



**European Athletics Off-Road Running Championships  
Uphill Only Trial Races  
Incorporating the England Athletics & UKA Mountain Running Championships.**

**Friday 19<sup>th</sup> April 2024**

**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 Under 20 race, starting 5 minutes after the senior race, will finish at Carlside Cairn.

The courses will be marked and marshaled.

**Programme**

There will be two races, senior followed by under 20:

**Senior race - 16:00: 6.4km/4.0m, 905m/2969ft ascent**  
**U20 race - 16.05: 5.0km/3.1m, 590m/1935ft ascent**

**Entry Details**

Entry is on SI Entries only ([www.sientries.co.uk](http://www.sientries.co.uk))  
Entry costs **£15** per athlete for all events.

Number collection/registration at Dodd Wood car park from 14.00

Races are open to athletes born:  
Under 20 race **2005 – 2008**  
Senior race in or before **2006**

**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 (organisers are unable to 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.  
**ALL** athletes **must report to**, and **hand in their number**, to the Race Organiser on returning at the Dodd Wood car park/café area.

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

**Facilities**

Parking and toilets are available on site.  
<https://www.forestryengland.uk/dodd-wood>

## 2024 European Off-Road Running Championships Trial Races

This race is a trial to select the UKA team for the Uphill Only race at the 2024 European Off-Road Running Championships. The selection policy and information for the event can be viewed here: [European Off-Road Championships](#)

Note that for the purposes of selecting the senior UKA teams for the Uphill Only and the Classic races, senior athletes are defined as born in or before **2006**.

The 2024 European Off-Road Running Championships will take place in Annecy, France between 31<sup>st</sup> May – 2<sup>nd</sup> June 2024

Event information can be found here:

<https://www.european-athletics.com/competitions/european-off-road-running-championships/overview>

### Contacts

Race Organiser : Duncan Richards ([duncan@intouchltd.co.uk](mailto:duncan@intouchltd.co.uk), 07764 610 799)  
UKA Selection : Anne Buckley ([annembuckley@yahoo.com](mailto:annembuckley@yahoo.com) 07817 681 826)