



Commonwealth Championships for Ultra-distance and Mountain Running



The Commonwealth Games Federation Executive Board sanctioned the staging the First Ultra-distance and Mountain Running Commonwealth Championship in England in 2009. The events are fully supported by the IAAF who support the World Mountain Running Association (WMRA) and the International Association of Ultrarunners (IAU) as the bodies responsible for the sports and act as their patrons giving administrative and financial support. The dates and venue of the inaugural 2009 Ultra-distance and Mountain Running Commonwealth Championships have been agreed as September 17th- 20th in Keswick, Cumbria, England.

The initial Ultra-distance and Mountain Running Commonwealth Championships will be a really memorable event and the start of Commonwealth Championships for the future for a flourishing section of endurance sport. We intend to ensure that it is an efficiently organised, friendly event of international calibre by using championship quality courses, good accommodation close to the mountains and with a high standard of communication between organisers, officials, athletes and the public.

The combination of both the Ultra-distance and Mountain Running events (100km road race and 24 hr road running event) and two mountain races (uphill only and up/down) should ensure a full weekend festival of running for all, not only at the host venue, but across the Commonwealth.

The four events are open to all 71 Nations and Territories of the Commonwealth for both men and women. Each race will be open to teams of a maximum of six athletes with the best three men or women scoring towards the team results.

Since the championships take place over three days, the uphill race will take place on day one and the up-down race on day three. This arrangement makes it possible for competitors to take part in both of the mountain races. The 24 hr Commonwealth Championship Course will be on a loop of between 1km and 2kms.



COURSES

Commonwealth Championship Mountain Courses.

The Commonwealth Executive Committee will design and approve the courses for the staging of these Championships, which will be challenging and fair. The courses will be 7km for women and 11km for men and will involve ascent and descent, and uphill only.

Commonwealth Championship Ultra-distance Courses.

The 100km course is on a traffic free course. The 24 hr course is a traffic free 1km to 2kms loop

Spectators.

The 100km race will start and finish in Keswick and the 24 hrs. race – held near the town centre - will be ideal for spectators.

DRAFT PROGRAMME

Wednesday	Arrival of Commonwealth Teams Course Inspections
Thursday	10:00 Opening Ceremony 12:00 24 Hour Men/ Women
Friday	Mountain Races – ascent only 13:00 Women 11k and 14:00 Men 11k
Saturday	09:00 100km Men/Women
Sunday	Mountain Race ascent/descent 12:30 Women 11k and 13:30 Men 11k 15:00 Presentation of Awards shortly followed by Closing Ceremony Celebration Party (time to be confirmed)
Monday	Departure of Commonwealth Athletes.



AWARDS AND CEREMONIES

Ultra and Mountain Commonwealth Championships.
Medals will be awarded in accordance with Commonwealth Games Federation rules.

ACCOMMODATION

We hope to provide financial assistance for each Commonwealth team.

The WMRA contact for any queries you may have about the mountain races is Danny Hughes (President WMRA). email: dannyhughes@ukonline.co.uk

The IAU contact for any queries you may have about the Ultra-distance races is Hilary Walker (General Secretary) email: hilary.walker@virgin.net