



HILL & TRAIL RUNNING HANDBOOK 2026



COMPETITION GUIDE & TEAM SELECTION



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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 2026 are:

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

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 and will take a few weeks to complete:

<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
Trail SHI, 53k Run Through Festival	11 April	Keswick, England	10 Jan
International Youth Cup	21 June	Gagliano del Capo, Italy	18 May
Snowdon International	18 July	Llanberis, Wales	8 June
Senior Home International	27 June	Snowdon Twilight	18 May
Junior Home International	12 Sept	Newcastle, N. Ireland	10 Aug
Trofeo Vanoni	25 Oct	Morbegno, Italy	14 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)	03 May	Sedbergh, Cumbria	13 April
Inter Counties (Junior)*	14 June	Edale, England	25 May

* Junior Inter Counties – there will be a raid to this event.

Qualification and other International Events

Hill & Trail Running

Fixture	Date	Venue
EORRC Trail Trial – 53km Run Through event	11 April	Keswick, Lakes
EORRC Senior & Junior Uphill Only Trial	01 May	Fitz Park, Keswick
EORRC Senior & Junior Trial (up & down)	03 May	Sedbergh, Cumbria
Inter Counties (senior) - (up & down)	03 May	Sedbergh, Cumbria
International Youth Cup Trial (up & down)	16 May	Broughton
European Off-Road Running Championships (EORRC)	5 - 7 June	Kamnik, Slovenia
Inter Counties (junior) – (up & down)	14 June	Edale, England
International Youth Cup (up & down)	21 June	Gagliano del Capo, Italy
World Masters	26-28 June	Janske Lazne, Czech
Senior Home International	27 June	Llanberis, Wales
Snowdon International (up & down)	18 July	Llanberis, Wales
Junior Home International Trial (up & down)	16 August	Peebles
Trofeo Nasego	5 - 6 Sept	Casto, Italy
Junior Home International (up & down)	12 Sept	Newcastle, N. Ireland
European Masters	10 – 13 Sept	Rasnov, Romania
Trofeo Vanoni (relay)	25 Oct	Morbegno, Italy

WMRA World Cup – details of series found at www.wmra.info/calendar/2026-major-events/

scottishathletics Hill Running Championships

District Hill Running Championships

Fixture	Date	Venue
North District Championships	14 March	Craig Dunain
East District Championships	20 June	Lawbreaker, Tillicoultry
West District Championships	30 May	Durisddeer

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)	11 April	Ben Ledi, Uphill only

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	16 May 2026	U18 (born 2009-2010) U16 (born 2011-2012) U14 (born 2013-2014) U12 (born 2015-2016)	Broughton Heights, Broughton
SA U20 Championships	11 April 2026	U20 (born 2007-2008)	Ben Ledi. Uphill only

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
Ben Chonzie Hill Race	18 April	Comrie
Durisdeer Hill Race	30 May	Durisdeer
The Law Breaker	20 June	Tillicoultry
Davod Sheperd Memorial Glamaig Hill Race	11 July	Isle of Skye
Two Breweries Hill Race	26 Sept	Broughton
Run of the Mill	26 Oct tbc	Alva

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 2026 Junior League (U18, U16 & U14 athletes) are:

Fixture	Date	Venue
Dumyat Junior Race	19 April	Stirling
Lomonds Junior Races	26 April	Falkland, Fife
Broughton Heights	16 May	Broughton, Borders
Braemar Junior Highland Games	06 June	Braemar, Aberdeenshire
Eildon Junior Race*	20 June	Melrose, Borders
Cademuir Rollercoaster (JHI Trial up & down)	16 Aug	Peebles, Borders
Suidhe Hill Race*	26 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: U18 (born 2009-2010), U16 (born 2011-2012) and U14 (born 2013 – 2014). U12 (born 2015-2016) compete in the league but do not score, any athlete completing 3 races will receive the memento 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 2026 U20 league are:

Fixture	Date	Venue
Birnam Hill Race*	28 March	Birnam, Perthshire
Uphill Only	11 Apr	Ben Ledi, nr Callander
Sedbergh, Euro up and down trial	03 May	Sedbergh, Cumbria
Dumyat Hill Race	06 May	Stirling University
Cornalees	13 June	Greenock
Law Breaker	20 June	Tillicoultry
Cademuir Rollercoaster*(JHI Trial up & down)	16 Aug	Peebles, Borders

NB: U20 born 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)/Cademuir (for U20).** The final league score comprises the athlete's best 3 race scores U18, U16 & U14 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
Skiddaw – uphill only trial	1 May	Keswick, Lakes

The Championship is held in conjunction with the EORRC uphill trial

UKA Fell Running Championships (2 Individual Races & Relay)

New format from 2024

Fixture	Date	Venue
Short Championship – Pen-y-Fan	11 July	Brecon Beacons, Wales
Long Championship – Old Crown Round	12 Sept	Lakes, England
UKA British Fell & Hill Relay Championship	17 Oct	Todmorden Harriers

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
Senior Mid Championships	12 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	12 July	U20 born (2007-2008) U18 born (2009-2010) U16 born (2011-2012) U14 born (2013-2014) Ages as defined by year of birth	Crieff 10km
Ultra Championships	28 Aug	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
New Pilot for 2026 East District Trail Championships	14 June	Senior Men & Women And first place in each age category	Dechmont Law Trail Race

NB From 1st January 2026 junior age groups for hill and trail running are by year of birth.

