



HILL & TRAIL RUNNING HANDBOOK 2023-2024

COMPETITION GUIDE & TEAM SELECTION

PUBLISHED NOVEMBER 2023 V1

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Contents

- **Selection Policy Overview**
- **Selection Committee & Procedures**
- **Events & Performances**
- **Eligibility**
- **Anti-Doping**

- **Scottish International Representation and Selection Dates**
- **scottishathletics Competition Opportunities and Selection Dates**
- **Qualification and International Events**

- **scottishathletics Hill Running Championships**
 - **District Hill Running Championships**
 - **Senior National Hill Running Championship**
 - **Junior National Hill Running Championships**

- **Scottish Hill Runners Championship Events (6 race series)**

- **scottishathletics Hill Running Junior League**

- **UKA Mountain Running Championship**
- **UKA British Hill & Fell Running Championships (short & long Championships & Relay)**
- **scottishathletics Trail Running Championships**
- **UKA Trail Running Championships**

- **Senior International Opportunities**
 - **Senior Home International**
 - **Snowdon International**

- **Junior International Opportunities**
 - **International Youth Cup**
 - **Junior Home International**

- **Scottishathletics Competition Opportunities**
 - **Inter Counties**

- **Other International Races (Trofeo Vanoni & World Cup Races)**

Selection Policy Overview

Scotland has a proud and successful history in the discipline of Hill & Trail Running and it is an important discipline within the endurance community. **scottishathletics** is keen that Scotland should continue to be represented by strong and well-prepared teams and continues to get athletes into GB teams at major championships.

The International Programme is designed with the above in mind, and the Commission are keen to ensure that an adequate and appropriate programme is provided for our athletes. This includes opportunities for juniors and seniors alike and the full programme is highlighted below. The balance of events and numbers of athletes to be selected is dependent upon a number of factors.

For the programme to be successful and to ensure progress towards our aim of Scottish athletes performing with distinction both within the UK and abroad, and fielding Scottish Athletes in GB teams, our top endurance athletes and their coaches are encouraged to participate in this programme and plan their season accordingly.

It is important to note that only athletes who will benefit from the standard of competition at a particular event will be selected and the selection committee has discretion to leave places empty if necessary. Although this type of decision can be disappointing for athletes, there are a number of factors that will affect the standard of team that may be sent to particular events, and all of these will be taken into account. These may include the age of an athlete, the wishes of race promoters, the demands of the event (distance, conditions, and course profile) and funding. The selected teams for the events in the programme will be funded from the **scottishathletics** Hill & Trail Running budget, and it is also necessary for individual athletes to make a personal contribution.

Please keep Angela Mudge (angela.mudge@scottishathletics.org.uk) and/or members of the Selection Committee fully informed of athletes' racing programmes, results, training progress, injuries, illness and availability for selection for those races on the programme. This type of information and two-way communication is extremely valuable in assisting the selectors to pick the best possible teams.

Selection of all athletes is subject to agreement of the athlete's racing and training program between the trial and the International Race.

Selection Committee & Procedure

The selectors for 2024 are:

Mark Johnston (Chair), Angela Mudge (scottishathletics) and Helen Fallas (HRC Convenor), plus Phil Mestecky for junior age groups.

The process of each selection is as follows:

- The selectors will call a zoom meeting where the team will be selected. This will be on the designated selection date.
- Athletes will then be formally notified by email as soon as possible following the selections. A telephone call may also be made to speed up this process and allow travel confirmations to be made.
- A formal team announcement will then follow from the **scottishathletics** office, normally in the form of a press release and message on the website.
- It is requested that any questions related to selection are addressed through the Chair by contacting the **scottishathletics** office.
- A condition of selection will be the requirement of athletes (or their parent/guardian/coach) to let the **scottishathletics** office know of their acceptance of selection – this must be within three days of receipt of the selection email or telephone call.
- Athletes will be contacted by selectors to agree their training and racing program up to the international and asked not to communicate selection in any way (e.g., on social media) prior to the formal team announcement.

International Programme Notes

Selectors have the discretion not to allocate all the places shown if it is considered that the event is not appropriate for the standard of athlete available.

It is essential that coaches and/or their athletes keep the selectors informed of their race programme and their desire to be considered for selection. This is best done by e-mail or telephone to the National Endurance Manger (Off Track Pathway) Angela Mudge (07739506786, angela.mudge@scottishathletics.org.uk) or Chair of Selectors, Mark Johnston (07717623344, mark_johnston@gmx.co.uk).

For GB team selection matters, see here: <http://www.uka.org.uk/competitions/mountain-running/> or contact: Anne Buckley, annembuckley@yahoo.com for mountain events and Angela Mudge for trail.

Please read these notes in conjunction with the background text and details of Selection Committee and Procedures.

