



It's all good.

GREAT BRITAIN TEAM SELECTION RACES

AND

INAUGURAL UKA MOUNTAIN RUNNING CHAMPIONSHIP 2011

EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS 2011

(BURSA, TURKEY, 9 JULY 2011)

UPHILL ONLY TRIAL RACES TO BE HELD ON:

SUNDAY 12th JUNE – FITZPARK, KESWICK

REGISTRATION AND THE START OF ALL RACES WILL BE AT THE FOOTBALL PAVILLION IN FITZPARK (NY 268 238):

11.30am JUNIOR LADIES 3.9K – 395m

Start in Fitz Park and via short section of road to main Latrigg / Skiddaw track. Follow path on gentle climb up to back of Latrigg car park then turn onto main Skiddaw path. Steep climb for last 1k up to finish at gate part way up Jenkin Hill.

12noon SENIOR LADIES & JUNIOR MEN 8.9k – 900m

Start in Fitz Park and via short section of road to main Latrigg / Skiddaw track. Follow main path for about 1.75k to a turn point onto a gentle climb zig zag path which leads to Latrigg summit. Follow flagged route down to back of Latrigg car park and on to main Skiddaw path. Steep climb up Jenkin Hill then follow main path to turn up steep climb over Little Man followed by short descent and final climb to finish on Skiddaw summit.

1.00pm SENIOR MEN 12.2k – 1100m

Start in Fitz Park and follow same route as Ladies race to Latrigg summit. After flagged route down to back of Latrigg car park turn left down main path as if heading back to Keswick for about 200 metres and turn left onto same gentle climb zig-zag path for an additional loop over Latrigg summit. Follow same route down to back of Latrigg car park and same as Ladies course up Jenkin Hill, Little Man and finish on Skiddaw summit.

Please note runners are responsible for getting themselves back down to the race venue in Fitz Park. A drinks station will be provided at back of Latrigg car park

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 - £3.50 per entry

CONTACTS:

- **Event co-ordinator: Steve Harwood steve@adk.co.uk**

- UKA selection Sarah Rowell
saz@srowell.demon.co.uk

07712 051002



European Championships Selection Policy

UKA intends to select the strongest senior and junior men's and women's teams to the European Mountain Running Championships in 2011.

The official trial will be held at Keswick (TBC) on Sunday 12th June 2011 as part of the McCain Mountain Running Challenge.

- Senior Trial: At the trial the first two eligible senior men and senior women, will be automatically selected.
- U20 Trial: At the trial the first two eligible junior men and one junior woman will be automatically selected.
- The selectors will fill the remaining places (two senior men, two senior women, two junior men and two junior women) based on all known uphill form up to and including the 12th June 2011.

The Team will be selected on Sunday 12th June 2011 following the trial in Keswick.

All athletes who do not intend to compete at Keswick 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 **before the trial**.

Selection of all athletes is subject to agreement of the athlete's racing programme between the trial and the Championships by the Chair of Selectors, Sarah Rowell.