

# 25TH WMRA / WMA WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS



JUNE 26 - JUNE 28, 2026  
JANSKÉ LÁZNĚ, CZECHIA

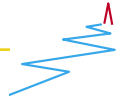






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# 1. WELCOME WORDS



Welcome,

It gives me great pleasure to welcome you to the 25th edition of the World Masters Mountain Running Championships hosted in the picturesque venue of the spa town Janské Lázně in the wonderful Krkonoše Mountains in Czech Republic.

This three-day event will see the World's best masters mountain runners challenge themselves over three different disciplines – uphill, long distance and up and down. With runners attending from all over the world, it will be a truly global celebration of athletic excellence by runners of all ages as they take on the different courses on the region's stunning alpine trails.

The last few years have seen real growth in the popularity and importance of running in the mountains. Increasingly runners are valuing being at one with nature and being part of a very special community that enjoys and respects the environment. A community that takes delight not only in the challenge of pitting themselves against their competitors but also taking on the wonderful terrain in which the events take place.

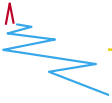
The continued growth and evolution of the World Masters Mountain Running Championships has been built on the strong partnership between the World Mountain Running Association and World Masters Athletics. Together we continue to work closely to ensure that this event and the sport and can be enjoyed by all masters runners.

I would like to express my thanks to the organizer, TJ Maratonstav Úpice, the Czech Athletics Federation, the Czech Mountain Running Association, the patron towns of Janské Lázně and Úpice and all the sponsors for their support and commitment in hosting this event.

To all the athletes, teams, volunteers and supporters, thank you for being part of the mountain running family. Your passion for the mountains will continue to help drive and build our wonderful sport. The World Masters Mountain Running Championships is a very special event, one which mixes fierce rivalry on the courses, with international friendship. I wish you a memorable experience and the very best of luck here in Janské Lázně.



Sarah Rowell  
WMRA President



Dear Athletes  
Dear members of the Mountain running family,

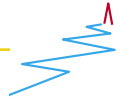


Welcome to the World Masters Mountain Running Championships. It is a true honor and a great personal joy for me to be here with the mountain running family once again at another exceptional championship in a truly amazing location. The special relationship between the World Mountain Running Association and World Masters Athletics continues to be something I deeply value, and together we celebrate not only outstanding competition, but the spirit of friendship, respect, and shared passion for mountain running that unites us all. I am thrilled to see familiar faces and equally delighted to meet new athletes joining our Masters family. Your dedication, energy, and love for this sport are what make these championships so special, and I wish each of you an unforgettable experience on these beautiful courses and within this wonderful international community.

My sincere gratitude goes to the WMRA and the Janské Lázně Local Organizing Committee for their dedication in bringing this event to life. We look forward to welcoming athletes from all backgrounds, whether seasoned competitors or first-time participants, to join us in Janské Lázně for this incredible experience.

I hope to see you in Janské Lázně!  
On behalf of the WMA Council,

Margit Jungmann  
WMA President



Dear running friends,

The World Masters Mountain Running Championships have a tradition stretching back almost thirty years. This will be their fourth visit to the Czech Republic and, following 1999 and 2013 editions, their third stop in Janské Lázně. This is no coincidence, as the local organizers, led by Karel Šklíba, are not only responsible for the creation of this championship, but are also extremely experienced in organizing it.

Races are held annually in the vicinity of this picturesque spa in the Krkonoše Mountains, which has also repeatedly hosted other major international events. However, one thing always remains true: conquering the terrain dominated by Černá hora Mountain will test all participants to the maximum.

I cordially invite everyone to Janské Lázně in June. I wish the organizers and all participants success and hope you enjoy the beauty of our Krkonoše Mountains in good health.



Libor Varhaník  
Czech Athletic Federation President

Dear mountain running enthusiasts,

I am delighted that the Hradec Králové Region is hosting this year's World Masters Mountain Running Championships. I hope that Janské Lázně in the Krkonoše Mountains will provide the ideal setting for all competitors from many countries around the world. I wish all registered participants the best of luck in their individual races, whether they choose uphill, long-distance, or uphill and downhill course.

I hope you will be able to complete the challenging courses in the Krkonoše Mountains without injury and in the times, you have trained for.

Good luck!



Petr Koleta  
Governor of Hradec Králové Region



Distinguished guests, dear athletes, ladies and gentlemen,

On behalf of the town of Janské Lázně, allow me to warmly welcome you to the World Masters Mountain Running Championships, taking place from 26 to 28 June 2026.

It is a great honour for us that this important international sporting event is being held here in our town, a place long associated with sport, physical well-being and a close connection to nature. The gathering of experienced athletes from all over the world clearly demonstrates that endurance, discipline and the joy of sport know no age limits.

The Championships are organised by TJ Maratonstav Úpice, under the authority of the World Mountain Running Association (WMRA), the Czech Athletic Federation, and the Czech Mountain Running Association, under the patronage of the towns of Janské Lázně and Úpice, and with the support of partners and sponsors, to whom we express our sincere thanks.

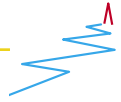
I would like to extend my appreciation to everyone involved in the preparation and organisation of this event – the organisers, officials, volunteers and all cooperating institutions. Their dedication and commitment are essential to the successful staging of the Championships.

I wish all athletes good health, sporting success and outstanding performances. I firmly believe that you will take home not only excellent results, but also fond memories of Janské Lázně and the beautiful Krkonoše Mountains.

