



**BRITISH
ATHLETICS**

2023 Inter-Counties Mountain Running Championships SUNDAY 7 May 2023

Incorporating:

2023 British Athletics Up-and-Down Trial Race for the Senior World Mountain and Trail Running Championships

COURSE DETAILS: (see separate map)

The route is two laps on the Howgills, over Winder and Arant Haw. The race start and finish are above Lockbank Farm and access to the fell is along the public footpath by the farm. Please close all gates.

The course will be marked and marshalled.

PROGRAMME:

There will be two races, with the women starting 15 minutes before the men:

1.00 pm: Senior Women Up-&-Down Trial 14 km & 760 m ascent/descent.

1.15 pm: Senior Men Up-&-Down Trial 14 km & 760 m ascent/descent.

ENTRY DETAILS:

Pre-entry only. Entries open 1 March and close on Monday 1 May on SiEntries.

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

Entry costs **£10** per athlete.

Race entries will be limited to those athletes competing for their county in the Inter-Counties Mountain Running Championship and those athletes wishing to race the trial for GB&NI selection. Entries from non-county participants will be vetted.

REGISTRATION:

Registration will open from 11 am, in the People's Hall, Howgill Lane, Sedbergh, LA10 5DQ

The senior races are open to athletes who are aged 18 or over on the day of the race ie born on or before 7 May 2005. (Entries are welcome from good endurance runners from other disciplines without previous mountain/hill running form).

Please note that only those eligible for GB & NI team selection may race.

FURTHER DETAILS WILL BE CIRCULATED PRIOR TO THE EVENT

HILL SAFETY (VERY IMPORTANT, PLEASE READ)

All competitors **must** carry waterproof top (taped seams) 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 People's Hall. Car parking is street parking in Sedbergh. There is no designated car park. Please share transport.

BRITISH ATHLETICS SELECTION POLICY

The British Athletics selection policy for the 2023 World Mountain and Trail Running Championships can be viewed here:

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

The 2023 World Mountain and Trail Running Championships will take place in Austria on 6 to 10 June.

Event information can be found here: <https://innsbruck-stubai2023.com/>

CONTACTS:

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