



# WMRA Mountain Running World Cup 2018 (20<sup>th</sup> edition)



## Regulations (15. Mar. 2018)

### 1. GENERAL

- 1.1. WMRA stages annually a **Mountain Running World Cup** (till 2013 called "WMRA GRAND PRIX")
- 1.2. The name of competition is "**WMRA Mountain Running WORLD CUP YYYY**" (shortly **Mountain Running WORLD CUP**), and hereafter, called **WORLD CUP**. The name of **WORLD CUP** title sponsor may also be included.
- 1.3. WMRA Council are responsible for organisation of the **WORLD CUP**. They will draw up the Regulations for the forthcoming season. Updated documents and results will be published on the WMRA website.
- 1.4. The **WORLD CUP** is for individuals, men & women only. There will be no team or age related competition.
- 1.5. All **WORLD CUP** races must apply for "**IAAF Mountain Running Permit**" status.

### 2. MEMBERSHIP

- 2.1. Recognised and well organised international mountain races are invited to submit applications to be part of the **WORLD CUP**.
- 2.2. Participating races automatically become WMRA Permit and IAAF Permit races.
- 2.3. Participating races must fully accept the **WORLD CUP** and IAAF Permit Regulations and must be organised in accordance to national rules for international sport events including medical service, insurance and doping control.
- 2.4. Participating races must be recognized by their National Athletic Federation.
- 2.5. Applications for inclusion in the **WORLD CUP** must be sent to the WMRA secretary by 15<sup>th</sup> November in the preceding year, using the official application form (appendix 1), unless otherwise permitted.
- 2.6. A contract between WMRA, selected **WORLD CUP** race LOC's and their National Federations will be signed when selection is confirmed (appendix 2).

### 3. SELECTION CRITERIA AND PROCEDURE

- 3.1. Applications will be considered and the races selected by the WMRA Council before 1<sup>st</sup> December when possible. All bidding races will be notified of the result.
- 3.2. The races selected may be a mix of uphill only and up/down, the ratio to be decided by the WMRA Council according to bids received. They don't need to conform to the World Championships parameters. Courses must be safe and well-marked, so that all the participants have equal conditions. Organiser must take care for the environment when planning the course and must remove all the debris from the course after the race.
- 3.3. Races should consider the environmental impact of their races and limit the amount of material that will be thrown away. Consideration should be made to use recyclable and recycled materials in race numbers, advertising, race packs, refreshment areas etc.
- 3.4. The WMRA will try to include variety in the **WORLD CUP** by bringing in at least one change to the races selected from the previous year.
- 3.5. The WMRA should give priority to the principle of having one race per country whenever possible.
- 3.6. Races should demonstrate adequate levels of capability on race management and demonstrate adequate responsibility for the comfort and safety of all participants.

### 4. FINAL PRIZEGIVING CEREMONY

- 4.1. The final prize giving ceremony for the overall **WORLD CUP** result will be held at the last **WORLD CUP** race of the series. The LOC should organize a suitable ceremony using the standardised protocol (appendix 3) and bear the costs of the ceremony.
- 4.2. The best placed women and men will receive money prizes as stated in the **WORLD CUP** Rules. In addition, those in first places in the women's and men's competition will receive special WMRA awards.
- 4.3. Runners who are not present at the prize-giving ceremony must contact WMRA to receive their prize money. Any person who is authorised in writing by an absent prize winner may collect the prize money on his/her behalf. Any expenses connected with sending the money by other means will be deducted from the prize money. The runner who does not contact WMRA at latest by 1<sup>st</sup> Dec in the current year renounces the prize.

### 5. SANCTIONS

- 5.1 Organisers who do not observe the **WORLD CUP** Rules and Regulations are liable to be omitted from future **WORLD CUP** series for up to three years.

**6. RULES 2018**

- 6.1. There will be five races in the **WORLD CUP 2018**.
- 6.2. The overall WORLD CUP result will be calculated from athletes' best four results from the five races and prizes will be awarded according to this result.
- 6.3. An athlete must score in at least two races to be included in the final published results.
- 6.4. If athletes have the same number of points, their final position will be determined by reference to their highest race positions. Therefore, athletes with equal points, but one has a 1<sup>st</sup> position and the other has not, the athlete with the 1<sup>st</sup> position takes priority. If both have a first position, the next superior position is compared and so until a priority is obtained. If this method does not resolve the final positions, the prize money for the final positions will be added together and divided by the number of athletes involved.
- 6.5. The points awarded for each race will be as follows (the same for men and women):

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.
Points:	100	90	85	80	75	70	65	60	55	50	45	40	35	30	25	20	15	10	5	4	1	1	1	1	1

