

## **scottishathletics Hill Running Training Opportunities**

The Hill & Trail Running Commission organise an U13 Come & Try morning and an U18 Training Day. The U13 Come & Try morning is aimed at introducing juniors and coaches to this discipline, with practical sessions on the hill. The U18 training day is aimed at both novices and regular junior hill runners. The senior training weekend is aimed at athletes who have the potential to compete internationally in hill, mountain and/or trail running. Coaches are also welcome to attend.

### **Junior Come & Try Day**

Weekend of 28/29 March 2026 from 10am

Venues: Glasgow (Campsies), Deeside (Aboyne), Edinburgh, Peebles, The North (Kingussie or Inverness area)

Age: for 9 to 12 years (age on day)

### **U18 Junior Training Day**

Saturday 29 March 2026 from 10am

Venue: Alva Scout Hut, Alva, Clackmannanshire

Age: for 13 to 17 years (age on day)

### **Senior Training Weekend**

Friday 6th to Sunday 8th March

Venue: Crianlarich Youth Hostel

Age: Over 18 (by invite)

**Coaches:** please contact [angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk) if you would like to attend any of the above. Coaches must have a valid coaching licence.

The booking form will be available in January and advertised on the webpage. If you would like more information email Angela