Events & Performances

There will be selection races to decide all or part of the team for the International Youth Cup and the Senior and Junior Home Internationals. Other international teams will be selected according to current form and the other criteria published alongside each event. If athletes wish form at other races to be noted, this should be made known to selectors in advance.

Although selectors will make every effort to monitor performances and communicate with athletes throughout the season, it is the responsibility of athletes to inform the selectors of their availability for particular events and any of performances which merit consideration.

Eligibility

Athletes will only be selected for National teams if they have completed the relevant eligibility process in advance of selection dates. The process for confirming eligibility can be found on the **scottishathletics** website:

<https://www.scottishathletics.org.uk/athletes/selection-policies-international-handbooks/scottish-eligibility/>

Anti-Doping

It is strongly recommended that all selected athletes undertake the '100% Me' UK Anti-Doping eLearning course.

To access the courses, you need to register on the UK Anti-Doping Clean Sport Hub. Your registration details will determine which course is appropriate. Athletes should select the 100% Me course. This course is currently free and can be accessed at Welcome to eNetLearn - eNetLearn (<https://ukad.enetlearn.com/Login/?c=82>).

There is a recommended requirement to complete this course every two years.

For record purposes, a copy of the course completion certificate is required to be sent to:
performanceteam@scottishathletics.org.uk

Scottish International Representation and Selection Dates

Hill Running

Fixture	Date	Venue	Selection Date
Senior Home International	11 May	Glas Tulaichean	22 April
International Youth Cup	21-22 June	Palencia, Spain	13 May
Snowdon International	20 July	Llanberis, Wales	10 June
Junior Home International	14 Sept	Glandalough, Ireland	12 Aug

The above Scottish International fixtures are classified as full international matches and carry the honour of Scottish Team representation. Accordingly, athletes will receive the full Scottish kit.

scottishathletics Competition Opportunities and Selection Dates**Hill Running**

Fixture	Date	Venue	Selection Date
Inter Counties (Senior)	21 April	Lakes, England	8 April
Inter Counties (Junior)	9 June	Rosendale, England	13 May

Qualification and other International Events

Hill & Trail Running

Fixture	Date	Venue
European Championships Trail Race Expression of Interest Only	Before 26 Feb	Check selection policy
European Championships Senior & Junior Trial (uphill only)	19 April	Skiddaw, England
European Championships Senior & Junior Trial (up & down)	21 April	Lake District, England
Inter Counties (senior) - (up & down)	21 April	Lake District, England
European Masters	9-12 May	Maderia, Portugal
International Youth Cup Trial (up & down)	11 May	Broughton, Borders
Senior Home International	11 May	Glas Tulaichean, Glenshee
European Championships (UK Team – uphill only, up & down & 60km trail)	31 May – 2 June	Annecy, France
Inter Counties (junior) – (up & down)	9 June	Rosendale, England
International Youth Cup (up & down)	21-22 June	Palencia, Spain
Snowdon International (up & down)	20 July	Llanberis, Scotland
Junior Home International Trial (up & down)	11 August	Cademuir, Peebles
Junior Home International (up & down)	14 Sept	Glendalough, Ireland
World Masters	17 Sept	Canfranc, Spain

WMRA World Cup – details of series found at www.wmra.info

scottishathletics Hill Running Championships**District Hill Running Championships**

Fixture	Date	Venue
North District Championships	16 March	Craig Dunain
East District Championships	4 May	Stuc a' Chroin
West District Championships	11 May	Ben Lomond

Details of the scottishathletics Championships can be found at:

www.scottishathletics.org.uk

Senior National Hill Running Championships

Fixture	Date	Venue
scottishathletics Senior Championships (Category A short race)	17 August	Tap O' Noth, Rhynie

Senior Men & Women

Individual Championships

V40 Men & Women (40-49 years)
V50 Men & Women (50 – 59 years)
V60 Men & Women (60 – 69 years)
V70 Men & Women (70 plus)

Note:

[Veteran age groups are determined from age on the day of the race.](#)

Team Championships

Male and female team competitions.

Scoring teams are made up of the top 4 athletes (men) or 3 athletes (women) in each club.

Junior National Hill Running Championships

Fixture	Date	Age Groups	Venue
SA Junior Championships	15 June	U20 (born 2005-2007) U17 (born 2008-2009) U15 (born 2010-2011) U13 (born 2012-2013)	Cornalees, Greenock

Scottish Hill Runners Championship Events (6 race series)

The Scottish Hill Running trophies will be awarded on the basis of the Scottish Hill Runners (SHR) Championship. The first three in each category will receive awards, with the winners receiving the designated SHR Trophy, to be kept for one calendar year. All athletes who complete the championship will be awarded a memento, providing they are paid-up members of SHR. The format of SHR will be announced once racing begins again.

