essex Athletics Committee. I am also a committee member and head coach at Witham Running Club. I have your email address from the Essex AA Cub Secretary Listing.

I hope you don't mind the email – I am contacting you to promote an 5k road running event I am organising with some help from Active Training World that we hope will become part of the Essex Road Running Grand Prix next year. The committee have agreed that if the event is successful we will consider adding this as a County Championship event.

The event will be held at Colchester Sports Park on Friday 12th August and will have a Junior 1 mile race, an Open 5k and 10k event and will end with a separate Mens and Womens Elite 5k race. Qualification for the Elite races will be sub 17 minutes for men and sub 21 minutes for women (currently with free entry for sub 14:30 men and sub 17:15 women). There will be prizes for the Elite races along with team prizes for fastest 3 runners from the same club.

Those who attended the Essex Road Relays will testify that this is a flat and fast course albeit this will be 5 x 1km instead of the 3 x 1mile loop that the relays used.

We really hope to attract a big field of runners to the event and to grow the event as a popular Essex Race so I am kindly asking if you could share the details of the events with your members.

We are particularly focussed on making the Elite female event a fast race and a popular event as currently we are down on entries – as such I would really appreciate if you could not only share the details of the event with your club but perhaps target individuals who you think might be interested in entering the elite women's race.

Entry and details for the Junior and Open Races:

[activetrainingworld.co.uk/event/fnr-at-colchester-12th-august-2022/](http://activetrainingworld.co.uk/event/fnr-at-colchester-12th-august-2022/)



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Entry and details for the Elite Events:

[activetrainingworld.co.uk/event/fast-fnr-at-colchester-12th-august-2022/](https://activetrainingworld.co.uk/event/fast-fnr-at-colchester-12th-august-2022/)

If you have any questions about the events please feel free to contact me.

Thanks for your support and I hope to see lots of you there!

Kind regards,

Scott Darney

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