



## Race information for juniors and organisers of junior races.

For 2015 the FRA has brought together all the information about fell running for juniors as a section in the handbook.

In addition we have a really colourful new leaflet aimed at juniors which can be downloaded from the Race Organisers page of the website. <http://www.fellrunner.org.uk/organisers.php>

There is also a Junior Forum on <http://forum.fellrunner.org.uk/forumdisplay.php?19-Junior-forum>

The Fell Runners Association is the governing body for fell running in England and has been pleased to support the development of junior fell running.

The FRA has:

1. An annual junior championship, normally 6 races, for athletes aged U 12 and older, including one Up hill only event and which take part in the first half of the year. Athletes aged over 6 and under 12 can take part in the championship races but do not receive medals
2. An annual championship presentation event, which doubles as a training camp
3. A development squad for U16s, which meets a couple of times a year, and which is open to the top athletes in these age groups; attracting over 40 athletes. There are also U 18 England and British squads.
4. Training camps for both development athletes (U16) and those working towards event specific training for Fell and Mountain Running (U20). Athletes are invited onto these camps depending on their stage of development and level of performance. The camps are normally held twice per year for both groups.
5. A network of coaches trained to be able to help fell runners. Junior athletes and clubs without a specific fell coach can be helped with advice.
6. A junior committee that helps co-ordinate the FRA activities.

If you are not a member you should join the FRA – see <http://www.fellrunner.org.uk/join-the-fra.php>

It is great value at £8 per year for juniors, which includes the calendar of events and 3 brilliant magazines packed with stories and pictures about fell running as well as access to the FRA website.

Fell Junior. Jim Godwin runs a site for junior fell running <http://www.fellrunner.org.uk/> and a lot more information.

## Junior co-ordinator

1. Junior athletes are able to take part in the events organised by the FRA which requires the full completion of:
  - a. a parental consent form, available on [http://www.fellrunner.org.uk/pdf/parental\\_consent\\_form.pdf](http://www.fellrunner.org.uk/pdf/parental_consent_form.pdf)
  - b. Where parents are not attending an event the signed form can be given to the responsible adult taking the junior athlete to the event.
  - c. the mandatory FRA standard junior race entry form, also available for viewing on <http://www.fellrunner.org.uk/organisers.php> being signed prior to the athlete taking part in:
    - c.i. Races organised specifically and only for juniors within specified age categories and maximum distances, which relate to these age categories, and which will have been advertised in advance
    - c.ii. Other events organised for juniors, such as training camps and coaching sessions.

Races organised for seniors in which the organiser has publicised in advance that they are permitting juniors to take part on the basis that the race is judged safe for juniors and comes within the maximum distance for the age categories allowed to take part. In these events, only, the junior athlete will complete the senior entry form but will still require a parental consent form to be completed.

2. Junior ages. From 2014 the age of athletes for the English junior Championships is your age on 1 Jan.
  - a. Minimum age 6.
  - b. Maximum age 18 after which athletes are regarded as seniors. In some circumstances athletes will maintain their 'junior' status after they become 18 if they are taking part in a championship or other events where the age category starts before and continues after their 18<sup>th</sup> birthday.
3. For all other races the age categories are determined by the Race organiser. Many choose age on the day of the race.

#### 4. Championship age groups.

For the FRA championships juniors are grouped into 2 year age groups

- Under 18 and over 16
- Under 16 and over 14
- Under 14 and over 12
- Under 12 and over 10

The first three girls and boys in each age group receives a medal

Races are still held for younger athletes but no medals are awarded

- Under 10 and over 8
- Under 8 and over 6

Many other junior races use the same age categories.

#### 5. Becoming a senior. Under 20's Championship

As you become older you will be able to run longer and tougher races.

Most of the major changes occur when you are 18. However the FRA, like the

International Amateur Athletics Federation, recognises that you fully become a senior at 20. The FRA organises a separate championship for athletes aged 18 and 19 i.e. under 20 which are less tough than those of the senior championship.

To help you move through to the senior ranks, where other athletes are often stronger, the FRA also organises a U 23 championships without the harder longer races in the senior championship.

