

2023 English Fellrunning Championship

Guaranteed Entry for Contenders

The FRA want to ensure that the 2023 English Fellrunning Championship is a credible national championship with the best athletes and defending champions on the start line.

The process of entering a Championship race in 2023 will, as for the last 2 seasons, allow individuals in contention for the Championship to be guaranteed a race entry.

NOTE: All races selected for English championships will be using this system. A decision on the English counter of the British Championship is TBC.

How English Championship guaranteed entry works

Individuals must be members of the FRA (<https://fellrunner.org.uk/join-the-fra.php>) and the Guaranteed Entry list will be administered via your FRA membership in SiEntries.

A list of contenders in the individual rankings will be compiled. (Team considerations would be too cumbersome and there are too many anomalies to make it workable and fair, so will not be accounted for).

The list is now available. Those on this list will be able to enter an English Championship race in a short time window before race entry is open to all runners. If you miss this “guaranteed entry” window, retrospective priority will not be given.

Race Organisers (ROs) will operate an online entry system and should not open entries more than ~10 weeks before the race unless there is a specific agreement. Should entrants no longer be able to race a Championship race, they are encouraged to return their entry as soon as possible, to allow their space on the start line to be taken..

Automatic inclusion on the list will include the following from the previous year's rankings:

The top 20 open men and women.

All U23s with at least 2 counting scores.

The top 5 V40 and V45 men and women

The top 3 men and women of all age categories thereafter.

Not included in the above but you have a strong case?

There will be an application window closing on the 27th November 2022.

Athletes should only apply who are able to demonstrate an evidenced case to support why they believe that they could be in contention.

Apply via [email/googleform](#) (delete as appropriate) and your request will be submitted for consideration by the English Fellrunning Championship sub-committee.

Nicholas Barber, Championship Coordinator, November 2021.
FRA Championship Co-ordinator

FAQs

Q: I've been racing really well in general races often making my mark against some championship standard runners. I think I could do well in Championship races. Can I apply to be on the priority list?

A: Yes but provide sufficient evidence to support the claim.

Q: I've surprised myself, unexpectedly improved and find myself in contention but the season has started. Can I be added to the list at this late stage.

A: Yes, if there is a good case by emailing the relevant Championship sub-committee.

Q I've been injured for a couple of years or taken a break from Championships. I have a proven track record and am fit again. Can I apply?

A: Yes, add recent results to support this.

Q: I know that I won't be eligible for the guarantee list but would like to participate in the championships. Can I?

A: Yes. The list is estimated to be between 100 – 150 people. Championship races usually cater for about 400 entrants. There should be plenty of general entries.

Q: As a RO, can I keep the entry window open indefinitely if places do not fill to the limit?

A: Yes.

Q: I'm aged 49 and am struggling to make my mark as a V40/45 but I'm strongly competitive against V50s and I'll be fifty soon. Can I be added to the guarantee list as a V50 next season?

A: Yes, recent results will support your case. Please inform the Championship coordinator of your impending change in category.

Q: I'm on the guaranteed entry list but missed the entry window and I'm not even on the waiting list. Can I still have an entry.

A: No. You had notice and time to enter. You can ask the race organiser to use their discretion, but you are not guaranteed a place after the entry window closes.