



**BRITISH
ATHLETICS**

**2017 British Athletics World Mountain Running Championship
Trial Races (Senior and Junior)
Incorporating the
2017 British Athletics Mountain Running Senior Home International.**

Sunday 18th June 2017

Course Details (see separate map)

The event will take place on the Southern Howgill Fells above Sedbergh.

IMPORTANT : The starts are on the south flank of Winder, approximately 1km from registration. Please allow plenty of time to reach the start from registration.

The courses will be marked and marshaled.

Programme

There will be two combined races, as follows:

12.00pm: Junior Men's and Junior Women's Race. 6.3km, 433m ascent/descent

1.00pm: Senior Men's and Senior Women's Race. 12.6km, 866m ascent/descent

The prize giving will take place at People's Hall, Sedbergh LA10 5DE at 3:00pm.

Entry Details

Entry is on the day only, apart from those pre-entered by their national federations for the Senior Home International competitions.

Entry costs **£8** per athlete for all events.

Registration is at the People's Hall and will be open from 9:30am closing at 12:50pm.

The senior races are open to athletes born in or before 1997 and are open for all to enter. Please note however that only those eligible for UKA team selection may gain ranking points in the BA Mountain Running Challenge. See separate section below for details of the 2017 BA Mountain Running Challenge.

The junior races are open to athletes born in 1998 to 2001 inclusive. No younger athletes may compete in the junior races.

Both races incorporate the trial races for selecting British teams for the World Mountain Running Championships. See separate section below for details.

Safety (VERY IMPORTANT, PLEASE READ)

All competitors **must** bring waterproof top and bottoms, hat and gloves and **must be prepared to carry them**. The Race Organiser will make a decision as to what kit should be carried on the day. This information will be available at registration.

Failure to comply with any minimum kit rule will result in disqualification.

Any athlete who retires from the race **must** report their retirement to a race marshal.

Facilities

The event base/registration will be at the People's Hall, Sedbergh, LA10 5DE where toilets and some parking is available.

www.sedberghpeopleshall.org

Parking is available on the road but **PLEASE** park with respect and sensitivity to local residents. Please do not block residential driveways or areas of access.

World Mountain Running Championship Trial Races

The races will incorporate the trials for selecting the British Athletics teams for the 2017 World Mountain Running Championships. The selection policy for the event can be viewed here:

www.britishathletics.org.uk/competitions/mountain-running

Note that for the purposes of selecting the senior British Athletics teams, senior athletes are defined as born in or before 1997.

Only athletes born in 1998 to 2001 inclusive are eligible for British Athletics junior team selection.

The 2017 World Mountain Running Championships will take place in Premana, Italy on 30th July.

Event information can be found here:

<http://www.wmra.ch>

Senior Home International

The event incorporates the 2017 BA Mountain Running Senior Home International. Teams have been invited from England, Northern Ireland, Scotland and Wales and only those selected by their national federation will be eligible for the purposes of scoring and prizes.

Teams for both the women's and men's events comprise a maximum of six athletes. Up to four of the athletes may be seniors with the remainder of the team to be made up of under 23 athletes (born within the years 1995 – 1997 inclusive).

Medals will be awarded to the first three individual finishers in both the male and female categories. There will also be team medals for the first three male and female national teams with the first four finishers to count. Note that for team scoring, there will be no differentiation between senior and under 23 athletes.

2017 BA Mountain Running Challenge

The 2017 BA Mountain Running Challenge is a senior competition comprising three events :

- Saturday 13 May 2017 – Inter Counties Championships (up & down): Broughton, Scotland
- Sunday 4 June 2017 – British Athletics Mountain Running Champs (uphill only) incorporating Trial for the European Mountain Running Championship: Keswick
- Sunday 18 June 2017 – Trial for the World Mountain Running Championship (up & down) plus Senior Home Countries International: Sedbergh

Challenge eligibility and scoring details can be viewed here:

www.britishathletics.org.uk/competitions/mountain-running

Contacts

Race Organiser : Duncan Richards (duncan@intouchltd.co.uk, 07764 610 799)
UKA Selection : Sarah Rowell (sarah@srowell.co.uk, 07712 051002)