- **Bonus Final Race:** Racing at the World Cup Final gives each finishing athlete a 10 points bonus to add to their final score.
  - **Bonus Nations Top Race:** For all races that have more international runners competing from different countries will be rewarded with each finishing athlete receiving a 10 points bonus to add to their final score. For 2018 this is set to 12 nations.
- 6.6. The total final prize fund will be 11200 EUR and is provided by the WMRA.
  - 6.7. Prize money will be distributed as follows, same for women and men:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
EUR:	1200	1000	800	600	500	400	350	300	250	200

- 6.8. Race events will be entitled to have the WMRA and IAAF permit logos included on their publicity / race numbers for the event.
- 6.9. Race events will be entitled to use without cost WMRA provided media and shared media content as long as acknowledgements and photo credits are published.
- 6.10. WMRA will publish the WORLD CUP Calendar and include a link to the race event as well as race related content and news on the WMRA / IAAF media channels.
- 6.11. The participating race will automatically be entered into the Mountain World Ranking without further cost for the year of WORLD CUP participation.

## 7. RACE ORGANISERS RESPONSIBILITIES

- 7.1. Each race organiser must offer as a minimum free entry and accommodation for at least one night (at least two nights for non-European runners) for the athletes who finished the 2017 WORLD CUP on top 10 positions (see Appendix: 4) and the best 5 athletes in the current WORLD CUP ranking.
- 7.2. Each WORLD CUP event Organiser will pay 1500 EUR as the WORLD CUP entry fee (this fee includes also the \$250 USD IAAF Permit fee (correct as of 11 February 2018). The fee must be paid within one month after issuing of the invoice.
- 7.3. All additional expenses such as advertising etc. are at the cost of the race organisers and must be approved by all parties in advance.
- 7.4. Race events will mention the WMRA World Cup in news articles and Social Media posts in the build-up to the race day.
- 7.5. Participating races will be responsible for hosting at least one WMRA Council members & two WMRA media team members during the event.
- 7.6. A suitable room(s)/facilities for the anti-doping procedures to take place. See item 2.3. Note: 2018 doping controls at all participating WORLD CUP Races will be paid in full by the AIU (Athletes Integrity Unit).
- 7.7. Results will be emailed to the WMRA within 24 hours of the race finish in an agreed excel database format with the official timer/race event LOC.
- 7.8. Races will agree to provide an e-mailing list for their race or co-operate with the WMRA to allow related e-news items to be sent to the race contacts. The use of this will be on a good faith basis in order not to abuse the race events good will with their participants.

## 8. WORLD CUP 2018 CALENDAR: See also Appendix 4 for race event contact information

1	16 July – Sun.	Grossglocknerlauf	Heiligenblut	AUT
2	4 Aug. – Sun.	Piz tri Vertikal, Malonno	Malonno	ITA
3	12. Aug. – Sun.	45 <sup>th</sup> Sierre – Zinal	Sierre & Zinal	SUI
4	30 Sept – Sun.	45 <sup>th</sup> Hochfeln-Berglauf	Bergen	GER
5	6 Oct – Sat.	39 <sup>th</sup> Smarna Gora Int. Mountain Race	Ljubljana	SLO

## **Appendix 1: World Cup Application form**

**Not Applicable in 2018**

## Appendix 2: World Cup Contract



### WMRA Mountain Running WORLD CUP 2018 CONTRACT

(Appendix to the WORLD CUP Regulations)



**Between** World Mountain Running Association (hereinafter called "the WMRA")  
**and** National Athletic Federation: (hereinafter called "the NAF")  
**and** Local Organising Committee: (hereinafter called "the LOC"),

**Event Name:** \_\_\_\_\_  
**Race date:** \_\_\_\_\_

#### A - The LOC agrees:

1. To comply fully with the WMRA WORLD CUP REGULATIONS and APPENDICES dated 15<sup>th</sup> February 2018.
2. to contribute equally with other WORLD CUP races LOC's to agreed advertising activities,
3. to put a link on the race web page to the WMRA WORLD CUP web page (operated by WMRA) and to display the WMRA and IAAF Permit logo's,
4. to promote the WMRA WORLD CUP by means of the start and finish banners displaying the WMRA and IAAF Permit logo's and "WMRA WORLD CUP" wording unless otherwise agreed with the WMRA,
5. to apply for an "IAAF permit" and to meet all requirements of that IAAF permit,
6. to implement the WMRA Anti-doping regulations as applicable to WMRA WORLD CUP races, as stated in the World Cup regulations.
7. to provide medical facilities in conformity with the following:
  - 7.1. on site the presence of a doctor during the race,
  - 7.2. emergency ambulance service providing full hospitalisation as soon as possible.
8. to send by email the full results of the event to the WMRA not later than the day after the race, in the format stipulated by the regulations.
9. to take out and maintain adequate third party liability insurance for the event,
10. to register the race with the National Athletic Federation.