I wish you a successful and memorable Championship and thank you all for your attention.



Martin Hudrлік  
Mayor of Janské Lázně Town



Ladies and gentlemen, dear athletes, distinguished guests, friends of running,

Allow me to warmly welcome you to the World Masters Championships in Mountain Running, taking place this June in the beautiful spa town of Janské Lázně.

It is a great honour for us to host this prestigious world event here, organized by TJ Maratonstav Úpice. This organizing team has extensive experience with top-level international sporting events and has repeatedly proven that they are a guarantee of quality, professionalism, and a well-prepared race with an excellent atmosphere. In short – you can expect a world-class event.

I would like to warmly welcome all runners who have travelled here from all around the world. Simply qualifying for and competing in a World Championship is a clear testament to your dedication, discipline, and perseverance. The mountain running is a sport that leaves no room for shortcuts – it tests physical strength, mental toughness, and character. Every meter of elevation gain is earned honestly, and every step reflects countless hours of hard training.

I wish you the very best conditions to turn all that effort into strong performance. May the courses challenge you but not break you. May your legs burn, but your spirit stays strong. And may you achieve the best possible results – above all, enjoy the race itself, because the joy of movement is what keeps us connected to sport for a lifetime.

I wish you a fair competition, a great sporting atmosphere, and unforgettable experiences. Welcome to Janské Lázně, and good luck to all of you!



Petr Hron  
Mayor of Úpice Town



On behalf of the organizers,

I welcome you to another world-class event in the mountain running organized by our athletics club TJ Maratonstav Úpice.

In the 52-year history of our athletic club's existence, we have already organized 11 top European and World events and almost 600 other athletics, triathlon, and cycling competitions. The entire organizing team will do everything to ensure that you fully enjoy the world championships and take home many sporting and personal memories.



Karel Šklíba  
LOC President



## 2. WMRA/WMA COUNCIL & LOC MEMBERS



### 2.1 WMRA Council

President: Sarah ROWELL  
Honorary President: Tomo ŠARF  
Secretary: Tito TIBERTI  
Treasurer: Jason BRYANT

Council member: John BOWDEN  
Council member: Stephane SCALVO  
Council member: Omar HERNÁNDEZ  
Council member: Marcel MATANIN

WMRA Technical delegate: Marcel MATANIN

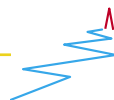
### 2.2 WMA Council

President: Margit JUNGMANN  
Vice president: Alan BELL  
Executive vice president: Lynne SCHICKERT  
General secretary: Juan ORDONEZ

### 2.3 Local Organising Committee (LOC)

LOC president: Karel ŠKLÍBA  
LOC directors/coordinators: Ondřej KUBÍK,  
Jitka LYSICKÁ  
Course Designers: František PECHEK, Jiří  
JAVŮREK  
Chief Technician: Karel SÁDLO  
Head official: Jan KERVICER  
Chief physician: Dr. Jiří BERNATÍK  
Media/PR manager: Michaela FARSKÁ  
Cultural Program manager: Petr KOSTOVSKÝ  
Accreditation manager /TIC: Mirko JIRÁNEK  
Public race coordinator: Eva TŮMOVÁ  
Ceremonies coordinator: Ivana DUFFOVÁ

## 3. HOST COUNTRY AND TOWN OF JANSKÉ LÁZNĚ



### 3.1 Host Country Czechia

The Czech Republic, also known as Czechia and historically is a landlocked country in Central Europe. The country is bordered by Austria to the south, Germany to the west, Poland to the northeast, and Slovakia to the southeast. The Czech Republic has a hilly landscape that covers an area of 78,871 square kilometres (30,452 sq miles) with a mostly temperate continental and at the same time oceanic climate.

The capital and largest city: Prague  
The constitution: Unitary parliamentary republic  
Population: around 11 million inhabitants  
Language: Czech  
Telephone Country Code: + 420  
Electricity specifications: 220V  
Currency: Czech crown (CZK), exchange rate approx. 24.5 CZK/EUR  
Money exchange: It is possible to change money in every Bank Office or ATM

## 3.2 Host Town of Janské Lázně

Janské Lázně is a small spa town in the Krkonoše Mountains, located in the vicinity of Trutnov city in the Hradec Králové Region, part of the Czech Republic. It is primarily known as a spa resort and also as a mountain winter resort – part of the Černá hora ski area.

You can find the official information about Janské Lázně on this website, which demonstrates the natural beauty of this town and shows all the possible activities in the area: <https://janske-lazne.cz/>  
Region: Hradec Králové

District: Trutnov

Part of: Krkonoše (Giant Mountains) National Park (KRNAP)

Main Tourist Attractions:

- Černá hora (1,299 m a.s.l.) mountain  
The highest peak in the area, accessible by a cable car from Janské Lázně. A popular destination for hiking, cross-country skiing, cycling, paragliding and alpine skiing.
- The Spa Premises  
Focus on musculoskeletal treatment, neurological diseases, and post-operative therapy. The mineral spring with slightly radioactive water was discovered in the 11th century. Features a modern spa centre with pools, treatments, and wellness services.
- Krkonoše Tree Top Walk  
A popular tourist attraction for the entire region. An educational trail ending with a viewing tower, offering views from the treetops onto countryside.
- Ski resort Černá hora – Pec pod Sněžkou  
A large ski area connecting several resorts (Černá hora, Pec pod Sněžkou, Velká Úpa, Svoboda nad Úpou etc.). Ski slopes of various difficulty, ideal for families with children.

