



2025 Fell Runners Association U17 Development Camp
Introduction to International Mountain Running
16th March 2025, 10:00 – 16:00
Sedbergh



This year's U17 camp is planned for Sunday, March 16 in Sedbergh. As ever the camp is aimed at junior runners' development, developing skills and knowledge, avoiding the traps and learning from the experience of others who have come through the junior ranks and then excelled as seniors as well as coaches, sports scientists and physiotherapists who are familiar with junior development and international competition.

Sessions will be led by Nicola Jackson, Georgia Bell, Mark Croasdale, Alasdair Russell, Alan Buckley and facilitated by England Chair Duncan Richards.

There will also be a guided run over the proposed 2026 Junior Home International Course in the Howgills led by GB International Mountain Runner Chris Richards.

Cost and eligibility criteria.

There will be a nominal fee of £10 for attendance, this does not include lunch.

To attend, athletes must be between 14 -16 and intend racing in the FRA U17 age group.

Athletes should have demonstrated ability by:

1. *placing in the top 10 in any FRA English Championship race*
2. *placing consistently in BOFRA races*
3. *reaching county level at cross country*
4. *or running fast times on the track or road*
- 5.

So if you would like to apply for a place, please contact duncan@intouchltd.co.uk for a link to the application form.



Key speaker – Keswick ACs Nichola Jackson
Nichola is an Inov8 sponsored athlete and runs for Keswick AC. Nichola started out as a junior with Preston Harriers, also competing in triathlons, but soon found fell running, competing in the English Junior Championships and progressing into the Senior Championship. She has represented Great Britain and England on the mountains, competing at both the European and World Championships. In 2024 Nichola won the Women's English Fell Running Championship, for a second year in a row.

Junior Athlete Speaker – Leven Valley's Georgia Bell

I have represented England, on the mountains, since 2021, qualifying for 4/4 Junior home internationals (medalling twice). In 2023, I represented England at the under 18 mountain running cup, where the team came home with bronze. I have also represented Great Britain twice at the European off road running championships (in 2022 + 2024). The latest champs, which was held Annecy, I finished 8th individually, which helped the team to win silver! As well as mountain running, I enjoy cross country, track and road racing. At the beginning of this year, I placed 3rd at the Northern xc champs, while last year, at the Northern 5K champs I placed 1st. I will be joining the University of Colorado for the next stage in my running and study.



Sports Therapist – Kendal ACs - Alasdair Russell.
Alasdair has been helping people, athletes in particular, to get back to their best following injury ever since graduating from UCLAN with a BSc (Hons) in Sports Therapy in 2011. A highly skilled and respected practitioner of manual therapy, massage and personalised rehabilitation regimes/programmes, Alasdair specialises in lower limb injuries typical of running, treating road and fell runners from recreational to international standard.
A very experienced track, cross country, fell and road racer Alasdair has road pbs of 15.11 (5k), 30.58 (10k), 68.53 (half) and 2.29.51 for the marathon.

Elite coach, Leeds City AC – Alan Buckley. Alan is a distance running coach at Keighley and Craven Athletics Club and has recently completed the British Athletics Elite Athlete to Coach course. His squad currently includes a number of junior England internationals in mountain running. As a runner he started at his local club as an U11 and progressed to compete for Great Britain as a senior in both the European and World Cross Country Championships. His mountain running experience includes competing in the Alps and his road pbs of 14.32 (5k), 29.50 (10k), 66.43 (half) and 2.28.30 (marathon).



Great Britain Mountain Running Team Manager – Mark Croasdale Mark became England Team Manager in 2005 for the World Cup in New Zealand, becoming GB team manager in 2009 leading the team to numerous World and European championships. A former cross-country skier when in the Royal Marines, Mark was British Champion and represented GB at the 1992 Winter Olympics in Albertville, France. As a runner Mark won British and English Fell Running Championships in 1993, Snowdon twice, in 1991 and 1992, the Three Peaks in 1999 and represented GB on the road in the 1994 World Half Marathon Championships in Norway.

Run Lead - Helm Hill's Chris Richards Chris won FRA Junior titles at U14, U16 and U20 age groups, representing GB U20 at 2017 World Champs (15th) and European Champs (16th) with seven England junior vests.

As a senior Chris was 2021 British Fell Running Champion, has represented England six times on the mountains and Great Britain at two European (best position 7th) and one World (best position 15th) Championships. His road pbs are 14.22 (5k), 29.45 (10k) & 65.32 (HM).

Chris has a Leader in Running Fitness qualification, is studying for his Fell Coaching in Running Fitness and a B.Sc. (Hons) First in Sports Science.

