



International Handbook 2019 Hill Running

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Contact details for the **scottishathletics** Performance Team can be found on the website:

<https://www.scottishathletics.org.uk/about/people/staff/>

Scottish International Representation and Selection Dates

Hill Running

Fixture	Date	Venue	Selection Date
International Youth Cup	TBC	TBC	TBC
Snowdon International	20 July	Llanberis (Wales)	20 June
Senior Home International	21 September	Betws-y-coed (Wales)	26 Aug
Junior Home International	21 September	Betws-y-coed (Wales)	26 Aug

The above Scottish International fixtures are classified as full international matches and carry the honour of Scottish Team representation. Accordingly, athletes will receive the full Scottish kit.

scottishathletics Competition Opportunities and Selection Dates

Hill Running

Fixture	Date	Venue	Selection Date
Inter Counties	11/12 May	Todmorden	30 April

Qualification and other International Events

Hill Running

Fixture	Date	Venue
Inter Counties (Seniors) – (up & down)	11/12 May	Todmorden
European Champs Trial (uphill)	2 June	Keswick, England
International Youth Cup	June	TBC
European Champs (UK team – uphill only)	7 July	Zermatt, Switzerland
World Long Distance Trial – Snowdonia Trail Marathon (up & down)	14 July	Llanberis, Wales
Snowdon International (up & down)	20 July	Llanberis, North Wales
Junior Home International Trial (up & down)	24 Aug	Broughton, Scotland
Senior Home International Trial (up & down)	24 Aug	Broughton, Scotland
Senior Home International (up & down)	21 Sept	Betws-y-coed, Wales
Junior Home International (up & down)	21 Sept	Betws-y-coed, Wales
World Championship Trial (up & down)	21 Sept	Betws-y-coed, Wales
World Masters	29 Sept	Gagliano del Capo, Italy
World Championships (UK team – up & down)	15 Nov	Villa La Angostura, Argentina
World Long Distance Champs (UK Team-up & down)	16 Nov	Villa La Angostura, Argentina

WMRA World Cup (TBC)

Details of the WMRA World Cup series can be found at: www.wmra.info

Scottishathletics Hill Running Championships

District Hill Running Championships

Fixture	Date	Venue
North Districts Championships	23 March	Cioch Mhor, Dingwall
West Districts Championships	13 April	Screeel, near Castle Douglas
East Districts Championships	24 Aug	Broughton Heights Hill Race

Details of the SA Championships can be found at : www.scottishathletics.org.uk

Senior National Hill Running Championships

Fixture	Date	Venue
scottishathletics Senior Championships (Category A medium race)	24 Aug	Broughton Heights, Broughton
Individual Championships Senior Men & Women U23 Men & Women (born in 97/ 99 incl.) V40 Men & Women (40-49 years) V50 Men & Women (50 – 59 years) V60 Men & Women (60 years or over) Note: <u>Veteran age groups are determined from age on the day of the race.</u>	Team Championships	Male and female team competitions. Scoring teams are made up of the top 4 athletes (men) or 3 athletes (women) in each club.

Junior National Hill Running Championships

Fixture	Date	Age Groups	Venue
scottishathletics Junior Championships	19 May	U20 (born 2000-2002) U17 (born 2003-2004) U15 (born 2005-2006)	Cornalees, Greenock

Scottish Hill Runners Championship Events (6 race series)

The Scottish Hill Running trophies will be awarded on the basis of the Scottish Hill Runners (SHR) Championship. The first three in each category will receive awards, with the winners receiving the designated SHR Trophy, to be kept for one calendar year. All athletes who complete the championship will be awarded a memento, providing they are paid-up members of SHR.

Fixture	Date	Venue
Screel (short)	13 April	Near Castle Douglas
Arrochar Alps (long)	29 June	Arrochar
An Teallach (medium)	13 July	Dundonnell
Creag Dubh (short)	3 Aug	Newtonmore
Two Breweries (long)	28 Sept	Traquair to Broughton
Meall a' Bhuachaille (medium)	26 Oct	near Aviemore

Note – Some of these events are pre-entry and have an entry limit
Please see <http://www.scottishhillrunners.uk> for further details.

All queries to Hilary Ritchie, Scottish Hill Runners, e-mail: hr6@st-andrews.ac.uk
Details of the SHR Championship can be found at: <http://www.scottishhillrunners.uk>

scottishathletics Hill Running Junior League

The 7 races which comprise the 2019 Junior League are:

Fixture	Date	Venue
Alex Brett Cioch Mhor Junior	23 March	Dingwall
Ben Lomond Junior	6 April	Rowardennan
Lomonds Junior Races	5 May	Falkland
Cornalees Hill Race *	19 May	Greenock
Saughhill	2 June	Girvan
Cademuir Rollercoaster	10 Aug	Peebles
Broughton Heights (JHI Trial up & down) *	24 Aug	Broughton

* Double points awarded at these races.

