



2024 Trials for European Off-Road Running Championships SUNDAY 21 April 2024

Incorporating:

2024 Senior Inter County Mountain Running Championships

COURSE DETAILS: (see separate map)

Junior:

6.3km and 410m ascent and descent

The route starts from Latrigg car park and follows the Cumbrian Way, climbing Lonscale Fell then following the fence line to the col. At the col runners descend joining the main Skiddaw tourist path and follow this to the finish at Latrigg Car Park

Senior:

16.3 km and 890m ascent and descent

The route starts from Fitz Park and follows the Cumbrian Way before summiting Latrigg. From here, a short descent and then a steep climb up Lonscale Fell. The route then follows the fence line to Skiddaw Little Man. The descent from Little Man follows the tourist path down Skiddaw and takes the direct route back to Fitz Park.

The courses will be marked and marshalled.

PROGRAMME:

Junior U20 race, men and women born in 2005, 2006, 2007 or 2008
Start 12 noon from Latrigg car park. 6.3 km 410 m ascent/descent.

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

1.00 pm: Senior Men Up-&-Down Trial 16.3 km & 900 m ascent/descent.

1.15 pm: Senior Women Up-&-Down Trial 16.3 km & 900 m ascent/descent.

ENTRY DETAILS:

Pre-entry only. Entries open 1 March and close on Monday 15 April on SiEntries.

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

Entry costs **£15** per senior athlete.

Entry **£10** per junior athlete.

Senior 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 10.30 am juniors and 11am seniors

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 Cricket Pavilion TBC. Parking will be in the public car parks in Keswick.

Please respect the locals and park in designated car parks and please share transport.

BRITISH ATHLETICS SELECTION POLICY

The British Athletics selection policy for the 2024 European Off-Road Running Championships can be viewed here:

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

The 2024 European Off-Road Running Championships will take place in Annecy on 31 May to 2 June.

Event information can be found here: <https://www.maxi-race.org/en/our-races/championnats-deurope-off-road/>

CONTACTS:

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