

scottishathletics



Junior Hill Running Opportunities 2026

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NEW Hill running age categories for 2026

For 2026, we switch to “under-even” categories based on your year of birth.

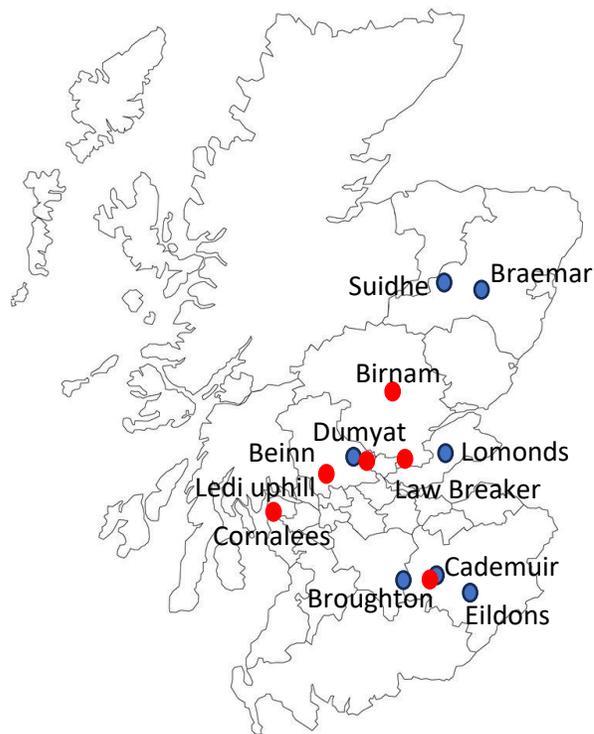
Age Group	Born
U12	2015 or 2016
U14	2013 or 2014
U16	2011 or 2012
U18	2009 or 2010
U20	2007 or 2008



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Scottish Athletics Junior Hill Running League 2026



● U20 races

● Sedbergh

● U12/U14/U16/U18 races

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New age categories for 2026

- League tables will be calculated and prizes awarded for 4 age categories in 2026: U14 / U16 / U18 / U20.
- U12s are encouraged to participate in the League races. Mementos will be awarded to all who complete 3 or more races in all categories: U12 / U14 / U16 / U18 / U20.

scottishathletics Junior Hill Running League

U18 (born 2009-2010), U16 (born 2011-2012), U14 (born 2013-2014)

Points awarded to the first 18 individuals in each category: Winner: 25 points, 2nd: 20 points, 3rd: 17 points, 4th: 15 points, 5th: 14 points reducing by one-point intervals down to 18th: 1 point. ***NB 10 bonus points will be awarded for taking part in the Scottish champs (Broughton) and the last race of the series (Suidhe Hill).***

Three races needed to qualify. Memento to all completing the required number of races. The final league score comprises the athlete's **best 3 race scores, plus 2 bonus points for each race completed above the minimum of 3.**

If overall points are tied after the final League race, head-to-head record will be used to determine the winner of the Age Category. Thereafter, points scored at the SA national championships (Broughton) will be used.

Under 12s (born 2015-2016)

To encourage participation, memento also awarded to all U12s that complete 3 or more races. However, league standings will not be recorded, and no titles/prizes will be awarded.

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U14/U16/U18 Junior Hill Running League

The 7 races which comprise the 2026 Junior League are:

19 Apr	Dumyat Junior Races	Stirling	Central
26 Apr	Lomonds Junior Races	Falkland	East
16 May	Broughton (Scottish Champs / IYC Trial Race)*	Broughton	South
6 Jun	Braemar Junior Games	Braemar	North
20 Jun	Eildon Junior Race	Melrose	South
16 Aug	Cademuir Rollercoaster (JHI Trial)	Peebles	South
19 Sept	Suidhe Hill Race*	Kincraig	North

*** 10 bonus points awarded for taking part in these races**

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.

scottishathletics  Junior Hill Running League

U20s Championship (born 2007-2008)

Points will be awarded to the first 18 individuals in each category:

Winner 25 points, 2nd 20 points, 3rd 17 points, 4th 15 points, 5th 14 points
reducing by one-point intervals down to 18th 1 point.

NB 10 bonus points will be awarded for taking part in the first race of the series (Birnam) and the Scottish champs (Ben Ledi Uphill).

