



2026 British Senior & U23 Mountain Running Inter County Championship races

Sunday 3rd May

Incorporated within Sedbergh Trial races for the 'Up-and-Down' race at the European Off-Road Running Championships

Venue - TBC

Start - TBC

Race info - <https://britishintercountiesfellrunningchampionships.wordpress.com/>

Yorkshire selection will be 5 men including at least one MU23 and 5 Women including at least one WU23.

U23 athletes MUST be under 23 on 31st December 2026

All athletes MUST be aged 18 or over on 3rd May 2026

There is no selection race – Selection is based on athletes form

Qualification for selection for the Yorkshire Team for the Inter County Championships;

- All athletes **MUST** have been born in North, South or West Yorkshire
- or have 9 months continuous residence in the Counties prior to competition.
- An athlete can only compete in the Championships for one County in any 12 months period.

If you are interested in selection for these championships.

Please contact - Yorkshire Mountain Running Inter County Championship Team

Selectors & Team Managers: Eileen & David Woodhead

Telephone: 01535 669100. Mobile Number 07821275155

For updated information see; www.woodentops.org.uk