

ARMY ATHLETICS

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Find us on Defence Connect– Army Athletics

Ref: ATH/5k/21

See Distribution:

30 Mar 21

Army Virtual Road Race Series Race 10 - Inter Unit 5k Road Race Apr 21

General

1. Lockdown 3 means more restrictions so during these times of social distancing and the current lack of competition across the Services, Corps and Units, Army Athletics is filling the gap with virtual racing. Virtual racing allows individuals to compete against each other in a safe way that conforms with the government's current social distancing guidelines. The next race in the Virtual race series is an Inter Unit Open 5k Road Race.

Eligibility

3. The 5k race is open to all serving members of the Regular Army (Men & Women), Reserve Forces and Army Veterans and everyone is encouraged to take part. There will be no separate Reserve forces competition all Reserve forces entries will be entered under the Inter Unit Championships in line with the one Army concept. **The overall (individual only) results will also include retired personnel (veterans) who are to enter using the following code ARMYV Army Veterans.**

4. There will be one race in which the following events will be contested:

Army – Inter Unit:

- a. Male Open, Masters, U23 and Super Masters Individual.
- b. Female Open, Masters, U23 and Super Masters Individual.
- c. Inter Unit Open Team.
- d. Inter Unit Open U23 Team.
- e. Inter Unit Open Masters Team (Male over 40, Female over 35).
- f. Inter Unit Open Senior Masters Team (Male over 50, Female over 45).

In order to ensure more units are able to enter the event this will be an open event with the first 4 scoring athletes from each unit scoring towards the team competition irrespective of age or gender and units can enter as many teams as they wish.

Scoring

5. Scoring for the individual competition will be top 1,2,3 in each category. Scoring for the team competitions will be the best accumulated places for each team's quickest 4 runners. Runners can count in all categories they are eligible for.

Prizes

6. **There are no prizes for individual races.** Prizes will only be awarded for the overall race series winners at unit and Corps level. Prizes will be awarded at the Army Athletics Awards Dinner in 2021.

Entries

7. All entries are to be made via the Opentrack online system.

a. Initially personnel will need to sign up if they have not used Opentrack before or login if they already have a login.

b. All personnel should enter individually via the link. The race is accessible via the [Link](#) search button by entering Army and pressing the filter button. The following will be displayed:

Army Inter Unit Open 5k Apr 21.

c. Click to access and then press enter to enter the competition. Add athlete and confirm you will then need to enter your Unit name or code (See Annex A) in the drop down menu. Once logged in individuals can upload their results which must include a Strava/Garmin connect embedded link.

d. Individuals must ensure that when they enter they select their Unit Code. All Unit team codes are shown at Annex A. Be aware if you group upload entries you will be responsible for entering the results for those individuals. The advice is to ensure that all participants register themselves and then they are responsible for entering their own results. **Please ensure you enter a unit name do not enter as a Corps.** If your unit is not shown then contact the AAA Secretary who will add your unit to the race list.

e. All those who are taking part in the AAA virtual series will be deemed on duty as long as they are abiding by the rules and any physical exemptions/limitations they may have.

Rules

8. The rules for the competition areas shown below and must be adhered to especially the social distancing:

a. The race is 5K and this must be evidenced by either Strava/Garmin connect embedded link which must be uploaded to open track. Each submission must have total activity time so that people cannot stop start their run.

- (1) Social distancing guidelines MUST be adhered to (run solo, do not travel to your chosen route). Respect Government Guidelines.
- (2) Efforts completed between 01 Apr 21 and 01 May 21 will be counted.
- (3) Entries must be submitted by 1200 hrs 01 May 21.
- (4) Terrain
 - (a) Start and finish within 500m of each other.
 - (b) No treadmills.

All athletes uploading Strava links are to ensure their accounts are accessible in order that their elevation and distance can be checked. If they are not accessible the times may not be counted.

Results

9. All timings must be uploaded by 1200 hrs on 01 May 21. The final results will be uploaded to Defence Connect.

Security

10. Be aware that when uploading your Strava/Garmin/Google/Apple to the Open Track site you will be uploading your start location and opentrack is accessible by anyone who logs onto the site. In order to ensure that service personnel are not giving details of their home location all runners are advised to begin their 1 mile away from their home address. Guidance would be to warm up without Strava/Garmin on and then begin the Strava at the beginning of your run and ensure that your run does not end at your home location.

11. Due to a number of requests about not displaying units against individuals as this may lead to a security issue, now the unit information is displayed on OpenTrack has been amended as this is an open access site and anyone can see an individual's unit details. To combat this each unit has been allocated a code and the code will be displayed under team name rather than the unit name when looking at the results lists. A full list of unit codes is shown at Annex A and is also available on the Army Athletics Defence Connect site, anyone who cannot see their unit should contact either The Army Athletics Secretary or Claire Murton at the email addresses shown at the top of the admin order and request they be added.

