

2022 UK 5k Championships
Friday 9th September 2022
Quayside, Newcastle

Overview

Following the recent announcement of UK Athletics and The Great Run Company are to host the inaugural UK Athletics 5K Road Championships which will take place on Great North Run weekend on Friday 9 September 2022 at the Quayside in Newcastle.

As UK Athletics continues to review its UK Championships offering across all off-track events from the end of 2022 and 2023 onwards, the announcement of this first of its kind fixture is a key commitment in our road running calendar.

After the initial staging of the event in September 2022, there is a view for the UK Athletics 5K Road Championships event in 2023 to act as a Trial for those vying for selection to the Great Britain and Northern Ireland team for the inaugural World Athletics Road Running Championships in Riga, Latvia which will be held 30 September - 1 October 2023.

With a £10,000 prize pot offered by UKA across the men's and women's races, a maximum of 30 invited athletes will contest the Championship at the iconic road running venue in the north-east.

1st £2000
2nd £1000
3rd £750
4th £500
5th £250

£500 Bonus for breaking 13:45 / 15:45 on the night

\$5000 for breaking British Record

The details of how athletes will be invited are outlined below.

Athlete Invitations

Athletes who achieve a British Athletics qualification standard will be invited to compete at the UK 5K Championships.

1. Qualification performances must be achieved between 00:00 (GMT) 1 January 2022 and 23:00 (BST) 19 August 2022
2. The British Athletics qualification standards are as follows:

Men	Event	Women
Sub 13.45	5000m Track	Sub 15:45
14:10	5KM Road	16:10

3. Athletes who secured a Top 5 finish at a UK Championship Event (Track or Road 800m - Marathon) in 2022 will also be considered for an invitation. Athletes who feel they meet these criteria should express an interest in competing should contact the events team on championships@britishathletics.org.uk by 19 August 2022. Expressions of interest will be considered by the British Athletics Performance team.
4. Initial invitations will be sent directly to athletes on 9 August 2022 and athletes will have until 21 August 2022 to accept their invitation to compete.
5. Following the deadline for athletes to respond to their invitation, British Athletics will assemble a waiting list for athletes who have not achieved a qualification standard. These athletes may be invited to the race should places in the race become available. Athletes who wish to be considered for the waiting list should contact the events team on championships@britishathletics.org.uk by 19th August 2022.