



International Handbook 2020 Hill Running

V6 August 2020

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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	CANCELLED	Ambleside, Cumbria	14 Sept
Senior Home International	CANCELLED	Scotland	7 Sept
Snowdon International	CANCELLED	Llanberis, Wales	22 June
Junior Home International	CANCELLED	Newcastle, N. Ireland	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 (Senior)	CANCELLED	Llanberis, Wales	30 April

Qualification and other International Events

Hill Running

Fixture	Date	Venue
Inter Counties (senior) – (up & down)	CANCELLED	Llanberis, Wales
Inter Counties (junior) – (up & down)	CANCELLED	West Nab, England
European Champs Trial (up & down)	CANCELLED	Sedbergh, England
European Champs (up & down)	CANCELLED	Portugal
Snowdon International (up & down)	CANCELLED	Llanberis, Wales
Junior Home International Trial (up & down)	CANCELLED	Cademuir Rollercoaster, Peebles
International Youth Cup Trial (up & down)	CANCELLED	Cademuir Rollercoaster, Peebles & league Arthurs Seat
World Masters (uphill only)	CANCELLED	Telfes, Austria
Junior Home International (up & down)	CANCELLED	Newcastle N. Ireland
World Long Distance Trial (up & down)	20 Sept	Comrie
Senior Home International	CANCELLED	Scotland
World Championships Trial (uphill only)	20 Sept	Comrie, Scotland
International Youth Cup (up & down)	CANCELLED	Ambleside, England
World Championships (UK Team – uphill only)	13 Nov	Lanzarote
World Long Distance Champs (UK Team- up & down)	14 Nov	Lanzarote

WMRA World Cup

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
West Districts Championships	CANCELLED	Goat Fell Race, Arran
East Districts Championships	CANCELLED	Red Moss Kips Race, Balerno
North Districts Championships	CANCELLED	Half Nevis 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 long race)		TBC	World Mountain Running Championship Trial, venue tbc
Individual Championships	Senior Men & Women U23 Men & Women (born in 98/00 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	15 Aug	U20 (born 2001-2003) U17 (born 2004-2005) U15 (born 2006-2007)	Cademuir Rollercoaster, Peebles

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. The format of SHR will be announced once racing begins again.

Fixture	Date	Venue
Alex Brett Memorial Cioch Mhor Hill Race (medium)	CANCELLED	Dingwall
Stuc a' Chroin (long)	CANCELLED	Strathyre
Hartfell Horseshoe Race (medium)	CANCELLED	Moffat
Tom na Bat Hill Race (short)	CANCELLED	Tomintoul Highland Games
Glenshee 9 (long)	CANCELLED	Glenshee
Yetholm Shepard's Show Hill Race (short)	CANCELLED	Yetholm

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 Jill Stephen, Scottish Hill Runners, e-mail jillianstephen@live.co.uk
Details of the SHR Championship can be found at: <http://www.scottishhillrunners.uk>

scottishathletics Hill Running Junior League

The 8 races which comprise the 2020 Junior League are:

Fixture	Date	Venue
Alex Brett Cioch Mhor Junior	CANCELLED	Dingwall
Ben Lomond Junior	CANCELLED	Rowardennan
Lomonds Junior Races	CANCELLED	Falkland
Dumyat (U20)	CANCELLED	Stirling University. NB Pre-entry
Cornalees Hill Race	CANCELLED	Greenock
Beecraigs (U17, U15, U13 and fun run)	CANCELLED	Linlithgow
Cademuir Rollercoaster*(JHI Trial up & down)	15 Aug	Peebles
Arthurs Seat	30 Aug	St Mary's Loch, Edinburgh

* In case of a tie this race carries more weight

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 2001-2003), U17 (born 2004-2005), U15 (born 2006-2007)

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. 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 the SA junior championships and JHI trial, Cademuir Rollercoaster will be used to determine the winner of the age category. **NB For 2020 the league scores will be calculated from two races**

For the 2020 Junior League Dumyat will be a counter for the U20 category only and is the only race where pre-entry is required. There will be no U20 category at Beecraigs this is for the younger age groups – U17 and below.

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
European Championship Trial (up & down)	CANCELLED	Sedbergh, England

(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
Aran Race (medium)	14 March	Me Bala, Wales
Seven Sevens (long)	CANCELLED	Newcastle, N. Ireland
Glenshee 9 (long)	CANCELLED	Glenshee, Scotland
Arnison Crag Horseshoe (short)	CANCELLED	Patterdale, England
BA British Relay Champs	CANCELLED	Howgills,, 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 athlete 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 to compete 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 2020 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 (07717623344, 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 Scotland, venue tbc

Date Selection Date Team Manager Number	CANCELLED 7 September Angela Mudge 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 1998), with the remainder of the team to be made up of under 23 athletes (born within the years 1998 – 2000, inclusive).
Selection Notes	The team will selected on current form.
Personal Contribution	tbc

Snowdon International Llanberis, Wales

Date Selection Date Team Manager Number	CANCELLED 4 senior men and 4 senior women
Selection Notes	Current form in broadly similar races up to the selection date. The first eligible man and woman in the Hartfell Horseshoe Race (SHR counter) on 20 June 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 Ambleside, England

Date	CANCELLED
Selection Date	14 September
Team Manager	Mike Pearson and Jane Robertson
Number	Up to 8 Juniors – 4 male / 4 female. (Born in 2003 or 2004. Younger athletes will not be considered).
Selection Notes	The team will be selected from results at Cademuir Rollercoaster, the scottishathletics junior championship race and the final junior league race on Arthurs Seat. Performances at the JHI will also be considered.
Personal Contribution	£TBC

Junior Home International Newcastle, N. Ireland

Date	CANCELLED
Selection Date	26 August
Team Manager	Bill Breckenridge and Jane Robertson
Number	Male and Female Teams of 4 at U20 (born in 2001, 2002 or 2003) and U17 (born in 2004 or 2005) age groups. Younger athletes will not be considered.
Selection Notes	The first two eligible male and female athletes in each age category in the trial race at Cademuir Rollercoaster on 15 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	CANCELLED
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 2001 or before, and NB if 5 athletes are selected then 1 must be U23 on the day of the race.
Team Manager	James Espie
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: James Espie (theelusivjackalope@gmail.com) West: Kenny Richmond (kenny.richmond@ntlworld.com)
Junior Event	CANCELLED There will be a separate Junior Inter-Counties West Nab, Meltham on 30 May. Teams would be made up of: Up to 3 male and 3 female U19 athletes (born in 2002 or 2003) and 3 male and 3 female U17 athletes (born in 2004 or 2005) and 3 male and female U15 athletes (born 2006 or 2007). 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 Hochfelln, Smarna Gora & Trofeo Vanoni)

scottishathletics will look to support individual senior and under 23 athletes of 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, with athletes required to 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 (27/09/20) 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 (team) to take part in the Trofeo Vanoni mountain running event in Morbegno, Italy on 25 Oct (date tbc). Selection will be based on form in mountain races up to the selection date, which will be 30 September.