



# International Handbook 2021 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
Home Countries Youth International	24 July	Ambleside, Cumbria	21 June
Junior Home International	4 Sept	Newcastle, N. Ireland	16 Aug
Trofeo Nasego	5 Sept	Italy	9 Aug
Senior Home International	19 Sept	Sedbergh, England	30 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)	Postponed?	Llanberis, Wales	TBC

## Qualification and other International Events

### Hill Running

Fixture	Date	Venue
Inter Counties (senior) – (up & down)	TBC end of June	Llanberis, Wales
European Champs Trial - (up & down)	<b>CANCELLED</b>	Sedbergh, England
Inter Counties (junior) – (up & down)	13 June	West Nab, England
International Youth Cup Trial (up & down)	19 June	TBC
European Champs (up & down)	<b>CANCELLED</b>	Portugal
World Ultra Trail Trial (100km) – Lakeland Trails	10 July	Lakes
Home Countries Youth International (up & down)	24 July	Ambleside, England
Junior Home International Trial (up & down)	14 Aug	Cademuir Rollercoaster, Peebles
World Short Trail Trial – Scafell Pike Trail Marathon (up & down)	15 Aug	Lakes
World Masters (uphill only)	04 Sept	Telfes, Austria
Junior Home International (up & down)	04 Sept	Newcastle N. Ireland
Trofeo Nasego	05 Sept	Italy
World Championships Trial (uphill only)	17 Sept	Lakes
World Championships Trial ( up & down )	19 Sept	Sedbergh, England
Senior Home International (up & down)	19 Sept	Sedbergh, England
World Championships (UK Team – uphill only)	12 Nov	Thailand
World Short Trail Champs (42km, 2290m up & down)	12 Nov	Thailand
World Ultra Trail Champs (80km, 4500m up & down)	13 Nov	Thailand
World Championships (UK Team – up & down )	14 Nov	Thailand

## WMRA World Cup

Details of the WMRA World Cup series can be found at: [www.wmra.info](http://www.wmra.info)

## Scottishathletics Hill Running Championships

### District Hill Running Championships

Fixture	Date	Venue
West Districts Championships	tbc	tbc
East Districts Championships	2 June	Red Moss Kips Race, Balerno
North Districts Championships	27 June	Half Nevis Race

Details of the SA Championships can be found at : [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

### Senior National Hill Running Championships

Fixture	Date	Venue
<b>scottishathletics</b> Senior Championships (Category A medium race)	9 Oct	Alex Brett Memorial Cioch Mhor
<b>Individual Championships</b> Senior Men & Women U23 Men & Women (born in 99/01 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>	<b>Team Championships</b>	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
<b>scottishathletics</b> Junior Championships	14 Aug	U20 (born 2002-2004) U17 (born 2005-2006) U15 (born 2007-2008)	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.

Fixture	Date	Venue
Dollar Hill Race (medium)	17 July	Dollar Academy
Glenshee 9 (long)	7 August	Glenshee
Stuc a' Chroin (long)	<b>CANCELLED</b>	Strathyre
Eildon 3 Hills (short)	18 Sept	Gibson Park. Melrose
Yetholm Border Shepherds Show Hill Race (short)	2 October	Yetholm
Alex Brett Memorial Cioch Mhor Hill Race (medium)	9 October	Dingwall

Note – Some of these events are pre-entry and have an entry limit. There is also an **U23 Championship** check SHR webpage Please see <http://www.scottishhillrunners.uk> for further details.

All queries to Jill Stephen, Scottish Hill Runners, e-mail [jillianstephen@live.co.uk](mailto: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 2021 Junior League are:

Fixture	Date	Venue
Ben Lomond Junior	TBC	Rowardennan
Lomonds of Fife Junior Races	<b>CANCELLED</b>	Falkland
Cornalees Hill Race	22 May TBC	Greenock
Beinn Dubh (Home Countries U18 International Trial)	19 June	Luss
Cademuir Rollercoaster*(JHI Trial up & down)	14 Aug	Peebles
Arthurs Seat	28 Aug	St Mary's Loch, Edinburgh
Creag Bheag	19 Sept	Ardvonie Park, Kingussie
Alex Brett Memorial Cioch Mhor Hill Race	9 Oct	Dingwall

\* 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 2002-2004), U17 (born 2005-2006), U15 (born 2007-2008)

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.

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)	19 Sept	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/>

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## BA British Fell Running Championships & Relay Championship for 2021

The British Fell Running Championship will be a one off race on Saturday 4th September, category AM. Details are tbc, Race Director - Morgan Donnelly

The 4 race series advertised below is cancelled due to COVID restrictions

Fixture	Date	Venue
Aran Race (medium)	<b>Cancelled</b>	Me Bala, Wales
Seven Sevens (long)	<b>Cancelled</b>	Newcastle, N. Ireland
Glenshee 9 (long)	<b>Cancelled</b>	Glenshee, Scotland
Arnison Crag Horseshoe (short)	<b>Cancelled</b>	Patterdale, England
BA British Relay Champs	16 Oct	Tebay, England

Details of the British Fell Running Championship can be found at: [www.fellrunner.org.uk](http://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.

For 2021 **scottishathletics** hope to send a team of athletes to **Trofeo Nasego**, Italy to replace the cancelled Snowdon International event. This will dependant on current COVID restrictions.

