

North Wales Selection Policy for Junior Inter-Counties Fell Champs

Athletes interested in being selected are encouraged to email Neal Hockley neal.hockley@gmail.com by the 28th May, confirming their availability for selection, and providing details of recent fell running form (ideally links to online race results or full results sheets). Please also provide full name, date of birth and URN. A minibus will be provided – let us know if you would like to travel on the bus.

North Wales Teams

North Wales will take 3 male and 3 female runners in u15, u17, u19 categories. Clubs may also take additional runners.

Eligibility

Junior ages are as at 31st December 2024.

Qualification for selection to the North Wales Team for Inter County Championships:

- by birth
- or residence for 9 months in the region

An athlete can only compete in these Championships for one County in any 12-month period.

Athletes must be a member of a UKA athletics affiliated club and have a URN.

Selection Committee

Comprises the following members of the Welsh Mountain Running Committee: Neal Hockley, Sharon Jones, Mike Blake & Arwel Lewis.

Selection Criteria

To be considered for selection you must be actively competing in fell races in 2024, and the committee would like to see evidence of experience over several fell races, not just one-off performances.

Selections will be made on 29th May.

Key races:

North Wales Junior Fell Running Series:

<https://www.welshfellrunnersassociation.org.uk/en/series/north-wales-junior-fell-running-series/2024>

Red Kite <http://redkite-barudcoch.org.uk/>

West and Central North Wales:

Midweek series: <https://www.welshfellrunnersassociation.org.uk/en/series/north-wales-mid-week/2024>

East/mid Wales

Dates vary each year, see <https://www.welshfellrunnersassociation.org.uk/en/races> for details

- Nant yr Arian (16+, also younger)
- Caradoc Classic (14+)
- Ysgol Dinas Bran (16+)
- Wrekin Streak (14+)

- Batch Bash (14+)
- Rodney's Pillar (16+).
- Race up the Beast, Maeshafn (16+)

Performance in other fell and mountain races and attendance at Fell and Mountain Regional Development Days, will also be considered (the more recent the better).

See the WFRA calendar for more details. Junior membership of the WFRA is £5/year including free or discounted race entry and calendar: <https://www.sites.google.com/site/welshfra/>

Fell and Mountain Regional Development Day

Athletes are also encouraged to attend the WFRA/Welsh Athletics Regional Development Day each year. Contact Neal Hockley for more details.