

10th NOTTINGHAMSHIRE AAA COUNTY FELL RUNNING CHAMPIONSHIPS 2020

(IN ACCORDANCE WITH FELL RUNNERS ASSOCIATION (FRA) RULES)

PLEASE READ ALL THE INFORMATION BELOW CAREFULLY – IT IS REALLY IMPORTANT!!!!

RULE AMENDMENTS AND INFORMATION FOR 2020

1. Individual championships

Age categories for both men and women revert to those of the English FRA i.e.

Senior 18-39

V40-49

V50-59

V60-69

V70+

N.B. The open individual championships is for all age categories but seniors do not have a senior age category for medals only within the open championships.

2. Team championships

Senior team championships

Senior teams for men and women have no maximum number but only 3 runners count for team points.

Teams can be comprised of all seniors, a mixture of seniors and vets, or all vets.

Only one team scores for medals there are no medals for 'B', 'C', etc. teams.

Points are scored by overall race position e.g. 1st runner = 1 point, 2nd = 2 points, 17th = 17 points, and lowest total scores determines positions.

In the event of teams tied on points the team with their last counting runner nearest 1st is placed ahead.

Veteran team championships (new for 2020)

Veteran teams for men and women have no maximum number but only 3 runners count for team points.

Teams can be comprised of ONLY vets V40+ i.e. any veteran age category.

VETERAN TEAM MEMBERS MUST BE DECLARED AT REGISTRATION AT THE NOTTS AAA DESK BEFORE THE START OF THE 3rd AND FINAL CHAMPIONSHIP RACE AT LONGSHAW SHEEPDOG TRIALS RACE.

Only one team scores for medals there are no medals for 'B', 'C', etc. veteran teams.

Points are scored by overall race position e.g. 1st runner = 1 point, 2nd = 2 points, 17th = 17 points which are scored separately to the open team championships and lowest total scores determines positions.

In the event of teams tied on points the team with their last counting runner nearest 1st is placed ahead.

3. Race 1 of the Notts fell champs is Wolf's Pit Sunday 29th March 2020. THIS RACE IS ONLINE ENTRY ON THE www.fabian4.co.uk race entry website – please enter early when this entry goes live to avoid the disappointment of not getting in to this very popular early spring race. IN THE EVENT OF BAD WEATHER FORECAST FOR RACE DAY AT WOLF'S PIT PLEASE CHECK THE RACE WEBSITE www.braddadads.wordpress.com IN CASE OF RACE CANCELLATION – THIS OCCURRED IN 2018 DUE TO SEVERE WINTER CONDITIONS.

4. Intercounties fell running championships 2020 Saturday May 23rd Llanberis Ridge, Llanberis, North Wales

Selection for Nottinghamshire men's and women's fell running teams will be based on the first 4 finishers in the Wolf's Pit fell race (race 1 of the 2020 Notts fell champs), finishers from 5th onwards become reserves with 5th first reserve, 6th second reserve etc. Selection for the Notts intercounties team may also depend on appropriate fell running experience if required by UKA for the fell intercounties championships.

In the event of an U23 finishing in the first 4 in the Notts champs then the fifth runner will also be selected for Nottinghamshire. If any Notts club has any U23 runners (men or women) they wish to be considered for the Notts intercounties team (and who have appropriate fell running experience) please contact Dicky Wilkinson.

The 2020 Championships

- The individual championships are a 3 race series.
- The team championships are held ONLY in the final race of the 3 race series.

The races are (race details at the end of the rules):

1. Wolf's Pit and selection race for the UK Intercounties Fell Championships Saturday May 23rd Llanberis Ridge (Individual champs race 1)
2. Chrome Hill (Individual champs race 2)
3. Longshaw Sheep Dog Trials (Individual champs race 3; and team champs race)
Age categories for men and women: senior; V40-49; V50-59; V60-69; and V70+.

