

BEDS AAA COUNTY CHAMPIONSHIPS

Championship Distance: 5 km

Race Name: Doug Anderson 5K

Date: 23rd July 2025

Venue: Bedford Park

The above event has been selected as the Bedfordshire County Championship race over the stated distance. To enter the Championships, please complete the online declaration. (Please note that you need to enter the race in the normal fashion.) **Entry into the County Championships is available on completion of this online form by clicking the tick box, Submission of your online entry is your declaration.**

Qualification:

A County qualification may be acquired as follows:

- (a) By birth
- (b) By nine months continuous bona fide residence in the County immediately prior to the date of the competition.
- (c) By service in a unit of HM forces stationed in the County for nine months immediately prior to the date of the competition

A student at school, college or university does not acquire a residential qualification by residence during term time only.

An athlete who has competed in a County Championship, or represented a County in an Inter-County Championship, may not compete in the Championship of, nor represent another County in that calendar year.

Where County boundaries are changed by law, affecting the place of birth or residence of an athlete, moving it from County A to County B the following shall apply:

- (a) If athletes have already competed for County A or in the Championships of County A under the rule above, they shall retain the existing birth or residential qualification unless notice is given in writing to the Honorary Secretary of County A that they wish to be qualified for County B.
- (b) If athletes have not competed for County A or in a Championship of County A under the rule above the place of birth or residence shall be deemed to have been in County B and any period of residence in County A to have been in County B.

County Awards criteria

1. A Gold medal will be awarded to first place in any category. Nobody will receive more than one gold medal (see clarification below). Medals will usually be awarded on the day.
2. As of 2018 no medals nor certificates will be given for second or third place. However individual clubs may produce them for their members.
3. Categories are as follows: the overall race position, juniors (U20)) (under 20 **on 31/12/24**) and vets in 5 year age groups. Females start at V35, males at V40.
4. As mentioned above nobody will get two medals. So should for example a FV60 be the overall fastest vet, they will only get the V60 medal and NOT V35, V40, V45, V50, V55 medals as well.
Note the above is not an exaggerated example but has actually happened (Luton 5 Mile 2017 most recently but other occasions as well) !
5. Criterion 4 also applies if a vet wins the overall race. I.e. they will get the medal for the overall race and not for their vet category which will go to the next fastest vet.

(For online entry use)