

## **British Athletics Mountain Running Advisory Group 2016**

The British Athletics (BA) Mountain Running Advisory Group (MRAG) has been established to provide advice and guidance to BA on matters regarding the international side of the sport, including and not limited to, having as its focus the optimum development of, and support for, mountain running and mountain runners in the UK.

### **TERMS OF REFERENCE**

The Committee will have responsibility for:

1. advising BA and the Home Countries on matters relating to the development of international mountain running as defined by the IAAF, at senior and junior level
2. ensuring that GB is represented by the best possible and best prepared mountain running team at all designated international events
3. drawing up the selection criteria for all mountain running events where a UK team takes part
4. making selection recommendations for all international mountain running events to the BA Board for endorsement
5. ensuring that trial races are held for all key international events and that the timing of such, the location, organisation, and terrain profile are all optimal
6. making team management recommendations to BA
7. drawing up and reviewing as appropriate, team management guidelines
8. ensuring that post event feedback from management officials as well as athletes is obtained after each event at which a BA team competes
9. making recommendations to BA regarding the development support provided to international mountain runners
10. making recommendations for the optimal development and organisation of age group mountain running and runners in the UK and via a standing sub-committee, ensuring appropriate liaison with the Home Countries
11. advising BA of any proposed rule changes as put forward by the WMRA, IAAF or EAU, and making recommendations based on such
12. advising BA regarding domestic fellrunning championships, and via a standing sub-committee, co-ordinating the implementation of recommendations

### **The Advisory Group must:**

- report regularly to BA Head of Competitions/Endurance Technical Lead
- follow policy as identified by the Board

### **MEMBERSHIP**

Membership of the Advisory Group will be determined by the Board and Senior Management of British Athletics. Invitees will be identified on the basis of:

- their international and national involvement in the delivery and management of the sport of mountain running, as defined by IAAF

- their understanding of national and international level mountain running and related performance trends
- ensuring that there is full home country representation – members are however invited as individuals, not ‘home country places’ which can be substituted
- there being separation of roles between membership of the Advisory Group and team management, other than the MRAG Chair who acts as team leader for international events

With the approval of the Board the BA Advisory Group may:-

1. co-opt members at appropriate times to take advantage of specific experience and expertise
2. form sub-committees or working groups with suitable delegated powers for specific areas of development ie trial races.

### **Standing Sub-Committee for junior (U20) mountain running**

The sub- committee for junior mountain running will:

- be chaired by a representative with specific expertise in junior mountain running
- provide an update report for MRAG meetings as required
- have responsibility for making recommendations to the MRAG regarding the rules and regulations for junior mountain races and advising BA/MRAG of the impact of any proposed domestic rule changes
- liaising with and advising the Home Countries regarding matters related to junior mountain running
- advising the MRAG on matters relating to the development of junior mountain running
- have responsibility for making recommendations to the MRAG regarding the organisation, location, format and profile of the Junior Home Countries International (when not held in conjunction with the Home Countries International)

### **Standing Sub-Committee for domestic fell running championships**

The sub- committee for domestic fell running championships will:

- be chaired by a representative with specific knowledge of domestic fellrunning
- provide an update report for MRAG meetings as required
- have responsibility for making recommendations to the MRAG regarding the organisation, location, format and profile of all UKA fell running championship events; these include:
  - the BA British Relay Championship
  - The BA British Fell Running Championships
- on behalf of UKA co-ordinate the implementation of all agreed recommendations and decisions regarding domestic fell running championships
- advising the MRAG on matters relating to the development of domestic fell running
- advising BA/MRAG of the impact of any proposed domestic rule changes and making recommendations based on such

## **2016 MRAG Membership**

### **MRAG**

Chair	- Sarah Rowell
English representative	- Anne Buckley
Scottish representative	- Malcolm Patterson
Welsh representative	- Arwel Lewis
Irish representative	- Ian Taylor
Member with junior responsibility	- Duncan Richards
FRA/fellrunning representative (non-voting for selection purposes)	- Andy Watts
Independent/Statistician	-

### **Standing Sub-Committee for junior (U20) mountain running**

Chair	- Duncan Richards
Scottish representative	- Hugh Buchanan
Welsh representative	- Stephen Livett
English representative	- Richard Taylor

### **Standing Sub-Committee for domestic fell running championships**

Andrew Schofield  
Jonathon Broxap  
Ian Hartman

**RULE 251 (NEW)**  
**Mountain Running Races**

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**Season**

1. The Mountain Running season is year-round in most areas, respecting special weather situations and the environment.

**The Course**

2. (a) Mountain Running races take place on terrain which is mainly off-road, unless there is significant elevation gain on the route in which case a macadamized surface is acceptable;
- (b) The course should not include dangerous sections;
- (c) Competitors shall not use supplementary aid(s) to assist their progress on course;
- (d) The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent/descent (for up and down races with start and finish at the same level);
- (e) The average incline should include a minimum of 5% (or 50 meters per kilometer) and not exceed 20% (or 200 meters per kilometer);
- (f) The highest point on the course should not exceed 3,000 meters altitude;
- (g) The entire course shall be clearly marked and include kilometer marks;
- (h) Natural obstacles or challenging points along the course should be additionally marked;
- (i) A detailed course map must be provided along with a profile using the following scales:  
Altitude: 1/10,000 (1 cm = 100 m)  
Distance: 1/ 50,000 (1 cm = 500 m)

**The four different types of mountain races:**

3.1. Classic mountain races.

For Championships, the recommended approximate distances and total amount of ascent should be approximately:

	Mainly Uphill Up & down races			
	Distance	Ascent	Distance	Ascent
Senior Men	12km	1200m	12km	600m/750m
Senior Women	8km	800m	8km	400m/500m
Junior Men	8km	800m	8km	400m/500m
Junior Women	4km	400m	4km	200m/250m
Boys (Youth age group)	5km	500m	5km	250m/300m
Girls (Youth age group)	3km	300m	3km	150m/200m

3.2. Long Distance mountain races:

Long distance mountain race courses include distances of approximately 20km to 42,195km, with a maximum elevation of 4,000m. Participants under the age of 18 are not recommended to compete at distances exceeding 25km.

3.3 Relay Mountain Races:

Mountain races can be run as relays.

3.4 Time Trial Mountain Races:

Mountain races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

**Drinking / Sponging and Refreshment Stations**

4. Refreshments shall be available at the start and finish areas. Additional drinking/sponging stations shall be provided along the course.

**Race Conduct**

5. If a runner goes off course, thereby shortening the race distance, he or she shall be disqualified.