

UKA 2026 Senior Inter-Counties Mountain Race

incorporating the

UKA Trials for the European Off-Road Running Championships (Senior and U20)

Sunday 3rd May 2026

Senior race (Inter-Counties & Trial), 14.5km, 980m ascent/descent
(1 small lap, 2 large laps - XACXABCXABCX)

U20 Trial race, 5.8km, 390m ascent/descent
(1 large lap - XABCX)

- Route
- Bridleway
- Path
- Building
- Woodland

Brant Fell

Nab

500

550

0 500 1,000 m



Middle Tongue

Grosdale Beck

300

350

450

450

250

Nursery Wood

Start/Finish

Winder

A

200

Lockbank Farm

People's Hall

SEDBERGH

Fire Station