

Senior Home International 2026

Scotland Selection policy

Details

The Senior Home Internationals will take place 3rd/4th October 2026 in the Northern Ireland, combined with the Northern Ireland Orienteering Championships.

Scotland intend to send the strongest possible team. There will be team accommodation.

The team will consist of 6 M21s (including 1 M35+ running as an M21), 6 W21 (including 1 W35+ running as an W21), 3 M20s, and 3 W20s. Note M/W35s can choose to run their age group or M/W21 in the selection races.

Selections

Pre-selections will be made after BOC Long (10th May).

Final selections will be made after Scottish 6 days (27th July – 1st August).

Chair of selection committee – SOA Performance Director - Andy Kitchin

Selection committee – Andy Kitchin, Jon Musgrave, Lorna Eades

Selection Races

The following races/information will be considered (in bold are most important):

28th February	British Long Champs South Wales
4th April	JK Middle Rannoch
5th April	JK Long Rannoch
12th April	SOL 1 Dunchatonmore
3rd May	SOL 2 Glen Dye
23rd May	Scottish Champs. Grandtully

For runners who spend more time **outside Scotland, the selectors take into account** their results in other events, of a similar standing. Selectors may look at other form in relevant competitions.

Because of the need to book flights to Ireland, the SHI team selections will be made immediately after Scottish Champs.

[Link to Individual Day Entries](#)

[Link to Relay entries](#)