UKA Trail Running Championships

Fixture	Date	Venue
UKA Short Trail Championships	22 March	Forest of Dean Half Marathon
UKA Middle Trail Championships	11 April	53km Run Through Festival, Keswick
UKA Long Trail Championships	13 June	South Downs Way 100

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

Senior International Opportunities

Trail Senior Home International 53km Run Through Festival, Keswick

Date	11 April
Selection Date	10 January
Team Manager	TBC
Number	Up to four male and female athletes (born before 2006).
Selection Notes	Selection criteria: Demonstrate current form. Performance in long hill/fell races and trail races above 30K will be considered from 1 January 2025 to 4 January 2026. Athletes must submit an expression of interest before Sunday 4 January to performanceteam@scottishathletics.org.uk detailing relevant performances.
Personal Contribution	Team liaise with Angela Mudge for an entry. Athletes are responsible for travel and accommodation. scottishathletics will pay a maximum of £TBC towards expenses.

Senior Home International, Snowdon Twilight Race

Date	27 June
Selection Date	18 May
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 2004), with the remainder of the team to be made up of under 23 athletes (born within the years 2004 – 2006, inclusive).
Selection Notes	First eligible senior male and female athlete at European Uphill Only Trial on 1 May 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

Snowdon International Llanberis, Wales

Date	18 July
Selection Date	7 June
Team Manager	Angela Mudge
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. The first eligible male and female finisher at Durisdeer will gain automatic selection. For this international, "Senior" is defined as over 18 on the day of the race.
Personal Contribution	£30

Trofeo Vanoni, Morbegno, Italy

Date	25 October
Selection Date	14 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	Scottish Athletics will pay a maximum of £100 towards flights. Athletes will pay the remainder.

Junior International Opportunities

International Youth Cup, Gagliano del Capo, Italy

Date	14 June
Selection Date	18 May
Team Manager	Jane Robertson & Phil Mestecky
Number	Up to 8 Juniors – 4 male / 4 female. (Born in 2009 or 2010. Younger athletes will not be considered).
Selection Notes	The first two eligible male and female athletes in the Broughton Heights Race on 16 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	£60

Junior Home International Mourne Mountains, Northern Ireland

Date	12 September
Selection Date	10 August
Team Manager	Jane Robertson & Phil Mestecky
Number	Male and Female Teams of 4 at U20 (born in 2007 or 2008) and 5 at U18 (four born in 2009 or 2010 and one U16 born 2011) age groups.
Selection Notes	<p>The first two eligible male and female athletes in each age category in the trial race at Cademuir Rollercoaster on 8 August will be offered selection, with the balance of the team being selected on current form in the trial race and/or similar races.</p> <p>The first eligible male and female 2nd year U16 (born 2011) will also be selected to compete in the U18 race at the JHI for development purposes.</p>
Personal Contribution	£30

Trofeo Vanoni*

Morbegno, Italy

Date	25 October
Selection Date	14 September
Team Manager	TBC
Number	Relay event: 3 men and 2 women U20 born 2007 or 2008
Selection Notes	The first Scottish male and female athlete in the U20 race at the Junior Home International on 12 September will be offered selection, with the balance of the team being selected on current form in in the U20 junior league and similar races.
Personal Contribution	scottishathletics will pay a maximum of £100 towards flights. Athletes will pay the remainder. Accommodation and transfers provided.

Note * The U20 team at Trofeo Vanoni is funded from donations. **Scottishathletics** will only select a team if there is enough funding available to pay for accommodation and £100 towards flights and sufficient athletes to comprise a team of the relevant standard.

scottishathletics Competition Opportunities

Senior Inter Counties Sedbergh, England

Date	3 May
Selection Date	20 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 (born 2004, 2005, 2006, 2007 and before 3 May 2008). NB athletes born in 2007 or 2008 should enter the junior race which is the trial for EORRC. https://britishintercountiesfellrunningchampionships.wordpress.com/
Team Manager	Ross Gollan
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: Ross Gollan (gollanross@gmail.com) West: Dan Dry (danc.dry@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 Edale, England

Date	14 June
Selection Date	25 May
Number	East, West and North District Teams will be made up of: Up to 3 male and 3 female U20 athletes (born in 2007 or 2008); 3 male and 3 female U18 athletes (born in 2009 or 2010) and 3 male and 3 female U16 athletes (born 2011 or 2012).
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 17 May.
Personal Contribution	

Other International Races (including Trofeo Nasego)

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

Trofeo Nasego (5 - 6 Sept 2026). **Scottishathletics** will be selecting a team of a maximum 4 males and 4 females 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.