



### **Inter County Fell Running Championships**

The U.K. Counties Athletic Union has approved proposals by the Fell Runners Association to hold Inter County Fell Races for Senior Men, Senior Women U16 male and female and U18 male and female in 2013. In each senior race the team championships will be based on four runners starting with three to count. However provided they are aged under 23 on day of race a fifth runner may be included. With juniors it will be up to three to run with two to score. Whilst teams should note the closing date they will be permitted to change the team on race day. The Inter County Athletic Union will present medals to the first three teams and the first three individuals plus first three U23 competitors. It is expected that counties will supply team members with county vests. The events will also include open races. Please note that senior events will be the 1<sup>st</sup> in the UKA Mountain Running Challenge Series. Full details will be posted on FRA and BA websites in due course.

Date. Sunday 18 May 2014

Start Times. 11.00 U16/U18 women

11.30 U16/U18 men

12.00 senior women

13.00 senior men

Venue. Witton Park Blackburn Lancs

Distance. U16 /U18 5.36k SW 9.13k SM 12.7k

Ascent. U16/U18 219m SW 369m SM 514m

**Entry Details** Entries should be submitted online to [www.race-results.co.uk](http://www.race-results.co.uk)

Senior max 5 to run 3 to count but if 5 entered at least 1 must be U23

Junior 3 to run 2 to score

Closing Date 11 May 2014

Entry fee £5 per runner U16/18 £4 per runner



Any enquiries to Alan Barlow

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**Important Note** Whilst the course will be well marked competitors should be familiar with the FRA safety requirements and come prepared to carry any additional kit that the race organiser may require.