



2026 British Athletics Up-and-Down Trial Race for the European Off-Road Running Championships SUNDAY 3 May 2026

Incorporating:

- Senior Inter-Counties Mountain Running Championships
- A separate trial race for the U20 Up-and-Down European Off-Road Running Championships

COURSE DETAILS: (see separate map)

Seniors - 14.5km with 980m ascent/descent

Juniors – 5.8km with 390m ascent/descent

The race start and finish are above Lockbank Farm. To access to the fell, follow Howgill Lane to Lochbank Farm and access is along the public footpath by the farm. Please close all gates.

The course will be marked and marshalled.

PROGRAMME:

12.00 pm: U20 Men and Women Up-&-Down Trial 5.8km with 390m ascent/descent

1.00 pm: Senior Men Up-&-Down Trial 14.5km with 980m ascent/descent.

1.05 pm: Senior Women Up-&-Down Trial 14.5km with 980m ascent/descent.

NB. Seniors please be aware of U20 athletes racing if warming up on the course after 12 pm.

ENTRY DETAILS:

Pre-entry only. Entries open 1 March and close on Wednesday 29 April on SiEntries.

<https://www.sientries.co.uk>

Entry costs **£15** per athlete.

Senior race entries will be limited to those athletes competing for their county in the Inter-Counties Mountain Running Championship and those athletes wishing to race the trial for GB&NI selection. Entries from non-county participants will be vetted.

U20 race entries are open to all U20 runners. U20 athletes must be born in the following years to compete: 2007, 2008, 2009 or 2010.

REGISTRATION:

Registration will open from 10.30 am to 12.50 pm.

Any U20 athlete wishing to be considered for the U20 GB & NI team must enter the U20 trial. Athletes aged 18 and over may race the senior event for their county in the Inter-Counties event but an U20 athlete who races the senior race will not be considered for selection for the U20 team. Entries are welcome from good endurance runners from other disciplines without previous mountain/hill running form.

FURTHER DETAILS WILL BE CIRCULATED PRIOR TO THE EVENT

HILL SAFETY (VERY IMPORTANT, PLEASE READ)

All competitors **must** carry waterproof top (taped seams) and bottoms, hat and gloves.

Failure to comply with any minimum kit rule will result in disqualification.

Any athlete who retires from the race **must** report their retirement to a race marshal.

FACILITIES:

Registration and toilets are all available at the People's Hall. Parking will be signed. Competitors must park at Sedbergh School's sports fields off Back Lane (tbc). The entrance can be located using the "what 3 words": *debt.suggested.inversion*. Parking charge £5 per car.

The parking at People's Hall is for marshals only. Please respect the locals and park in the designated car park and please share transport.

BRITISH ATHLETICS SELECTION POLICY

The British Athletics selection policy for the 2026 European Off-Road Running Championships can be viewed here:

<https://uka.org.uk/competitions/mountain-running/>

NB. Any athlete wishing to be considered for selection must complete an expression of interest (EOI) before 23.59 on Sunday 3 May 2026.

The 2026 European Off-Road Running Championships will take place in Kamnik, Slovenia on 5 to 7 June.

Event information can be found here: <https://www.offroadrunning2026.si/>

CONTACTS:

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