

**2022 Fell Runners Association U17 Development Camp**  
**Introduction to International Mountain Running**  
**13<sup>th</sup> March 2022, 10:00 – 16:00**  
**Sedbergh**

This year's pre-season junior development camp will be held on Sunday March 13<sup>th</sup> at Sedbergh School from 10:00 until 16:00.

This camp is aimed at establishing the building blocks of future high performance in endurance running by developing skills and knowledge amongst junior runners and coaches. It is intended to be enjoyable, stimulating and interesting with the day being delivered by a team of experienced coaches, physiotherapists and sports scientists as well as inputs and insights from elite athletes.

It is intended that this will be a more educational than training camp. Topics will include injury prevention, recovery strategies, training volume for long term development and performance psychology and running technique as well as highlighting the pathways and opportunities to competing as a junior international in mountain running in 2018.

There is no intention of doing a training session but there will be some drill work and stretching during the day that all athletes will be expected to participate in.

**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:

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

If you would like to apply for a place please contact Helen MacVicker for an application form at [helen.macvicker@gmail.com](mailto:helen.macvicker@gmail.com)



Key speaker - World and European Individual and team medallist for Great Britain, former GB cross country athlete at European and World Championships and World Cup winner – Kendal ACs **Sarah Tunstall**.



Physiotherapist - 2021 British mountain Running Champion, 2021 Nations Cup Silver medalist, 2021 Cumbria cross Country champion – Ambleside ACs **Scout Adkin**.



Junior Athlete speaker - 2021 Great Britain Cross Country European Championships medallist, representing England Mountain Running Team at U17, U20 and U23 levels, 2022 Yorkshire cross country Champion– Ilkley ACs **Jemima Elgood**.

Also presenting - Chair of British Athletics Mountain Running, Anne Buckley, England Athletics Chair/Sports Psychologist Duncan Richards and endurance running coach Alan Buckley.