



BRITISH
ATHLETICS

World Mountain and Trail Running Championships Uphill Only Trial Races

Friday 5th May 2023

Course Details (see separate map)

The event will take place on Skiddaw, Cumbria, starting at Dodd Wood CA12 4QE (parking available here). The route will start in a parking bay at Dodd Wood, follow a marked track through the woods to the base of the ridge which then takes in Ullock Pike, Long Side, Carl Side finishing on Skiddaw.

The courses will be marked and marshaled.

Programme

There will be one race:

16:00: 6.4km, 905m ascent

Entry Details

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

Number collection/registration at Dodd Wood car park from 14.00

Races are open to athletes born in or before **2005** and are open for all to enter.

Safety (VERY IMPORTANT, PLEASE READ)

All competitors **must** carry 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.

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 and toilets are available on site.

<https://www.forestryengland.uk/dodd-wood>

2023 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 2023 World Mountain and Trail Running Championships. The selection policy and information for the event can be viewed here:

<https://www.uka.org.uk/competition/running/mountain-running/world-trial/>

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 **2005**.

N.B. Athletes born in **2005 to 2008** are eligible for the junior race (up and down) on 6th May at Todd Crag, Ambleside.

The 2023 World Mountain and Trail Running Championships will take place in Innsbruck, Austria between 6th – 10th June 2023.

Event information can be found here:

<https://innsbruck-stubai2023.com/en/>

Contacts

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

UKA Selection : Anne Buckley (annembuckley@yahoo.com 07817 681 826)