

2005 FELL RUNNING CHAMPIONSHIPS

Each constituent country of the UK holds its own National Championships.

Please note the rule under English Championships referring to restriction of competition for the English Championship and another National Championship.

Information about the British and English Championships can be found on the FRA website at <http://www.fellrunner.org.uk>

BRITISH CHAMPIONSHIPS

Organised by UK Athletics Mountain Running PST
Sponsored by Pete Bland Sports and Norman Walsh Footware

Eligibility qualifications are as laid down by the appropriate Governing Body.

English athletes must be registered with a Regional AA of UK Athletics **OR** be a member of the FRA.

English Clubs must be affiliated to a Regional AA.

The six races are as follows:-

Short:	Edale Country Fair (Sun. 12 th June)	Pen y Fan (Sun. 31 st July)
Medium:	Moelwyn Peaks (Sat. 23 rd April)	Culter Fell (Sat. 25 th June)
Long:	Spelga Skyline (Sat. 2 nd April)	Wasdale Fell Race (Sat. 9 th July)

Note: some of these races may be pre-entry; check race details.

CATEGORIES AND SCORING

Men

Open	50 to score	1 st .52pts; 2 nd .49pts;.....50 th .1pt.
Vets O40	30 to score	1 st .32pts; 2 nd .29pts;.....30 th .1pt.
Vets O50	20 to score	1 st .22pts; 2 nd .19pts;.....20 th .1pt.
Vets O60	10 to score	1 st .12pts; 2 nd .9pts;.....10 th .1pt.
Open Team	10 to score	1 st .12pts; 2 nd .9pts;.....10 th .1pt.
Vets O40 Team	10 to score	1 st .12pts; 2 nd .9pts;.....10 th .1pt.

Ladies

Open	20 to score	1 st .22pts; 2 nd .19pts;.....10 th .1pt.
Vets O40	10 to score	1 st .12pts; 2 nd .9pts;.....10 th .1pt.
Open Team	10 to score	1 st .12pts; 2 nd .9pts;.....10 th .1pt.

Teams

Open Men	5 to count	6 medals awarded.
Men's Vets O40	4 to count	5 medals awarded.
Open Ladies	3 to count	4 medals awarded.

Different runners may constitute a team at each race.

RANKING

Ranking in all categories is calculated on scores in up to four races. If four races are used they must include one race at each distance.

In the event of a tie on points in a team competition the positions will be resolved as follows:

Individual Races: The Team rankings are decided by the positions of the last counters.

Overall Championship: 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 four counting races.

AWARDS

Awards will be given to the first three in each Individual and Team category.

Mark Hobson is the Statistician for the British Championships;
Email: mhobson@mishmash.freeserve.co.uk Mobile: 0786 7831457

RELAY CHAMPIONSHIPS

The British Mountain Running Relay Championship will be held on Sat. 15th Oct. at Alva, near Stirling, Scotland. Mark Johnson is the organiser. Full details will appear in "The Fellrunner".

For further information about British Championships please contact Jon Broxap, 32 Castle Garth, Kendal, LA9 7AT. Tel: 01539 721603 (Home); 01539 731117 (Work).

ENGLISH CHAMPIONSHIPS

Organised by the Fell Runners Association

Eligibility qualifications for the English Championships are as follows:-

1. First claim member of an English club and registered with a Regional AA of UK Athletics. Unregistered athletes must be members of the FRA.
 2. Member of a club outside England but born in England or resident in England for a minimum of twelve months prior to the date of the first Championship Race.
 3. Unattached runners with qualifications as in 2. above. Unattached athletes must be members of the FRA.
 4. Clubs must be affiliated to a Regional AA of UK Athletics.
 5. A runner who is eligible and wishes to compete in the English individual Championship, must not also compete in any other National Championship as an individual.
- * Runners qualifying under 2. or 3. above should notify the FRA Statistician in writing prior to the first Championship race.

The six races are as follows:-

Short:	Edale Country Fair (Sun. 12 th June)	Whittle Pike (Sat. 20 th Aug.)
Medium:	Fiensdale (Sat. 19 th March)	Buttermere Sailbeck (Sun. 8 th May)
Long:	Wasdale Fell Race (Sat. 9 th July)	Langdale Horseshoe (Sat. 8 th Oct.)

