

GREATEST RACE OF ALL TIME



25. Šmarna gora Record

41. Šmarna gora Race

9. – 10. October 2020



41. ŠMARNA GORA MOUNTAIN RUNNING RACE

SLOVENIAN NATIONAL CHAMPIONSHIPS

WMRA ASSOCIATED RACE

REGULATIONS

ORGANIZER: Running club »Smarnogorska naveza« in co-operation with Athletic Federation of Slovenia – Mountain Running Committee, WMRA & WA and inn Ledinek, Smarna gora

DATE: SATURDAY, 10. OCTOBER 2020, start at 10:00 / 10:10

VENUE: Ljubljana; start in sport park Rocen, 10 km NW from Ljubljana; finish on the Smarna gora summit.

COURSES »C« and »D«: first 700 m asphalt, the rest forest path.

CATEGORIES – COURSES – START TIMES:

Course	Categories	born	COURSE	Start
➤ Course »A«:	Z/M 1 jun. girls/boys	U12	2009 – 11	0,65km +85m/-0m 9:55
	Z/M 2 girls/boys	U14	2007 – 08	10:00
➤ Course »B«:	Z/M3 sen. girls/boys	U16	2005 – 06	2,5km +250m/-30m 10:00
➤ Course »C«:	Z/M4 Juniors W/M	U20	2001 – 04	5,1km +410m/-50m 10:00
	Z/MV 55 Masters W/M 5	V55	1961 – 65	
	Z/MV 60 Masters W/M 6	V60	1956 – 60	
	Z/MV 65 Masters W/M 7	V65	1955 and bef	
➤ Course »D«: INTERNATIONAL RACE	Z/M5 Seniors W/M	U35	1981 – 00	10,0km +710m/-350m 10:10
	Z/MV 35 Masters W/M 1	V35	1981 – 85	
	Z/MV 40 Masters W/M 2	V40	1976 – 80	
	Z/MV 45 Masters W/M 3	V45	1971 – 75	
	Z/MV 50 Masters W/M 4	V50	1966 – 70	

The 41. Šmarna gora race is also NATIONAL MOUNTAIN RUNNING CHAMPIONSHIPS. The race is open to non-Slovenian runners, but, those runners can not compete for the title; they will compete for the race ranking and race prizes.

THE RIGHT TO COMPETE is not limited according to the propositions. Competitors are taking part on their own responsibility. With the signature everyone accepts those Regulations and general rules for organizing international Mountain running events including WMRA and WA antidoping policy and also the national "Covid restrictions".

ENTRIES: on line entries: www.prijavim.se up to Monday 5.Oct; **entry fee** 20€ (10€ for kids / U12, U14 and U16)
Late entries are not possible!

Entries for invited international class runners: no later than 28. Sept. 2020 by e-mail (Tomo Šarf)

ACCOMODATION for invited teams or individuals will be organized for those who will enter on time. There will be a pasta party for all invited athletes on Thursday evening. For the details and accommodation please contact LOC.

SMARNA GORA

TRANSPORT of personal belongings from the start to the finish on the summit is provided. Personal bags will be collected till 9:30 close to the entry office.

STARTS OF COURSES »A« and »B« are located on the course »C« 2,5 and 0,65 km before the finish; guided departure is provided at 9:10.

STARTS OF COURSES »C« is the same as »D«. The courses split after 2,3km /water station/.

LIMIT TIME – runners on the course “D”, who will pass the control point at the “Saddle” /5,0km/ after 10:45, will be directed directly to the finish.

AWARD CEREMONY will take place on the Smarna gora summit at 12:30.

- First, there will be the prize ceremony for **absolute ranking women/men on the course “D” (10km)**.
- After that, there will be a prize ceremony for **Slovenian National Championships** according to all mentioned categories. Only Slovenian citizens will be included.