Useful Links:

<https://leto.skiresort.cz/>

<https://leto.skiresort.cz/lanovky/cernohorsky-express/>

<https://www.krkonoše.eu/> (webcams)

<https://www.janskelazne.com>



## 4. TRANSPORTATION

### 4.1 Arrivals

The Venue: <https://maps.app.goo.gl/WodWD44yC41n1b9W9>

Arrival by plane: the nearest international airports:

**Prague** – <https://www.prg.aero/#/> – approx. 150km, 2-hrs drive

**Wroclaw** – <https://airport.wroclaw.pl> – approx. 140km, 2-hrs drive

**Vienna** – <https://www.viennaairport.com> – approx. 350km, 4-hrs drive

Arrival by bus:

possibility of using public bus direct connections:

from Prague / from Pardubice / from Hradec Králové / from Trutnov

Arrival by train: the nearest train station: Svoboda nad Úpou – approx. 3 km

The current bus and train timetable can be found at <https://idos.cz>.

Arrival by car: transport from all directions possible

NOTICE!

Parking: entry into the town centre is prohibited (except for traffic service or with the permission of the city office). Parking outside the designated official parking areas is prohibited throughout the town, and stopping is mostly prohibited in the centre.

Central parking lot Janské Lázně

Parking lot P4 under the Forest House

Parking P2 Hofmanky

## 4.2 Entry Visas

Procedure to obtain a visa invitation letter

Visas, if required, should be obtained before leaving your Country, from the Czech Embassy or Consulate well in advance to ensure all the procedures are carried out in time.

States Whose Citizens Need Visas: [https://mzv.gov.cz/jnp/en/information\\_for\\_alien/short\\_stay\\_visa/list\\_of\\_states\\_whose\\_citizens\\_are/index.html](https://mzv.gov.cz/jnp/en/information_for_alien/short_stay_visa/list_of_states_whose_citizens_are/index.html)

The following procedure is for requesting invitation letters to obtain visas:

1. The athlete must first complete his/her registration and pay the entry fee.
2. The athlete then submits a request for a visa invitation letter (email) through his/her National Athletics Federation to the Organizers. The request must contain the following data:
  - Full name (first and last name as it appears in passport)
  - Gender
  - Date of birth
  - Passport number
  - Passport expiry date
  - Position in the team (athlete or official)
  - Date of entry and departure from Czechia
  - Proof of payment of the registration fee
3. The LOC will send a visa invitation letter in the form of email
4. Upon receipt of the invitation letter (email), the athlete may apply for an appointment at the relevant Embassy. If the National Athletics Federation does not validate the request, or if the Embassy refuses the appointment or issuing the visa, WMRA and the Organizers reserve the right to refund the entry fee (less any bank transfer fees). Refunds will only be granted upon presentation of relevant documentation (either confirmation from the Federation or rejection from the Embassy).



## 5. INSURANCE

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The athletes take part in the event at their own risk, agree to abide by the rules, and acknowledge that no fee will be refunded after the registration deadline. Participants shall solely be responsible for their participation in the championship.

By registration the participant declares to be in good health and properly trained to attend the championship.

The athletes are responsible for their personal accident insurance.

The organizer is not responsible for lost or damaged property and personal belongings of the participants.



## 6. ACCOMMODATION AND CATERING

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### **Accommodation**

If you require assistance with accommodation, please contact the Information Centre - SKIRESORT INFOCENTRUM at Janské Lázně on:

[www.janskelazne.cz](http://www.janskelazne.cz)

[info@janskelazne.cz](mailto:info@janskelazne.cz)

Phone: +420 733 645 729, +420 603 416 095

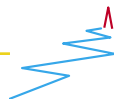
Accommodations provided directly by the spa in Janské Lázně are also available on:

<https://en.janskelazne.com/accommodation/>

### **Catering**

A catering for service for public will be available at the square - nám. Svobody (the colonnade in the centre) during the whole event. A free pasta party will be held for the competitors on Saturday's afternoon from 2.00 p.m. to 5.00 p.m. Each competitor will receive a Pasta Party voucher upon accreditation, together with her/his starter pack.

## 7. MEDICAL ASSISTANCE



The LOC medical service will be available to provide medical assistance to all accredited participants (athletes, team Leaders, LOC personnel, guests and media) as well as, during the competition, to the spectators at the competition venue.

In case of emergency, please call the 24/7 Medical Emergency number 112 or contact the Mountain regional rescue service in Giant Mountains - (+420) 1210, residing in Krkonošská 302, Janské Lázně.

GPS: 50° 37' 58.18" N, 15° 46' 40.83" E

Phone: +420 499 895 151

Mobil: +420 606 157 936

### **Medical Care at the Competition Venue**

A doctor and equipped ambulance car will be available at the Venue to provide medical assistance. This service will be open every day from 8 a.m. till 6 p.m. during the event. Trained medical personnel will be stationed along the course to provide first aid during the competition.

The local medical service will be available to athletes in both at competition and warm-up areas. In case of injury, only the LOC doctor will be allowed onto the course. The LOC doctor will decide on the further treatment of the injured athlete.

## 8. DOPING CONTROLS



### **General information**

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules (which are compliant with the WADA Code in force) and with the WMRA regulation.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusing or failing to comply with the anti-doping procedures may constitute an anti-doping rule violation and could render them liable to disqualification and may result in further disciplinary action.

Athletes who have been required to use prescribed medication for the treatment of their medical condition should ensure that they have registered their medication, where necessary, through the national Therapeutic Use Exemption system prior to attending the Championships.

