



HILL & TRAIL RUNNING HANDBOOK 2025



COMPETITION GUIDE & TEAM SELECTION



PUBLISHED JANUARY 2025 V1

ANGELA MUDGE

**National Endurance Manager (Off Track
Pathway)**

scottishathletics | Caledonia House | South Gyle | Edinburgh | EH12 9DQ
W: www.scottishathletics.org.uk | E: performanceteam@scottishathletics.org.uk

scottishathletics 

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**
 - **Trofeo Nasego**
 - **Snowdon International**
 - **Senior Home International**
 - **Trofeo Vanoni**

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

- **scottishathletics Competition Opportunities**
 - **Inter Counties**

- **Other International Races (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 Hill & Trail Running 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 athlete and the International Race.

Selection Committee & Procedure

The selectors for 2025 are:

Mark Johnston (Chair), Angela Mudge (scottishathletics) and Helen Fallas (HTRC 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 Manager (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 Junior Home International. 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
Trofeo Nasego	23 – 25 May	Brescia, Italy	28 April
International Youth Cup	14-15 June	Donovaly, Slovakia	12 May
Snowdon International	19 July	Llanberis, Wales	9 June
Senior Home International	17 August	Whinlatter, Lakes	21 July
Junior Home International	13 Sept	Devil's Bridge, Wales	11 Aug
Trofeo Vanoni	26 October	Morbegno, Italy	8 Sept

The above Scottish International fixtures are classified as full international matches and carry the honor 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)	14 June	Pen-y-Ghent, North Yorkshire	5 May
Inter Counties (Junior)*	21 June	Clougha Pike, England	19 May

* Junior Inter Counties clashes with the **scottishathletics** Junior Hill Running Championship, so for 2025 we will not be organising a raid to Clougha Pike.

Qualification and other International Events

Hill & Trail Running

Fixture	Date	Venue
International Youth Cup Trial (uphill only)	11 May	Broughton, Borders
Trofeo Nasego	23 – 25 May	Brescia, Italy
European Masters	29 May	Sicily, Italy
WMTRC Short Trail Trial	31 May	Scafell Sky Race, Lakes
Inter Counties (senior) - (up & down)	14 June	Pen-y-Ghent, England
International Youth Cup (uphill only)	13 -14 June	Donovaly, Slovakia
WMTRC Long Trail Trial	21 June	14 Peaks Ultra, Wales
Inter Counties (junior) – (up & down)	21 June	Clougha Pike, England
Snowdon International (up &down)	19 July	Llanberis, Scotland
Junior Home International Trial (up & down)	10 August	Cademuir, Peebles
WMTRC Senior Uphill Only Trial	15 August	Skiddaw, England
WMTRC Senior & Junior Trial (up & down)	17 August	Lake District, England
Senior Home International	17 August	Whinlatter, Lakes
World Masters	29-31 Aug	Meduna, Italy
Junior Home International (up & down)	13 Sept	Devil's Bridge, Wales
World Mountain & Trail Running Championships	25-28 Sept	Canfranc, Spain
Trofeo Vanoni (relay)	27 Oct	Morbegno, Italy

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	3 Aug	Glenshee 9
East District Championships	21 June	Eildon, Melrose
West District Championships	7 June	Durisdeer

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)	1 June	Yetholm Hill Race, Hatterburn, nr Kirk Yetholm

Individual Championships

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 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	21 June 2025	U20 (born 2006-2008) U17 (born 2009-2010) U15 (born 2011-2012) U13 (born 2013-2014)	Eildon, Melrose



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.

Fixture	Date	Venue
Screel	12 April	Castle Douglas
Stuc a' Chroin	3 May	Strathyre
Yetholm	1 June	Hatterburn, nr Kirk Yetholm
Glenshee 9	3 Aug	Glenshee, Perthshire
Ben Nevis	6 Sept	Fort William
Morven	4 Oct	Dinnet, Aboyne

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 2025 Junior League (U17 & U15 athletes) are:

Fixture	Date	Venue
Dumyat Junior Race	5 April	Stirling
Lomonds Junior Races	27 April	Falkland, Fife
Broughton Heights	10 May	Broughton, Borders
Braemar Junior Highland Games	7 June	Braemar, Aberdeenshire
Cornalees	14 June	Greenock, Inverclyde
Eildon Junior Race*	21 June	Melrose, Borders
Cademuir Rollercoaster (JHI Trial up & down)	10 Aug	Peebles, Borders
Suidhe Hill Race*	27 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 2009-2010) and U15 (born 2011-2012). U13 (born 2013 – 2014) 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.

