

## LRNSC ROLLER SKI RACING SERIES 2026

The LRNSC is a set of *fun* races, open to anyone, free to enter and you can take part in as many or as few races as you wish. They run from March through to November, with those accumulating most points from all races being age category winners. There are age categories for U14, U18 and Senior, males and females, and a single category for para skiers.

If you can do a few laps of the Hayes circuit, come along and have some fun! You can also combine each race with a roller ski coaching session. There are *fun* prizes for all participants, too!



The LRNSC Series starts in March and, this year, there will be two additional slightly longer races, both over 12 km (shorter distances for younger skiers). Full Series dates, with all races at Hayes, are:

DATE	EVENT	NOTES
Sun 29 Mar	3 km mass start Fun Race – CT	12:30. Any roller skis in accordance with FIS Rules.
Sun 12 April	12 km time trial – CT	11:00. Swenor Alutechs with No. 2 wheels or no faster (6/3 km junior/novice races).
Sun 10 May	3 km mass start Fun Race – FT	12:30. Any roller skis in accordance with FIS Rules with ratchet.
Sun 14 June	2 hour mass start – CT	10:00. Any rollers excluding 'rockets' (fast racing rollers). Furthest distance in two hours wins.
Sun 28 June	12 km mass start – FT	16:30. Swenor Alutechs with No. 2 wheels or no faster (shorter junior/novice race).
Sun 6 Sep.	3 km mass start Fun Race – FT	15:30. Any roller skis in accordance with FIS Rules with ratchet and rubber wheels.
Sun 20 Sept.	London 2 x 3 km relays – CT	12:30. Teams of two, ability handicap. Any classic rollers with rubber wheels and ratchet.
Sun 18 Oct.	3 km mass start Fun Race – FT	12:30. Any roller skis in accordance with FIS Rules excluding 'rockets' (fast racing rollers).
Sun 1 Nov.	3 km mass start Fun Race – CT	12:30. Any roller skis in accordance with FIS Rules except 'rockets' (fast racing rollers).

Details and an entry form become available some time prior to each race, and these can generally be found on the LRNSC website, <https://londonnordic.org.uk/roller-ski-racing/>.