

2026-27 Age Groups

Organisers of licensed events in Scotland are encouraged to provide competition opportunities in the age groups described below for each discipline of athletics. (TR3 S1, TR3 S2, TR3 S3 and TR3 S4)

Cross Country, Road and Track and Field

Competition year: 1st October 2026 – 30th September 2027

Under 12	born 2016-2017
Under 14	born 2014-2015
Under 16	born 2012-2013
Under 18	born 2010-2011
Under 20	born 2008-2009
Senior	born 2007 or earlier
Masters	aged 35+ on the day of the event (some events will offer Masters age bands, also based on age on the day)*

*Under UKA Rules, the Masters age group starts from age 35 in road, cross country and track and field. However, in Scotland, only track and field medals are awarded to Masters athletes from 35+. All other off-track disciplines recognise Masters championship performances from age 40+.

Hill and Trail

Competition year: 1st January – 31st December 2027

Under 12	born 2016-2017
Under 14	born 2014-2015
Under 16	born 2012-2013
Under 18	born 2010-2011
Under 20	born 2008-2009
Senior	born 2007 or earlier
Masters	aged 40+ on the day of the event (some events will offer Masters age bands, also based on age on the day)*

Event organisers may opt to offer alternative age groups at their events (eg. school year). Any changes to the standard age groups must be advertised in advance so that all participants know which age group they should compete in. Any changes to age groups must still observe Rule TR3's supplementary rules regarding maximum distances/event restrictions applicable to young athletes.

Event organisers wishing to offer competition to the U23 age group should refer to the appropriate chapters of the UKA rule book. In Scotland, athletes in the U23 age group typically compete as Seniors so this age group is not specifically listed here.