Note: some of these races may be pre-entry; check race details.

CATEGORIES AND SCORING

Men

Open	50 to score	1 st .52pts; 2 nd .49pts;..... 50 th .1pt.
Vets O40	40 to score	1 st .42pts; 2 nd .39pts;..... 40 th .1pt.
Vets O50	30 to score	1 st .32pts; 2 nd .29pts;..... 30 th .1pt.
Vets O60	20 to score	1 st .22pts; 2 nd .19pts;..... 20 th .1pt.
Vets O70	10 to score	1 st .12pts; 2 nd .9pts;..... 10 th .1pt.
Open Team	10 to score	1 st .12pts; 2 nd .9pts;..... 10 th .1pt.
Vets O40 Team	10 to score	1 st .12pts; 2 nd .9pts;..... 10 th .1pt.
Vets O50 Team	10 to score	1 st .12pts; 2 nd .9pts;..... 10 th .1pt.

Ladies

Open	30 to score	1 st .32pts; 2 nd .29pts;..... 30 th .1pt.
Vets O40	20 to score	1 st .22pts; 2 nd .19pts;..... 20 th .1pt.
Vets O50	10 to score	1 st .12pts; 2 nd .9pts;..... 10 th .1pt.
Vets O60	10 to score	1 st .12pts; 2 nd .9pts;..... 10 th .1pt.
Open Team	10 to score	1 st .12pts; 2 nd .9pts;..... 10 th .1pt.

Teams

Open Men	5 to count	6 medals awarded.
Men's Vets O40	4 to count	5 medals awarded.
Men's Vets O50	3 to count	4 medals awarded.
Open Ladies	3 to count	4 medals awarded.

Different runners may constitute a team at each race. Clubs may purchase further medals for additional counters.

RANKING

Ranking in all categories, except MV70 and LV60, is calculated on scores in up to four races. If four races are used they must include one race at each distance.

For MV70 and LV60 ranking is calculated from scores in up to three races from the Short and Medium distances.

In the event of a tie on points in a team competition the positions will be resolved as follows:

Individual Races: The Team rankings are decided by the positions of the last counters.

Overall Championship: 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 four counting races.

AWARDS

Awards will be given to the first three in each category.

For further information about English Championships please contact Jon Broxap, 32 Castle Garth, Kendal, LA9 7AT. Tel: 01539 721603 (Home); 01539 731117 (Work).

INTER-COUNTIES CHAMPIONSHIP

The Inter-Counties Championship race for 2005 is the Wrekin to be held on Sunday 10th April.

FRA LONG-DISTANCE AWARD

Each Autumn a panel of "long-distance enthusiasts" examines details of outstanding long distance performances and chooses a suitable recipient for the award. Details from Martin Stone, Sleagill Head Farm, Sleagill, Penrith, CA10 3HD.

Email: martin.stone@sportident.co.uk Tel: 0870 7661792

YORKSHIRE CHAMPIONSHIPS

Senior, Intermediate and Junior Championships at the Settle Hills race on Sun. 26th June. Medals to first three men and ladies. Gold medals to first men's and ladies' teams only. Medals to first three in each age category, Boys and Girls in U12, U14, U16, U18 and Intermediates.

Yorkshire Championship Co-ordinator: David Woodhead, Tel: 01535 669100.

FRA JUNIOR AND INTERMEDIATE CHAMPIONSHIPS

Assisted by inov-8

JUNIOR CHAMPIONSHIP & UNDER 10 NON-CHAMPIONSHIP SERIES

Pendle, Lancashire (Sun. 20th March)

Wrekin, Shropshire, (Sun. 10th April)

High Rigg, Cumbria (Sun. 22nd May)

Settle Hills, N. Yorks. (Sun. 26th June)

Sedbergh Hills, Cumbria (Sun. 14th Aug.)

Crowden Horseshoe, Derbyshire (Sat. 3rd Sept.)

INTERMEDIATE CHAMPIONSHIP SERIES

Wrekin, Shropshire (Sun. 10th April)

High Rigg, Cumbria (Sun. 22nd May)

Edale Country Fair, Derbyshire (Sun. 12th June)

Settle Hills, N. Yorks. (Sun. 26th June)

Whittle Pike, Lancashire (Sat. 20th Aug.)