#### B - The WMRA agrees:

1. to produce and publish on the WMRA web page after each race updated rankings/results/news items/social media content for the race event in relation to the WORLD CUP and supply the overall prize money for the World Cup as well as medals/prizes as outlined in the regulations.
2. to assist the event in their promotional activities by allowing access to WMRA channels media and the WMRA's partners media channels,
3. to provide assistance at the event from representatives of the WMRA. This can also include media personal working for the WMRA.

#### Signed by the duly authorised representatives of:

	DATE	NAME / POSITION	SIGNATURE
<b>WMRA</b>		<b>Jonathan WYATT / president</b>	
<b>LOC</b>	_____		
<b>NAF</b>	_____		

## Appendix 3: Prize giving ceremony – protocol

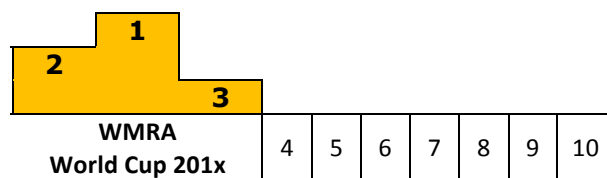
### (FOR WORLD CUP FINAL RACE)

#### 1. GENERAL

- 1.1. The WMRA WORLD CUP Prize giving Ceremony should be organised at the time of the last GP race in that season as a part of this final event. The place and time of the ceremony must be clearly defined and be included in the programme of the event.
- 1.2. Presentation of prizes to the overall WORLD CUP prize winners will take place immediately before the presentation of the event race prizes. Allowance for a WMRA representative to speak should be also made.
- 1.3. If the final race is on Saturday, then the World Cup Prize Ceremony could be also organized as a separate event on the evening of the race. In this case allowance should be made by the event organiser to provide accommodation for the night of the ceremony for at least all of the prize winners.

#### 2. ARRANGEMENT AND PROGRAMME

- 2.1. Podium for the best 3 placed with wording »WMRA WORLD CUP 201X« should be prepared and enough space for the men/women prize winners should be provided:



- 2.2. Banner or flag with WMRA logo (it could be the same one that is used for the finish banner) should be placed in a visible location.
- 2.3. Speaker should announce the ceremony.
- 2.4. WMRA representative should hold a short speech (max 3min) as indicated in 1.2 above.
- 2.5. WMRA WORLD CUP prizes according to the "WMRA World Cup Regulations Item 6.7" should be prepared and presented by WMRA representative & LOC representative starting with the winner.
- 2.6. Cash prizes according to the current World Cup rules should be put in sealed envelopes and labelled with the places - women/men so any mistake is avoided.

Updated 10 Mar 2018

## Appendix 4: Race Contact Information Calendar 2018 and top athlete classification 2017

### WORLD MOUNTAIN RUNNING CUP 2018 Calendar:

- 16th July 2018 Grossglocknerberglauf  
 Race: 12.7km, 1494m+  
 Location: Heiligenblut, Austria (German)  
 Website: <http://www.grossglocknerberglauf.at/>  
 Contact: Julius Rupitsch, office@mythosglockner.com
- 4th August 2018 PizTriVertikal  
 Race: 3.3km, 1000m+  
 Location: Malonno, Italy (Italian)  
 Website: <http://www.flettatrail.it/>  
 Contact: Giorgio Bianchi, [info@memorialbianchi.it](mailto:info@memorialbianchi.it)
- 12th August 2018 Sierre-Zinal  
 Race: 31km, 2200m+ / 1100m-  
 Location: Zinal, Switzerland (Valais/French)  
 Website: <http://www.sierre-zinal.com/>  
 Contact: Valentin Genoud, info@sierre-zinal.com
- 30th September 2018 Hochfelln-Berglauf  
 Race: 8.9km, 1074m+  
 Location: Bergen, Germany (German)  
 Website: <https://www.hochfellnberglauf.de/>  
 Contact: Jürgen Schmid, schmid@sc-bergen.de
- 6th October 2018 Smarna Gora Mountain Race  
 Race: 10km, 710m+ 350m-  
 Location: Ljubljana, Slovenia (Slovenian)  
 Website: [http://www.smarnagora.com/index\\_en.php](http://www.smarnagora.com/index_en.php)  
 Contact: Tomo Sarf, tomo.sarf@helios.si

