Fell Runners Association, England Athletics, Online Camp:
Introduction to International Mountain Running

Age Group: 14-16 years
Date: 28th March 2021, 15.00 – 16.30
Venue: Online/virtual – (Closed group)

Selection Criteria:  
- Top 20 in FRA Junior Championships
- Placed in FRA Junior Championship or BOFRA races
- County standard XC, Track or road
- Performances of similar standard to the above
- Parents of or coaches who work with U17 athletes (NB this event is designed for, and aimed specifically at, junior athletes)

Aim
To support U17 Fell and Mountain Runners in sharing information, knowledge, skills and stories that inspire and enhance enjoyment, engagement and performance in endurance running.

Presenters

Jake Smith  
- My story, lessons and advice.

Helen Clitheroe  
- Racing as a junior and my transition to senior.

Anne Buckley  
- Trial races and Junior International Mountain Running 2021.

Duncan Richards  
- Resilience, training through uncertainty.

Former England and Great Britain Junior International Mountain Runner, 18th at last years World Half marathon championships in 60.31, now 3rd on the UK All Time ranking list.

A middle and long distance senior International athlete since 1998, a double Olympian, a European Champion, British record holder and now Coach, Talent Coach Mentor, England Athletics lead on steeplechase event development and GB team manager.


To apply to take part in this event, email Duncan Richards at duncan@intouchltd.co.uk stating qualifications to attend.