



It's all good.

GREAT BRITAIN TEAM SELECTION RACES

2nd WORLD MOUNTAIN RUNNING CHAMPIONSHIPS 2010

(KAMNIK SLOVENIA 5th SEPTEMBER 2010)

UPHILL ONLY TRIAL RACES TO BE HELD ON:

SUNDAY 8th AUGUST – LLANBERIS, SNOWDONIA, GWYNEDD

LADIES RACE AND JUNIOR MENS RACE: - Starts at **11.30am** from Victoria Terrace (opposite The Legacy Hotel) Ladies and junior men will race together.

JUNIOR LADIES RACE: – Starts at **11.45am** from the sheds which are 410mtrs up the road from the cattle grid on the Llanberis Snowdon tourist track

MENS RACE: - starts at **11.45am** near the Llanberis library just off the High Street

REGISTRATION WILL BE AT THE LEGACY ROYAL VICTORIA HOTEL LLANBERIS FROM 10am.

The **Senior Men** will run a distance of **6.8 miles with 3563 feet** of climb (**11km/1086m**) and will follow the Bwlch Maesgwm path and the Snowdon Ranger path to finish on Garnedd Ugain (Crib Y Ddysgl) summit.

The **Senior Ladies and Junior Men** will run a distance of **4.5 miles with 3,210 feet** of climb (**7.2km/978m**) and will follow the Llanberis tourist path to finish on Garnedd Ugain (Crib Y Ddysgl) summit.

The **Junior Ladies** will run a distance of **2.46 miles** with a climb of **1,414 feet (3.95km/431m)** and will follow the Llanberis tourist path and finish at the bottom of Moses hill.

In the event of bad weather at the trial race all competitors should be prepared to bring and carry windproof whole body cover.

(Photocopied maps of the courses will be available at Registration)

ENTRIES WILL BE TAKEN ON THE DAY.

CONTACT: EVENT CO-ORDINATOR: ARWEL LEWIS: 07977601029

CONTACT: SELECTION: SARAH ROWELL 07712051002

At these trials the first three eligible senior men, two senior women, two junior men and one junior woman will be automatically selected. The selectors will fill the remaining places (three senior men, two senior women, two junior men and two junior women) based on all known up and down form up to and including the trial on 8th August 2010.

Selection of all athletes is subject to the individual meeting at least two of the following selection guidelines

- a. Demonstrates the ability to be competitive against international opposition in an overseas international mountain race and or overseas/domestic international cross/fell race between 1st January 2010 and the trial.
- b. Consistency of performances in both domestic and international mountain races of a similar distance and or fell/cross /road races.
- c. Competitive and consistent performances at previous global mountain running championships.
- d. Clearly demonstrates consistent progression up the international competition pathway.

All athletes who do not intend to compete at the trials and wish to be considered for selection must ensure that they advise UKA Chair of Selectors Sarah Rowell at saz@srowell.demon.co.uk of their situation by 9pm Friday 6th August. Similarly, any athlete unable to compete due to illness or injury who wishes their status to be known to the selectors should contact Sarah Rowell prior to the selection meetings which will be held straight after the trials on the same day.