Original Signed

J Killoran
Maj (Retd)
Secretary AAA

Distribution:

All Units
All Army Team Managers

Information:

President
Chairman

**Annex A to
ATH/5k/21
Dated 30 Mar 2021**

**INTER UNIT CODES FOR OPENTRACK REGISTRATION FROM THE ARMY
SPORTS TROPHY DATABASE**

Units	3-5 digit codes
1 Med Regt	100
1 COLDM GDS	101
1 Bn REME	102
1 Gren Gds	103
1 IG	104
1 IS & RECCE Bde	105
1 Lancs	106
1 MERCIAN	107
1 MI Bn	108
1 MWD Regt	109
1 PWRR	110
1 R ANGLIAN	111
1 Regt AAC	112
1 Regt RLC	113
1 RGR	114
1 RHA	115
1 Rifles	116
1 RMP	117
1 Royal Irish	118
1 Royal Welsh	119
1 RRF	120
1 RSME	121
1 SCOTS	122
1 SG	123
1 Sig Regt	124
1 WG	125
1 YORKS	126
10 Bn REME	127
10 QOGLR	128
101 Eng Regt (EOD)	129
101 REME	130
102 Log Bde HQ	131
103 Bn REME (RHQ)	132
103 Regt RA	133
104 Bn REME	134
104 Regt RA	135
105 Bn REME	136
105 Regt RA	137
106 Bn REME	138
106 Regt RA	139
11 EOD Regt RLC	140
11 Sig Regt	141
12 Regt RA	142
13 Regt RLC	143
131 Cdo Sqn RE	144
135 Geo Sqn RE	145
14 Regt RA	146
14 Sig Regt	147
15 Sig Regt	148
150 Regt RLC	149

151 Regt RLC	150
152 RLC Regt	151
154 Regt RLC	152
156 Tpt Regt RLC	153
157 Regt RLC	154
158 Tpt Regt	155
159 RLC	156
16 Bde HQ	157
16 Med Regt	158
16 Regt RA	159
16 Sig Regt	160
162 Regt RLC	161
167 Regt RLC	162
17 Regt RLC	163
170 (Infra Sp) Eng Gp	164
19 Regt RA	165
1UKXX	166
2 AAC	167
2 Bn REME	168
2 Lancs	169
2 Med Bde	170
2 Med Regt	171
2 Mercian	172
2 OSG	173
2 PARA	174
2 R Irish	175
2 RGR	176
2 RIFLES	177
2 Royal Anglian	178
2 RTR	179
2 SCOTS	180
2 Signal Regt	181
2 YORKS	182
20 Wks RE	183
202 Field Hosp	184
203 Fd Hosp	185
204 Fd Hosp	186
205 Fd Hosp	187
207 Fd Hosp	188
208 Fd Hosp	189
21 Engr Regt	190
21 Sig Regt	191
216 Sig Sqn	192
22 Engr Regt	193
22 Fd Hosp	194
22 Sig Regt	195
225 Med Regt	196
23 Eng Regt	197
24 Cdo Regt	198
243 Fd Hosp	199
25 Regt RLC	200
253 Med Regt	201
254 Med Regt	202
256 Fd Hosp	203
26 Engr Regt	204
26 Regt RA	205
27 Regt RLC	206
29 Cdo Regt	207
29 Regt RLC	208
299 Sig Sqn	209

3 Bn REME	210
3 CDO Bde	211
3 Med Regt	212
3 MI Bn	213
3 PARA	214
3 PWRR	215
3 Regt AAC	216
3 Regt RLC	217
3 RHA	218
3 RIFLES	219
3 Royal Anglian	220
3 Royal Welsh	221
3 RSME	222
3 SCOTS	223
3 Sig Regt	224
3 UK Div	225
30 Sig Regt	226
32 Engr Regt	227
32 Regt RA	228
32 Sig Regt	229
33 Eng Regt (EOD)	230
33 Fd Hosp	231
34 Fd Hospital	232
35 Engr Regt (EOD&S)	233
36 Eng Regt	234
37 Sig Regt	235
38X ATU NI (ITG)	236
39 Engr Regt	237
39 Sig Regt	238
4 Bn REME	239
4 Armd Med Regt	240
4 Bde HQ	241
4 Lancs	242
4 Mercian	243
4 MI Bn	244
4 RA	245
4 Regt AAC	246
4 Regt RLC	247
4 RIFLES	248
4 RMP	249
4 SCOTS	250
40 Sig	251
42 Bty RA	252
42 Eng Regt	253
47 Regt RA	254
5 AAC	255
5 Bn REME	256
5 Med Regt	257
5 MI Bn	258
5 RA	259
5 Rifles	260
5 RRF	261
5 SCOTS	262
51 Bde	263
591 RE Sqn	264
6 Bn REME	265
6 MI Bn	266
6 Regt AAC	267
6 Regt RLC	268
6 RIFLES	269

