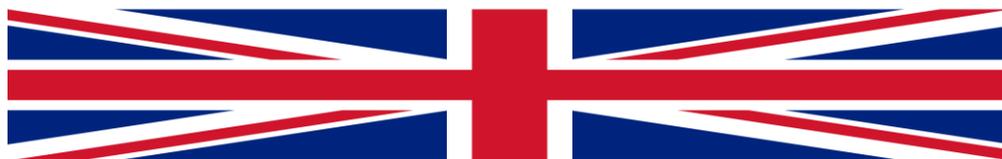


Listen Up!

Announcing changes to the British Championship beginning
2019

(Especially Under 23s)



Change in format

From 2019 the format will change from:

3 from 4 races - any distance to count

to:

3 from 4 races – one of each distance (long, medium and short) to count for all age categories.

This change follows a consultation by the British Championship sub-committee with some seasoned British Championship participants and medal winners, the overwhelming majority of whom believe that a champion should have to prove themselves at all three distances. The sub-committee made the recommendation for the change to British Athletics, who gave their approval.

U23

The decision to include long races in the U23 championships was again taken after consultation and analysis of the 2017 results. 14 U23s participated in the Stuc a Chroin (AL) race despite the fact that they didn't need to compete for points. Both U23 men and women did well in the overall results too. This demonstrates a willingness to participate and gain experience in AL races, which is very encouraging and shows that U23s are more than capable of tackling AL races as part of their transition into senior competition.

Please note that, the FRA (English) Championship remains in the existing format for U23s (i.e. long race results aren't included in the U23 championships although U23s can count in long races in the open individual and team competitions).

Change in eligibility rules for U23s.

From 2019 the U23 British and English Championships will use age on the 31st December in the year of competition, providing continuity from the U20, U17, U15, U11 and U9 age groups. This is in line with the international age groups and still allows each participant a full three years' competition in each category.

U18

Under 18s who participate in the short championship races will not be eligible for senior championship points in either the individual or team competitions.