



2023 British Senior & U23 Mountain Running Inter County Championship race

Sunday 7th May

Incorporated within Sedbergh World Up & Down Trials 14k/760m race

Venue – Peoples Hall, Sedbergh, Cumbria.

Start 1.00 pm: Senior Women & 1.15 pm: Senior Men

Race info - <https://britishintercountiesfellrunningchampionships.wordpress.com/>

Yorkshire selection will be 5 men including at least one MU23 and 5 Women including at least one WU23. The minimum age for competitors is 18 on 7th May 2023.

There is no selection race – selection is based on athletes form

Qualification for selection to the Yorkshire Team for Inter County Championships;

– by birth

– or residence for 9 months in the County.

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

If you are interested in selection for these championships.

Please contact - Yorkshire Fell Running Inter County Championship Team Selectors & Team Managers: Eileen & David Woodhead B.E.M.

Telephone: 01535 669100.

For updated information see; www.woodentops.org.uk