



**BRITISH
ATHLETICS**

2022 British Athletics Up-and-Down Trial Races (Senior & U20) World Mountain and Trail Running Championships

SUNDAY 11th September 2022

Incorporating:

England Athletics U20 Mountain Running Championships and
England Athletics trial for U23 Development Race; Trofeo Vanoni mountain relay, Italy

COURSE DETAILS: (see separate maps)

The event will take place at Ericstane, near Moffat on the slopes of Hartfell.

The courses will be marked and marshalled. The race runs through a deer farm, if you receive the course please follow rights of way signs through the farm. The 'forest rides' on the upper slopes of the course will be cut prior to the trial.

PROGRAMME:

There will be two combined races, as follows:

12.00 pm: Under 20 Men & Women's Up-&-Down Trial 6.9km & 240m ascent/descent

1.00 pm: Senior Men & Women's Up-&-Down Trial 11.3km & 470m ascent/descent. This race incorporates the British Athletics Senior Up-&-Down Mountain Running Championship.

ENTRY DETAILS:

Pre-entry only. Entries open 1st August and close on 8th September on SiEntries.

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

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

REGISTRATION:

Registration will open from 10am, in the Ericstane Community Hall, DG10 9LT

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.

There are two race starts. The juniors will start at the foot of the track leading to Newton Farm. The seniors will start on the road heading towards Moffat, approximately 600m from the village hall.

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.

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:

Registration and toilets are all available at the community hall. Car parking is in a field near the hall, follow the signposts.

BRITISH ATHLETICS SELECTION POLICY

The British Athletics selection policy for the 2022 World Mountain and Trail Running Championships can be viewed here:

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

The 2022 World Mountain and Trail Running Championships will take place in Thailand on 3 to 6 November. Note the team will be flying out on 28 October. **NB** The GB & NI team will be traveling to Thailand on 28 October and returning on 7 November. Athletes who are not available for this period of time will not be considered for selection.

Event information can be found here: <https://wmtrc2021thailand.com/>

CONTACTS:

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

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