NB: Please check the details of each individual event as to which race to compete in on the day as there may be multiple senior/junior races.

The league categories are: U20 (born 2000-2002), U17 (born 2003-2004), U15 (born 2005-2006)

Points will be awarded to the first 18 individuals in each category: 1st place 25 points, 2nd 20 points, 3rd 17 points, 4th 15 points, 5th 14 points, reducing at one point intervals down to 18th 1 point. However, the SA junior championships (Cornalees Hill Race) and the JHI Trial (Broughton Heights) will be double weighted, where runners will receive twice the points. The final league score comprises the athlete's best 3 race scores, plus 2 points for each race completed. If overall points are tied after the final League race, points scored at Cornalees Hill Race and Broughton Heights will be used to determine the winner of the age category.

Details of the Junior League can also be found here:

<http://www.scottishathletics.org.uk/events/leagues-and-grands-prix/junior-hill-league>

British Athletics (BA) Mountain Running Championship

Fixture	Date	Venue
World Championship Trial (up & down)	21 Sept	Betws-y-coed, Wales

(The Championship is held in conjunction with the European Trial and the Senior Home International).

Details of the BA Mountain Running Challenge, which includes this race, the Inter Counties and the World Trial, can be found at: <http://www.uka.org.uk/competitions/mountain-running/>

BA British Fell Running Championships (4 race series & Relay)

Fixture	Date	Venue
Mourne Highline (medium)	27 April	Newcastle, Mournes, N Ireland
Ras Y Moelwyn (medium)	25 May	Blaenau-Ffestiniog, Wales
Great Lakes Race (long)	15 June	Langdale, England
Creag Dubh (short)	3 Aug	Newtonmore, Scotland
BA British Relay Champs	19 Oct	Central Peak District, England

Details of the British Fell Running Championship can be found at: www.fellrunner.org.uk

Scottish International Selection Policy

Hill Running

Scotland has a proud and successful history in the discipline of hill running (known internationally as “mountain running”) and it is an important discipline within the endurance community. **scottishathletics** is keen that Scotland should continue to be represented by strong and well prepared teams and continues to get athletes into GB teams at major championships.

The International Programme is designed with the above in mind, and the Commission are keen to ensure that an adequate and appropriate programme is provided for our athletes. This includes opportunities for juniors and seniors alike and the full programme is highlighted below. The balance of events and numbers of athletes to be selected is dependent upon a number of factors.

Selection

For the programme to be successful and to ensure progress towards our aim of Scottish athletes performing with distinction both within the UK and abroad, and fielding Scottish Athletes in GB teams, our top endurance athletes and their coaches are encouraged to participate in this programme and plan their season accordingly.

It is important to note that only athletes who will benefit from the standard of competition at a particular event will be selected and the selection committee has discretion to leave places empty if necessary. Although this type of decision can be disappointing for athletes, there are a number of factors that will affect the standard of team that may be sent to particular events and all of these will be taken into account. These may include the age of an athlete, the wishes of race promoters, the demands of the event (distance, conditions and course profile) and funding. The selected teams for the events in the programme will be funded from the **scottishathletics** Hill Running budget, and it is also necessary for individual athletes to make a personal contribution.

Please keep the Selection Committee fully informed of athletes’ racing programmes, results, training progress, injuries, illness and availability for selection for those races on the programme. This type of information and two-way communication is extremely valuable in assisting the selectors to pick the best teams.

Selection of all athletes is subject to agreement of the athlete’s approach to racing and training between the trial and the International Race by the Selectors, listed below (p7).

Events

There will be selection races to decide all or part of the team for the International Youth Cup and the Senior and Junior Home Internationals. Other international teams will be selected according to current form and the other criteria published alongside each event. If athletes wish form at other races to be noted, this should be made known to selectors in advance.

Although selectors will make every effort to monitor performances and communicate with athletes throughout the season, it is the responsibility of athletes to inform the selectors of their availability for particular events and any of performances which merit consideration.

Selection Committee and Procedure

The selectors for 2019 are:

Mark Johnston (Chair), Angela Mudge (**scottishathletics**) and Malcolm Patterson, plus Mark Harris for junior age groups.

The process of each selection is as follows:

1. The selectors will either call a meeting or telephone conference call at which the team will be selected. This will be on the designated selection date.
2. Athletes will then be formally notified by email as soon as possible following the selections. A telephone call may also be made to speed up this process and allow travel confirmations to be made.
3. A formal team announcement will then follow from the **scottishathletics** office, normally in the form of a press release and message on the website.
4. It is requested that any questions related to selection are addressed through the Chair by contacting the **scottishathletics** office.
5. A condition of selection will be the requirement of athletes (or their parent/guardian/coach) to let the **scottishathletics** office know of their acceptance of selection – this must be within three days of receipt of the selection email or telephone call.
6. Athletes will be contacted by selectors to agree their training and racing program up to the international

International Programme Notes

Selectors have the discretion not to allocate all the places shown if it is considered that the event is not appropriate for the standard of athlete available.

