

**LILY TARN RACE
JHI TEAM SELECTION RACE
ROTHAY PARK, AMBLESIDE, SUN 17TH JULY 2022**

This is the trial race for the U17 and U20 England Teams for the Junior home International on Sat 3rd Sept in Ambleside.

(U17 age at 31st Dec 2022 - this includes athletes born 2006 and 2007, and U20 age at 31st Dec 2022 - this includes athletes born 2003, 2004 and 2005).

TEAM SELECTION

https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2022/05/2022-England-Athletics-Mountain-Running-events_v6.pdf

<https://www.fellrunner.org.uk/championships/mountain-running>

VENUE

Rothay Park, Ambleside, LA22 9DH

RACE ORGANISER

Niki Rylance
jon_niki@hotmail.com

REGISTRATION

Pre entry only on;

<https://amblesideac.niftyentries.com/Lily-Tarn-Race>

Please note there will be NO entries on the day.

Closing date for entries will be midnight on Friday 15th July 2022

Registration for number collection will open at 9.00am (no earlier please) at the Brathay Rm, Ambleside Parish Centre, Ambleside, LA22 9DH. (Entry is opposite Ambleside primary school by the entrance to Rothay Park).

It will close at 11am

ENTRY FEE

£3.50

PARKING

Unfortunately there is no parking at the Parish Centre, but Ambleside has several large car parks. Info on Parking can be found;

<https://www.southlakeland.gov.uk/parking-roads-and-travel/where-to-park/car-parks-and-parking-charges/ambleside-car-parks-and-parking-charges/ambleside-car-parks/>

TOILETS

There are public toilets at the entrance to the park

KIT

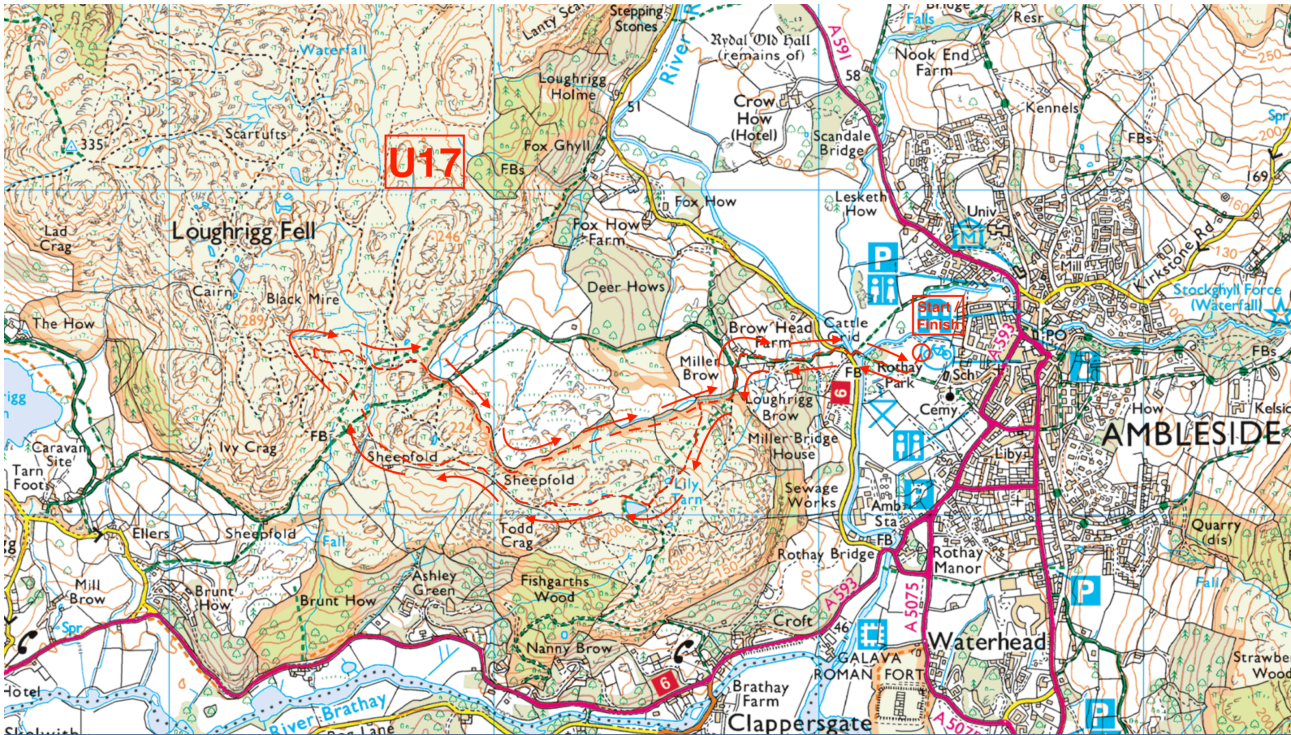
Please be prepared to carry a waterproof jacket and trousers, hat and gloves. A decision will be made on the day as to what is required and this info will be available at registration.

A Kit check will be taken before your number is issued.

Routes

All routes are flagged and marshalled. No race will start before the scheduled time.

U17 - 4.80km, 250m ascent (Red Flags) START 10.30am



U20 - 5.72km 296m ascent (Yellow Flags) START 11.15am