### **Selection of athletes**

The selection of athletes for testing will be made on a final position and/or random basis under the supervision of the Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the Doping Control Delegate.



### 9.1 Entry Forms

Entries must be sent online by May 24, 2026.

Entry forms:

<https://registrace2.onlinesystem.cz/detail/event/068ad46d-c1cb-4a45-b5e4-084ef55e363c>

Registration – entry fee: according to the table where the entry fee is determined by the date of registration and the number of starts by the competitor

15.09. – 31.12.2025		01.01. – 31.03.2026		01.04. – 24.05.2026	
1 race	49 EUR 1 200 CZK	1 race	60 EUR 1 450 CZK	1 race	70 EUR 1 700 CZK
2 races	75 EUR 1 800 CZK	2 races	95 EUR 2 300 CZK	2 races	115 EUR 2 800 CZK
3 races	90 EUR 2 200 CZK	3 races	115 EUR 2 800 CZK	3 races	135 EUR 3 300 CZK

### 9.2 Age Categories

For Competition, the age group of an athlete shall be determined by the athlete's date of birth on the first day of the competition and athletes shall not compete in any other age group (WMA Technical Rules; Rule 3.1).

There is no category for age 80+. Competitors (masters) 80+ year old are not allowed to compete.

The competition shall be conducted only in the following age groups:

Age group	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
Women	W35	W40	W45	W50	W55	W60	W65	W70	W75
Men	M35	M40	M45	M50	M55	M60	M65	M70	M75

### Consents

By registering you fully agree with the rules of the race:

"I confirm that I will respect the World Athletics Anti-Doping Rules and Regulations and in particular, I agree to comply with any request from a certified official to provide my urine sample for anti-doping analyses.

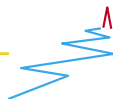
I confirm that I am physically and mentally fit enough to participate.

I confirm that I am endorsed by my Athletics Federation."

Without confirmation of these consents your registration shall not be accepted.

The national athletics federations will be required to validate their registered athletes by e-mail after closing the registration, i.e. after May 24, 2026.

## 10. SITE MAP OF THE EVENT CENTRE



- |   |  |                                     |
|---|--|-------------------------------------|
| 1. TIC, accreditation, VIP area, media centre, jury | 7. Public race – registration  | 12. Ceremonial parade meeting point |
| 2. Technical meetings, changing room                | 8. Pasta party stand (Lazenska street, 150m walk from the colonnade) | 13. Cafeteria                       |
| 3. Doping control area                              | 9. Ceremonial area, cultural performances                            | 14. VIP area                        |
| 4. First aid, medical care                          | 10. START/FINISH zone  | 15. Food stands, delicacies         |
| 5. Beverage's area                                  | 11. CALL ROOM zone   |                                     |
| 6. Rest area  |  |                                     |





## 11. PRE-COMPETITION PROCEDURES

### 11.1 Place of Accreditation

The Accreditation Centre will be situated in the Town Hall in Janské Lázně:

<https://mapy.com/cs/turisticka?source=firm&id=355343&ds=1&x=15.7802421&y=50.6304239&z=19>

This is where all the athletes shall report as soon as possible after arrival, in order to carry out the administrative procedures.

### 11.2 Entry Rules and Procedures

Each competitor must present his/her identification card (ID card) or passport including his/her photograph and date of birth. After this verification, the competitor will receive a starter pack with a bib/bibs, a timing transponder (chip), the event map, vouchers for meals/refreshment etc. All athletes must be able to present, if requested to do so by the Technical Delegate, an official document stating their date of birth.

Each competitor shall pick up his/her bib/bibs in person in the accreditation centre (TIC) at any time during opening hours (see 11.3) but no later than one (1) hour before the start of the particular race. For a smooth accreditation process and enough time for pre-race preparation, the organizers strongly recommend that all competitors come to the presentation well in advance, preferably one day before the race.

Bibs can be picked up as follows:

Uphill race	by Friday, June 25, 2026,	no later than 12:00 noon
Long Distance race	by Saturday, June 26, 2026	no later than 7:30 a.m.
Up/Downhill race	by Sunday, June 27, 2026	no later than 8:00 a.m.

### 11.3 Technical Information Centre (TIC)

The TIC will be situated in the Town Hall in Janské Lázně:

<https://mapy.com/cs/turisticka?source=firm&id=355343&ds=1&x=15.7802421&y=50.6304239&z=19>

The main function of the TIC is to ensure a smooth liaison between each competitor, the Local Organizing Committee (LOC) and the World Masters Athletics Technical Delegate regarding technical matters.

The opening times of the Accreditation Centre (TIC) will be as follows:

Thursday	June 25, 2026	from 3.00 p.m. to 9.00 p.m.
Friday	June 26, 2026	from 9.00 a.m. to 9.00 p.m.
Saturday	June 27, 2026	from 7.00 a.m. to 8.00 p.m.
Sunday	June 28, 2026	from 7.00 a.m. to 4.00 p.m.

