



**2026 EUROPEAN OFF-ROAD RUNNING CHAMPIONSHIPS: 5 – 7 JUNE 2026  
KAMNIK, SLOVENIA**

**SELECTION POLICY – published January 2026**

Updated January 2026 – Selection Panel members amendment  
Updated February 2026 - Amendment to paragraph 9, Appendix 1

This Selection Policy (“the Policy”) sets out the selection process for the team to represent Great Britain & Northern Ireland at the Senior and U20 Uphill, Up and Down and Senior Trail (only) events at the 2026 European Off-Road Running Championships.

Athletes should note that they must comply with all General Eligibility Requirements given in Appendix 1 to compete for Great Britain & Northern Ireland at these Championships.

Participation as a member of the Great Britain & Northern Ireland Team for these Championships will require an Athlete Contribution. Details are provided in Appendix Two. Selection and participation in the event are conditional on the athlete agreeing to and making the Athlete Contribution.

**PERFORMANCE OBJECTIVES**

- Challenge for individual top 10 positions and team top 5 positions at the 2026 European Off-Road Running Championships AND
- Provide opportunities for developing athletes with the potential for future success at senior outdoor major championships (including future mountain & trail championships).

UKA intends to select full GB&NI men’s and women’s senior and junior teams for this competition (4 athletes per team).

**SELECTIONS**

1. The selection meetings will take place on the following dates:
  - Trail Event (Round 1 & 2) – **w/c 13 April 2026**
  - Uphill Event & Up and Down Event (Round 3 & 4) – **w/c 4 May 2026**
2. Selection announcement for both events will be published by **8 May 2026**.
3. Selections will be subject to a maximum four (4) athletes in each of the individual events.

**TRIALS**

4. There will be individual trials (the “Trials”) for all events on the dates listed below. The trial races will be the primary means of selection and athletes are expected to compete in the trials unless they have extenuating circumstances. Extenuating circumstances must be pre-agreed in writing in advance of the Trials with Angela Mudge ([angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk)).
  - a. **Trail** – Run Through Trails Lake District on 11 April 2026. Athletes wishing to compete should contact Angela Mudge ([angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk)) to discuss entry.
  - b. **Uphill** – Fitz Park, Keswick, Cumbria on 1 May 2026.
  - c. **Up and Down** – People’s Hall, Sedbergh, Cumbria on 3 May 2026.

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## EXPRESSION OF INTEREST

5. All athletes, including those who compete in the trials, wishing to be considered for selection should submit an expression of interest form by the following event deadlines. The expression of interest form can be found [here](#).
  - a. Trail – 11 April 2026
  - b. Uphill – 1 May 2026
  - c. Up and Down – 3 May 2026
6. Following submission of an expression of interest, athletes should notify the Chair of the Mountain and Trail Strategy Group, Angela Mudge ([angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk)) if their availability changes.

## ELIGIBILITY FOR SELECTION

7. Athletes must meet the General Eligibility Requirements in Appendix 1 in order to be eligible for selection.

## SELECTION PROCESS

8. The Selection Panel (the “Selection Panel”) will only select from athletes who meet the General Eligibility Criteria.
9. Selection will be made in two (2) stages and four (4) rounds conducted as outlined below.
  - Round 1 – Top two finishers at the Trail Trial event
  - Round 2 – Remaining athletes for the Trail event
  - Round 3 – Top two finishers at the Uphill event & and top two finishers at the Up and Down Trial events
  - Round 4 – Remaining athletes for the Uphill event & and the Up and Down event
10. Athletes should note that selection in all rounds is subject to the Selection Panel’s expert assessment of the athlete’s injury and health status.
11. In its assessment of an athlete, or where UK Athletics does not have the capacity or appropriate resources to provide the level of health-related support required, the Selection Panel may decide not to select an athlete if UK Athletics’ medical advice considers that participation would pose a risk to the athlete’s health or the safety of others.
12. The Selection Panel may in its sole discretion set conditions of selection, which may include but are not limited to fitness, health-related or any other form of assessment. In circumstances where this applies, in the event the athlete fails to comply with the conditions, the provisions for deselection as set out below may apply.
13. Final selection is subject to the Panel’s agreement with the athlete of their racing programme between the date of selection and the Championships.

### Stage One – w/c 13 April 2026 Selection Meeting (Trail Event): Rounds 1 & 2

#### 14. Round 1 – Top two (2) finishers at Trials

- a. The first two (2) male and first two (2) female athletes in each individual event at the Trial will be selected provided the Selection Panel is satisfied with the athlete’s injury and health status.

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- b. For the avoidance of doubt, should either of the Top 2 finishers at the Trials decline their selection, their place will not be offered by default to the next placed athlete.

