



ENGLAND ATHLETICS INTERNATIONAL MOUNTAIN RUNNING 2026

England Athletics Mountain Running Championships

Senior: To be held in conjunction with the British Athletics up and down European Athletics Off Road Running Championships Trial Race, **Sedbergh on 3 May 2026.**

U20: To be held in conjunction with the British Athletics U20 up and down European Athletics Off Road Running Championships Trial Race, **Sedbergh 3 May 2026.**

England Athletics representative opportunities

The committee will select the best available teams to represent England, although where shown, some teams will be selected as development teams to give them experience of international competition.

- All events in 2026 are subject to funding and England Athletics may amend the policies at any point.
- **Selectors view trials as the primary means of selecting the teams.** Where there is no trial or an athlete is unable to compete in the trial race, it is the athlete's responsibility to provide the Chair of Selectors, Duncan Richards (Duncan@intouchltd.co.uk) with details of all performances they wish to be considered at the selection meeting. This information must be provided in advance of the trial race where there is one or before the advertised selection date.
- Athletes will usually be informed of their selection within a week of the trial and/or deadline for expressions of interest.
- Selection of all athletes is subject to the agreement of the athlete's training and racing programme between the date of selection and the representative race by the committee. England Athletics reserves the right to de-select any athlete who is deemed unfit or injured in the lead up to the event.
- Athletes wishing to be selected for races abroad must have a valid UK passport for the country they are travelling to and be eligible to represent England in international competitions. The selection committee reserves the right to de-select any athlete who does not provide all the information requested (including passport details) within a week of selection.
- For all races, if the selectors believe that a minimum performance standard for selection has not been achieved, they reserve the right not to select a full team. To clarify – England Athletics do not intend to send teams to international events composed of athletes who have not demonstrated the level of performance required.

Updates will be published on the England Athletics and Fell Running Association websites.

- www.englandathletics.org/mountain
- www.fellrunner.org.uk/championships/mountain-running

Event: Senior Home International – Snowdon Twilight.

Date: 27 June 2026

Selection Date: 5 May 2026

Trial: 1 May 2026. Skiddaw (in conjunction with the 2026 European Athletics Off Road Running Championships uphill only Trial Race)

Team Composition: Up to 4 senior men, 2 U23 men, 4 senior women and 2 U23 women may be selected. N.B. There will only be an A team.

U23 athletes are defined as born in 2004-2006 inclusive. The quota of 4 senior athletes may include U23 athletes if more than two are selected.

Selection Details: The first 2 senior men, 2 senior women, 1 U23 man and 1 U23 woman will gain selection from the Trial Race (subject to performances being of an appropriate standard) with the remaining places to be decided by the selectors.

Event: International U18 Mountain Running Cup, Gagliano Del Capo, Italy.

Date: 21 June 2026

Selection Date: 9 May 2026

Trial: 9 May 2026, Sedbergh/Macclesfield (TBC) Race One, FRA Junior Championships.

Entry details: Entry via Nifty entries <https://www.niftyentries.com/>

Team Composition: Up to 4 junior men and 4 junior women (born within the years 2009/2010; younger athletes are not eligible) may be selected.

Selection Details: The first 3 junior men and 3 junior women will gain selection from the trial race with the remaining places to be decided by the selectors.

Event: Snowdon International, Llanberis, Wales

Date: 18 July 2026

Selection Date: 30 June 2026

Trial: 28 June 2026, Blencathra, English Championships counter.

Team Composition: 4 senior men and 4 senior women may be selected.

Selection Details: The first 2 senior men and 2 senior women will gain selection with the remaining places to be decided by the selectors.

Event: Junior Home International, Northern Ireland.

Date: 12 September 2026

Selection Date: 13 July 2026

Trial: 12 July 2026, Winlatter, Race 6, FRA Junior Championships.

Entry details: Entry via Nifty entries <https://www.niftyentries.com/>

Team Composition: 4 U20 men and 4 U20 women (age at 31 December 2026 – this includes athletes born in 2007 and 2008).

5 U18 boys and 5 U18 girls (age as 31 December 2026- this includes athletes born in 2009, 2010 and 2011) may be selected.

Selection Details: **U20:** The first three athletes from the trial race will be selected, remaining place to be decided by the selectors.

U18: The U18 and U16 races will run together on the same course. The first three athletes (born in 2009, 2010 or 2011) from the trial will be selected, remaining 2 places to be decided by the selectors.

Event: England Senior Development Team; Trofeo Nasego

W.M.R.A. World Cup and International Ten Nations competition, Italy.

Vertical - 4.3K/1000, Classic - 21km/1337m.

Date: 5/6 September 2026.

Selection: This is a development opportunity for senior athletes to gain international representative experience.
The Ten Nations competition consists of a vertical race and a classic up and down on consecutive days. Athletes are required to compete in both events to score in the team competition.

www.trofeonasegocorsainmontagna.com

Trials: 27 June 2026. Snowdon Twilight Uphill only.

8 August 2026. Turner Landscape

Selection Date: 12 August 2026

Team Composition: Up to 8 athletes in total (4 men/4 women) may be selected.

Selection Details: To be eligible an athlete must be at least 20 on the 31 December in the year of competition. The first man and first woman in each trial race will gain selection with the remaining place to be decided by the selectors.

Contact: Duncan Richards on duncan@intouchltd.co.uk

Event: U23 Development Team; Trofeo Vanoni relays, Italy. 7k/500m.

Date: 25 October 2026

Trial: 25 July 2026. Alderman's Ascent (English Championships counter)

Team Composition: **Men** - one team of three.

Women -one team of two.

Selection: This is a development opportunity for athletes to gain international representative experience. Only athletes who have not been selected to represent Great Britain in an off road, mountain or trail team during 2026 are eligible for places.

Selection Details: The first 2 eligible U23 men and first U23 woman.

N.B. Priority is given to U23 athletes, however, if selectors deem the performance of U23 athletes is not the required standard or the number of U23 athletes is less than that required to enter a team, then senior athletes will be considered.

Selection Date: 27 July 2026

To be eligible for U23 selection, an athlete must be at least 20, and for U23 at most 22 on the 31 December in the year of competition. (i.e., born 2004-2006)

Contact: Duncan Richards on duncan@intouchltd.co.uk

England Athletics Mountain Running Committee

Duncan Richards (chair)

Emma Clayton

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