

England Athletics Selection Policy for the Home Countries International, Trail 2026 v1

RunThrough Trails Lake District 53k

11 April 2026

Overview

The RunThrough Trails Lake District 53k will play host to the Home Countries International (HCI) for Trail in 2026. This marks a new representative opportunity for athletes to race at the HCI, which also forms the Trial race for the Great Britain and Northern Ireland Team at the European Off-Road Championships in Slovenia, June 2026.

The race itself starts in Keswick and runs along Derwent Water and through Seathwaite. It then ascends Scafell Pike into Wasdale. Around Kirk Fell to Honister Pass before summiting High Spy and descending Catbells back to Keswick – a total of 2640m of ascent and descent over the 53km course.

England Athletics Selection Philosophy

The new HCI race provides an excellent opportunity to continue to improve standards in trail running, provide high-quality competition within the United Kingdom, as well as development opportunities to future/potential GB & NI trail athletes. With this selection England Athletics seek to open this representative opportunity out to those potentially looking to transition into trail running from other disciplines such as Cross-Country and road running. As such, the England team at the HCI will be selected based on the broader criteria listed within this policy.

Up to four men and four women athletes may be selected, with three to score in the HCI.

Athletes wishing to be considered for selection must complete the expression of interest found [here](#), by 23:59 on the 8th February 2026. There is no trial.

Eligibility

To be considered for selection for this team:

- Athletes must be eligible to compete for England in accordance with [World Athletics eligibility rules](#). This includes holding a full British passport.
- Athletes must not be currently serving a period of ineligibility or a provisional or permanent suspension for a doping violation or for any other reason of misconduct.
- Athletes must have achieved one of the stated qualification standards within the qualification period. Standards must have been achieved in a ratifiable UKA or World Athletics competition under standard race licensing and competition rules.
- Athletes must have achieved one of the stated qualification standards within the qualification period. Standards must have been achieved in a ratifiable UKA, TRA, or World Athletics competition under standard race licensing and competition rules.
- Athletes must be aged 20 or over before the race day - 11 April 2026.
- Athletes will be required to sign the England Athletics Team Members' Agreement ("TMA") and abide by its terms and conditions. Any athlete failing to do so before the date of the competition will result in their selection being withdrawn.

- Athletes wishing to be selected must complete an expression of interest by 23:59 (GMT) 8 February 2026. The link to the expression of interest can be found [here](#).

Qualification and Consideration Standards

As per the philosophy of the policy – these selection standards seek to open this opportunity to a wider range of athletes, incorporating disciplines beyond Trail. Achievement of a qualification standard does not guarantee selection.

Men	Event	Women
2:22:00	Marathon	2:45:00
Cross-Country		
Top 30 performances at the 2025 Cross Challenge races (Liverpool, Cardiff)		
Fell, Mountain, Hill, & Trail		
Performances on races of 21km + which selectors believe demonstrates form and potential ability to compete at international level. For fell & hill, performances of races classified as long will be considered.		
Ultra		
Or other equivalent ultra-distance experience (over different distances e.g., 40-mile, 100-mile etc & surfaces e.g., road, fell, and trail) which the selection panel believe demonstrates form and ability to compete at international level.		

Qualification performances must be achieved between 00:01 (GMT) 1 January 2025 & 23:59 (GMT) 8 February 2026

Selection Process & Criteria

- The team will be selected the week commencing Monday 9th February 2026. Selected athletes will be notified after this date and will be required to confirm their selection ASAP.
- Up to four men and four women athletes may be selected. Two non-travelling reserve athletes may also be selected for each team.
- Athletes wishing to be considered for selection must complete the expression of interest by 8th February 2026.
- The selection panel will comprise of voting and non-voting members, including:
 - EA Event Group Leads or representative.
 - Independent Observer (where available).
 - Team Leader.
 - EA Team/Programme staff.
 - EA Coaching staff (where required).
- The panel may also (at their discretion) seek assistance from anyone else that may be of help.
- Any voting member of the panel shall declare his/her conflict of interest in respect of any selection issue and shall not be entitled to vote on that issue.
- The selection panel will select athletes against the following criteria (in no ranked order):
 - Current competitive form. This focus will be on performances from 1st September 2025 to 23:59 (GMT) 8 February 2026.
 - Current form can be demonstrated through performances at different race distances or surfaces
 - Relevant head-to-heads from races within the selection window.
 - Consistency of performance defined by the number of times athletes have met the listed selection standards
 - Future potential to represent England or GB & NI at major championships.
 - Injury status.

- There shall be no right of appeal to the selection of the England Team made by the Selection Panel. The provisions of the UK Athletics Selections and Nomination "Fast Appeals Procedure" do not apply to the England Team selections for this event.

Additional Notes

- Selected athletes will be expected to engage with team staff to provide details of training, nutrition, and preparation strategies to reflect the demanding nature of 50k races.
- Athletes will be expected to organise their own travel and accommodation for this race. England athletics will reimburse up to £50 as a contribution. Athletes will be expected to pay for their own food and other expenses.
- England Athletics will provide competition kit to any athletes that haven't received such kit within the last 2 years.
- England Athletics reserve the right to deselect athletes who the selection panel or team management feel are not ready to compete in the final weeks before the event.
- England Athletics reserves the right to amend or vary this Selection Policy where necessary at any time. Any such amendments or variations will take effect from the first date of publication of the amended Selection Policy on the England Athletics website.
- Athletes who withdraw themselves for reasons other than illness or injury (DOCTORS NOTE TO BE PROVIDED) may also be liable to cover the costs of their flights or a change of name to the ticket where there is the option to substitute.
- In exceptional circumstances only, England Athletics reserve the right to select athletes without a current standard or athletes from outside the expressions of interest.
- If you require additional information, please contact Andrew Heyes – aheyest@englandathletics.org