

2023 UK 5km & Mile Championships.
Official Trial Event for the World Road Running Championships.
Friday 8th September 2023
Quayside, Newcastle

Overview

The UK Athletics 5km & Mile Championships are being staged in conjunction with the AJ Bell Great North 5K in Newcastle on Friday 8th September 2023, part of the Great North Run weekend of events.

This event is an opportunity to earn automatic selection and show current form ahead of selection for the World Athletics Road Running Championships.

With a prize pot offered by UKA across both races, athletes will contest the UK Championship at the iconic road running venue in the north-east.

1st £1,000

2nd £500

3rd £250

Athlete Invitations

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

1. Qualification performances must be achieved between 00:00 (GMT) 1st January 2023 and 23:59 (GMT) 27th August 2023.
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
3:42.00/4:01.50	1500m Track/1 Mile Track	4:16:00/4:37:00
4:04.00	1 Mile Road	4:40:00

3. Athletes who secured a Top 5 finish at a UK Championship Event (Track or Road 800m - Marathon) in 2023 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 18th August 2023. Expressions of interest will be considered by the British Athletics Performance team.
4. Initial invitations will be sent directly to athletes on 3rd August 2023 and athletes will have until 27th August 2023 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 18th August 2023.



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