It is essential that coaches and/or their athletes keep the selectors informed of their race programme and their desire to be considered for selection. This is best done by e-mail or telephone to the National Lead for hill and mountain running Angela Mudge (07765570503, angela.mudge@scottishathletics.org.uk) or Chair of Selectors, Mark Johnston (01506 670184, mark_johnston@gmx.co.uk).

For *GB team* selection matters, see here: <http://www.uka.org.uk/competitions/mountain-running/> or contact: Anne Buckley, annembuckley@yahoo.com

Please read these notes in conjunction with the background text and details of Selection Committee and Procedures.

Senior International Opportunities

Senior Home International Betws-y-coed, Wales

Date	21 September
Selection Date	26 August
Team Manager	Angela Mudge
Number	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 (born before 1997), with the remainder of the team to be made up of under 23 athletes (born within the years 1997 – 1999, inclusive).
Selection Notes	First eligible male and female athlete (and U23) in trial race at Broughton Heights on 24 th August will be offered selection, with the balance of the team being selected on current form in the trial race and /or similar races.
Personal Contribution	£30

Snowdon International Llanberis, Wales

Date	20 July
Selection Date	10 June
Team Manager	Angela Mudge
Number	4 senior men and 4 senior women
Selection Notes	Current form in broadly similar races up to the selection date for example Ben Lomond, British Championship medium races. The first eligible man and woman in the Inter counties will be offered automatic selection. For this international, "Senior" is defined as over 18 on the day of the race.
Personal Contribution	£30

Junior International Opportunities

International Youth Cup Venue TBC

Date	TBC
Selection Date	20 May
Team Manager	Mike Pearson and Jane Robertson
Number	Up to 6 Juniors - 3 male / 3 female. (Born in 2002 or 2003. Younger athletes will not be considered).
Selection Notes	The first eligible male and female athlete in the Cornalees Race on 19 May will be offered selection, with the balance of the team being selected on current form in this race and/or similar races.
Personal Contribution	£TBC

Junior Home International Betws-y-coed, Wales

Date	21 September
Selection Date	26 August
Team Manager	Jane Robertson & Bill Breckenridge
Number	Male and Female Teams of 4 at U20 (born in 2000, 2001 or 2002) and U17 (born in 2003 or 2004) age groups. Younger athletes will not be considered.
Selection Notes	The first 2 eligible male and female athletes in each age category in the trial race at Broughton on 24 August will be offered selection, with the balance of the team being selected on current form in the trial race and/or similar races.
Personal Contribution	£30

scottishathletics Competition Opportunities

Inter Counties

Date	Weekend of 11/12 th May
Selection Date	30 April
Number	Up to 5 male and 5 female senior athletes for each of 4 regions (North, Central, East and West). Athletes must be born in 2000 or before, and NB if 5 athletes are selected then 1 must be U23 on the day of the race.
Team Manager	Kenny Richmond
Selection Notes	Current form in appropriate races up to the selection date. Check details with your area rep: Central: John Stevenson (john@torwoodgardencentre.co.uk) East: Helen Bonsor (hbonsor@hotmail.com) North: Kyle Greig (kyletherunner@hotmail.com) West: Kenny Richmond (kenny.richmond@ntlworld.com)
Junior Event	There will be a separate Junior Inter-Counties event at Clougha Pike, Quernmore, Lancaster on 22 June. Teams would be made up of: Up to 3 male and 3 female U19 athletes (born in 2001 or 2002) and 3 male and 3 female U17 athletes (born in 2003 or 2004). There will be a modest subsidy (level to be agreed) towards travel costs for those of the relevant standard wishing to attend.
Personal Contribution	There will be a modest subsidy (level to be agreed) towards travel costs. Runners are expected to make their own travel arrangements though assistance may be given to coordinate travel. For further detail please contact the area reps.

Other International Races (including Smarna & Trofeo Vanoni)

scottishathletics will look to support individual senior and under 23 athletes of an international standard to gain more experience of high quality international races which are not in the formal International Programme (above). There are no selections, and athletes must organise race entry, travel and accommodation themselves. Any support must be agreed and is given retrospectively, athletes must submit full details of any expenditure, backed up by receipts. Two races which have been identified as development opportunities are the Hochfelln mountain race, Germany (29/09/19) and Smarna Gora mountain race, Solvenia (date tbc). Any athletes wishing to apply for support in these races or similar events, should contact Angela.mudge@scottishathletics.org.uk

It is also hoped to support at least 3 men (team event) and 3 women (individual) to take part in the Trofeo Vanoni mountain running event in Morbegno, Italy on 27 Oct (date tbc). Selection will be based on form in mountain races up to the selection date, which will be 30 September.