

## MAXIMUM RACE DISTANCES FOR YOUNG ATHLETES

Under UKA Rules for Competition (TR3 S4), maximum distances may be permitted for junior runners participating in off-track endurance races.

Age Group	Age on Day	Maximum Distance
U14	12 or 13	6km
U16	14	8km
	15	12km
U18	16	16km
	17	25km
U20	18	Marathon
	19	45km
Senior/Masters	20+	Unlimited

Applying long-term athlete development principles, however, suggests that shorter races are often more beneficial for young athletes' overall progression. Accordingly, the following tables of recommended distances for each endurance discipline will be taken into account when considering event licence applications.

### Road Running – Recommended Maximum Distances

These distances will also apply to multi-terrain races, which are generally held under road rules.

Age Group	Age on Day	Recommended Distance (no more than)
U14	12 or 13	6km
U16	14	8km
	15	8km
U18	16	12-14km
	17	12-14km
U20	18	22km
	19	22km
Senior/Masters	20+	Unlimited

### Cross Country – Recommended Maximum Distances

Age Group	Age on Day	Recommended Distance (no more than)
U14	12 or 13	4km
U16	14	5km
	15	5km
U18	16	8km
	17	8km
U20	18	10km
	19	10km
Senior/Masters	20+	Unlimited

### Hill and Trail Running – Recommended Maximum Distances

Age Group	Recommended Distance (no more than)
U14	5km
U16	6km
U18	8km
U20	10km
Senior/Masters	Unlimited

Whilst UK Athletics rules do not cater for athletes younger than 12 years old, competition in all of the above disciplines is encouraged for younger athletes, and distances should be scaled-down appropriately.