The TIC is mainly responsible for the following:

- Delivering official communications to competitors (e.g. start lists, results, Call Room times, etc.)
- Changes to the event schedule
- Distribution of urgent announcements from the Technical Delegate and LOC (possible changes to the program etc.)
- Acceptance of written queries to be answered during technical meetings
- Handling technical enquiries from delegations
- Depositing and subsequent return of items confiscated at the Call Room
- Managing additional doping control requests
- Resolution of protests and written appeals

## 11.4 Technical Meetings

Technical Meetings will be held ahead of each race in order to inform competitors about details and/or updates which haven't already been mentioned in this manual such as:

- Information briefing by the Technical Delegate
- Timetable amendments (if any)
- Starting procedures and race conduct
- Presentation of the tracks
- Information about the elected members of Jury of Appeal
- Information about the doping control delegate and medical personnel
- Handling of race bags with competitors' garments (e.g. wind jacket, leggings) to be delivered to the finish line (the uphill race)
- Answers to previous written questions

The maximum number of participants at the technical meetings will be three (3) people from the same country.

Location: The cinema (next to the Town Hall) in Janské Lázně:

<https://mapy.com/cs/turisticka?source=firm&id=355343&ds=1&x=15.7802421&y=50.6304239&z=19>

The times of the Technical Meetings:

Uphill race – Thursday, June 25, 2026 at 4.30 p.m.

Long Distance race – Friday, June 26, 2026 at 4.30 p.m.

Up/Downhill race – Saturday, June 27, 2026 at 4.30 p.m.

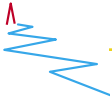
The Technical Meeting will be held in Czech and English language.

### Written Questions

Any queries regarding the race course must be made in written (in English or Czech) and delivered in advance to the TIC. Those will be answered at the Technical Meetings. For this purpose, question forms will be available at the TIC throughout the event. These forms must be submitted at least one hour before the relevant technical meeting.

### Timekeeping & measurement

The official timing will be provided by the professional company OnlineSystem s.r.o., Czechia.



### 12.1 Courses

The courses for the World Masters Mountain Running Championships have been designed to take into account the nature of mountain and trail running, while also ensuring compliance with the rules of competitions organized by WMRA. All race courses are mainly located in natural environment and fully respect the nature protection principles. The organizers reserve the right to modify the course, schedule, or race format, if necessary, due to weather, safety concerns, or circumstances beyond their control.

The distances and elevation gains in each race are as follows:

WMMR Championships Uphill race W/M – 7.79 km/el. 851 m

WMMR Championships Long Distance race W/M – 22.17 km/el. 1332 m

WMMR Championships Up/Downhill race W/M – 8.95 km/el. 594 m

Various checkpoints (with electronic computer control) will be positioned along the courses to ensure that all athletes run the whole distance.

For the Long Distance race, there will be one (1) cut-off checkpoint with the time limit 3,5 hrs. This checkpoint will be placed approx. around 15th km. The exact details will be communicated at the respective technical meeting.

#### **Inspection and visits at the competition venues**

The courses will be marked by signs and opened for training a day before each race for inspections and visits. No organized transportation will be available for these inspections. Only athletes who are about to compete will have access to the course.

Maps and courses profiles – in the Appendices, p. 28–30

Uphill race W / M

Long Distance race W / M

Up/Downhill race W / M

### 12.2 Refreshment Stations

Drinking water, sport drinks and other suitable refreshments will be available at the start and finish area of all races, while the refreshment stations on the tracks will be positioned as follows:

Uphill race

- 1 water station on the course around 3.5th km
- Refreshment station at the finish line

Long Distance

- Water/refreshment stations on the course around 2nd km, 6th km, 15th km and 19th km with sport drinks, fruits, salt etc.
- Refreshment station at the finish line

Up/Downhill race

- Water stations on the course around 2nd km and 5th km
- Refreshment station at the finish line

Additional refreshment stations may be designated depending on weather conditions.

An athlete who receives or collects refreshment or water from anywhere (except from his/her own camelbag) other than the official stations, except for medical reasons or on instruction of the race officials, or who litters outside the refreshment zone risk disqualification by the officials.

Signs indicating the upcoming refreshment and/or water stations will be signaled 100 m and 50 m before the station.

## 12.3 Start Procedures

Friday: WMMR Championships Uphill race W/M  
Start: náměstí (square) Svobody (the colonnade in the centre)  
Finish: the top of Černá hora Mountain

Starting gradually:

1.00 p.m. categories M 35, M 40, M 45, M 50  
1.30 p.m. categories M 55, M 60, M 65, M 70, M 75  
2.00 p.m. categories W 35 – W 75

Saturday: WMMR Championships Long Distance race W/M  
Start and finish: náměstí (square) Svobody (the colonnade in the centre)

Starting en masse:

8.30 a.m. categories W/M 35 – 75

Sunday: WMMR Championships Up/Downhill race W/M  
Start and finish: náměstí (square) Svobody (the colonnade in the centre)

Starting gradually:

9.00 a.m. categories M 35, M 40, M 45, M 50  
9.30 a.m. categories M 55, M 60, M 65, M 70, M 75  
10.00 a.m. categories W 35 – W 75

### 12.3.1 General Information

#### Competition clothing & equipment

Competitors must wear their national uniform during the races. The name of the country must be clearly recognizable. For verification purposes, the rule according to World Athletics directive TR 5 will be applied. Please also comply with the applicable World Athletics rules for marketing and advertising. Competitor's clothing and other equipment (e.g., wind jackets, camel bags, caps etc.) that do not comply with this rule and any other applicable World Athletics rules for marketing and advertising regulations will be removed/covered in the call room.

Additional optional or safety equipment (e.g. wind jackets, camel bags etc.) used during the races is considered athlete's personal equipment, however all items must comply with the World Athletics marketing and advertising regulations and will be inspected when athletes enter the call room.

The rule requiring the wearing of official competition clothing will be applied during the competition but also during ceremonies, interviews at the competition venue and announcement of medallists.

