



BRITISH
ATHLETICS

BRITISH ATHLETICS HILL AND FELLRUNNING CHAMPIONSHIPS

Organised on behalf of British Athletics by the Mountain Running Advisory Group Sub-Committee for domestic fell running championships under UK Athletics rules and sponsored by Pete Bland Sports



The British Athletics Hill and Fell Running Championships is a series of four races, designed to test the runners all round ability by requiring completion of a short, a medium and a long race to count in the points. Similarly, to be eligible for the team competitions, clubs must have a scoring team in each of a short, medium and long race

The four races will consist normally of one race each in England, Scotland, Wales and Northern Ireland and be appropriately spaced throughout the year, with races of the same category being held at least one month apart. The race in Northern Ireland will always be the same distance category as one of the other races. For the avoidance of doubt, the race in Northern Ireland (and therefore the 'duplicate' race on the mainland) can be short, medium or long.

There will be no formal annual rotation of race categories between countries to allow flexibility in ensuring the optimal race mix in the Championships. Consideration will be given to any nation hosting the first race of the year. It is, however, acknowledged that this is usually Northern Ireland's preference.

Eligibility qualifications for the British Championships are as follows:

- Individual runners must be registered with the appropriate home country athletics federation or be members of the FRA.
- Clubs must be affiliated to UK Athletics (UKA) for fell running and only first claim members can count for the team. For the purposes of calculating race positions in the team competition, only first claim members of clubs affiliated to the UKA for fell running will be included.
- Runners who are serving a disciplinary suspension/ban imposed by any of the National Bodies (Fell Runners Association, Scottish Athletics, Northern Ireland Mountain Running Association or Welsh Athletics) are ineligible to compete.

The four races in 2019 are as follows:

Short: **3rd August – Creag Dhubh, Scotland**
 Medium: **27th April – The Mourne Highline, Northern Ireland**
25th May – Ras Y Moelwyn, Wales.
 Long: **15th June – Great Lakes Race, England**

These races will be pre-entry; check details in the Fixtures Calendar or the FRA website.

CATEGORIES AND SCORING

Men

Category	Runners to Score	Place	Pts	Place	Pts		Place	Pts
Open	50	1 st	52	2 nd	49	...to...	50 th	1
U23	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O40	40	1 st	42	2 nd	39	...to...	40 th	1

Vet O50	30	1 st	32	2 nd	29	...to...	30 th	1
Vet O60	20	1 st	22	2 nd	19	...to...	20 th	1
Open Team	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O40 Team	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O50 Team	10	1 st	12	2 nd	9	...to...	10 th	1

Women

Category	Runners to Score	Place	Pts	Place	Pts		Place	Pts
Open	30	1 st	32	2 nd	29	...to...	30 th	1
U23	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O40	20	1 st	22	2 nd	19	...to...	20 th	1
Vet O50	10	1 st	12	2 nd	9	...to...	10 th	1
Open Team	10	1 st	12	2 nd	9	...to...	10 th	1
Vet O40 Team	10	1 st	12	2 nd	9	...to...	10 th	1

All ages are on day of race except for under 23s who must be under 23 on 31 December in the year of competition and must be at least 18 on 1 January in the year of competition.

For the purposes of both the individual and team championships, runners are automatically counted as scoring in the open event and in any other categories for which they are eligible.

RANKING

Race results are adjusted to exclude all runners who are not registered with the appropriate home country athletics federation or members of the FRA & therefore ineligible for the Championship. Only runners who are first claim members of clubs that are registered with the appropriate home country athletics federation are included in the team rankings – in each category, the ranking for each team member is calculated on their position within that category excluding all ineligible runners (i.e. only runners in the relevant age group(s) who are first claim members of registered clubs).

Individual Championships

- Runners must complete at least three races, one at each distance, to be ranked in the championship.
- If all four races are completed, the scores from the short and long race will count plus the best score from the medium races.
- *In the event of a tie, the ranking will be deemed to be equal.*

Team Championships

Open Men	5 to count
Men's Vets O40	4 to count
Men's Vets O50	3 to count
Open Women	3 to count
Women's Vets O40	3 to count

- Team counters must wear club vests as per UKA rules.

- Team scorers must be at least 18 on 1 January in the year of competition.
- Different runners may constitute a team at each race.
- Clubs must field a complete team in at least three races one at each distance, to be ranked in the championship.
- If complete teams are fielded in all four races, the scores from the short and long race will count plus the best score from the medium races.