**15. Round 2 – Remaining Athletes in the Trail event**

- a. The Selection Panel will then consider remaining athletes who have expressed interest and meet the General Eligibility Requirements. Athletes being considered for selection in this round must, in the sole discretion of the Selection Panel, be likely to achieve the Performance Objectives of the Championships based on their assessment of the criteria below:
  - Performance at Trials
  - Athlete’s current form and fitness since January 2026
  - Consistency of performance over a similar distance, profile and terrain
  - Relevant head-to-heads during the 2025/26 season
  - Previous major competition history
  - Medical, injury and other health-related status considerations
  - Other factors the Selection Panel deems relevant.
- b. Athletes should note the Performance at Trials has priority, but the remaining criteria above are not listed in order of priority and may be weighted as necessary to best meet the Performance Objectives or may not be considered as the Selection Panel deems appropriate.
- c. If there are more athletes than there are places available, athletes will be considered for selection based on the Selection Panel’s comparative assessment of athletes. The Selection Panel will ultimately select athletes with the greatest potential to fulfil the performance objectives of the Championships.

**Stage Two – w/c 4 May 2026 Selection Meeting (Uphill Events & Up and Down Events): Rounds 3 & 4**

**16. Round 3 – Top two (2) finishers at Trials**

- a. The first two (2) male and first two (2) female athletes in each individual event at Trials will be selected in their corresponding event provided the Selection Panel is satisfied with the athlete’s injury and health status.
- b. For the avoidance of doubt, should either of the Top 2 finishers at Trials decline their selection, their place will not be offered by default to the next placed athlete.

**17. Round 4 - Remaining Athletes in the Uphill Event & Up and Down Event**

- a. The Selection Panel will then consider remaining athletes. Athletes being considered for selection in this round must, in the sole discretion of the Selection Panel, be likely to achieve the Performance Objectives of the Championships based on their assessment of the criteria below:
  - Performance at Trials
  - Athlete’s current form and fitness
  - Consistency of performance over a similar distance, profile and terrain
  - Relevant head-to-heads during the 2025/26 season
  - Previous major competition history
  - Medical, injury and other health-related status considerations
  - Other factors the Selection Panel deems relevant.

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- b. Athletes should note the Performance at Trials has priority, but the remaining criterion above are not listed in order of priority and may be weighted as necessary to best meet the Performance Objectives or may not be considered as the Selection Panel deems appropriate.
- c. If there are more athletes than there are places available, athletes will be considered for selection based on the Selection Panel’s comparative assessment of athletes. The Selection Panel will ultimately select athletes with the greatest potential to fulfil the performance objectives of the Championships.

**18. Reserves**

- a. The Selection Panel may in its discretion nominate up to two additional athletes as non-travelling reserves for each of the events. If more athletes satisfy criteria than there are places available, athletes will be assessed using the criteria outlined in Rounds 2 & 4. There is no obligation on the Selection Panel to nominate reserves.
- b. In situations where an athlete has been de-selected, UKA will exercise its sole discretion in determining whether or not to call upon a reserve.

**SELECTION PANEL**

19. The Selection Panel shall comprise the following Members stated below. A substitute may be nominated at any time by the UKA Endurance Strategy Manager if a member (including the UKA Endurance Strategy Manager) is unavailable:

- a. Voting Members:
  - i. Team Leader
  - ii. Team Coaches, who will each vote on all athlete selections
- b. Non-Voting Members:
  - i. Chairperson;
  - ii. UKA Endurance Strategy Manager;
  - iii. Independent Observer (if available);
  - iv. UKA Athlete Commission Member;
  - v. Note-taker(s);
  - vi. Any other person invited by the Chairperson

20. In the event of an actual, potential or possible conflict relating to any voting member of the Selection Panel, it should be reported to the Chairperson of the selection meeting who shall determine whether the Voting Member in question should be permitted to take part in relation to any selection decision(s). The Chairperson may appoint an alternative selector if necessary.

21. Voting of the Selection Panel shall be by simple majority. The Team Leader shall have the casting vote, if required. If the Team Leader is unable to vote due to a conflict, the Chairperson shall nominate the Selection Panel member with the casting vote if required.

22. The Selection Panel may make any selection subject to the athlete completing a performance requirement, test set or health/injury assessment.

**DE-SELECTION**

23. Following selection, an athlete may be de-selected by the Selection Panel or UK Athletics in the event of:

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- a. The athlete ceasing to comply with the eligibility criteria set out in this Selection policy, or other UK Athletics strategy document or policy communicated by UK Athletics.
- b. Failure to sign the World Class Programme Athlete Agreement or Team Member Agreement
- c. Failure to comply with any conditions set by the Selection Panel
- d. Application of the UK Athletics Team Medical Policy as set out in the World Class Programme Athlete Agreement or Team Member Agreement
- e. Any anti-doping rule violation or provisional suspension or failure to complete any required anti-doping action, including training or courses
- f. Any serious misconduct or suspension due to misconduct
- g. A breach of any UK Athletics policy
- h. UK Athletics reasonably considering that the athlete will be unable to perform at the level required or expected due to any reason including loss of form or failure to recover fully or as expected from injury or illness or health related issue.
- i. The athlete does not follow the racing plan that has been agreed between themselves and the relevant team coach for the period from the date of selection to the Championships.