### **Additional equipment**

- GPS watch – allowed
- personal camel (water) bag – allowed
- Walking (trekking) poles – **not allowed except for the Long Distance race**
- Earphones – **not allowed** (penalty disqualification)

The technical delegate of the race may approve additional permitted (optional) equipment considering bad weather conditions or other risks.

### **Competition bibs**

For each race, each competitor will receive 2 bibs which have to be placed as follows:

- one on the front of the competition jersey, with a timing transponder (chip)
- one on the back of the competition jersey (bag/jacket)

The information on the competitor's bib must be visible, must not be damaged, folded or covered by anything. A mandatory equipment check will be held at the call room reporting, while ongoing track inspections may also occur. In this case, athletes are obliged to follow the official's instructions. Checks during the race will be carried out at random.

Equipment checks will also be carried out at the end of the relevant race.

This applies to the Long Distance race, when it is allowed to start with sports trekking poles. If a competitor arrives to the call room with poles, he will be marked on his bib (start number) and must run the whole course with them. He will then be checked at the finish line and must also finish with the poles. If he does not run to the finish line with poles and has a marked start number, he will be disqualified according to the WMRA rules.

### **Chip transponders**

The timing transponder will be attached to the back of the bib which is attached to the front of the competition jersey. Athletes who arrive at the call room without a bib with a transponder will not be allowed to compete.

## **12.3.2 Changing Room & Clothing Transport to Finish Line**

Changing rooms will be located next to the entrance of the Town Hall – access only for athletes upon presentation of their start number (bibs).

Storage and transport of clothing to the finish line for Friday's Uphill Race will be carried out in designated bags labelled with the competitor's category and starting number (i.e. a bib number of the athlete with a category (e.g.: W35 No. 101). The organizer is not responsible for competitors' belongings left outside the designated areas.

On Friday prior to the Uphill race, transport of clothing to the finish line on Černá hora mountain:  
 12:45 p.m. – departure 15 minutes before the start of M 35 – M 50  
 1:15 p.m. – departure 15 minutes before the start of M 55 – M 75  
 1:45 p.m. – departure 15 minutes before the start of W 35 – W 75

Vehicles for transport of clothing will be clearly marked and parked near the starting line. Competitors' clothing can be picked up at the finish line after the race.

### Access to the Start

Only competitors who are about to compete will have access to the call room and the course.

### 12.3.3 Call Room

The call room for all races will be located near the respective start area. Access to the call room will be allowed according to the following reporting times:

Date	Opening	Closing	Start	Race
26.06.	12.25	12.55	13.00	Uphill M 35 – M 50
26.06.	12.55	13.25	13.30	Uphill M 55 – M 75
26.06.	13.25	13.55	14.00	Uphill W 35 – W 75
27.06.	07.55	08.25	08.30	Long Distance W / M 35-75
28.06.	08.25	08.55	09.00	Up/Downhill M 35 – M 50
28.06.	08.55	09.25	09.30	Up/Downhill M 55 – M 75
28.06.	09.25	09.55	10.00	Up/Downhill W 35 – W 75

Late arrivals to the call room will not be permitted to start.

In the call room the officials will check the following:

- starting numbers – bibs with chip
- national uniforms
- competitor's equipment
- any kind of advertising inspection

From the call room, competitors will be directed to the place where the race will start. The warning signal will sound for the first time 3 minutes and for the second time 1 minute before the start of the race.

### 12.3.4 Rules for Race

All instructions will be given to competitors in English. The starter's instruction is "on your marks!" followed by a shot from a starting pistol. In the event of a failed start, the starter will fire a second shot and the start must be repeated.

The officials may disqualify any competitor during the race for unsportsmanlike conduct by him/her or his/her team, including but not limited to abusive language, physical aggression, course cutting, or failure to follow official instructions.

All competitors must follow the official course and pass all checkpoints. Short-cutting the course will result in disqualification.

Competitors must meet the official cut off point in 3.5 hours during the Long Distance race on Saturday. The location where this time limit to be checked will be clearly marked both on the course map and in the terrain itself. This checkpoint will be located approximately at 15. km of the race. Competitors who fail to meet this time limit will be disqualified from the race.

All competitors compete at their own risk. Each competitor is responsible for ensuring they are medically fit to take part in the race. The race officials reserve the right to withdraw any competitors from the race for medical or safety reasons.

The use of headphones is prohibited. Competitors must always remain aware of their surroundings. Running with a bicycle escort, unauthorized pacer, or any external assistance is not permitted unless approved by the organizers.

## 12.4 Specific Event Procedures

For any matters not covered in this manual, reference should be made to the WMRA rules.



# 13. POST COMPETITION PROCEDURE

After the race, competitors must immediately leave the near finish area.

Competitors can collect their belongings from the changing room upon presentation of their start number.

On Friday the Uphill race competitors will be allowed to take the cable car from Cerna hora down to Janske Lazne free of charge after presenting their bib/bibs to personnel.

Not far from the finish line, there will be a refreshment station for competitors, where they will be provided with unlimited amounts of water, sports drinks, fruit, etc. free of charge. In addition, competitors may use a pasta party voucher on Saturday afternoon.

Showers will be available to competitors free of charge (upon presentation of their race number) immediately after the race in the O. Havlová school building (<https://mapy.com/s/lafudakehe>).

