

RACE DISTANCES

Under UKA Rules for Competitions, maximum distances may be permitted for junior runners:

Road Running

Maximum distances for Road Races (UK Athletics Rules for Competition Rule T3 (141) S3 (3)):

Age on day of competition						
Seniors & Masters	Over 18 -Under 20 years	Aged 17 years	Aged 16 years	Aged 15 years	Over 13 -Under 15 years	Over 11 -Under 13 years
Unlimited	Marathon	25km	15km	10km	6km	5km

These distances will also apply to multi-terrain races, which are generally held under road rules.

Cross Country

Maximum distances for Cross Country (UK Athletics Rules for Competition Rule T3 (141) S3 (2)), based on age of competitors by 31st August prior to the start of the competition year:

Seniors	Under 20	Under 17	Under 15	Over 11- Under 13
Unlimited	10km	6.5km	5km	3.5km

Hill Running

Hill Running (UK Athletics Rules for Competition Rule T3 (141) S4): Race Organisers must stipulate age limits for their events and the following limits for younger runners must be observed, based on age of competitors on 31st December in the year of competition:

Under 19	Under 17	Under 15	Under 13
10km	7km	5km	3km

Trail Running

Maximum distances for Trail Running (UK Athletics Rules for Competition Rule T3 (141) S5, in line with HSE 'Adventure Activity Licensing Regulations' for youths under 18:

Under 12	3,000m	Under 14	5,000m
Under 16	6,000m	Under 17	10,000m
Under 18	25,000m	Under 20	45,000m

N.B. UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run.