Three races to qualify. Memento to all who complete the required number of races.

The final league score comprises the athlete's **best 3 race scores, plus 2 bonus points for each race completed above the minimum of 3.**

If overall points are tied after the final League race, head-to-head record will be used to determine the winner. Thereafter, points scored at the SA national championships (Ben Ledi Uphill) will be used.

U20 Junior Hill Running League

U20s have their own, separate league with most included in Senior races

28 Mar:	Birnam*	6.5km, 335m	Central
11 April:	Ben Ledi <u>Uphill</u> (National Champs)	5.3km, 760m	Central
3 May:	Sedbergh (Euro Trials)**	6.4km, 400m	Cumbria
6 May:	Dumyat	8km, 380m	Central
13 Jun:	Cornalees	7.2km, 510m	West
20 Jun:	Law Breaker (SHR Champs Series)	5.4km, 630m	Central
16 Aug:	Cademuir Rollercoaster (JHI Trial)*	6km, 274m	South

To qualify for the league, runners need to complete 3 of the 7 races



**10 bonus points awarded for taking part in these races*

***SA has a limited budget for subsidised transport/travel support will be available for this event to facilitate participation of eligible athletes*

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National Junior Champs U14/U16/U18

Broughton nr Biggar, 16th May



https://www.sientries.co.uk/event.php?elid=Y&event_id=17647

Entries
Now Open

- National Medals for U14/U16/U18
- Trial race for Scotland's U18 team for International Youth Cup in Italy on 21st June

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National U20 Champs

Ben Ledi, Uphill Only

11th April, 2026

- Stank Glen, near Kilmahog in the Trossachs
- 5.3km, 760m
- New event aimed at increasing experience and familiarity of uphill only discipline
- Also, Scottish Senior Champs so guaranteed a large, high-quality field



https://www.sientries.co.uk/event.php?elid=Y&event_id=17382

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International Opportunities 2026

Scotland vests are available at 3 events

#1. 21st June - U18 Intl Youth Cup (IYC), Gagliano Del Capo, Italy

- 4.6km, 191m
- Teams of up to 4 Male & 4 Female Athletes
- **Selection race = Broughton Heights, 17 May** (1st two M/F past the post automatic qualification + up to 2 discretionary)

#2. 12th Sept - U18/U20 Junior Home International, Newcastle, N Ireland

- U18s: teams of 5 Male & 5 Female Athletes (one must be U16 born 2011)
- U20s: teams of 4 Male & 4 Female Athletes
- **Selection race = Cademuir Rollercoaster, 16th Aug** (1st two M/F past the post automatic qualification + balance of selections discretionary)

NB: 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.



International Opportunities 2026



#3. 25th October – Trofeo Vanoni Relay, Morbegno, Italy

- Teams of 3 Male and 2 Female Athletes born 2007 & 2008
- **Selection race = Junior Home International 12th Sept, N. Ireland** (1st U20 M/F past the post auto-qualification. Other places discretionary.)
- ***NB: U20 Teams are funded exclusively by donations and will only be sent if a) if enough funding is available and b) selectors agree there are sufficient athletes of the appropriate standard.***



GB U20 Team European Champs

Kamnik, Slovenia, 5-7 Jun 2026

- Uphill (5th Jun) and Up/Down (7th Jun) races
- Teams of 4 Male and 4 Female Athletes (born 2007-10 inclusive)
- **Selection Races:**
 - Uphill only to be held 1st May, Keswick
 - Up/down to be held 3rd May, Sedbergh
- <https://www.offroadrunning2026.si/>



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Junior Inter-county Fell Running Championships

14th June 2026, Edale, Derbyshire

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2026 English Raid

Junior Inter-county fell running championships

14th June, Edale, Derbyshire



- Opportunity to run for East, West, North Districts at U16 (2011/12) and U18 (2009/10)
- 3 male & 3 female
- Selection based on current form (e.g. league races)
- Minibus transport. Bed & Breakfast.
- Open for those not selected and races for U14s and U12s too
- **Interested? Contact Phil (07703 766465 / phil.mestecky@yahoo.co.uk) no later than 12th May**

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scottishathletics  **Nationals Trail Running Champs**

Crieff, Perthshire, Sunday 12th July



U14s, U16s and
U18s: 5km, 115m

U20 and Seniors:
10km, 130m



**Entries
Now Open**

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