Crowden Horseshoe, Derbyshire (Sat. 3rd Sept.)

The Intermediate races at Edale Country Fair and Whittle Pike will be run with the English Championship Senior events.

CATEGORIES AND SCORING

NEW NON-CHAMPIONSHIP UNDER 10 CATEGORY

For 2005 this new category has been introduced with a minimum age of 8 years on the day of the race. There are no Championship medals but a commemorative T-shirt to all runners who finish 4 or more races in the series.

An Under 10 runner turning 10 years in the year of competition has the option of continuing in the Under 10s, and thereby being able to qualify for an Under 10 Non-Championship T-shirt, or moving up into the Under 12 Championship Series.

CHAMPIONSHIP CATEGORIES

Ages are as at 1st January in the year of competition.

Juniors

Under 12 and Over 10 Boys and Girls

Under 14 and Over 12 Boys and Girls

Under 16 and Over 14 Boys and Girls

Under 18 and Over 16 Boys and Girls

For example if you are 11 on 1st January you run in the U12s.

If you are 12 on 1st January you run in the U14s

Intermediates

Under 20 and Over 18 Men and Ladies

In all age categories 19 to score

1st 20pts; 2nd 18pts.....19th 1pt.

Up to the best four results from the above six races count towards the final positions.
The winner will be the runner with the highest cumulative score.

If the age of an U12 competitor is not known they will not count in the Junior English Championship.

All competitors can only count in their respective age categories.

CHAMPIONSHIP AWARDS

Perpetual trophies to the first boy and girl in each category.

Medals to the first three in each category.

Certificates to first 20 boys and girls in each age category.

Commemorative Championship T-shirt to all competitors who finish four or more races.

The Championship Presentation will be at the Junior “Do” on Sun. 30th Oct. at Skipton, N. Yorks.
Two free “Spooky Do” tickets to each category winner.

NEW FRA ENGLISH JUNIOR RELAY CHAMPIONSHIPS

Helm Hill Runners are hosting the first Junior Relay Championships from the Sedbergh People’s Hall, Howgill Lane, Sedbergh on Sun. 25th Sept.

Relay teams to comprise of one athlete from each of the U12, U14 and U16 age categories to qualify for medals. Runners are only allowed to run in their own age category.

Boys and girls teams only, no mixed teams.

Age categories are as at 1st Jan. 2005.

Please note these are English Championships and therefore only English clubs can be awarded medals. Other nationalities are most welcome to compete and are eligible for other prizes.

ENGLAND MOUNTAIN RUNNING - INTERNATIONAL COMPETITION 2005

Selection Criteria

The Committee will select the best available team to represent England although selection for the Snowdon men's B team is intended to encourage "up & coming" athletes for development as internationals.

Recent known form is a key factor although for some events a trial race will be held.

It is essential that the selectors know which athletes wish to be considered. Selection will be made on the day of specific trials or on the dates shown below. Therefore:

- where there is a specific trial race athletes who wish to be considered and cannot attend the trial must inform the team manager before the trial date,
- where there is no specific trial, athletes who wish to be considered must inform the team manager by the date shown below.

1. Home Countries International- Knockdhu, N Ireland

Date: 30th April

Team: 4 senior men, 4 senior women, 4 V40 men, 4 U20 men, 4 U20 women

Selection: Based on known form up to and including 10th April.

2. 10th Black Forest Teenager Games- Sasbachwalden, Germany

Date: 9/10th July

Team: (minimum of) 3 junior men, 3 junior women (Born in 1988-1993)

Selection: Trial race on Ilkley Moor, 5th June (details in Fixtures Calendar). First 2 in each race will gain automatic selection.

3. International Snowdon Race- Llanberis, Wales

Date: 23rd July

Team: 8 senior men (A+B teams), 3 senior women

Selection: Based on known form up to and including 3rd July. There is no specific trial race although runners may choose to run Skiddaw (3rd July, see Fixtures Calendar) to demonstrate form.

