

Intercounties Senior Fell Championships May 14th 2016

Devon County AA has entered a men's team in last 2 years with some great performances. This year we are hoping to enter again and also interested in entering a women's team if there is interest.



Note the course this year is a 'proper' mountain route and **FRA minimum kit** may required to be carried.(see FRA website for details or contact Richard)

The Inter-Counties Fell Championship Senior event this year will be the Ras Moel Eilio, 14th May 2016 (12.8km distance and 915m of climb), starting and finishing at Llanberis. The Inter-Counties event will be held within the Open race, and more details can be found on the event facebook page at www.facebook.com/rasmoeleilio/.

Devon team entries and travel will be coordinated by Richard Best and Dave Philips, interested athletes should contact them directly. Team selection will be made by end of April - there already has been keen interest in men's team entries. This also is an Open race and the public entry system has been available from 1st March. (please note travel may involve a very early start or travel the day before).

Senior athletes must have been born in 1997 or before. (This equates to 19 or over). Awards will be presented to individual Senior athletes, to individual Under-23 athletes, and to male/female teams. Teams may comprise 4 athletes, or 5 athletes if one of the team is Under-23, with the first three finishers to count.

Devon has some great talent in Off-road running it would be great to see that recognised at a major championship.

Please contact - Richard@bastowhouse.wanadoo.co.uk or phillipshelean@gmail.com