6 Scots	270
62 MI Coy	271
657 Sqn AAC	272
7 Bn REME	273
7 RHA	274
7 Inf Bde	275
7 Regt RLC	276
7 Rifles	277
7 Scots	278
71 Engr Regt	279
71 Sig Regt	280
75 Engr Regt	281
9 Regt AAC	282
9 Regt RLC	283
AFC (H)	284
Aiyos Nikolias & Dhekelia Station	285
AMD	286
AMU (Gib)	287
APC Glasgow	288
AS&BM	289
ASPT	290
ATR (P)	291
ATR (W)	292
ATR Grantham	293
ATU (WM)	294
ATU NE	295
ATU North West	296
ATU Sc	297
ATU Wales	298
ATU(W)	299
AUOTC	300
BFPO	301
BGSU	302
British Gurkas Nepal	303
Cambridge UOTC	304
CEUOTC	305
DATR	306
DCSU	307
Deepcut Stn	308
Defence Academy (Shrivenham)	309
DEMS Trg Regt	310
DHU	311
DISC	312
DMRC Stanford Hall	313
DMS(W)	314
DSHE Birmingham	315
DSPG	316
DST	317
DSU Donnington & 11 Sig X HQ	318
Edinburgh Garrison	319
EMUOTC	320
Episkopi Station	321
Gib Reg	322
GSUOTC	323
HAC	324
HCMR	325
HCR	326
Hereford Garrison	327
Hermitage Stn	328
Household Div Bands	329

HQ 1 ARTY Bde	330
HQ 1 Mech Bde	331
HQ 101 Log Bde	332
HQ 11 Inf Bde	333
HQ 12 Mech Bde	334
HQ 160 Inf Bde	335
HQ 2 MI Bn	336
HQ 20X	337
HQ 38 X	338
HQ 42 Inf Bde	339
HQ 6 Div	340
HQ 8 Engr Bde	341
HQ Army	342
HQ ARRC Sp Bn	343
HQ Bicester Gar	344
HQ Brunei Gar	345
HQ HC	346
HQ London Dist	347
HQ RC	348
HQ Regional Bands	349
Infantry Battle School	350
ITC Catterick	351
JHG (N)	352
JHG (SE)	353
JHG(S)	354
JSMTC	355
JSSU Digby	356
KASU Kineaton	357
King's Tp RHA	358
KRH	359
LD	360
LONDIST Incremental Coys	361
London Central Garrison (LCG)	362
LONDONS	363
LWC	364
MAB 1	365
MAB 2	366
MAB 3	367
MAB 4	368
MAB 5	369
MAB 6	370
MCTC	371
MOD (A)	372
MoD St Athan	373
MTMC	374
NIGSU	375
NUOTC	376
NWOTR	377
PJHQ	378
PRU Edinburgh	379
QDG	380
QRH	381
RAC Trg Centre	382
RAF Akrotiri	383
RCDM	384
RDG	385
RL	386
RMAS	387
RMon RE	388
RMSM	389

RWxY		390
RY		391
SCOTS DG		392
SIB Regt RMP		393
SJC		394
SNIY		395
Spec Ops Regt		396
SUOTC (Southampton)		397
TUOTC		398
UOTC (Queens)		399
UOTC London		400
Wales UOTC		401
Worthydown Sup Unit		402
10th Signal Regt SIG	10	403
20 Tpt Sqn RLC TPT	20	404
28 Engr Regt		405
2 MI		406
4 AAC		407
62 Works Group Royal Engineers		408
British Army Training Unit Kenya		409
Birmingham UOTC		410
CJSU		411
Commando Logistic Regiment		412
ETS(N)		413
ETS(S)		414
JITG		415
JSMTc		416
NRHQ RA		417
101 Regt RA		418
102 Bn REME		419
165 P&M Regt RLC		420
1 Medical Regt		421
201 Fd Hospital		422
212 Fd Hospital		423
29 EOD & Search Group		424
4PWRR		425
8 Trg Bn REME		426
Army Boxing Team		427
HMS Raleigh		428
Oxford UOTC		429
Queens Own Yeomanry		430
SPCB RMP		431
1 Avn Bde		432
Army Recruiting Group		433
Battleback Centre		434
Bristol UOTC		435
DE&S		436
YOTR Leeds		437
OutreachTeam London		438
YOTR Sheffield		439
Royal Lancers		440
Yorkshire OTR		441
Welsh Guards Band		442
Queens Royal Hussars		443