

GREATEST RACE OF ALL TIME



REKORD ŠMARNE GORE



TEK NA ŠMARNO GORO

26. Rekord Šmarne gore – 30. sept. 2022

43. Tek na Šmarno goro – 1. okt. 2022



26. REKORD ŠMARNE GORE

Petek, 30. september 2022

RAZPIS (stanje 1. avgust 2022)



Organizator: Tekaški klub Šmarnogorska naveza

Kraj in datum: Tacen; petek, 30. september 2022 od 16:30 dalje

Prijave: samo v pred-prijavi od 1. sept do vključno ponedeljka, 26. sept. 2022, preko <https://prijavim.se/>

Startnina: 20€; prijava je veljavna ob plačilu startnine!

➤ V primeru prijave za obe tekmi (petkov Rekord in sobotni Tek), velja skupna startnina 30€ oziroma 15€ za otroke

Prezem štartnih števil: na dan tekmovanja pri Policijski akademiji v Tacnu od 15:30 do 17:00 (tam je možno tudi parkiranje)

Kategorije:

K a t e g o r i j a		Rojeni
Mladinke	Mladinci	2003 – 2008
članice	člani	1983 – 2002
ml. veteranke	ml. veterani	1973 – 1982
veteranke	veterani	1972 in prej

Start: neposredno ob vznožju Šmarne gore v Tacnu (»pri stopnici«)

Urniki štartov:

- 16:50 ŽENSKE - vse kategorije
- 17:10 MOŠKI - vse kategorije

Organizator si pridržuje možnost spremembe urnika in organizacije štartov glede na število prijav in trenutno veljavne »kovid« omejitve.

Dokončen urnik bo objavljen dan po zaključku sprejemanja prijav na spletnih straneh <https://prijavim.se/> in <http://smarnogorski-teki.si/>.

Proga: štart je ob vznožju Šmarne gore v Tacnu (pri »stopnici«), po poti »Čez korenine« preko Sedla po vozni cesti do cilja na vrhu Šmarne gore.

- dolžina proge je 1,8km, višinska razlika štart/cilj 360m
- proga bo na ključnih mestih označena s puščicami, na progi bodo redarji
- rekord - moški: 10:59 – Filimon ABRAHAM (GER), 9. oktober 2020
- rekord - ženske: 13:18 – Mateja KOSOVELJ (SLO), 4. februar 2006

Limitni čas: tekmovalci, ki bodo za progo porabili več kot 30min, bodo zabeleženi v rezultatih kot »odstop«.

Prevoz garderobe na cilj je organiziran. Osebo garderobo za prevoz do cilja bo možno oddati ob prevzemu štartne številke pri Policijski akademiji, najkasneje do 16:30.

ŠMARNA GORA

Okrepčevalnica: na cilju bo okrepčevalnica s hrano in pijačo (voda, čaj, sadje, razni prigrizki...). Delovanje okrepčevalnice bo prilagojeno trenutno veljavnim »kovid« omejitvam.

Nagrade, priznanja: Ob prijavi vsak tekmovalec prejme lepo praktično darilo.

- prvi trije tekmovalci v vsaki starostni kategoriji prejmejo kolajne in praktične nagrade
- denarne nagrade (nagradni sklad je 1320€):

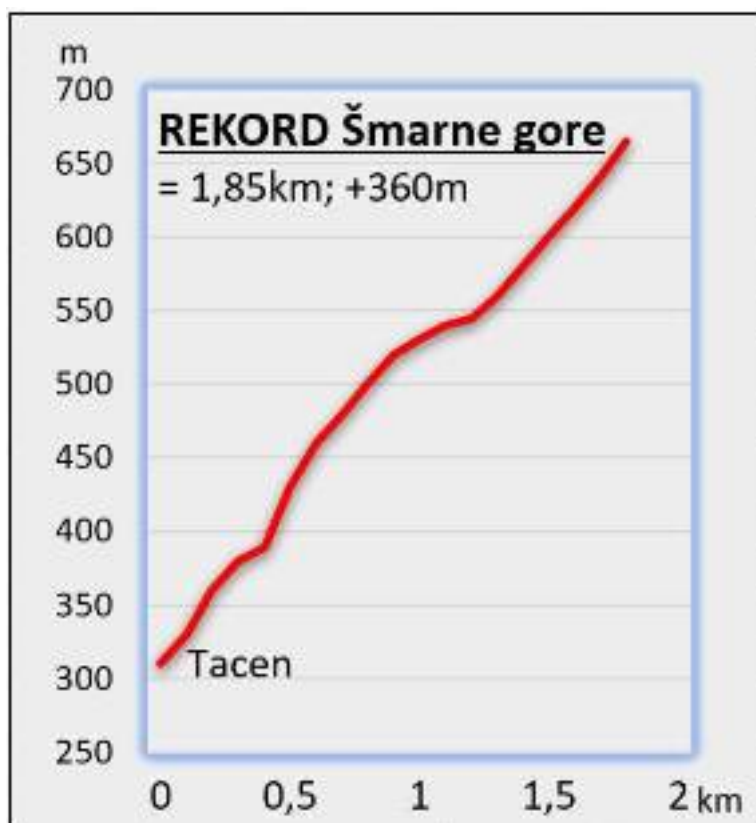
mesto	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
moški	150 €	120 €	100 €	80 €	60 €	50 €	50 €	50 €	50 €	50 €
ženske	150 €	120 €	100 €	80 €	60 €	50 €				

