



27. Rekord Šmarne gore – 6. okt. 2023

44. Tek na Šmarno goro – 7. okt. 2023



44. TEK NA ŠMARNO GORO

Sobota, 7. oktober 2023

SVETOVNI POKAL V GORSKIH TEKIH

POKAL SLOVENIJE V GORSKIH TEKIH

PRVENSTVO SLOVENIJE V GORSKIH TEKIH ZA MLADINCE

RAZPIS (stanje 6. februar 2023)

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, 7. OKTOBER 2023

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 9:15.

KATEGORIJE – PROGE – START:

Proga	Kategorija		Rojeni	PROGA	Start	
➤ Proga »A«:	Z 1	ml. deklice	U12	2012 – 15	0,6km +80m/-0m	9:50
	M 1	ml. dečki				9:55
	Z/M 2	deklice/dečki	U14	2010 – 11		10:00
➤ Proga »B«:	Z/M3	st. deklice/dečki	U16	2008 – 09	2,5km +245m/-30m	10:00
➤ Proga »C«:	Z/M 4	mladinke/mladinci	U20	2004 – 07	4,8km +405m/-50m	10:00
	Z/MV 8	st.veteranke/veterani	60+	1963 in prej		
➤ Proga »D«:	Z/M 5	članice / člani	U40	1984 – 03	10,0km +705m/-350m	10:10
	SVETOVNI POKAL	Z/M 6	ml.veteranke/veterani	40-49	1974 – 83	
		Z/M 7	veteranke/veterani 2	50-59	1964 – 73	

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 tekom v gorskih tekih, vključno s politiko boja proti dopingiu.

PRIJAVE bo sprejemal organizator od 1. avgusta do vključno ponedeljka 2. okt. preko spletne strani prijavim.se (operativna pojasnila - tel. 041 855 782)

Prijava + plačilo – do vključno:	1. sept.	15. sept.	2. oktobra	po 2. oktobru
Rekord	20 €	25 €	30 €	50 €
Tek – progji 5 in 10km	20 €	25 €	30 €	50 €
Tek – otroci (progji 0,6 in 2,5km)	10 €	15 €	20 €	30 €
Rekord + Tek	30 €	40 €	50 €	80 €



27. Šmarna gora Record – 6 October 2023

44. Šmarna gora Race – 7 October 2023



44. ŠMARNNA GORA MOUNTAIN RUNNING RACE

Saturday, 7 October 2023

VALSIR MOUNTAIN RUNNING WORLD CUP

SLOVENIAN MOUNTAIN RUNNING CUP

NATIONAL CHAMPIONSHIPS FOR JUNIORS

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, 7. OCTOBER 2023, 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	2012 – 15	0,6km +80m/-0m 9:50
	M 1 jun. boys			9:55
	Z/M 2 girls/boys	U14	2010 – 11	10:00
➤ Course »B«:	Z/M 3 sen. girls/boys	U16	2008 – 09	2,5km +245m/-30m 10:00
➤ Course »C«:	Z/M 4 Juniors W/M	U20	2004 – 07	5,0km +405m/-50m 10:00
	Z/M 8 Masters W/M 3	60+	1963 and bef.	
➤ Course »D«:	Z/M 5 Seniors W/M	U40	1984 – 03	10,0km +705m/-350m 10:10
	WORLD CUP RACE Z/M 6 Masters W/M 1	40-49	1974 – 83	
	Z/M 7 Masters W/M 2	50-59	1964 – 73	

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 Avg. up to 2. October:

Entry fee – up to:	1. Sept.	15. Sept.	2. Oct.	after 2. Oct.
Record	20 €	25 €	30 €	50 €
Race – courses 5 and 10km	20 €	25 €	30 €	50 €
Race – kids (courses 0,6 in 2,5km)	10 €	15 €	20 €	30 €
Record + Race	30 €	40 €	50 €	80 €

Entries for invited international class runners: latest by Monday 12 Sept. 2022 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 Friday evening. For the details and accommodation please contact LOC.

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 9:00 (course A) and 9:15 (course "B").

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 "Saddle" /5,0km/ after 11:00, will be directed directly to the finish.

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

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 get special awards. The fastest women/men will receive special awards.

CONTACT:

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- web site: <http://smarnogorski-teki.si/>