ORGANIZER WILL PROVIDE:

- memorial gift and a meal after the race for each competitor
- personal photo from the finish line – access via web site
- instruction booklet before and a booklet with results after the race
- transport of personal belongings from the start (Rocen) to the finish
- refreshment stations on the course and after the finish line
- medical service
- regularly updated web page with results on the day of the race
- announcement of results with prizes for absolute ranking on the course “D” as follows:

Place / €	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
Men	300	250	200	150	120	100	80	75	70	65	60	55	50	45	40
Women	300	250	200	150	120	100	80	70	60	50	/	/	/	/	/

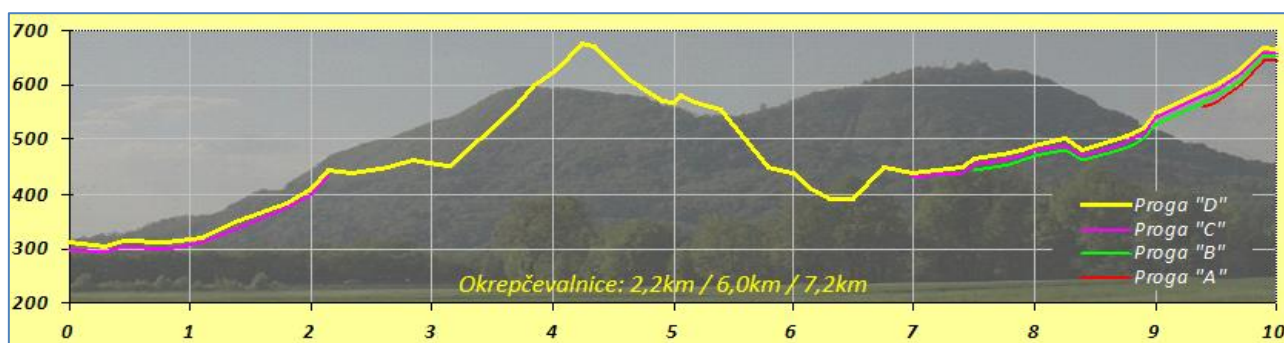
Additional awards Course record 250 €
Any result, better than existing record 10 €/sec (men: 41:32; women 47:40)

All the runners who will participate both races (Record on Friday and the Race on Saturday), will apply for special awards. The fastest women/men will receive special awards.

CONTACT:

Tomo Šarf

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- web site: <http://smarnogorski-teki.smarnogorska-naveza.si/en/home-2/>



25. ŠMARNNA GORA RECORD

Friday, 9. October 2020

Regulations



Organizer: Running Club Šmarnogorska naveza

Venue, Date: Tacen, Friday, 9. October 2020

Entries: please contact LOC, latest by 25. Sept.

The race is connected to the traditional Smarna gora Race, that will be held on Saturday. The organizer offers special arrangements to the international runners who will run both races.

Categories:

	Category	YOB	
	Junior women	Junior men	2001 – 2006
	Senior women	Senior men	1981 – 2000
	Masters women 1	Masters men 1	1971 – 1980
	Masters women 2	Masters men 2	1970 and before

Start: At the Šmarna gora foothill / Tacen

Start times:

- 16:40 women all cat. (juniors, seniors, masters)
- 17:00 men masters (40-50, 50+)
- 17:20 men juniors and seniors

The organizer has the right to change the start times and start procedures according to the current Covid restrictions.

Course: Start at the Smarna gora foothill / Tacen, finish on the Smarna gora summit, following the “Čez korenine” trail.

- Length/Ascent: 1,85km; + 360m
- The course will be signed and marshaled
- Course record - men: 11:08 - Petro MAMU (ERI), 13. June 2017
- Course record - women: 13:18 - Mateja KOSOVELJ (SLO), 4. Feb. 2006

Limit time: runners who will need more than 30 minutes to finish the race, will be signed as “DNF” in the results.

Luggage transport will be organized; runners need to leave their bags latest at 16:30 next to the start.

Refreshment station will be organized on the finish area.

Prizes: all the runners will receive a gift.

- Top 3 in each category will receive medals and nice gifts,
- Prizes for absolute ranking:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
men	150 €	120 €	100 €	80 €	60 €	50 €	50 €	50 €	50 €	50 €
women	150 €	120 €	100 €	80 €	60 €	50 €				

Awards ceremony will be held at 18:15 on the Smarna gora summit

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