Each competitor will receive the appropriate number of vouchers for use of the aquatic centre – Aquacentrum Janské Lázně (<https://mapy.com/s/gofotecaju>), located in the town centre (in the neighbourhood of Terra hotel), in their starter pack. Competitors will be allowed to use during the event between 1.00 – 4.00 p.m.

## 13.1 Protest and Appeals

Protests and appeals are permitted and will be processed in accordance with World Athletics TR 8. In the first instance, protests must be made verbally to the official by the competitor himself/ herself or

by someone acting on his/her behalf or by an official team representative (World Athletics TR 8.3). Such person or team may protest only if they are competing in the same race to which the protest (or subsequent appeal) relates.

Where the appropriate official is not accessible or available, the protest should be made through the TIC. Protests concerning the result or conduct of a race shall be made within 30 minutes of the official announcement of the result of that race (posted on the TIC information board).

If the final decision of officials is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC.

Any written appeal to the Jury of Appeal must be made in accordance with World Athletics TR 8.7 and signed by a responsible representative on behalf of the competitor and submitted to TIC within 30 minutes after the official announcement of the decision made by officials.

When submitting an appeal form, the competitor/team acknowledges that a fee of 100 EUR must be paid in cash. This amount will be refunded in case the appeal is successful. The Jury's decision will be provided in writing.

## **13.2 Individual and Team Ranking**

### **13.2.1 Individual Ranking**

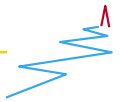
The classification will be based on age categories. In each category the first three women and the first three men will be awarded medals.

### **13.2.2 Team ranking**

Team medals will be awarded to the top three teams in each race and each age category both for women and men. Each country may have only one awarded team. In all age categories, the ranking of teams will be determined by the sum of the placements of the first three competitors from one country in the same category. Teams with two competitors are also classified, but all teams with three athletes take precedence in the ranking. It is not necessary to register teams in advance. In the event of a tie in the team rankings, the decision will be made in favour of the team whose last scoring competitor finished closest to first place.

# **14. OFFICIAL CEREMONIES**

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## **14.1 Opening Ceremony**

The Opening Ceremony will take place on Friday, June 27, 2026 at 6.00 p.m. on the square - nám. Svobody (the colonnade in the town centre).

National teams are kindly requested to actively participate in the opening ceremony and flag parade. After the flag parade, members of the national teams are invited to participate in the remainder of the opening ceremony. Participants will meet for the flag parade at 5:30 p.m. at the location marked on the event map.

## 14.2 Medal Ceremonies

The medal ceremony for individuals and teams will take place on the square- nám. Svobody (the colonnade in the centre) according to the event schedule. Competitors must wear official team clothing at the ceremony and no other items such as flags, mascots, bags etc., may be brought onto the stage.

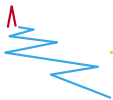
Friday	6.30 p.m.	Medal ceremony – Uphill race
Saturday	5.30 p.m.	Medal ceremony – Long Distance race
Sunday	1.30 p.m.	Medal ceremony – Up/Downhill race

## 14.3 Closing Ceremony

The closing ceremony will take place on Sunday, June 28, 2026 at 3.00 p.m. on the square – nám. Svobody (the colonnade in the centre) immediately after the medal ceremony of the Up/Downhill race.

During the closing ceremony the WMRA flag will be handed over to representatives of the next organizer of the 2027 World Masters Mountain Running Championships in Klosters (Switzerland).

All competitors and team members are invited to attend this ceremony.



# 15. ACCOMPANYING PROGRAM

## 15.1 “Be Fit!” run – The Colonnade Run

To participate in the Be Fit! public race, participants will pay a symbolic entry fee. Anyone can register to participate at the stand near the start line. Neither the time nor the placement of participants will be measured. The race will take place in two starting waves. The start (the first wave) will take place at 3 p.m. on Saturday June 27, 2026 at 3.00 p.m. and the second wave immediately after the first one.

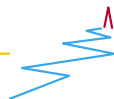
Participants will pay a symbolic entry fee of CZK 50 / EUR 2 to participate in the public race Be Fit! run. Anyone can register in the marked stand near the starting line on Saturday, June 27, 2026 from 9:30 a.m. to 2:30 p.m. The participants of the public race will not have their final time measured and therefore the results with the ranking will not be processed.

## 15.2 Cultural Program

Every day of the event, there will be a cultural program with life music, dance performances etc. The organizer reserves the right to make changes.

## 16. IMAGE AND PRIVACY

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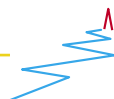


By participating in the WMMRC, each competitor or team member expressly authorizes the organizers to use or to have used or to reproduce or to have reproduced his name, his image, his voice and his sports performance in the framework of all these races for any direct or derived exploitation of the event, and this on any support, in the whole world, by all the means known or unknown to this day, and for all the duration of the protection currently granted to direct or derived exploitations by the legal or regulatory provisions.

When a competitor takes part in the event, we may collect his/her personal information. This information will be used in accordance with the privacy policy.