## GENERAL PROVISIONS

### 24. Appeals

There will be no right of appeal to the selection of the GB & NI Team made by the Selection Panel. The provisions of the UK Athletics Fast Appeals Procedure do not apply to the GB & NI team selections for the 2026 European Off-Road Running Championships.

### 25. Amendment

UK Athletics reserves the right to amend this Selection Policy at any time in its sole discretion and will make any amended version publicly available (including the date on which any amendment was made) at [www.britishathletics.org.uk](http://www.britishathletics.org.uk).

### 26. Governing Law

This Selection Policy shall be governed by and construed in accordance with the law of England and Wales.

### 27. Jurisdiction

Any dispute or claim (other than appeals) arising out of or in connection with this Selection Policy shall be submitted for determination exclusively to arbitration under the auspices of Sports Resolutions (UK) Limited and subject to the procedural control of the English Courts.

### 28. Key Contacts

For any questions relating to the Selection Policy please contact Chris Jones [cjones@uka.org.uk](mailto:cjones@uka.org.uk) or Angela Mudge [angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk).

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## APPENDIX 1 – GENERAL ELIGIBILITY CRITERIA

1. Be eligible to compete for GB&NI and be the holder of a full and current British passport.
2. Comply with all European Off-Road Championships and relevant European Athletics competition rules relevant to the event they wish to compete in.
3. Is not serving a period of ineligibility from the sport (as determined by UK Athletics or a Home Country Athletics Federation) or from any other sport. For example, due to misconduct and/or disciplinary reasons.
4. Not under investigation or been charged by UK Athletics, a Home Country Athletics Federation, or any other relevant organisation (including the police and CPS) with misconduct or any disciplinary, safeguarding or criminal offence.
5. Completed all anti-doping requirements.
6. Not committed a criminal, disciplinary or safeguarding offence that in the reasonable opinion of the Board of UK Athletics renders the athlete unsuitable for selection.
7. Has not, whether by an act or omission, brought UK Athletics into disrepute.
8. Meet the standards and behaviour expected by UK Athletics, as published from time to time, including in the International Athletes Code of Conduct.
9. Be registered as a member with the relevant Home Country Athletics Federation (HCAF), directly or through a club. Exemption may be granted in exceptional circumstances only, where an athlete must be registered to a club in a foreign country due to local laws and regulations governing residency and training. In such cases, the athlete should seek written approval from the Performance Director in advance.
10. Be 18 years or older as of 31 December 2026 (i.e. born in 2008 or earlier) to compete in the Uphill, Up and Down & Trail events.
11. For U20 athletes they must be born in 2007, 2008, 2009 or 2010.
12. Sign the UK Athletics Team Members' Agreement ("TMA") or World Class Programme Agreement as applicable and abide by its terms and conditions. Any athlete failing to do so prior to the first date of competition will result in their selection being withdrawn. The current version of the TMA can be found online at <https://www.uka.org.uk/performance/british-athletics-teams-information/>

## APPENDIX 2 – ATHLETE CONTRIBUTION

The 2026 European Off-Road Running Championships is one of the off-track events that requires a joint funding approach in order to support the participation of GB&NI teams. An Athlete Contribution will be required to support the costs associated with competing at the championships.

In the Expression of Interest for selection, athletes must agree to the principle of selection and participation being conditional on making the agreed financial participation – the 'Athlete Contribution'.

In order to help athletes plan, UKA has undertaken budget forward-planning to estimate a maximum anticipated per athlete cost contribution. The Athlete Contribution for 2026 European Off-Road Running Championships will be no more than £550 per athlete.

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UKA commits to ensuring the cost reflects a balance between meeting high performance requirements and best value. The maximum indicated cost will be taken as a ceiling with the team endeavouring to get well within the stated figure. Furthermore, all agreed/known subsidies and subventions from the LOC or other parties will be deducted when calculating the Athlete Contribution.

At the time of selection, UKA will provide athletes with the final figure for the athlete contribution and timeline for payment. Team membership will be conditional on agreeing the terms in the Team Member’s Agreement. Athletes will be required to pay a deposit on acceptance of their place on the team.

If an athlete is concerned that the athlete contribution will prohibit them from applying for the 2026 European Off-Road Running Championships, please contact Chris Jones ([cjones@uka.org.uk](mailto:cjones@uka.org.uk)) for information around available grants and support.

Senior athletes will be responsible for arranging their own travel arrangements to the International Assembly Point (TBC in Slovenia).

Athletes will be required to meet at the international assembly point two days before the 2026 European Off-Road Running Championships. The assembly date will be 3<sup>rd</sup> - 5<sup>th</sup> of June 2026. Athletes will be sent further details on assembly point and team accommodation following their selection.

For more information on travel for Athlete Contribution teams please read [the UKA Athlete Contribution Policy here](#).

Once athletes have signed the agreed selection letter, they will receive all Championship kit (if they haven’t already) prior to the agreed assembly point.

Once the team has been selected, UKA team management and support staff will work with athletes and coaches to help maximise preparation for the above Championships.

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