

# Black Pear Joggers – Malvern Buzzards – Worcester Athletic Club

## Inter Club Virtual 5K Series

### The Event

With little prospect of team competition being available to club runners before next year, this event is designed to provide some running competition for local clubs. It is an inter club (triangular) competition between BPJ's, Buzzards and Worcester AC. There will be three races in the series from which an overall combined team, a men's and women's winning team, and individual winners will be declared.

Races will take place in designated time periods and these operate across two weekends - to allow as many competitors as possible the chance to upload a time. Time as many 5K's as you like within the period, but you can only upload one!

Runners must upload their recorded GPS watch/device times directly into the Opentrack® race platform, using Strava or Garmin Connect apps as evidence for their race times.

Runners will need to create an Opentrack profile - as an England Athletics registered athlete names should appear via a dropdown menu; club colours can be added.

Further details on how to create an Opentrack profile and upload data can be found on a separate sheet.

Platform adjudicators from each club will administer the site and amend or delete results that do not conform to the event rules.

The Opentrack platform is free to use by our affiliated club members - England Athletics have a governing body agreement with the company. In view of this, and the reduction in income that many charities have sustained during the pandemic, we propose that all entrants make a **minimum £5 donation when entering each race**.

**Worcester AC** nominated charity – **Acorns Children's Hospice**

**Black Pear Joggers** nominated charity – **TBC**

**Malvern Buzzards** nominated charity – **Malvern Special Families**

This will be a senior male and female only competition; age groups will be acknowledged in the results.

**Race 1** Saturday 5<sup>th</sup> September – Sunday 13<sup>th</sup> September

Enter here - <https://data.opentrack.run/en-gb/x/2020/GBR/triclub5/>

**Race 2** Saturday 3<sup>rd</sup> October – Sunday 11<sup>th</sup> October

**Race 3** Saturday 31<sup>st</sup> October – Sunday 8<sup>th</sup> November

### Scoring

Scoring will follow that used for cross country – first 6 from each club (6M - 6F).

Finishing position will determine points scored i.e. a female team finishing 1-4-7-10-11-20 = 53 score etc. (this will allow non-scorers to affect the result).

Failure to close a team in any race will incur 100 penalty points.

Lowest cumulative score determines series winner.

Individuals must complete all three races for a series final position.

### Awards (bragging rights only!)

Overall team (M & F)

Overall male team

Overall female team

Overall individual male

Overall individual female

## Runners

Runners must be England Athletics registered as 1<sup>st</sup> claim for **Road/XC** (it is noted that some BPJ's 1<sup>st</sup> claim Worcester AC for **Track**). Road takes priority for this competition. Runners must be **over 18**.

## Race Rules

It is recognised that individuals will be running a variety of routes in varying conditions, therefore a number of rules are designed to "level the playing field" as much as is possible.

Rules when broken may incur amendment, a time penalty or even deletion. Adjudications are final.

1. **Social distancing and all government and EA rules/guidance must be adhered to at the time of your run.**
2. **Runs must be solo.** Competitors who run identical routes on the same day must show a minimum **5 minutes** time lapse between each runner.
3. **Routes must be out-and-back, single loops or laps of no more than 2+.** Segments of a run, or 3 or more laps are not permitted.
4. **Routes must not have excessive downhill sections** – those with a negative elevation of more than 10m will be deleted.
5. **Times recorded must be the "ELAPSED TIME"** – any "moving time" will be amended.
6. **Only one upload may be posted.** Multiple runs may be timed, but only one run that is within the race dates/times may be input into the Opentrack platform.
7. **Runs must be of the required distance 5K or 3.1 miles.**  
Runners must make allowances for GPS margin of error. Time penalty may be added to entries where the "evidence" suggests short course.

## NOTES for RUNNERS

- If you don't have a 5K route already, you can view others Strava routes for ideas. If you are going to use a Parkrun course, please remember that these can be very congested at times (even though the events aren't happening!)
- You can enter an individual race or the series. Only entrants with 3 legitimate time uploads will feature in the series results.
- Runners must be responsible for their safety, and the safety of others at all times.
- Participants are strongly encouraged to consider weather and traffic conditions as well as the presence of others before setting out. Additionally, it is good practice to tell someone where you are going, and likely return time - consider carrying ICE details, and a mobile phone.

It has been suggested that if this event proves popular, the format could be used for a Worcestershire wide competition.

For further details contact:

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The Race Organisers