



2022 British Athletics
European Off-Road Championships Up-and-Down Trial Races (Senior & U20)

SUNDAY 22nd MAY 2022

COURSE DETAILS: (see separate maps)

The event will take place in the Ochils. Race HQ: Cochrane Hall, Alva, Clackmannanshire, FK12 5LJ

The courses will be marked and marshalled. The race start is approx. 2km and 230m climb from Cochrane Hall.

PROGRAMME:

There will be two combined races, as follows:

12.00pm: European Up-&-Down Trial Senior Men & Women's Race 18km & 970m ascent/descent. This race incorporates the Senior Home Countries International.

12.15pm: Under 20 Men & Women's Up-&-Down Trial 5.4km & 370m ascent/descent

ENTRY DETAILS:

Pre-entry only. Entries open 1st April and close 20th May on SiEntries.

<https://www.sientries.co.uk>

Entry costs **£10** per athlete for all events.

REGISTRATION:

Registration will open from 10am, in the Cochrane Hall, Alva.

The senior races are open to athletes born in or before 2002. (Entries are welcome from good endurance runners from other disciplines without previous mountain/hill running form).

Please note that only those eligible for UKA team selection may race.

The junior races are open to athletes born in 2003 to 2006 inclusive. No younger athletes may compete in the junior races. The junior race is also a selection race for the Scottish team for the International U18 Mountain Running Cup (athletes born in 2005 & 2006).

The race start will be signposted from Cochrane Hall car park. The start is approx. 2km with 230m of climb from Cochrane Hall. Please leave plenty of time to get to the start.

FURTHER DETAILS WILL BE CIRCULATED PRIOR TO THE EVENT

HILL SAFETY (VERY IMPORTANT, PLEASE READ)

All competitors **must** carry waterproof top and bottoms, hat and gloves. In bad weather a thermal top must also be carried or worn. There will be water available at approx. 8km for seniors only.

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.

In the event of extreme adverse weather the route may be shortened.

FACILITIES:

Registration, car parking and toilets are all available at the Cochrane Hall. There is also a public car park and street parking nearby.

BRITISH ATHLETICS SELECTION POLICY

The British Athletics selection policy for the 2022 European Off-Road Running Championships can be viewed here:

<https://uka.org.uk/competitions/mountain-running/>

The 2022 European Off-Road Championships will take place in La Palma on 1-3 July 2022.

Event information can be found here: <http://www.aristaeventos.com>

CONTACTS:

Race Director: Angela Mudge angela.mudge@btinternet.com 07765570503

UKA Selection: Anne Buckley annembuckley@yahoo.com 07817 681826