

## **INTERNATIONAL JUNIOR FELL & MOUNTAIN RUNNING** **2005 UPDATE #4**

### **INTERNATIONAL TRAINING CAMP**

The training camp for current and prospective internationals will be held at Coniston Coppermines YHA from 10:00 Thursday August 25 to 10:00 Saturday August 27 (it will also be possible to make a week-end of it and stay either for the Arnison Crag Horseshoe on the Saturday or Grasmere Sports on the Sunday – Grasmere Sports is a great day with a traditional straight up and down guides race and mountain bike races as well).

Activities will include:

- 30 mins one-on-one with the England Team physio (Denise Park), this will be a good chance for athletes selected for the World Trophy to get to meet Denise and for everyone to have their range of movement assessed, discuss remedial/injury prevention strategies and current problems,
- Practical workshops (not too much lecturing but plenty of activities and q&a so we can focus on what affects and concerns the athletes) on applied nutrition for performance athletes (not X% of this and Yg of that but what to eat and drink and when), the female athlete, planning, objective setting and long term development, and reflective performance analysis (how to link thinking about issues and problems to training and competition strategies),
- Mountain bike training for mountain runners,
- Navigation, hill-craft and orienteering (if the terrain allows it we might even have a mtb orienteering event).
- Training sessions in the fells.

The timetable will be structured to ensure that athletes and their coaches can incorporate the camp in their training schedules, and where appropriate enable athletes to train twice a day. Coniston Coppermines YHA can accommodate eighteen athletes and eight helpers (it is hoped that some coaches and current senior internationals will also attend).

### **SELECTION POLICY**

Selection policy can be found in the FRA handbook or in the various copies of 'International Junior Fell & Mountain Running Update' (these can be found either in the Junior section of [www.fellrunner.org.uk](http://www.fellrunner.org.uk) or in the Forums section of [www.felljunior.org.uk](http://www.felljunior.org.uk)). However, it should be noted that for all races some places are left to the discretion of the selectors. Athletes wishing to be considered for discretionary places must register their interest with the team manager, Steve Fletcher.

### **MARCO GERMANETTO MEMORIAL RACE – TRAVEL PLANS**

The preliminary plan is to fly from Manchester Airport to Turin on the morning of Friday June 24 (approx. flight departure 11:00) and return to Manchester Airport on the evening of Sunday 26 (approx. flight arrival 22:30). The race organisers have kindly agreed to arrange transport to and from Turin Airport to Susa. It looks like we'll be requesting a contribution of £50 from each athlete to help with the cost of travel.

If the team's travel plans conflict with the exam timetable of a selected athlete it is hoped that we'll be able to work with that athlete to ensure that they can attend the race. This may result in an increased athlete contribution. If any parents or coaches would like to make the trip it may be possible to add them to the team's travel plans and to provide assistance in finding accommodation.

The race is organised by the same group that organise the senior races at Susa. It looks like there will be teams from Italy, Germany, Austria, Slovenia, Wales and Scotland. Race details can be found at: [http://www.atleticasusa.it/rules\\_memor.htm](http://www.atleticasusa.it/rules_memor.htm) or in Update #2.

The Trials race is over a course near Ilkley on Sunday June 5<sup>th</sup>. Details can be found at: <http://www.ilkeleyharriers.org.uk/jh/susatrial.html> or in Update #2.

We're taking a squad of 12 athletes (6 boys and 6 girls) plus two team managers (Steve Fletcher and Pauline Stuart). We'll effectively compete as England A and England B teams. Selection is open to runners born in 1988 – 1993 (inclusive). There will be automatic selection for the first four boys and first four girls in the Trials Races. The remaining places will be filled at the discretion of the selectors based on current form. Athletes wishing to be considered for selection must register their interest and provide details of the form they wish to be taken into account by 12:00 Sunday June 5<sup>th</sup>.

### **OPEN BRITISH & IRISH CHAMPIONSHIPS AND HOME INTERNATIONALS**

The venue of the JHI and Open British & Irish Junior Championships has been changed. They will now be held on the lower slopes of Slieve Foy overlooking the village of Carlingford, north of Dundalk (GR J185115, OS map 36) on Sunday October 9<sup>th</sup>. The preliminary timetable is:

- 10:30 U14 B&G – course 1
- 10:50 U16 G – course 2 and U16 B – course 3
- 11:30 U18 G – course 3 and U18 B – course 4

The courses are:

- course 1 2.5km and 250m of climb
- course 2 4.0km and 350m of climb
- course 3 5.0km and 400m of climb
- course 4 6.0km and 500m of climb

Don't forget that these races are OPEN and benefit from official UKA Championship status with UKA medals being awarded. In other words, you don't need to be selected to run for England if you want to have a crack at becoming a British & Irish Champion. We're planning to take a coach over this year to enable as many of you as possible to compete and we'll be officially inviting the first two in the boys and the girls U14 English Championships to join the England party. As part of our development policy we'll also be taking a travelling reserve for each JHI race. However, neither the U14s nor the reserves will be representing England in the races.

### **THE WORLD TROPHY**

The Trails races will be held on Sunday July 31 at Braithwaite, near Keswick. The races will start from Braithwaite Lodge (GR NY233231). Parking, toilets and limited changing facilities will be available at the start. The Junior Women's race commences at 13:30 and will involve a single lap of 4.92km with 379m of climb. Although the Junior Men's race is effectively two laps of the same course as the Junior Women it is 8.73km in length with 681m of climb. The Junior Men's race commences at 14:00. There will also be U10, U12, U14 and U16 races starting from 12:00, these races are part of the Cumbria Junior Fell Challenge Series.

The courses closely replicate those in New Zealand in terms of distance and profile, however, they are not as windy or wooded as the World Trophy courses. The Trials course maps and profiles can be found in International Update #2 on either [www.fellrunner.org.uk](http://www.fellrunner.org.uk) (in the Juniors section) or [www.felljunior.org.uk](http://www.felljunior.org.uk) (in the Forum section) and the New Zealand courses can be found at <http://www.mountainrunning.org.nz/worldtrophy.html>.

The World Trophy races are on Sunday September 25. As a guide the team is likely to be away from Sunday September 18 to Tuesday September 27.

The International Committee are working to minimise the athlete contribution towards the cost of the trip to New Zealand. At present, thanks to the generosity of various governing bodies, the junior athlete contribution is likely to be somewhere in the region of £300 and £350. However, the John Taylor Foundation have indicated that they will give favourable consideration to applications from individual athletes for assistance in meeting the athlete contribution. Consequently, we believe that the total cost to athletes will be significantly less than £300.

If you'd like to discuss any aspect of the junior international programme or to receive the regular 'International Junior Fell & Mountain Running Update' please don't hesitate to get in touch either by phone (017687 79362) or email [steve.j.fletcher@btinternet.com](mailto:steve.j.fletcher@btinternet.com).