In the event of club having equal points in the team competition, the positions will be resolved as follows:

- **Individual races:** The Team rankings are decided by the positions of the last counters. *The team with highest placed last counter will be deemed to have the higher ranking – in the event of a tie, the position of the next to last counter will be used & so on.*
- **Overall Championships:** The final Team rankings will be decided by reference to the total of the Team aggregate scores (total of race positions of the Team counters) over the three counting races. *In order to determine the counting race when the rankings are equal, the race with the lower aggregate score will be deemed to be the counting race; if the aggregate scores are equal, the counting race will be determined chronologically.*

AWARDS

Gold, silver and bronze medals will be awarded to the first three in every individual and team category. In addition, cash prizes of £250/£150/£100 will be paid to the first three senior men and first three senior women in the individual competition.

For teams, medals will be awarded to runners who count in those races which count towards the team prize only, as decided by the statistician. No additional medals may be purchased.

EVENT LOGISTICS

*The following guidelines have been drawn up by the Championship Sub-Committee of the Mountain Running Advisory Group. They are the **minimum** requirements for a Championship race and any queries regarding them should be made to a member of the Sub-Committee.*

Short races

All short races must have separate starts for men and ladies, preferably one hour apart. This allows the ladies unimpeded racing. Organisers of short races should consider very carefully any constraints on their route – particularly close to the start and finish. Race routes, particularly starts, should be altered to avoid such constraints – better a new record than a snarl-up.

All Races

Rules

UKA Rules for Competition must be adhered to – refer to the FRA Handbook and Fixtures Calendar and or FRA and UKA websites. Failure to comply with UKA Rules could invalidate an organiser's race insurance.

*Race organisers must also ensure that their races meet the UKA/FRA Safety Requirements for Fell Races – see Handbook/FRA website. Particular attention should be given to rule 10 stating the **minimum** mandatory equipment that runners are required to carry, as Championship races tend to attract some runners who have very limited experience of fell running. Race organisers must also advise runners in advance on any additional equipment that, in the advent of bad weather, they may*

be asked to carry e.g. waterproof jacket and hat and gloves. Race organisers should “post up” details of the route – ideally a map - with control details and closing time. All runners should be acquainted with mandatory sections of the route – especially at the start and finish. It is not enough to announce them at the start. Extra marshals and taping should be used to avoid any routing errors where required. A fell top weather forecast should be clearly displayed and any predicted bad weather – and resultant additional kit requirements – highlighted.

Access and Environment

It is recommended that the FRA’s “Access and Environment for Organisers of Fell Races” recommendations are observed – refer to FRA Handbook. Attention must be paid to the provision of adequate parking and toilet facilities for the increased number of entrants resulting from Championship status. For races outside England differing policies may apply and appropriate guidance should be sought.

Entries

Entries should ideally be done in advance, not just on the day. This enables more time to register runners. Race organisers are free to set your entry fee level it must be the same for all competitors; a discount for early entry is allowed.

British Championship races must be able to cater for a minimum of 200 runners. Where a race has an entry limit this must be published in advance with the entry details, so runners are aware of it.

Permits

As a UKA championship event the race permit must be obtained as follows:

- *England from FRA*
- *N Ireland from Athletics Northern Ireland*
- *Scotland from Scottish Athletics*
- *Wales from Welsh Athletics*

Results

Race results must be accurate in order to ensure correct Championship statistics and should include

1. *First names*
2. *Surname*
3. *Club*
4. *Age and sex category (see below)*

Results must be sent to Ian Hartman, Statistician, by email (ianh2512@hotmail.com) no later than 1 week after the race, and preferably on the day of the race.

Timing and Recording

The large fields attracted by Championship status can test even the most experienced timekeeper – a few extra marshals at the finish and a longer funnel are all that is necessary to avoid chaos. Start areas must be large and wide enough to give ‘clean’ starts.

It is now a requirement for all Championship races to have electronic results. Advice/recommendations on possible companies to assist with this will be provided if needed.

Prizes

The number and value of prizes given are the responsibility of the race organiser. It is recommended however that the winners in the Championship categories are recognised and that male and female prizes are of equal value. The enhanced entry due to the race’s Championship status should ensure the revenue to permit this – and a surplus!

As part of their sponsorship contract with the British Championships Pete Bland Sports will offer Championship race organisers preferential rates on PBSL vouchers for race prizes at those championship races.