



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

Amended 23rd March 2026

Overview and background

This policy describes the process for the selection of team members to represent Denmark at the European Off-Road Championships in Kamnik, Slovenia between 5th and 7th June 2026.

There are two disciplines at this event: Trail Running (seniors only) and Mountain Running (U20 and Senior)

It is recognised that Denmark has achieved good results in the trail event in previous editions and our intent is to build on these results using similar selection processes as before including the use of the ITRA scoring system.

Mountain Running is less developed in Denmark. We intend to build this discipline as part of our overall endurance strategy. This is challenging given the terrain and topography of the country and it may be advisable for athletes to travel to other countries to gain relevant experience.

The release of this selection policy has come later than intended and we recognise that many athletes have already planned their races in the lead up to the event. Therefore, there will be no trial event for seniors, who may already have experience and results that can be assessed, but we will put on a trial for U20 athletes in conjunction with the U18 trial for the International U18 Cup. Date TBC.

We recognise that orienteers often have relative fitness and skill to transition into Trail and Mountain running. Therefore, we will consider orienteering results along with Trail and Mountain Running results when making the selections.

On 23rd March, we amended this policy to:

- state that selections will be based on the potential to finish in the top two thirds of the field
- add an extended selection date of 4th May for athletes who may show form, for example, at another county's trial race, after the initial selection on 13th April. See point 2 in 'Selection Process'.



Aim

Danish Athletics intends to select men's and women's senior and junior athletes for this competition (up to 6 athletes per trail running team and up to 4 athletes per mountain running team) where the selection panel believe the athlete can achieve a result in the top two-thirds of the race.

The athlete contribution for the European Off-Road Championships will be the cost of accommodation not covered by the organisers plus flights (TBC)

Events

Senior Trail

Each country can participate with a maximum of 4 participants for male and female. The race is circa 52K / 2,500 altitude metres.

Senior Uphill

Each country can enter a maximum of 4 participants for males and females in the uphill race (9K/1300m)

Senior Up & Down

Each country can enter a maximum of 4 participants for males and females in the classic (13K/825m).

U20 Uphill

Each country can enter a maximum of 4 participants for males and females in the U20 Uphill (3.8km/~400m)

U20 Up & Down

Each country can enter a maximum of 4 participants for males and females in the Up & Down (5.7km/380m)

QUALIFICATION

Athletes are asked to complete an Expression of Interest form outlining results they want to be considered, competition plans leading up to the event, their targets and



rationale of how these races will prepare them for the European Off-Road Championships.

The form can be found on this link and should be completed by 12th April

[Expression of Interest to represent Denmark at the European Off Road Running Championships – Udfyld formular](#)

SELECTION

ELIGIBILITY FOR CONSIDERATION FOR SELECTION

To be considered for selection, athletes must satisfy the Eligibility Criteria set out in Appendix 1 – Eligibility Criteria

SELECTION PROCESS

The Selection meeting will take place on Monday 13th April 2026.

1. The Selection Panel may select athletes who have demonstrated potential to be in the top two thirds of the field during the period 1st September 2025 to 13 April 2026 and will take the following into consideration:
 - a. 2026 form demonstrated in events of a similar distance, elevation profile and altitude and have given the Panel confidence in their ability to prepare effectively for a Championship Trail race
 - b. 2026 ITRA score if it provides evidence of ability to achieve the performance goal
2. The Selection Panel may add athletes to the team, especially if they have shown form in another country's trial event, up until 4th May 2026

SELECTION PANEL

1. Selections will be made by the Danish Athletics selection panel comprising:

- Danish Athletics Sportschef (voting)
- Danish Athletics Trail and Mountain Running Team Leader (voting)
- Event Group Lead for Endurance (voting)



The Chair of the Panel may also (at his/her discretion) seek assistance (in a non-voting capacity) from anyone else he/she feels may be of help.

DE-SELECTION

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

- The athlete ceasing to comply with the eligibility criteria set out in this Selection Policy, or other strategy document or policy communicated by Danish Athletics.
- Failure to agree to the Code of Conduct or Team Member Agreement.
- Failure to comply with any conditions set by the Selection Panel.
- The athlete not complying with any selection conditions set by Danish Athletics.
- Any anti-doping rule violation or provisional suspension or failure to complete any required antidoping action, including training or courses.
- Any serious misconduct or suspension due to misconduct.
- A breach of any Danish Athletics policy.
- Danish 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
- Failure to opt-in to team training or events

GENERAL PROVISIONS

Danish 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)

Key Contacts

Policy: Jackie Newton (jackie@dansk-atletik.dk)

Championships logistics: Sive Brassil (sive@dansk-atletik.dk)

Final selections can only be expected by 17th April 2026 and others may be added by 4th May.

Link to the European Championship:

<https://www.offroadrunning2026.si/>



APPENDIX 1 – GENERAL ELIGIBILITY CRITERIA

1. Be eligible to compete for Denmark and be the holder of a full and current Danish passport.
2. Comply with all World/European Athletics and competition rules relevant to the category and/or event they wish to compete in.
3. Is not serving a period of ineligibility from the sport (as determined by Danish Athletics) or from any other sport. For example, due to misconduct and/or disciplinary reasons.
4. Not under investigation or been charged by Danish Athletics or any other relevant organisation 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 Danish Athletics renders the athlete unsuitable for selection.
7. Has not, whether by an act or omission, brought Danish Athletics into disrepute.
8. Meet the standards and behaviour expected by Danish Athletics, as published in the Code of Conduct <https://dansk-atletik.dk/atleter/elite-og-talent/code-of-conduct/>
9. Be 18 years or older as of 31 December 2026 (i.e. born in 2008 or earlier) to be considered for selection

