



**BRITISH
ATHLETICS**

2021 British Athletics Mountain Running Championships
incorporating the
**World Mountain Running Championships Trial races (Senior Classic up-
and down & U20)**
and the
Home Countries International (Senior).

Sunday 19th September 2021

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. 5.2km, 390m ascent/descent
1.00pm: Senior Men's and Senior Women's Race. 10.4km, 780m ascent/descent

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

Entry Details

Entry is on SI entries only, (www.sientirs.co.uk) apart from those pre-entered by their national federations for the Senior Home International competitions.

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

Number collection will be from Race HQ at the People's Hall which will be open from 9:30am, closing at 12:50pm.

The senior races are open to athletes born in or before **2003** and are open for all to enter.

The junior races are open to athletes born in **2002 to 2005** inclusive. No younger athletes may compete in the junior races.

Both races incorporate the trial races for selecting British Athletics teams for the World Mountain and Trail 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 decide 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.

2021 World Mountain and Trail Running Championship Trial Races

The races will incorporate the trials for selecting the British Athletics teams for the 2021 World Mountain Running Championships. The selection policy for the event can be viewed here:

<http://www.uka.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 **2003**.

Only athletes born in **2002 to 2005** inclusive are eligible for British Athletics junior team selection.

The 2021 World Mountain and Trail Running Championships will take place in Chiang Mai, Thailand between 11th – 14th November.

Event information can be found here:

<https://wmtrc2021thailand.com/>

Senior Home Countries International

The event incorporates the 2021 BA Mountain Running Senior Home Countries 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 **1999 - 2001** 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.

Contacts

Race Organiser : Duncan Richards (duncan@intouchltd.co.uk, 07764 610 799)
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