

2024 UK ATHLETICS FELL AND HILL RUNNING CHAMPIONSHIPS

Organised on behalf of UK Athletics (UKA) by the Mountain Running Advisory Group Sub-Committee for domestic fell & hill running championships under UK Athletics rules and sponsored by Pete Bland Sports

Eligibility qualifications for the UKA Fell and Hill Running Championships are as follows:

- Individual runners must be registered with their Home Country Athletics Federation (HCAF) or be members of the FRA.
- Clubs must be affiliated to UKA through their Home Country Athletics Federation (HCAF) and only first claim members can count for the team. For the purposes of calculating race positions in the team competition, only first claim members of clubs affiliated to their HCAF will be included.
- Runners must be at least 18 on 1 January in the year of competition.

The two races in 2024 are as follows:

Short: **England 27th July 2024 - Blisco Dash**
Long: **Wales 21st September 2024 - Peris Horseshoe**

These races will be pre-entry; check details on the UKA or FRA/NIMRA/SHR/WFRA websites.

Entries will only be accepted from runners who are eligible for the Championship.

The use of GPS for navigation purposes and the use of running poles are not allowed in the 2024 UKA Championship races.

Individual Championships

- Male and Female
- Male and Female under 23s
- Male and Female vet categories – v40-44, v45-49, v50-54, v55-59, v60-64, v65-69, over 70.
- All ages are on day of race except for under 23s who must be under 23 on 31 December in the year of competition.
- Vets will only be included in the ranking for **one** vet category.
- Gold, silver, and bronze medals will be awarded to the first three in every category in both the short and long races.
- Cash prizes will be paid to the first three Male and Female runners in both the short and long races.

Team Championships

- Male 5 to count
- Male Over 40s 4 to count
- Male Over 50s 3 to count
- Female 3 to count
- Female Over 40s 3 to count
- Female Over 50s 3 to count
- The Team championships will be decided over both the short and the long race.
- The winning team in each race will score 12 points, the second team 9 points, the third team 8 points, and so on, down to the 10th team who will score one point.
- Team counters must wear club vests as per UKA rules.
- Different runners may form a team at each race.

If clubs have equal points in the Team championship, the positions will be resolved as follows:

- **Each race:** The Team rankings are decided by the positions of the last counters.
- **Overall Championships:** The final Team rankings will be decided by reference to the total of the Team aggregate scores (total of race positions of the Team counters) over the two races.

Clubs must field a complete team in both Championship races to be ranked in the championship.

Gold, silver, and bronze medals will be awarded to counting members of the first three teams in each.

No other medals may be purchased.