

U18 International Youth Cup (Susa, Italy) Selection Race
Rothay Park, Ambleside Sun 14th July 2019, 11.30am

This is the trial race for the England Team for the International Youth Cup Race in Susa, Italy on August 24th 2019. It is for runners U18 on 31st December 2019 i.e. born 2002/2003

Selection details can be found:

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/mountain-running-teams/>

<https://www.fellrunner.org.uk/international-fell.php>

Race Organiser

Niki Rylance

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Schedule

9.30am – Registration opens

11.15am – Registration closes

11.30am – Race starts (junior men and women will race together)

Parking

Unfortunately there is no parking at the Parish Centre due to church services, but there are plenty of car parks in Ambleside and a short walk from the park (LA22 9DH)

Registration

9.30am – 11.15am in the Brathay Room of the Parish Centre. This room is downstairs in the centre and is accessed from Vicarage Rd opposite Ambleside School.

Entry £3/runner

You must have your entry form signed by a parent/legal guardian OR a consent form.

These can be downloaded here.

<https://www.fellrunner.org.uk/documents/2019/FRA%20Junior%20Event%20Entry%20Form%20A5%202019%208-10-2018.pdf>

<https://www.fellrunner.org.uk/documents/2019/FRA%20Parental%20Consent%20Process%20+%20Form%202019%2019-12-2018.pdf>

Toilets

Toilets are available at registration and at the entrance to Rothay Park.

Kit

The route covers open fell and exposed terrain and all runners must come prepared to carry waterproof jacket and trousers, hat and gloves. The Race Organiser will make a decision as to exactly what kit should be carried on the day – this information will be available at registration.

Route

5K with 207m climb over Todd Crag and the lower slopes of Loughrigg Fell. The route will be fully flagged.