- Nagrada za izboljšan ženski ali moški rekord proge: 250€

Razglasitev rezultatov je predvidena ob 18:15 v ciljnem prostoru na vrhu Šmarne gore.

Kombinacija Rekorda in Teka – vsi, ki bodo uvrščeni na obeh tekmah (ne glede na kategorijo in progo Teku), bodo sodelovali v žrebanju lepih praktičnih nagrad. Ženska in moški z najboljšim seštevkom časov na obeh tekih bosta dobila posebni nagradi (pri Teku se upošteva samo proga 10km).

Kontakt: Boštjan Novak, 041 670-141, bostjan.nov@gmail.com



GREATEST RACE OF ALL TIME



REKORD ŠMARNE GORE



TEK NA ŠMARNO GORO

26. Šmarna gora Record – 30 Sept. 2022

43. Šmarna gora Race – 1 October 2022



26. ŠMARNA GORA RECORD

Friday, 30 September 2022

Regulations (1 August 2022)



Organizer: Running Club Šmarnogorska naveza

Venue, Date: Ljubljana-Tacen, **Friday, 30 September 2022**

Entries: please contact LOC, latest by 13. September

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 are interested to run both races.

Categories:

Category		YOB
Junior women	Junior men	2003 – 2008
Senior women	Senior men	1983 – 2002
Masters women 1	Masters men 1	1973 – 1982
Masters women 2	Masters men 2	1972 and before

Start: At the Šmarina gora foothill / Tacen

Start times:

- 16:50 WOMEN – all categories (juniors, seniors, masters)
- 17:00 MEN – all categories (juniors, seniors, masters)

The organizer may 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” path.

- Length/Ascent: 1,8km; + 360m
- The course will be signed and marshaled
- Course record - men: 10:59 – Filimon ABRAHAM (ERI), 9 October 2020
- Course record - women: 13:18 – Mateja KOSOVELJ (SLO), 4 February 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 shall leave their bags latest at 16:30 next to the start.

Refreshment station will be organized on the finish area and organized according to the current Covid restrictions.

ŠMARNA GORA

Prizes: all the runners will receive memorial gifts.

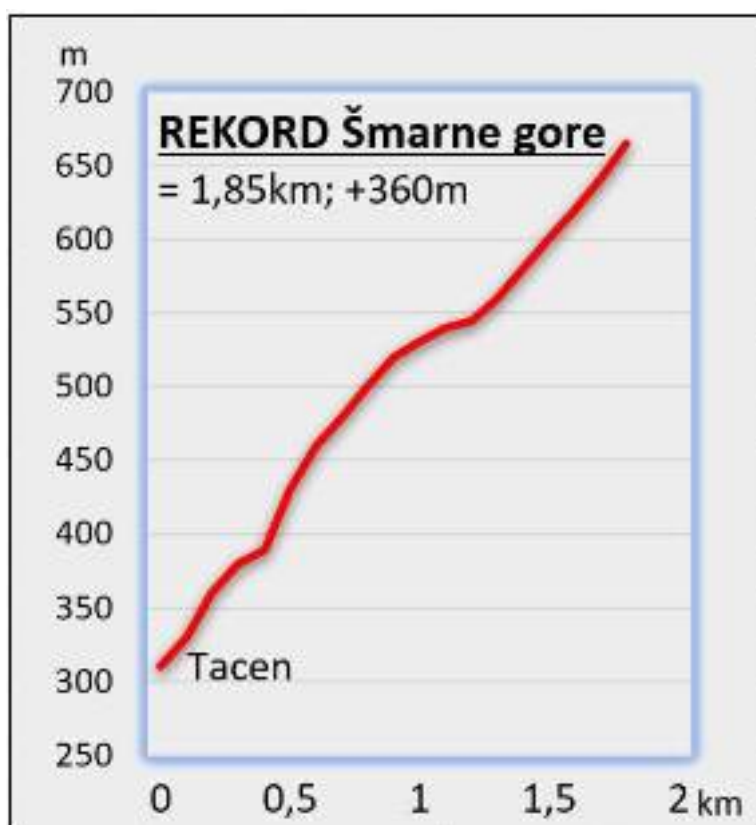
- Top 3 in each category will receive medals and nice gifts
- Prizes for absolute ranking:

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 €				

- New course record women – men: 250€

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

Contact: Boštjan Novak, 041 670-141, bostjan.nov@gmail.com



GREATEST RACE OF ALL TIME



REKORD ŠMARNE GORE



TEK NA ŠMARNO GORO

26. Rekord Šmarne gore – 30. sept. 2022

43. Tek na Šmarno goro – 1. okt. 2022



43. TEK NA ŠMARNO GORO

Sobota, 1. oktober 2022

EKIPNO PRVENSTVO SLOVENIJE V GORSKIH TEKIH

SVETOVNI POKAL V GORSKIH TEKIH

RAZPIS (stanje 1. avgust 2022)

ORGANIZATOR: »Tekaški klub Šmarnogorska naveza« v sodelovanju z gostilno Ledinek – Šmarna gora, Združenjem za gorske teke pri AZS in Svetovno zvezo za gorske teke (WMRA).

DATUM: SOBOTA, 1. OKTOBER 2022

KRAJ: Ljubljana, športni park Policijske akademije v Tacnu pod Šmarno goro (Rocen) in Šmarna gora

PROGE: dolga proga (proga »D«) poteka po gozdnih poteh Šmarne gore in Grmade; start je na Rocnu; na Grmadi je leteči, na vrhu Šmarne gore pa končni cilj za vse kategorije. Proga »B« ima start pri »Tacenski kapelici«, poteka po zadnjem delu (2,5km) dolge proge; proga »A« ima start na sedlu. Proga »C« ima start skupaj dolgo progo; razcepita se po 2,2km – ob okrepčevalnici.

Start obeh kratkih prog je na trasi dolge proge; za deklice in dečke bo organiziran odhod na start in sicer za mlajše ob 9:00, za starejše pa ob 9:20.

KATEGORIJE – PROGE – START:

Proga	Kategorija		Rojeni	PROGA		Start
➤ Proga »A«:	Z 1	ml. deklice	U12	2011 – 14	0,6km +80m/-0m	9:50
	M 1	ml. dečki				9:55
	Z/M 2	deklice/dečki	U14	2009 – 10		10:00
➤ Proga »B«:	Z/M3	st. deklice/dečki	U16	2007 – 08	2,5km +250m/-30m	10:00
➤ Proga »C«:	Z/M 4	mladinke/mladinci	U20	2003 – 06	4,8km +405m/-50m	10:00
	Z/MV 8	st.veteranke/veterani	60+	1962 in prej		
➤ Proga »D«:	Z/M 5	članice / člani	U40	1983 – 02	10,0km +710m/-350m	10:10
SVETOVNI	Z/M 6	ml.veteranke/veterani	40-49	1973 – 82		
POKAL	Z/M 7	veteranke/veterani 2	50-59	1963 – 72		

OZNAKE: proga je po celotni dolžini označena s trakovi, puščicami na papirju in kilometrskimi oznakami, ki kažejo oddaljenost do cilja. Na vseh pomembnejših razpotjih so redarji in zapore s trakovi.