### 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 (p10).

### 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 2021 are:

Mark Johnston (Chair), Angela Mudge (**scottishathletics**) and Helen Fallas, 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](mailto:angela.mudge@scottishathletics.org.uk)) or Chair of Selectors, Mark Johnston (07717623344, [mark\\_johnston@gmx.co.uk](mailto:mark_johnston@gmx.co.uk)).

For *GB team* selection matters, see here: <http://www.uka.org.uk/competitions/running/mountain-running/> or contact: Anne Buckley, [annembuckley@yahoo.com](mailto:annembuckley@yahoo.com) For the World 80km trail Champs contact Adrian Stott, [tarit@runandbecome.com](mailto:tarit@runandbecome.com)

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



## Senior International Opportunities

### Senior Home International Sedbergh, England

<b>Date</b>	19 Sept
<b>Selection Date</b>	30 Aug
<b>Team Manager</b>	Angela Mudge
<b>Number</b>	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 1999), with the remainder of the team to be made up of under 23 athletes (born within the years 1999 – 2001, inclusive).
<b>Selection Notes</b>	The team being selected on current form in similar races and from performances in the SHR/British Championship series.
<b>Personal Contribution</b>	£30

### Trofeo Nasego Italy

<b>Date</b>	5 Sept
<b>Selection Date</b>	9 Aug
<b>Team Manager</b>	
<b>Number</b>	Up to 4 senior men and 4 senior women, including one under 23 male and female athlete (born within the years 1999 – 2001, inclusive).
<b>Selection Notes</b>	Current form in broadly similar races up to the selection date. The first eligible man and woman in the Dollar Hill Race (SHR counter) on 17th July will be offered automatic selection. For this international, "Senior" is defined as over 20 on the day of the race. Trofeo Nasego is a counter in the 2021 WMRA World Cup race series, <b>scottishathletics</b> will part fund a team of athletes for development purposes, if COVID restrictions permit. This race replaces the cancelled Snowdon International.
<b>Personal Contribution</b>	£tbc

## Junior International Opportunities

### Home Countries Youth International Ambleside, England

<b>Date</b>	24 July
<b>Selection Date</b>	21 June
<b>Team Manager</b>	
<b>Number</b>	Up to 8 Juniors – 4 male / 4 female. (Born in 2004 or 2005. Younger athletes will not be considered).
<b>Selection Notes</b>	The first two eligible male and female athlete in the Junior League race (IYC trial race ) on 19 June will be offered selection, with the balance of the team being selected from form at the trial, or other similar junior races. Athletes who cannot make the trial let selectors know.
<b>Personal Contribution</b>	£TBC

### Junior Home International Newcastle, N. Ireland

<b>Date</b>	04 September
<b>Selection Date</b>	16 August
<b>Team Manager</b>	
<b>Number</b>	Male and Female Teams of 4 at U20 (born in 2002, 2003 or 2004) and U17 (born in 2005 or 2006) age groups. Younger athletes will not be considered.
<b>Selection Notes</b>	The first two eligible male and female athletes in each age category in the trial race at Cademuir Rollercoaster on 14 August will be offered selection, with the balance of the team being selected on current form in the trial race and/or similar races.
<b>Personal Contribution</b>	£30

## scottishathletics Competition Opportunities

### Inter Counties

<b>Date</b>	TBC
<b>Selection Date</b>	TBC
<b>Number</b>	Up to 5 male and 5 female senior athletes for each of 3 regions (North, East and West). Athletes must be born in 2002 or before. <b>Note</b> if 5 athletes are selected then 1 must be U23 on the day of the race.
<b>Team Manager</b>	
<b>Selection Notes</b>	Current form in appropriate races up to the selection date. Check details with your area rep: East: Eoin Lennon (lennon.eoin1@gmail.com) North: James Espie (theelusivjackalope@gmail.com) West: Kenny Richmond (kenny.richmond@ntlworld.com)
<b>Junior Event</b>	There will be a separate Junior Inter-Counties Nab Fell race, Glossop Rugby Club, Hargate Hill Lane, Charlesworth SK13 5HG (Derbyshire), on 13 June. Teams would be made up of: Up to 3 male and 3 female U19 athletes (born in 2003 or 2004) and 3 male and 3 female U17 athletes (born in 2005 or 2006) and 3 male and female U15 athletes (born 2007 or 2008). There will be a modest subsidy (level to be agreed) towards travel costs for those of the relevant standard wishing to attend.
<b>Personal Contribution</b>	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

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 Grossglockner Berglauf, Austria (10/7/21) Vertical Nasego (4/9/21) and Trofeo Nasego, Italy (5/9/21), Trofeo Ciolo Italy (26/9/21), and Kilometro Vericale Chiavenna-Lagunc, Italy (10/10/21)). Any athletes wishing to apply for support in these races or similar events, should contact [Angela.mudge@scottishathletics.org.uk](mailto:Angela.mudge@scottishathletics.org.uk)

It is also hoped to support at least 3 men (team relay event) and 3 women (team individual event) to take part in the Trofeo Vanoni mountain running event in Morbegno, Italy on 24 Oct (date tbc). Selection will be based on form in mountain/hill races up to the selection date, which will be 30 September.