



**BRITISH
ATHLETICS**

**British Athletics Uphill Only Trial Race for the
2022 World Mountain and Trail Running Championships
incorporating the
2022 Senior England Athletics Mountain Running Championships.**

Friday 9th September 2022

Course Details (see separate map)

The event will take place on Skiddaw, Cumbria, starting at Fitz Park CA12 5PH (parking available here). The route will start in the park, close the Football club pavilion, take in a full lap of Fitz Park before taking a path out of the park onto Bundholme Road, turning right and then first left onto Spoonygreen Lane. Follow the marked track up to Latrigg car Park onto the fell, following the main path up Jenkin Hill, over Skiddaw Little Man finishing on Skiddaw. Returning using the same route and coming down in pairs.

The courses will be marked and marshaled.

Programme

There will be one race:

16:00: 8.5km, 840m ascent

N.B. Sunset is 19:45

Entry Details

Entry is on SI Entries only (www.sientries.co.uk)
Entry costs **£10** per athlete..

Number collection/registration at Keswick Football Pavilion from 14.00.

Races are open to athletes born in or before **2004** and are open for all to enter.

Safety (VERY IMPORTANT, PLEASE READ)

All competitors **must** carry a **head torch and a waterproof top** and be prepared to also carry waterproof bottoms, hat and gloves.

The Race Organiser will decide what kit should be carried on the day. This information will be available at registration.

The races finish high up on an exposed mountain side/summit and the only protection you will have from the elements is the gear you carry (unfortunately there is no way the organisers can transport kit to the summit).

Failure to comply with any minimum kit rule will result in disqualification.

There will be cut off times at Lattrigg car park of 25 minutes for men and 30 minutes for women.

Any athlete who retires from the race **must** report their retirement to a race marshal.

Athletes are responsible for making their own way back down the mountain after the finish. We strongly recommend that you follow the flagged race route back down the mountain to the start.

Facilities

Parking is available at the Football Club Car park CA12 5PH

<https://www.searchforsites.co.uk/marker.php?id=37965>

and toilets are available in the pavilion.

2022 England Athletics Mountain Running Championships

The 2022 England Athletics Mountain Running Championships is open to all England qualified athletes born in or before 2004. Eligibility can be found in the UKA Rules for Competition Rule 10. There is no team competition.

Awards

The first three English finishers will receive England Athletics (EA) medals.

2022 World Mountain and Trail Running Championships Trial Races

This race is a trial to select the British Athletics team for the Uphill Only race at the 2022 World Mountain and Trail 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 for the Uphill Only and the Classic races, senior athletes are defined as born in or before **2004**.

The 2022 World Mountain and Trail Running Championships will take place in Chiang Mai, Thailand between 17th – 20th November 2022.

Event information can be found here:

https://wmtrc2021thailand.com/wp-content/uploads/WMTRC2021_GENERAL_INFORMATION_SHEET_ALL_08MAR2022.pdf

Contacts

Race Organiser : Duncan Richards (duncan@intouchltd.co.uk)

UKA Selection : Anne Buckley (annembuckley@yahoo.com)