

## **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.

### **Details**

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

Sunday 29 March 2026 from 10am to 1pm

Venues: Glasgow (Campsies), Deeside (Aboyne), Edinburgh, Abriachan (Inverness)

Saturday 28 March 2026 Peebles

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

Booking form: <https://forms.gle/gNA8T4ixfEa11ELT6>

#### **U18 Junior Training Day**

Sunday 29 March 2026 from 10am to 3pm

Venue: Alva Scout Hall, Alva

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

Booking form: <https://forms.gle/X2ER6f3hyYSHsMPm6>

#### **Senior Training Day**

Friday 20 to Sunday 22 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.