

Great Britain strikes double gold in uphill races in Ljubljana-Kamnik



Two years after winning individual silver, Great Britain's Jacob Adkin celebrated a comfortable victory in wet and misty conditions in the uphill race on the first day of the European Athletics Off-Road Running Championships in Ljubljana-Kamnik on Friday (5 June). Great Britain would go on to enjoy a memorable day in the Slovenian mountains, with Morven Goodrum later adding a second individual gold medal in the women's race.

When the elite men took off at the starting point in Stahovica for the uphill 8.9km, the weather was still fairly good: cool temperatures that are perfect for high-performance running and no rain. But with every step up the course to Velika Planina, it got worse and worse.

That would not bother Adkin too much though. He took the lead early in the race and after the halfway point of the 8.9km with a lactic-inducing total ascent of 1280 metres, he had already established a lead of about 1:30.

Adkin kept pushing up through wind and rain and eventually crossed the line in 49:21, finishing more than two minutes ahead of Sweden's **Petter Engdahl** (51:28) with Italy's

Andrea Elia completing the podium in third (51:40). "It was tough and I didn't know what to expect. But my legs were surprisingly good," said the newly crowned champion.



"I felt good, so I took the chance," he said about his strategy of taking the lead early in the race. "When you feel good on the day you say: let's try. So I kept pushing and did not turn around to see where the others were. The hardest thing was that it was cloudy and you could not see far ahead."

Engdahl won the race for silver to win Sweden's first medal of the championships with a happy but exhausted Elia taking the bronze having also finished third on the exact same track in last year's WMRA World Cup race.

Thanks to a very solid performance of their three best runners, Switzerland took the gold medal in the team competition courtesy of **Dominik Rolli, Jonathan Schmid** and **Jonas Soldini** finishing fifth, sixth and tenth place.

Quentin Meyleu just missed out on an individual medal in fourth but he led France to the team silver medal just ahead of Italy.

Goodrum leads British double as Great Britain shines in uphill races



Great Britain's celebrations continued in the women's race as Morven Goodrum produced another dominant display to secure a second individual gold medal for the team at the European Athletics Off-Road Running Championships in Ljubljana-Kamnik, Slovenia on Friday (5 June).

The 27-year-old stunned the field with a comfortable and commanding victory, completing a memorable British double after Jacob Adkin had earlier claimed gold in the men's race.

For some time it looked as if the uphill races would see a gold sweep by the Adkin family.

Just 30 minutes after her brother **Jacob Adkin** had won gold, 2024 silver medallist Scout Adkin was in the top group, but as the race developed, she couldn't hold the pace of the leaders anymore, reaching the finish-line at Velika Planina in fifth, some 3:13 minutes behind Goodrum.

The 27-year-old rocketed up the Slovenian mountain in 58:00 to win the title by over two minutes ahead of **Laura Hottenrott** from Germany and France's **Nélie Clément**.

"I am a bit shocked to be honest," said the winner. "It was my first international. I am a bit lost for words really."

Running at such an event for the first time, she had no pre-race strategy but it was quite early on in the 8.9km race that she took the lead. "I wasn't thinking about it. I just decided to go for it and see what happens," she said.

As the race went on conditions got worse and worse. "At the beginning it was dry, but then it got wet and we couldn't literally see the top. From what we could see, the scenery is amazing," she said.

Hottenrott admitted that she struggled with the conditions but her efforts were still rewarded with an individual silver medal.



"It was very hard, all the mud and you couldn't see anything. But I am extremely grateful and proud. As a road marathon runner this is still a sprint and normally I like races that last two or more hours," said Hottenrott who has ownership of a 2:24:32 marathon lifetime best and ran for Germany in the marathon at the 2024 Olympic Games in Paris.

Third-placed Clément from France also found it hard to run in the wet underfoot and foggy conditions. "At the end it was a little slippery, then wind at the end made it even more difficult," she said.

With Goodrum and Adkin finishing first and fifth respectively, Great Britain also finished first in the team competition ahead of France and a strong Swiss team.

Results

Men's Uphill Mountain Race

1. Jacob Adkin (GBR) – 49:21
2. Petter Engdahl (SWE) – 51:28
3. Andrea Elia (ITA) – 51:40

Women's Uphill Mountain Race

1. Morven Goodrum (GBR) – 58:00
2. Laura Hottenrott (GER) – 1:00:31
3. N lie Cl ment (FRA) – 1:00:42

Team Results

Men's Team Competition

1. Switzerland
2. France
3. Italy

Women's Team Competition

1. Great Britain
2. France
3. Switzerland

[Full Results](#)

Notes to Editors

About ITRA

The International Trail Running Association (ITRA) is a non-profit organisation dedicated to the development, promotion and ethical governance of trail running worldwide. ITRA supports athletes, races and national associations while helping safeguard the values and spirit of the sport.

About the 2026 European Off-Road Running Championships

The 2026 European Athletics Off-Road Running Championships are taking place in Ljubljana-Kamnik, Slovenia, from 5–7 June 2026. Organised by European Athletics and the local organising committee, the event will feature Europe's leading mountain and trail runners across uphill, up-and-down and trail running races.

ITRA is sharing this release in support of the official event communication. Event-specific media enquiries should be directed to the local organising committee contact below.

Official Website

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

Media Accreditation

Media accreditation and team/media information are available here:

<https://www.offroadrunning2026.si/team-media-information/>

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