6. Race organisers must stipulate the age limits for their events, following maximum distance limits for juniors, which must be obeyed.

Age categories on the day of the race	Distances
Under 8	- 1 kilometre
Under 10	- 2 kilometres
Under 12	- 3 kilometres
Under 14	- 5 kilometres
Under 16	- 7 kilometres
Under 18	- 10 kilometres

For paired mountain marathon style orienteering events over one or two days, where one of the competitors is under 18, the other runner must be a parent or guardian of the junior runner. The minimum age for the junior athlete is 14 and the following straight line distance limits must apply for each day of the event

Under 16	- 20 kilometres
Under 18	- 25 kilometres

Juniors taking part in mountain marathons will need to supply a parental consent form on entering any event registered through the FRA,

Juniors may take part in paired relay events if the leg they are running is within the maximum distance for their age group.

Normally clubs enter teams without each athlete having to sign an entry form and it is assumed that clubs have gained parental consent for their children to take part. Clubs will need to supply copies of parental consent forms for any junior athletes taking part in the relay.

Race Organisers will endeavour to match the difficulty of the course with what can reasonably be expected from fell runners of the relevant age; however runners and their parents must accept the inherent risks and be responsible for determining whether the junior has the skills fitness and equipment to participate.

7. Kit. The FRA has rules on mandatory kit that has to be carried in some races. The only events that junior athletes can take part in which will require full FRA specified kit are mountain marathons.

However junior runners should bring a waterproof top and leggings to all races and should remember that when participating in a Senior race they may have to carry the full kit, as for the Senior runners.

You may want to have a bum bag to put your kit in.

8. The FRA has few breaches of its rules and as far as junior athletes are concerned, prefers to deal with any issue under the welfare policy rather than

through the disciplinary procedure.

9. Parents of participating juniors and their coaches should make sure that they are aware of the various other FRA rules and the FRA Welfare policy, applying to junior's taking part in events, which can be found on the FRA website [http://www.fellrunner.org.uk/pdf/committee/13\\_welfare\\_policy.pdf](http://www.fellrunner.org.uk/pdf/committee/13_welfare_policy.pdf) or in the handbook, sent to all FRA members.

10. Good practice. Athletes. As young athletes get older you will be going out running on the hills with your friends, families and club colleagues.

It is a good idea to take with you kit that prepares you for the fact that the weather can change very quickly such as a cagoule; leggings; a fleece; hat, gloves. If you are on open hillsides a map and compass is a good idea but you must know how to use them.

Some food and drink is a good idea on a longer run.

It is essential that you tell a responsible adult where you are going and what time you expect to be back.

11. Good practice. Race organisers.

In events involving junior athletes the youth, inexperience and greater vulnerability of these athletes to bad weather and other risks requires that the Organiser takes primary responsibility for their safety.

A differing series of numbers should be used for each age group race, preferable with a colour coding that also identifies the age group to prevent juniors attempting to start a race in the wrong age group.

Juniors can be much more excited and less disciplined at the start of a race compared with seniors. Narrow start lines or early pinch points should be avoided, wherever possible, to avoid accidents.

More care is also need with flagging courses and in identifying courses being used for different age groups and ensuring that the marshals are aware of these.

12. Stay safe.

Junior athletes should:

- Not respond if someone seeks private information, unrelated to fell running e.g. home life
- Use safe transport or travel arrangements
- Avoid destructive behaviour and leave fell running areas as you find them
- Never engage in illegal or irresponsible behaviour
- Tell parents, carers or the club Welfare officer immediately if anything makes you concerned or uncomfortable or if you suspect a club mate has suffered from misconduct by someone else.

13. Fell Junior. Jim Godwin runs a site for junior fell running

**FRA - Junior Check List – post as separate item on the web site**

Age group qualifying date:	
My age on qualifying date:	
My age group:	
Check minimum age if a senior race.	
Parental Consent Form needed ?	
Fell shoes!	
Waterproof top with hood and leggings – must have a taped seam and bum bag.	
Hat, gloves	
Change of clothes.	
My race starts at:	