Fixture	Date	Venue
The Cobbler (short)	20 April	Ardgartan, Arrochar
Two Mamores (medium)	8 June	Glen Nevis, Fort William
Arrochar Alps (long)	29 June	Arrochar, Argyll
Moffat Chase (long)	3 Aug	Moffat, Borders
Tap O' Noth (short)	17 Aug	Rhynie, Aberdeenshire
Run of the Mill (medium)	5 Oct	Alva, Clacks

Note – Some of these events are pre-entry and have an entry limit

Please see <http://www.scottishhillrunners.uk> for further details.

All queries to Jill Stephen, Scottish Hill Runners, e-mail jillianstephen@live.co.uk

Details of the SHR Championship can be found at: <http://www.scottishhillrunners.uk>

scottishathletics Hill Running Junior League & U20 League

The 8 races which comprise the 2024 Junior League (U17 & U15 athletes) are:

Fixture	Date	Venue
Dumyat Junior Race	21 April	Stirling
Lomonds Junior Races	28 April	Falkland, Fife
Broughton Heights	11 May	Broughton, Borders
Cornalees Hill Race*	15 June	Greenock, Inverclyde
Eildon Junior Race	22 June	Melrose, Borders
Braemar Junior Highland Games	29 June	Braemar, Aberdeenshire
Cademuir Rollercoaster*(JHI Trial up & down)	11 Aug	Peebles, Borders
Suidhe Hill Race	21 Sept	Kincraig, Highlands

NB: Please check the details of each individual event as to which race to compete in on the day as there may be multiple senior/junior races. The league scoring categories are: U17 (born 2008-2009) and U15 (born 2010-2011). U13 (born 2012 – 2013) compete in the league but do not score, any athlete completing 3 races will receive the momento for the series. Most of the above races have competition for younger athletes – see individual race info for details.

NEW FOR 2024: The 8 races which comprise the 2024 U20 league are:

Fixture	Date	Venue
Birnam Hill Race	23 March	Birnam, Perthshire
European up & down trial	21 April	Lake District, England
Dumyat Hill Race	8 May	Stirling University
Cornalees Hill Race*	15 June	Greenock, Inverclyde
Eildon Hill Race	22 June	Melrose, Borders
Falkland Hill Race	27 July	Falkland, Fife
Cademuir Rollercoaster*(JHI Trial up & down)	11 Aug	Peebles, Borders
Tap O' Noth	17 Aug	Rhynie, Aberdeenshire

NB: U20 born 2005, 2006 and 2007

For both leagues points will be awarded to the first 18 individuals in each category: 1st place 25 points, 2nd 20 points, 3rd 17 points, 4th 15 points, 5th 14 points, reducing at one point intervals down to 18th 1 point. **NB 10 bonus points will be awarded for taking part in the JHI trial race & the Scottish Championship.** The final league score comprises the athlete's best 3 race scores U17 & U15 and best 4 race scores for U20, plus 2 points for each race completed. If overall points are tied after the final League race, athletes' points scored at the SA junior championships (Cornalees) will be used to determine the winner of the age category or, if still tied after that, scores at JHI trial (Cademuir Rollercoaster) will then be used.

Details of the Junior & U20 League can also be found here:

<http://www.scottishathletics.org.uk/events/leagues-and-grands-prix/junior-hill-league>

UKA Mountain Running Championship

Fixture	Date	Venue
EORRC Uphill Only Trial	19 April	Keswick, Cumbria

The Championship is held in conjunction with the trial for the European Uphill Only Trial

UKA Fell Running Championships (2 Individual Races & Relay)

New format for 2024

Fixture	Date	Venue
Short Championship – Blisco Dash	27 July	Langdale, Cumbria
Long Championship – Peris Horseshoe	21 Sept	Llanberis, Wales
UKA British Relay Champs	19 Oct	Appletreewick, Wharfedale

Details of the British Fell Running Championship can be found at: www.fellrunner.org.uk

scottishathletics National Trail Running Championships

Fixture	Date	Age Groups	Venue
Ultra Championships	27 April	Senior Men & Women V40 Men & Women (40-49 years) V50 Men & Women (50 – 59 years) V60 Men & Women (60 – 69 years) V70 Men & Women (70 & over)	Highland Fling
Senior Mid Championships	9 June (TBC)	Senior Men & Women V40 Men & Women (40-49 years) V50 Men & Women (50 – 59 years) V60 Men & Women (60 – 69 years) V70 Men & Women (70 & over)	TBC
Junior Championships	9 June (TBC)	U20 U17 U15 Ages as defined by T & F rules	TBC

NB Junior age groups for hill running are by year of birth. In trail running age groups follow Track & Field guidelines

