



NATIONAL LEAGUE 2023

Discover the ITRA National League ranking!

[The ITRA National League](#) is a new and exciting initiative to promote sport on a national level. It is open to ALL trail running enthusiasts. To be ranked, runners must complete 3 national league races in the same country/territory.

ITRA is pleased to launch a live ranking for [the ITRA National League](#). Keep track of what's happening in your country's rankings. Rankings are compiled by country/territory, gender, and age category of their participants.

Find out your ranking!

- Visit the [National League Ranking page](#).
- Select your country/territory.
- Login to your ITRA profile and view General Ranking, Women's Ranking, Men's Ranking or Age Group Ranking*.

* The age category ranking is available to all paid ITRA members.

How to participate in the National League challenge?

- **Step 1:** Search for a National League race in our [ITRA Race Calendar](#).

- **Step 2:** Run and finish at least 3 National League races in the same country/territory between January 1 and December 31, 2023.
- **Step 3:** Find out and track your ranking throughout the year on our dedicated [ranking page](#)!

Where to find the National League races?

All the races taking part in the National League challenge can be easily recognized thanks to the dedicated **NATIONAL LEAGUE LOGO** in [the ITRA calendar](#).



Go to the [ITRA race calendar](#) and select the "**National League**" filter to see the events that are part of the challenge.

Have you participated in a race that is not part of the ITRA National League?

Organizers have until November 1, 2023, to join this year's ITRA National League.

Contact organizers of races that are not yet part of the League to encourage them to join the challenge!

[DISCOVER A NEW RANKING PAGE](#)