

Cumbria County Athletics Union
2019 Senior Inter-Counties Fell Running Championships
May 12 – Flower Scar, Todmorden (13.3k, 660m)

Any (suitably qualified) athlete interested in representing Cumbria in the 2019 inter-Counties Fell Running Championships, is asked to please contact the selection committee if you wish to be considered for selection.

The 2019 selection committee is -

Ben Abdelnoor ben_abdelnoor@yahoo.com

Sarah McCormack sarahmcmack@gmail.com

Duncan Richards duncan@intouchltd.co.uk

Team Composition

“Senior teams can comprise up to four competitors per UK Counties Athletics Union (UKCAU) county or region, except that a fifth runner may be included if at least one of the team is under 23. The first three from each team will count.”

From - <https://britishintercountiesfellrunningchampionships.wordpress.com/>

Selection

Selection will be based on fell form and made on **21st April**.

The following athletes will receive automatic invitations:-

The first Cumbrian qualified athlete at **Stretton Hills** - 17th March 2019

The first Cumbrian qualified athlete at **Coledale Horseshoe** – 6th April 2019 (second if the same person as Stretton Hills)

(Please be advised, County qualifications are by birth or 9 months residency)

The rest of the team will be at selector’s discretion. If unable to compete in the above races please contact the selection committee if you wish to be considered for selection.

Other races that will be taken into consideration are -

Loughrigg - 10th April 2019 &

Howgills - 6th April 2019.

Many thanks

Duncan, Sarah, Ben