The 7 races which comprise the 2025 U20 league are:

Fixture	Date	Venue
Birnam Hill Race	29 March	Birnam, Perthshire
Screel	12 April	Castle Douglas
Dumyat Hill Race	7 May	Stirling University
Eildon Hill Race*	21 June	Melrose, Borders
Cademuir Rollercoaster*(JHI Trial up & down)	10 Aug	Peebles, Borders
WMTRC up & down trial	17 Aug	Lake District, England
Morven	4 Oct	Dinnet, nr Aboyne

NB: U20 born 2006, 2007 and 2008

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 Scottish Championship & the final race Suidhe (for Junior league)/Morven (for U20).** The final league score comprises the athlete's best 3 race scores for 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 (Elidon) 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
Pen-y-Ghent	14 June	North Yorkshire

The Championship is held in conjunction with Inter Counties

UKA Fell Running Championships (2 Individual Races & Relay)

New format from 2024

Individual long and individual short championship. Team championship is the combined team score from the long and short race

Fixture	Date	Venue
Long Championship – Stuc a’ Chroin	3 May	Strathyre, Scotland
Short Championship – Granite Peaks	24 May	Mournes, N.Ireland
UKA British Fell & Hill Relay Championship	18 Oct	Meirionydd, Wales

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 Sept	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)	Ochil Ultra
Senior Mid Championships	13 July	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)	Crieff 10km
Junior Championships	13 July	U20 (Over 16 on 31st August and under 20 on 31st December) U17 (15 or 16 on 31st August) U15 (13 or 14 on 31st August) <i>Ages as defined by T & F rules</i>	Crieff 10km – juniors (U17 & U15) will be racing over approx. 5km

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	23 March	Forest of Dean Half Marathon
UKA Middle Trail Championships	21 June	14 Peaks Ultra, Wales
UKA Long Trail Championships	31 May	The Ridgeway, Hertfordshire

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

Senior International Opportunities

Trofeo Nasego Italy

Date	23 – 25 May
Selection Date	28 April
Team Manager	TBC
Number	Teams for both the women's and men's events comprise a maximum of four athletes
Selection Notes	scottishathletics will be selecting a team to compete in either or both Nasego Vertical and Trofeo Nasego. This opportunity is to support athletes who are of GB standard or have the potential to represent GB & NI. In 2025 the race will incorporate the 2025 Nasego Mountain Running Six Nations. Three male and female athletes will count towards the team prize in both Nasego Vertical and Trofeo Nasego.
Personal Contribution	scottishathletics will pay a maximum of £200 (tbc) towards flights. Athletes will pay the remainder. Accommodation and transfers provided.

Snowdon International Llanberis, Wales

Date	19 July
Selection Date	9 June
Team Manager	Angela Mudge
Number	Teams consist of 4 men and 4 women
Selection Notes	First eligible senior male and female athlete at Yetholm (SHR Championship on 1 June 2025) 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. For this international, "Senior" is defined as over 18 on the day of the race.
Personal Contribution	£30

Senior Home Countries International, Whinlatter, Lakes, England

Date	17 August
Selection Date	21 July
Team Manager	TBC
	Teams for both the women's and men's events comprise a maximum of six athletes.
Number	Up to four of the athletes may be seniors (born before 2003), with the remainder of the team to be made up of under 23 athletes (born within the years 2003 – 2005, inclusive).
Selection Notes	First eligible senior male and female athlete at Snowdon International 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	£30

Trofeo Vanoni, Morbegno, Italy

Date	26 October
Selection Date	8 September
Team Manager	TBC
Number	Relay event: 3 men and 2 women
Selection Notes	This is a development team selected athletes will be U23 or relatively new to the discipline. The team being selected on current form in similar races.
Personal Contribution	scottishathletics will pay a maximum of £100 towards flights. Athletes will pay the remainder. Accommodation and transfers provided.

Junior International Opportunities

International Youth Cup, Donovaly, Slovakia

Date	13-14 June
Selection Date	12 May
Team Manager	Jane Robertson & Phil Mestecky
Number	Up to 8 Juniors – 4 male / 4 female. (Born in 2008 or 2009. Younger athletes will not be considered).
Selection Notes	The first two eligible male and female athletes in the Broughton Heights Race on 10 May will be offered selection, with the balance of the team being selected on current form in the trial race and/or similar races. The race is an uphill only event.
Personal Contribution	£60

Junior Home International Devil's Bridge, Wales

Date	13 September
Selection Date	12 August
Team Manager	Jane Robertson & Phil Mestecky
Number	Male and Female Teams of 4 at U20 (born in 2006, 2007 or 2008) and U17 (born in 2009 or 2010) 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 10 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 Pen-y-Ghent, England

Date	14 June
Selection Date	5 May
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 (born 2003, 2004, 2005, 2006 and before 15 June 2007) https://britishintercountiesfellrunningchampionships.wordpress.com/
Team Manager	James Espie
Selection Notes	Current form in appropriate races up to the 5 May. Any interested athlete please contact your district rep: East: Iain Whiteside (iain.j.whiteside@gmail.com) North: James Espie (theelusivejackalope@gmail.com) West: Niall Mcalinden (niallmcaldinden@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 Clougha Pike, England

Date	21 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	None
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. Inter counties clashes with the Scottish Junior Championships so scottishathletics will not be taking a bus to this event in 2025.
Personal Contribution	

Other International Races

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. World Cup races would be eligible for support and other high-quality events. Any athletes wishing to apply for support in these races or similar events, should contact angela.mudge@scottishathletics.org.uk