



2022 British Athletics
European Off-Road Championships Uphill Trial Races (Senior & U20)

FRIDAY 20th MAY 2022

COURSE DETAILS: (see separate maps)

The event will take place from Rowardennan, Stirling. Race HQ: Ben Lomond overflow car park. G63 0AR.

The courses will be marked and marshalled.

The race start is on the fire road which leads to Ben Lomond from the overflow car park.

PROGRAMME:

There will be two combined races, as follows:

4.30pm: European Uphill Only Trial Senior Men & Women's Race 7.3km & 970m ascent.

4.45pm: Under 20 Men & Women's Uphill Only Race 5.0km & 600m ascent

The senior race incorporates the British Athletics Uphill Only Mountain Running Championship.

ENTRY DETAILS:

Pre-entry only. Entries open 1st April and close 19th May on SiEntries.

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

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

REGISTRATION:

Registration will open from 3pm onwards at the Ben Lomond overflow car park – from the white camper van. Approx 400m east of the Rowardennan car park.

The senior races are open to athletes born in or before 2002 and are only open to athletes who have the potential to represent Great Britain and N. Ireland. (Entries are welcome from good endurance runners from other disciplines without previous mountain/hill running form.)

Numbers of senior entrants is restricted to 80. Entries will be vetted. The National Trust limits the number of athletes on Ben Lomond.

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 race start will be signposted from the event car park. The starts are approx. 50m from the overflow car park.

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 is no kit transfer to the finish points. If it's a hot day runners may wish to carry water as there are no water stations on the course.

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 will be shortened.

FACILITIES:

The event base is at Rowardennan. Parking is in the overflow car park about 400m before the Rowardennan Hotel and will be signposted. There is also parking available at the road end in the official Ben Lomond Car park, where toilets are available. Any athletes parking here will have to pay £3 for parking. The event car park is free, but space is limited.

Registration is from the white camper van.

Ben Lomond is a busy tourist centre so please be aware of other users.

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:

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