



BRITISH
ATHLETICS

BRITISH ATHLETICS HILL AND FELLRUNNING CHAMPIONSHIPS

2020



**Organised on behalf of British Athletics by the Mountain Running
Advisory Group Sub-Committee for domestic fell running
championships under UK Athletics rules and sponsored by Pete Bland Sports**

Eligibility qualifications for the British Championships are as follows:

- Individual runners must be registered with the appropriate home country athletics federation or be members of the FRA.
- Clubs must be affiliated to UK Athletics (UKA) for fell running 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 the UKA for fell running will be included.

The four races are as follows:

Short: **29th August - Arnison Crag Horseshoe, England**
 Medium: **14th March - Aran Race, Wales**
 Long: **25th April - Seven Sevens, Northern Ireland**
1st August - Glenshee Nine, Scotland

These races will be pre-entry; check details in the Fixtures Calendar or the FRA website.

CATEGORIES AND SCORING

Men

Category	Runners To Score	Place	Pts	Place	Pts		Place	Pts
Open	50	1 st	52	2 nd	49	...to...	50 th	1
U23	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O40	40	1 st	42	2 nd	39	...to...	40 th	1
Vet O50	30	1 st	32	2 nd	29	...to...	30 th	1
Vet O60	20	1 st	22	2 nd	19	...to...	20 th	1
Open Team	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O40 Team	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O50 Team	10	1 st	12	2 nd	9	...to...	10 th	1

Women

Category	Runners To Score	Place	Pts	Place	Pts		Place	Pts
Open	30	1 st	32	2 nd	29	...to...	30 th	1
U23	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O40	20	1 st	22	2 nd	19	...to...	20 th	1
Vet O50	10	1 st	12	2 nd	9	...to...	10 th	1
Open Team	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O40 Team	10	1 st	12	2 nd	9	...to...	10 th	1

All ages are on day of race except for under 23s who must be under 23 on 31 December in the year of competition and must be at least 18 on 1 January in the year of competition.

For the purposes of both the individual and team championships, runners are automatically counted as scoring in the open event and in any other categories for which they are eligible.

RANKING

Individual Championships

- Runners must complete at least three races, one at each distance, to be ranked in the championship.
- If all four races are completed, the scores from the short and medium races will count plus the best score from the long races.

Team Championships

Open Men	5 to count
Men's Vets O40	4 to count
Men's Vets O50	3 to count
Open Women	3 to count
Women's Vets O40	3 to count

- Team counters must wear club vests as per UKA rules.
- Team scorers must be at least 18 on 1 January in the year of competition.
- Different runners may constitute a team at each race.
- Clubs must field a complete team in at least three races one at each distance, to be ranked in the championship.
- If complete teams are fielded in all four races, the scores from the short and medium race will count plus the best score from the long races.

In the event of club having equal points in the team competition, the positions will be resolved as follows:

- **Individual races:** 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 three counting races.

AWARDS

Gold, silver and bronze medals will be awarded to the first three in every individual and team category. In addition, cash prizes of £250/£150/£100 will be paid to the first three senior men and first three senior women in the individual competition.

For teams, medals will be awarded to runners who count in those races which count towards the team prize only, as decided by the statistician. No additional medals may be purchased.

The full championship rules can be found on the Fell Running page of the British Athletics section of the UKA website (www.uka.org.uk/competitions/mountain-running/).

For further information about the British Championships, please contact Judith Jepson judejellybaby@hotmail.co.uk.