WORLD Cup 2017 – top 10 women & men					
	WOMEN			MEN	
1	GAGGI Alice	ITA		BALDACCINI Alex	ITA
2	MAYR Andrea	AUT		PUPPI Francesco	ITA
3	SCHORNA M. Pavla	CZE		LECHLEITNER Simon	AUT
4	BELOTTI Valentina	ITA		DEMATTEIS Bernard	ITA
5	TUNSTALL Sarah	GBR		CHEVRIER Xavier	ITA
6	MAGLIANO Camilla	ITA		MAESTRI Cesare	ITA
7	GALASSI Samantha	ITA		ABRAHAM Filimon	ERI
8	BOTARELLI Sara	ITA		JANU Jan	CZE
9	GIUDICI Gloria	ITA		RANCON Julien	FRA
10	IOZZIA Ivana	ITA		CVET Miran	SLO

## Appendix 5: Web page / Social Media guidelines

Each organizer of WMRA WORLD CUP event should open its-own web page. The following guidelines should help the webmaster to fulfil WMRA requirements:

### 1. General:

Important: All the below mentioned data should be available in **English language** on the race website.

- IAAF and WMRA logo's with wording "**WMRA WORLD CUP**" should appear on the main page. LOC is allowed to use IAAF and WMRA logo only in the year when event is a part of the WORLD CUP

### 2. Technical details

- Date of event,
- Venue and car parking as well as how to arrive by : car, train, flight.
- Entries: when, how, entry fee.
- Start: location, time.
- Finish: location.
- Course: length, height difference for men/women
- Course profile
  - y-axis = altitude (height above sea level shown in metres)
  - x-axis = distance (km)
- Course description per sections is recommended (asphalted road, 4WD road, trail; meadow, forest...)
- Course records (time – name – year; women/men)

### 3. Uphill only races:

- Luggage transportation from start to finish (if necessary)
- Transportation from the finish back to the start.

### 4. Prize giving ceremony

- When, where
- Prizes (cash / practical; state at least the 1<sup>st</sup> prize value, the total prize fund and number of runners who will receive prizes)
- Awards (cups, medals)

### 5. Accommodation & catering

- Contact (e-mail, tel.)
- Accommodation provided for elite athletes together with elite athlete co-ordinator contact details.
- Meal after the race.

### 6. Contact

- Name, address; e-mail, possible also fax and phone
- Contact person should speak at least English; German and Italian are also welcome

### 7. Some history facts / statistics are welcome (winners in recent years, best times of the course men/women...)

### 8. Photos

Photos showing the course, previous races as well as the terrain and the natural beauty of the location are important.

### 9. Social Media

Mention of the WMRA World Cup / current World Cup ranking and previewing the races participants should be a priority in the lead up to the event. Linking and sharing other World Cup race information / locations and results should also be considered.

### 10. Media Assistance

Please provide assistance where required to make the work by the WMRA / IAAF media representatives run smoothly. The work that they are doing will help your race promotion and the assistance provided to them when reasonably requested will help all parties.



## Appendix 6: Results Formatting



### WMRA World Cup 2018 [Race Event Name / Location and Date]

### RESULTS



WOMEN				
1.	<b>RUNGER Renate</b>	<b>79</b>	<b>ITA</b>	<b>1:09:03</b>
2.	PICHRTOVA Anna	73	CZE	1:09:20
3.	STRAEHL Martina	87	SUI	1:10:18
4.	FROST Anna	81	NZL	1:13:29
5.	MILESOVA Iva	77	CZE	1:15:36
6.	ROBERTI Maria-Grazia	66	ITA	1:16:08
7.	.....			
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
	FAMILY Name	yy	xxx	DNF

Etc.....

MEN				
1.	<b>GAIARDO Marco</b>	<b>70</b>	<b>ITA</b>	<b>1:00:47</b>
2.	DLUGOSZ Andrzej	78	POL	1:00:51
3.	ABATE Gabriele	79	ITA	1:01:29
4.	HAVLICEK Jan	79	CZE	1:01:38
5.	SYMONDS Joe	83	SCO	1:01:47
6.	KROELL Markus	72	AUT	1:02:03
7.	.....			
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
	FAMILY Name	yy	xxx	DNF

Etc ...

#### COMMENTS:

- \* No local letters should be used (like: ä, ü, ß, ř, č, š, ž, .....).
- \* first family name, than name
- \* Name – capital letters for family name and normal letters for first name are desired
- \* Nationality – official IAAF abbreviations should be used
- \* there are just 2 categories for WMRA event: M / F ; all other categories are subject of local race – could be in another column
- \* Time – without 1/10, 1/100 sec; with ":" between hours, minutes and seconds
- \* DNF; DNS – did not finish the race, did not start the race