



## **English U17 Junior Home International Selection Race** **Rothay Park, Ambleside 15<sup>th</sup> August 2015, 1.00pm**

This is a trial race for the England team for the Junior Home International in North Wales on September 19<sup>th</sup> for runners under 17 on 31 December 2015 i.e. born in 1999 and 2000.

Selection details can be found on the Mountain Running section of the England Athletics website and the International section on the FRA website.

See:

<http://www.englandathletics.org/england-athletics/england-athletics-team/mountain-running>

or

<http://www.fellrunner.org.uk/international-fell.php>

Race Organiser  
Duncan Richards  
[Duncan.richards@btconnect.com](mailto:Duncan.richards@btconnect.com)

### **Schedule**

11:00 Registration Opens  
12:45 Registration closes  
**13:00** Race Starts (junior men & women will race together)

### **Parking**

There is some parking along Rothay Road, also in car parks in Ambleside within 10 mins walking distance of Rothay Park. LA22 9DG

### **Registration**

Registration will be in a tent near the start line.  
It will open at 11.00am and close 12:45pm.  
Entry will be £2 per runner. Please try to bring change.  
All runners will have to either have their entry signed by a parent or legal guardian OR have an accompanying consent form.



You can download the generic junior entry form [here](#) and the parental consent form [here](#).

⑤  Download a [Junior race entry form](#)

⑤  Download a [Parental Consent Form](#)

It will speed up your time at registration if you have these filled in before you arrive.

### **Catering**

There is no catering in Rothay Park but Ambleside has plenty!

### **Toilets**

There are toilets at the entrance to Rothay Park.

### **Clothing and equipment**

As this race will take place on open fell all competitors must come prepared to carry waterproof jacket & trousers, hat & gloves.

The Race Organiser will make a decision as to exactly what kit should be carried on the day.

This information will be available at reception.

### **Route and Distance**

The course is 5k with 193m of ascent and will be fully marked.

The race start is in Rothay Park, running over Miller Bridge onto Rothay Road, turn sharp right and after 10 metres turn left over a filled in cattle grid onto a climbing, winding road.

Stay **on this road** for the next 1.8km (the road turns into a track after 800 metres).

At 1.8km the course leaves the track and takes a grass path off right, climbing for 400 metres until reaching a T-junction, turning left onto a bigger path for a short descent before turning right onto another grass path after 200 metres.

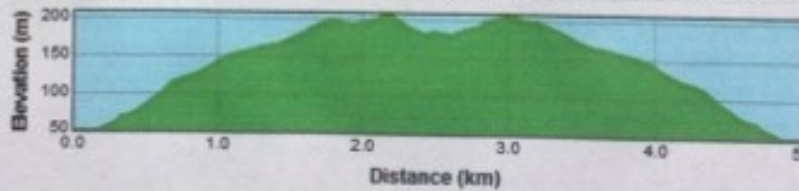
This goes down to the main path where another left is taken then a sharp right onto another grass path.

There is a **rocky stream crossing** after 20 metres then the path climbs and bears left reaching the summit of Todd Crag.

A fast descent on a grass path returns to the main track, runners turn right and follow the outward route back down to the finish.



Max Height: 208m  
Min Height: 49m  
Total Asc: 193m  
Total Desc: 194m

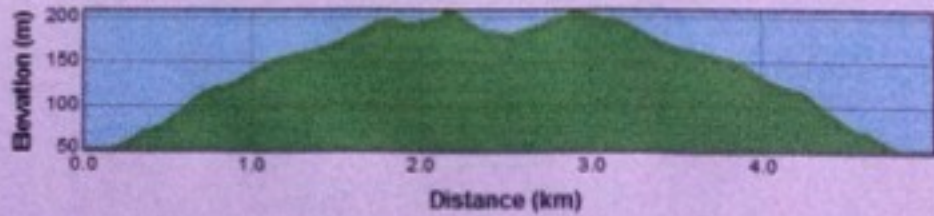


**Route Information**

Name: Loughrigg U16 Trial Race  
Distance: 5.04 km



Max Height: 208m  
Min Height: 49m  
Total Asc: 193m  
Total Desc: 192m



**Route Information**

Name: Loughrigg, km map/terrain  
Distance: 5.02 km