



NATIONAL LEAGUE 2023

ITRA NATIONAL LEAGUE

THE NATIONAL LEAGUE AIMS TO SUPPORT LOCAL RACES, PROMOTE COMPETITION IN EACH COUNTRY, CREATE AN INCLUSIVE LEAGUE AND HELP EVERYONE TO REDUCE THE IMPACT ON THE ENVIRONMENT

As the effects of climate change become increasingly obvious, action on environmental issues becomes ever more urgent. Whether in our daily actions or in the practice of the sport we love, we must act now.

ITRA is focused on finding ways to practice trail running while respecting the natural environment. We can start by reducing carbon emissions from trail-running activities.

Alternatives are possible. That is why ITRA is launching the ITRA NATIONAL LEAGUE.

True to the values of Trail Running, ITRA wishes to encourage and support our activities throughout the world sustainably and responsibly by proposing initiatives which address current environmental issues. The ITRA National League is our next step on this journey. It aims to promote racing locally, connecting all ITRA member races in one country in one national league. This allows healthy competition between all athletes in each country and supports local races. It can help us all to reduce our carbon footprint whilst we continue to enjoy the beauty and adventure of trail racing.

The ITRA NATIONAL LEAGUE is totally inclusive. It lists all the athletes from all over the world in a general national ranking, by age category.

Watch the video:



Here is the video teaser in 9 languages:

<https://www.youtube.com/playlist?list=PLpm2LuR5kyZtQxWoySjzpGUQ8Vnze50n7>

HOW DOES THE LEAGUE WORK?

Each runner who appears in the general ranking of a minimum of 3 race results in the same country will appear in the general ranking of the ITRA National League of that country.

FROM WHEN?

The ITRA NATIONAL LEAGUE will start on 1st January 2023 and will end for the year 2023 on 31st December 2023. Trail runners will be ranked each year in the ITRA NATIONAL LEAGUE from January 1 to December 31.

WHICH RACES ARE PART OF THE LEAGUE?

All ITRA member races are part of the ITRA NATIONAL LEAGUE. You will recognize them thanks to this logo present next to the visual of the races in the ITRA calendar.



WHO ARE THE RANKED TRAIL RUNNERS?

All finishers who have achieved at least 3 results in the ITRA NATIONAL LEAGUE member races in the same country will automatically be listed in the ITRA NATIONAL LEAGUE ranking of the current year. Your top 3 results will be selected.

WHERE TO FIND THE ITRA NATIONAL LEAGUE RANKING?

On the ITRA website, go to the Ranking page and select the ITRA National League.

AS AN ORGANIZER, HOW TO JOIN THE ITRA NATIONAL LEAGUE?

1. Become an Organizer ITRA member
2. Have the race evaluated and get the ITRA National League Logo
3. Upload the race result file on ITRA's website after the race (the results must be added 7 days after the event).

Read all the information about the ITRA National League: [click here](#)