

Oxfordshire County 3000m & 3000m Steeplechase Championships

These will be held within the Abingdon Midland League fixture on 29th August 2026 at Tilsley Park, Abingdon.

AGE GROUPS AND QUALIFICATIONS

U16 (School Yrs 9 & 10) Aged 14 or 15 on 31/08/2026

U18 (School Yrs 11 & 12) Aged 16 or 17 on 31/08/2026

U20 Aged 17 or over on 31/08/2026 and under 20 on 31/12/2026

Seniors Aged 20 or over on 31/12/2026

Masters Categories will be V35+, V50+ and V60+ only (based on the athlete's age on the day of competition)

Athletes who wish to be considered for the Oxfordshire Championships must have a Oxfordshire qualification obtained either by birth or 9 months' continuous residence within the former or existing boundaries of the County prior to the date of the competition to be included within the Championships.

Athletes who do not have Oxfordshire qualification will be indicated as such on their bib numbers and will not be allocated medals.

ENTRY DETAILS

Entry Fee: £7 per event, and all entries shall be made using the Roster online website.

ENTRY FEES ARE STRICTLY NON-REFUNDABLE.

The competition organisers reserve the right to restrict the number of entries based on standards and athletes should not enter events they have not previously attempted and trained for.

CLOSING DATE is 23:59 on THURSDAY 27th AUGUST 2026 - no late entries will be accepted

TIMETABLE OF EVENTS

We will have to use the timetable that is set by the Midland League, although this may change slightly dependent on numbers.

TRACK EVENTS

Depending on athlete numbers some age groups may be combined into races.

START LIST & RESULTS

We do not plan to post start lists and results, but they will be available online throughout the competition via the Roster Athletics mobile app, although Abingdon may display the results on their results board at the meeting.

Run the app and find us by searching for Oxfordshire.

A full set of results will also be available via the Powerof10 as soon as possible following the competition.

MEDALS

For the U16 & U18 age groups, Gold, Silver and Bronze medals will be awarded in all events.

For U20, Senior and Masters age groups, Gold medals will be awarded to all winners; silver where there are more than 6 entries, and bronze if there are more than 10 entries in that event. Masters medals will be awarded as per the 3 age categories 35+, 50+ & 60+ only.

Medals will be available for collection from Registration after the final result being published on Roster.