UKA Trail Running Championships

Fixture	Date	Venue
UKA Short Trail Championships	24 March	Forest of Dean Half Marathon
UKA Middle Trail Championships	15 April	Lakes Mountain 40
UKA Long Trail Championships	31 August	Ridgeway 86

Details of the trail running championships can be found at <https://www.tra-uk.org/championships>

Senior International Opportunities

Senior Home International, Glas Tulaichean, Glenshee, Scotland

Date	11 May
Selection Date	22 April
Team Manager	TBC
Number	Teams for both the women's and men's events comprise a maximum of six athletes. Up to four of the athletes may be seniors (born before 2002), with the remainder of the team to be made up of under 23 athletes (born within the years 2002 - 2004, inclusive).
Selection Notes	First eligible senior male and female athlete at European Uphill Only Trial on 19 April will be offered selection, with the balance of the team being selected on current form in similar races and performance in Scottish (SA/SHR) Championship events.
Personal Contribution	£25

Snowdon International

Llanberis, Wales

Date	20 July
Selection Date	10 June
Team Manager	TBC
Number	4 senior men and 4 senior women
Selection Notes	The team being selected on current form in similar races and performance in Scottish (SHR) Championship events and European Up & Down Trial. For this international, "Senior" is defined as over 18 on the day of the race.
Personal Contribution	£30

Junior International Opportunities International Youth Cup, Palencia, Spain

Date	21-22 June
Selection Date	13 May
Team Manager	Jane Robertson & Phil Mestecky
Number	6 Juniors – 3 male / 3 female. (Born in 2007 or 2008. Younger athletes will not be considered).
Selection Notes	The first two eligible male and female athletes in the Broughton Heights Race on 11 May will be offered selection, with the balance of the team being selected on current form in the trial race and/or similar races.
Personal Contribution	£50

Junior Home International Glendalough, Republic of Ireland

Date	14 September
Selection Date	12 August
Team Manager	Jane Robertson & Bill Breckenridge
Number	Male and Female Teams of 4 at U20 (born in 2005, 2006 or 2007) and U17 (born in 2008 or 2009) age groups. Younger athletes will not be considered.
Selection Notes	The first two eligible male and female athletes in each age category in the trial race at Cademuir Rollercoaster on 11 August will be offered selection, with the balance of the team being selected on current form in the trial race and/or similar races.
Personal Contribution	£30

scottishathletics Competition Opportunities**Senior Inter Counties
Lake District, England**

Date	21 April
Selection Date	8 April
Number	East, West and North District Teams will be made up of: Up to 5 male and 5 female senior athletes. If 5 athletes are selected, then 1 must be U23 in the year of the race and at least 18 on the day. https://britishintercountiesfellrunningchampionships.wordpress.com/
Team Manager	TBC
Selection Notes	Current form in appropriate races up to the 8 April. Any interested athlete please contact your district rep: East: Eoin Lennon (lennon.eoin1@gmail.com) North: James Espie (theelusivejackalope@gmail.com) West: Niall Mcalinden (niallmcalden@gmail.com)
Personal Contribution	There will be a modest subsidy (level to be agreed) towards travel costs. Runners are expected to make their own travel arrangements though assistance may be given to coordinate travel. For further details please contact your area rep listed above.

**Junior Inter Counties
Rossendale, England**

Date	9 June
Selection Date	13 May
Number	East, West and North District Teams will be made up of: Up to 3 male and 3 female U19 athletes (born in 2006 or 2007); 3 male and 3 female U17 athletes (born in 2008 or 2009) and 3 male and 3 female U15 athletes (born 2010 or 2011).
Team Manager	TBC
Selection Notes	Current form will be considered for selection purposes. Any interested junior should contact Phil Mestecky (phil.mestecky@yahoo.co.uk) no later than 12 May
Personal Contribution	For Juniors, the hill running commission plan to hire a minibus for athletes competing at this event - details TBC. For further details please contact Phil Mestecky.

Other International Races (including Canfranc, Trofeo Nasego & Trofeo Vanoni)

scottishathletics will look to support individual senior and under 23 athletes of international standard to gain more experience of high-quality international races which are not in the formal International Programme (above). There are no selections, and athletes must organise race entry, travel and accommodation themselves. Any support must be agreed and is given retrospectively, with athletes required to submit full details of any expenditure, backed up by receipts. Two races which have been identified as development opportunities are the Canfranc, Spain on 17 Sept (date TBC) and Vertical/Trofeo Nasego on 7/8 Sept (TBC). Any athletes wishing to apply for support in these races or similar events, should contact angela.mudge@scottishathletics.org.uk

It is also hoped to support at least 3 men (team event) and 2 women (team event) to take part in the Trofeo Vanoni mountain running event in Morbegno, Italy on 26 Oct (TBC). Selection will be based on form in mountain races up to the selection date, which will be 23 September.