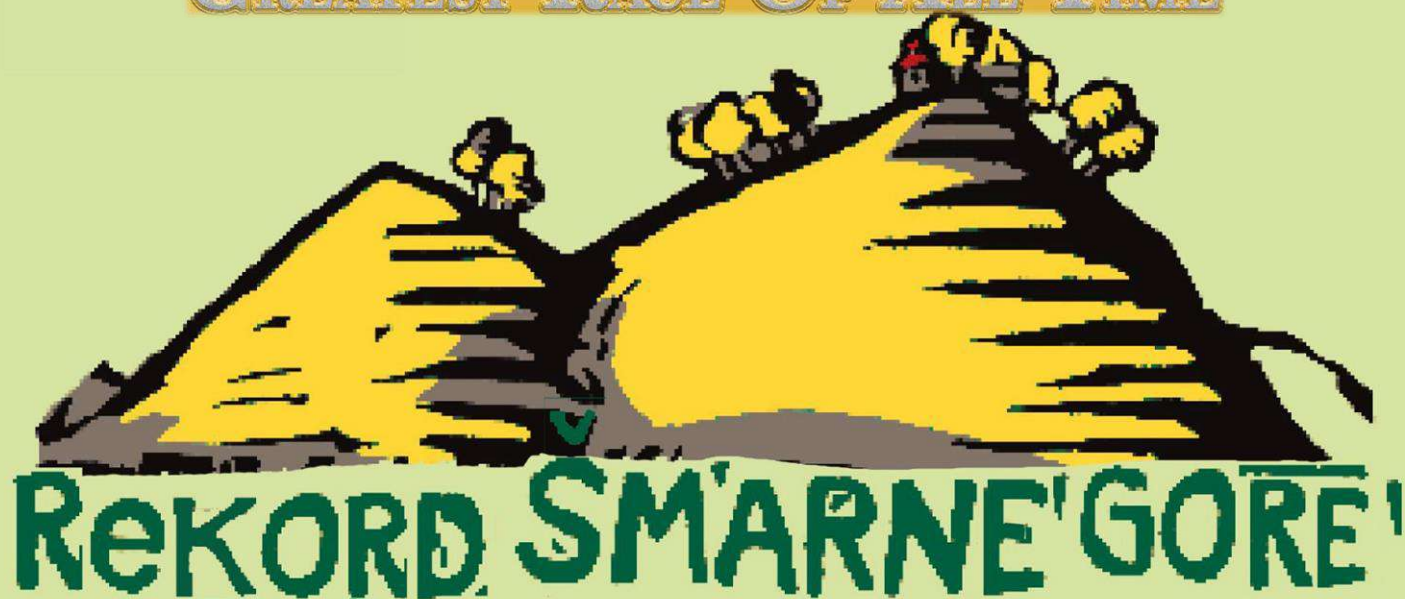
PRAVICA NASTOPA – Vsak tekmovalac s podpisom na prijavnici soglaša z razpisom tekmovanja in splošnimi pravili AZS, WMRA in WA za organizacijo tekem v gorskih tekih, vključno s politiko boja proti dopingu in preprečevanju širjenja Corona virusa.

PRIJAVE bo sprejemal organizator od 1. sept. do vključno ponedeljka 26. sept. preko spletne strani prijavim.se (operativna pojasnila - tel. 041 855 782)

- prijavnina 20€ za progi C in D (mladinci, člani, veterani) oziroma 10 € za progi A in B (otroci)
- V primeru prijave za obe tekmi (petkov Rekord in sobotni Tek), velja skupna startnina 30€ oziroma 15€ za otroke
- Prijava preko spletne strani je veljavna ob plačani startnini.
- Prijave po omenjenem roku ali celo na dan prireditve niso možne!

RAZGLASITEV REZULTATOV tekmovanja bo ob 12:30 na vrhu Šmarne gore.

GREATEST RACE OF ALL TIME



REKORD ŠMARNE GORE



TEK NA ŠMARNO GORO

26. Šmarna gora Record – 30 Sept. 2022

43. Šmarna gora Race – 1 October 2022



43. ŠMARNA GORA MOUNTAIN RUNNING RACE

Saturday, 1 October 2022

NATIONAL CHAMPIONSHIPS FOR TEAMS

VALSIR MOUNTAIN RUNNING WORLD CUP

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, 1. OCTOBER 2022, start at 10:00 / 10:10

VENUE: Ljubljana-Tacen; 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 1	jun. girls	U12	2011 – 14	0,6km +80m/-0m	9:50
	M 1	jun. boys				9:55
	Z/M 2	girls/boys	U14	2009 – 10		10:00
➤ Course »B«:	Z/M 3	sen. girls/boys	U16	2007 – 08	2,5km +245m/-30m	10:00
➤ Course »C«:	Z/M 4	Juniors W/M	U20	2003 – 06	5,0km +405m/-50m	10:00
	Z/M 8	Masters W/M 3	60+	1962 and bef.		
➤ Course »D«:	Z/M 5	Seniors W/M	U40	1983 – 02	10,0km +705m/-350m	10:10
WORLD CUP RACE	Z/M 6	Masters W/M 1	40-49	1973 – 82		
	Z/M 7	Masters W/M 2	50-59	1963 – 72		

The 43. Šmarina gora race is also NATIONAL MOUNTAIN RUNNING CHAMPIONSHIPS FOR TEAMS. The Championships ranking is for Slovenian teams only.

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: online entries: www.prijavim.se from 1 to 20 September; **entry fee** 20€ (10€ for kids / U12, U14 and U16)
Late entries are not possible!

Entries for invited international class runners: latest by Wednesday 13. Sept. 2022 by e-mail (Tomo Šarf)

ACCOMMODATION 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.

ŠMARNA 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 the water station at 2,3km.

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.

- Protocol will be adopted to the current national covid regulations.

ORGANIZER WILL PROVIDE:

- Medals and cups for the winners
- 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	500	350	250	200	150	120	100	90	80	75	70	65	60	55	50
Women	500	350	250	150	100	90	100	80	60	50	/	/	/	/	/

Additional awards Course record

250 €

Any result, better than current 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

- tel.: + 386 41 785 859 (cell phone)
- e-mail: tomo.sarf@helios.si
- web site: <http://smarnoqorski-teki.si/>

