**2024 Lancashire Fellrunning Championships.**

The 2024 Lancashire fell Championships both Senior and Junior will be held in conjunction with the *Pendle Fell race* at Barley Village on Saturday the 6th of April.

 ( a big thank you to the Senior race organiser Mark Nutter and Junior race organiser Alan Dorrington and Clayton le Moors Harriers )

Details of the Pendle races can be found on their club website on the link below.

<https://wp.claytonlemoors.org.uk/races/pendle-fell-races/> ( copy and paste )

**Seniors**.

Lancashire County Championship medals will be awarded to:

First 3 Seniors men and women.

First 3 Under 23s.men and women.

First 3 Vets men and women Over 40, Over 50, Over 60 and Over 70.

First team men and women 3 to count made up of Seniors, Vets and Under 23s

*( Clubs must be affiliated to the Lancashire AA to be eligible for the team award, a list of affiliated clubs can be found on the Lancashire AA website )*

**Juniors**

Lancashire County Championship medals will be awarded to:

First 3 Juniors in each age group, Under 9s, Under 11s,Under 13s, Under 15s, Under 17s and Under 19s both boys and girls

*Please Note the Under 19s and Under 23s run with the Seniors in the main Pendle race at 2pm.*

The Lancashire fell Championships are open to all eligible athletes who qualify by either :

1. Birth ( i.e. born in Lancashire) or

2. By 9 months continuous residence in the County of Lancashire immediately prior to the race date ( 6th of April )

*( Clubs must be affiliated to the Lancashire AA to be eligible for the team awards. A list of clubs affiliated to the Lancashire AA can be found on the website. )*

Its important that all eligible athletes Senior and Junior tick the Lancashire County box on the race entry form.

**Senior Inter Counties**

The Senior & U23 Inter-Counties Championships – Sunday 21st April in Keswick,Cumbria

Details on the Intercounties website.

<https://britishintercountiesfellrunningchampionships.wordpress.com> ( copy and paste )

Selection 5 men including at least one MU23 and 5 women including at least one WU23.

* A competitor counts as under 23 if they have not reached their 23rd birthday by the 31st December in the year of competition.
* The minimum age for Senior (including Under 23) competitors is 19 on 31st December in the year of the event.

The Lancashire county team will comprise of the first 3 from the Selection race at Pendle on the 6th of April plus one Under 23 and 1other to be chosen at the team managers discretion.

Prospective Lancashire team members who are unable to attend the trial race at Pendle should contact the team manager prior to the Pendle selection races as to their reason for non attendance and outlining recent past performances if they wish to be considered for selection.

Contact details below.

**Junior Inter Counties.**

The Junior Under 15s, Under 17s & Under 19s Inter-Counties Championships - Sunday the 9th of June in Rossendale as part of the FRA English junior fell Championships series & organised by Rossendale Harriers.

Details. https://rossendaleharriers.co.uk/juniors/

The Lancashire county team will comprise of the first 2 finishers in the Under 15s, Under17s and Under 19s races boys and girls at the selection race at Pendle on the 6th of April plus one other in each cat/age group to be chosen at the team managers discretion.

Prospective Lancashire team members who are unable to attend the trial race at Pendle should contact the team manager prior to the Pendle selection races as to their reason for non attendance and outlining recent past performances if they wish to be considered for selection.

Contact details below.

Lancashire County vests will be provided unless the chosen athletes are in possession of one from previous events.

Contact. ( Seniors ) Steve Duxbury. stevedux@btinternet.com

 ( Juniors ) Graham Wright. rossendaleharriers@sky.com