CHAMPIONSHIP RULES

- All runners must run for their first claim club that affiliates to fell and hill running.
- In the individual championships all 3 races can be run and the best 2 results count.
- Scoring will be 1st = 1 point, 2nd = 2 points, 3rd = 3 points etc in the open race (open to all ages) and for age category races (which are scored separately to the open race) eg MV45-54 1ST = 1 point, 2nd = 2 points etc.
- Age categories for men and women: Senior 18-39, V40-49; V50-59; V60-69; and V70+. N.B. there is no medal categories for seniors except within the open championships.
- Final placings based on lowest cumulative points from 2 races.
- In the event of any final tied scores then placings are decided by head-to-head result, then followed by position in race 3 and then position in race 1.
- In the event of any race category medal winning position and other finishing positions not having the necessary 2 race finishes, one race result will count.
- In the team championships there are two categories:
 1. Open team championships of teams of either all senior men or senior men and vet men or all vet men, and open team championships of teams of either all senior women or senior women and vet women or all vet women senior women and vet men and vet women and will be the first 3 finishing runners in race 3 only - there are no 'B', 'C', etc. teams.
 2. Veteran team championships of teams of ONLY vet men of any veteran age category V40+ or all vet men, and veteran team championships of teams of ONLY vet women of any veteran age category V40+ and will be the first 3 finishing runners in race 3 only – there are no 'B', 'C', etc. teams.
- Team scores are the lowest aggregate score of the first 3 runners as described above. In the event of tied scores then the higher placed (lowest points) 3rd scoring runner counts.
- Only the first 3 scoring runners of each club count in the team championships.
- In the event of one or more championship race being cancelled then the championships will be 2 scores from 2 races or 1 from 1 race. If the team championship race is cancelled a replacement race will be found before the end of 2020 and which will also act as the 3rd individual championship race.
- Close to each race date please check the Notts AAA website and that of each race for information regarding race cancellation – especially so for Wolf's Pit in March when weather is unpredictable and conditions on the hill could deteriorate rapidly forcing race abandonment.

OTHER KEY POINTS

Please remember that you enter all races at your own risk. It is an FRA requirement that all competitors in fell races have read, understand and comply with the runners rules (see link below).

Bring full kit as described in the FRA link below to all races and be expected to carry it – this is mandatory for Wolf's Pit but usually not required for races 2 and 3 BUT STILL BRING KIT TO THESE.

In the event of failure to carry appropriate kit throughout a race this will lead to race and championship disqualification. Kit checks occur before and at the end of races.

Kit:

- Waterproof top with attached hood and taped seams
- Waterproof leggings with taped seams
- Hat and gloves
- Map to navigate the course; silva type compass; and whistle
- Food
- Wear clothes suitable for the conditions. In 2018 Wolf's Pit was cancelled due to deep snow and cold conditions – in March weather conditions can turn for the worse quickly, don't skimp on kit and be prepared. It is not necessary to wear club vests but if conditions allow then that would be welcome. These are fell races so studded fell type running shoes are advised.
- Races are all entry on the day except Wolf's Pit which is online pre-entry. On race day pay and register at the race desk (or after number collection at Wolf's Pit) then go to the Notts desk with your number and fill in a race day form for the Notts championships with no additional race fee.
- Results will appear on the race website, FRA website results section and on the Notts AAA website. The championship results will be compiled from each races results and scores after race 1 and then race 1 and 2 combined will be placed on the Notts AAA website – this may take some time as it is dependent on how quickly race results are processed and made available by the race organisers – thanks in advance for being patient!
- Individual and team medals will be presented after the Longshaw Sheepdog Trial race – it may take a little while to compile the results from all races so again, thanks in advance for being patient while the small band of volunteers process the results. Go and enjoy the sheep dog trials, homemade produce, real ale and café at the show before the presentation!

FRA rules are here:

<https://fellrunner.org.uk/documents.php>

Under FRA Documentation follow Runners then tabs for

Requirement for Runners ie rules

And also see Hypothermia leaflet and First on the scene

Race information is in the 2020 FRA race calendar and at:

<https://fellrunner.org.uk/races.php>

Then select month of race

Wolf's Pit Sunday March 29th £8 1100 AS category 9km / 5.6m and 450m / 1476ft www.braddadads.wordpress.com

Chrome Hill Saturday June 27th £5 1400 BS category 6.4km / 4m and 213m / 699ft www.hollinsclough.staffs.sch.uk

Longshaw Sheepdog Trials Saturday September 5th £5 1030 BS category 8.6km / 5.3m and 320m 1050ft

www.dpfr.org.uk/pages/view/longshaw-sheepdog-trials

If you require further information please contact:

topwilko@yahoo.com

Please let your club mates know about the champs and I look forward to seeing you all at the races,

Dicky Wilkinson January 2020