



## 2023 British Senior & U23 Mountain Running Inter County Championship race

Sunday 7th May

Incorporated within Sedbergh World Up & Down Trials 14k race

Venue – Peoples Hall, Sedbergh, Cumbria. Start 2pm

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. Runners must be 19 as at 31<sup>st</sup> December 2023 to qualify.

**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](http://www.woodentops.org.uk)