

**2005 INTERNATIONAL SELECTION RACES  
FOR THE GREAT BRITAIN MOUNTAIN RACING TEAMS  
AND INCORPORATING THE FIRST  
UPHILL WELSH CHAMPIONSHIP MOUNTAIN RACE  
(CATEGORY 'A' MEDIUM)**

**SUNDAY 19<sup>TH</sup> JUNE – LLANBERIS, SNOWDONIA, GWYNEDD**

**LADIES RACE STARTS AT 11.30 am FROM THE SPAR SHOP ON THE HIGH STREET**

**MENS RACE STARTS AT 12.30 pm FROM THE SPAR SHOP ON THE HIGH STREET**

**REGISTRATION WILL BE AT THE ROYAL VICTORIA HOTEL FROM 10.00 am.**

Both the senior men and ladies will run the same course a distance of 6.8 miles (11 km) with 3563 feet (1086m) of climb and will follow the Bwlch Maesgwm path and the Snowdon Ranger path to finish on the Snowdon summit.

**In the event of bad weather all competitors should be prepared to bring and carry windproof whole body cover, a map of the course, compass and a whistle.**

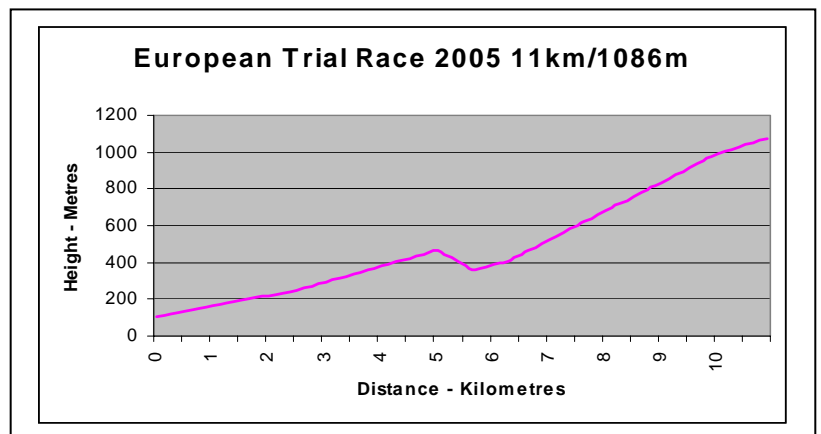
**All competitors must be over 18 years of age on the day of the race.**

**EVENT CO- ORDINATOR**

**ADRIAN WOODS**

**Ty'r Mynydd  
7 Heol Coed Cae Uchaf  
Blaenafon  
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NP4 9JA**

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	<b>Km</b>	<b>Height</b>	<b>Climb (m)</b>
Spar	0.000	106	0
Ty'n yr Aelgerth	2.500	250	144
Bwlch Maesgwm	5.000	467	361
Snowdon Ranger Path	5.625	360	(-107)
Bwlch Cwm Brwynog	6.250	405	406
Bwlch Glas	10.000	993	994
Yr Wyddfa			
Snowdon summit	11.000	1085	1086

**Selection**

The first two finishers in each trial race will be automatically selected for the GB/NI team. The further two places will be determined by the selection panel with greatest emphasis on performances in the trial race.

All eligible athletes are expected to compete in the trial races. Any athlete who is unable to compete in the trial for exceptional reasons, but who still wishes to be considered for selection MUST notify a member of the selection panel in writing/by email before the trial races.

The selectors and UK Athletics are committed to sending the best possible mountain running team to the European Championships. The selectors reserve the right, where performance standards are not considered sufficient, to not select a full team.

Sarah Rowell  
Chair of Selectors  
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