4. World Trophy, Wellington, New Zealand (up & down)

Date: 25th September

Team: 6 senior men, 4 senior women, 4 junior men, 3 junior women. Junior means 16-19 years on 31st December 2005.

Selection: Trial will be held in August. Exact location and date to be announced in *The Fellrunner Magazine* and on FRA website. First 2 in each race will gain automatic selection.

5. Open British and Irish Junior Hill Running Championship, Republic of Ireland

Date: 9th October

Team: 4 U18 men, 4 U18 women, 4 U16 men, 4 U16 women + other races. Age as on 1st January 2005.

Selection: The first two in FRA Junior English Championship will gain automatic selection. Other selections based on known form up to and including 11th September.

Notice

Limited funding for 2005 may affect the numbers of teams supported and mean that selected athletes/ support officials are required to contribute to event and travel costs.

Selection Committee 2005

Robin Bergstrand (Team Manager) 01934 743816 thebergstrands@yahoo.com

Graham Breeze (Chairman) 01943 874046 Breezeuplands@aol.com

Sarah Rowell (Selector) 01535 644976 saz@srowell.demon.co.uk

FRA Junior Co-ordinators: David & Eileen Woodhead 01535 669100

EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS (AUSTRIA) – UKA TEAM

Date: 10th July.

Selection Races: June 19th from Llanberis. Further details in the Feb. edition of “The Fellrunner”.

Details: Adrian Woods or Sarah Rowell. Email: saz@srowell.demon.co.uk

NORTHERN IRELAND CHAMPIONSHIP

The Northern Ireland Mountain Running Association (NIMRA) organises a six race championship, with the best four races to count (including one at each distance).

The six races are as follows:-

Short:	Slieve Gullion (Sat. 5 th March)	P & O Knockdu (Sat. 30 th April)
Medium:	Donard-Commedagh (Sat. 16 th July)	Rostrevor (Sat. 27 th Aug.)
Long:	Spelga Skyline (Sat. 2 nd April)	Annalong Horseshoe (Sat. 21 st May)

To score points in the Championships runners must be members of NIMRA.

Teams are selected for the Home Internationals Knockdhu and Snowdon, the World Trophy and the British & Irish Junior Championships.

For further information about these and any other NIMRA races please contact Ian Taylor, 52 Bladon Drive, Belfast, BT9 5JN.

Tel: 028 9028 0790 Email: ir.taylor@ntlworld.com

Calendar, race details and results are published on: www.nimra.org.uk/

SCOTTISH HILL RUNNERS CHAMPIONSHIPS

The Championship will consist of six races. Four races out of six to count, which must include one race at each distance (long, medium and short).

Short:	Screel (Sat. 2 nd April)	Glamaig (Sat. 16 th July)
Medium:	Yetholm (Sun. 5 th June)	Culter Fell (Sat. 25 th June)
Long:	Ben Rinnes (Sat. 30 th July)	Angus Munro(Glen Cova) (Sun. 21 st Aug.,provisional)

Mementos (not medals) will be awarded to all athletes who complete the championship, whether or not they claim Scottish eligibility.

Scottish Hill Runners publish a calendar of Scottish hill races. To obtain a copy and for further information about the Scottish Championships, contact Ronnie Gallagher, 7 (3F2) Cambusnethan Street, Edinburgh, EH7 5TZ. Tel: 0131 661 5484. Email: ronnie_gallagher@yahoo.co.uk

WELSH CHAMPIONSHIPS
MOUNTAIN/FELL FIXTURES

These are organised by the Welsh Mountain Running Committee.

Three races out of six to count including one race at each distance.

The six races are as follows:–

Distance	Race	Contact	Tel.
Short	Penyfan (Sun. 31 st July)	Andrew Jones	01685 876977
Short	Ras Cnicht (Sun. 28 th Aug.)	Dei Jones	01766 522206
Medium	Moelwyn Three Peaks (Sat. 23 rd April)	R. Roberts	01766 831321
Medium	Snowdonia Uphill (Sun. 19 th June)	Adrian Woods	01495 791754
Long	Llanbedr-Blaenafon (Sat. 19 th March)	Gareth Buffett	01495 791454
Long	Black Mountains (Sat. 24 th Sept)	John Darby	01495 750491