

U18 International Mountain Running Cup Selection Race Rothay Park, Ambleside Friday 8th May 2020

This is the trial race for the England Teams for the International U18 Mountain Running Cup in Ambleside, on June 20th 2020. It is for runners U18 on 31st December 2020 i.e. born 2003/2004

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 – Junior Women race starts

12.00 noon - Junior Men race start

No race will start before the above times

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. It will be clearly signposted.

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/2020/FRA%20Junior%20Event%20Entry%20Form%202020%2016-12-2019.pdf>

<https://www.fellrunner.org.uk/documents/2020/FRA%20Parental%20Consent%20Process%20+%20Form%202020%2007-10-2019.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 240m climb over Todd Crag and the lower slopes of Loughrigg Fell. The route will be fully flagged.