## 17. CONTACT DETAILS

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For further details about the World Masters Mountain Running Championships in Janské Lázně please contact: Local Organising Committee:

<https://wmmrc2026.maratonstav.cz/en>  
[wmmrc2026@maratonstav.cz](mailto:wmmrc2026@maratonstav.cz)

World Mountain Running Athletics  
[www.wmra.info](http://www.wmra.info)

World Masters Athletics  
[www.world-masters-athletics.org](http://www.world-masters-athletics.org)

## 18. APPENDICIES

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Event Schedule  
3x maps & profiles  
Sponsors' and partners' logos

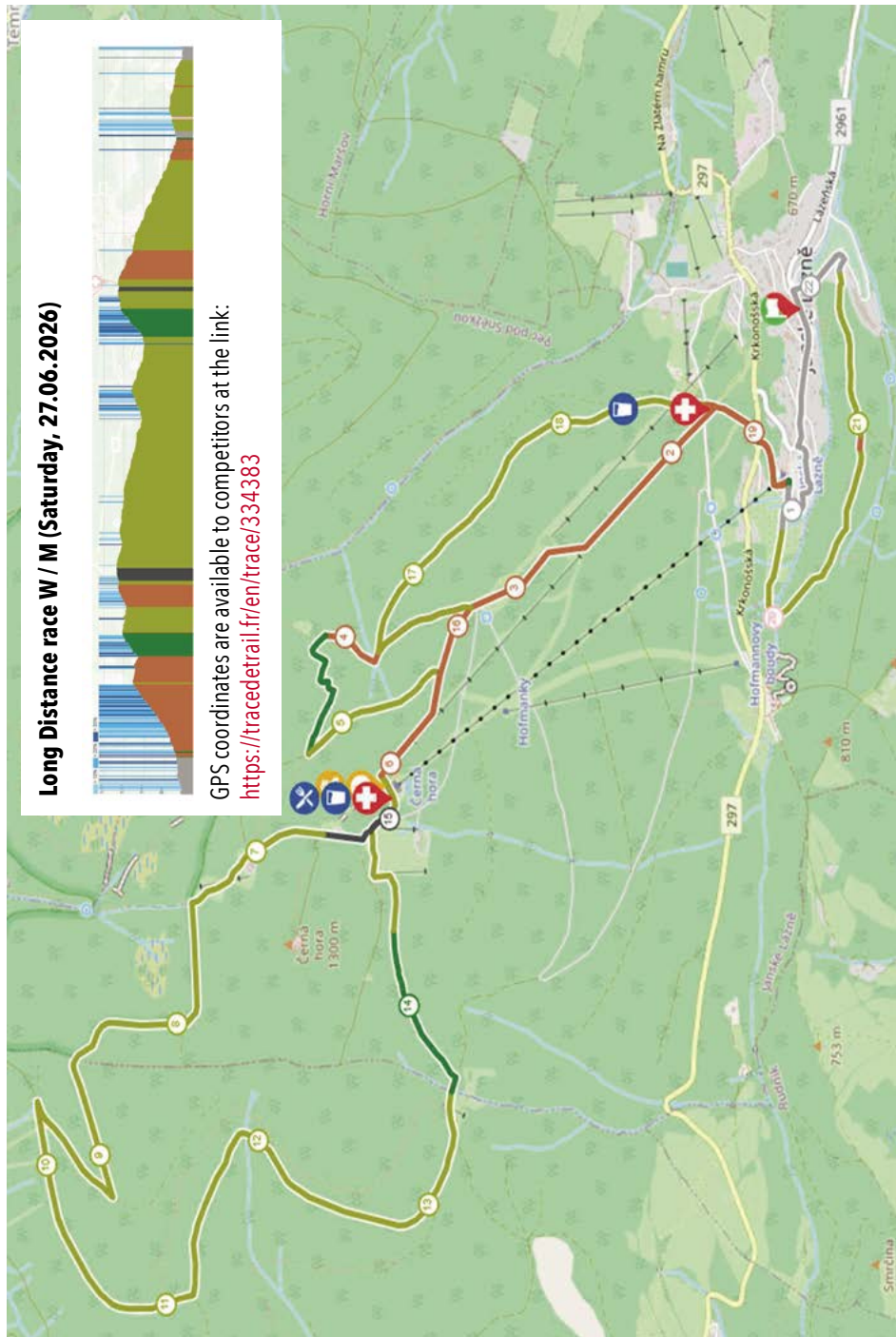
<b>Thursday 25.06.2026</b>	
3:00 - 9:00 p.m.	TIC/ accreditation and presentation of competitors
4:30 p.m.	technical meeting for the Uphill race
<b>Friday 26.06.2026</b>	
9:00 a.m. - 9:00 p.m.	TIC/ accreditation and presentation of competitors
<b>Uphill race</b>	
1:00 p.m.	start of categories M 35, M 40, M 45, M 50
1:30 p.m.	start of categories M 55, M 60, M 65, M 70, M 75
2:00 p.m.	start of categories W 35 - W 75
4:00 - 6:00 p.m.	cultural program
4:30 p.m.	technical meeting for the Long Distance race
5:30 p.m.	preparation for the flag parade
6:00 p.m.	opening ceremony of the World Masters Mountain Running Championships
6:30 p.m.	medal ceremony
8:00 - 10:00 p.m.	cultural program
<b>Saturday 27.06.2026</b>	
7:00 a.m. - 8:00 p.m.	TIC/ accreditation and presentation of competitors
9:30 - 2:30 p.m.	registration to the public race „Be FIT!“ run - the Colonnade Run
<b>Long Distance race</b>	
8:30 a.m.	mass start of categories W/M 35-75
1:30 - 3:00 p.m.	cultural program
2:00 - 5:00 p.m.	Pasta party for competitors
3:00 p.m.	„Be FIT!“ run - the Colonnade Run
3:30 - 5:30 p.m.	cultural program
4:30 p.m.	technical meeting for the Up/Downhill race
5:30 p.m.	medal ceremony
7:00 - 10:00 p.m.	cultural program
<b>Sunday 28.06.2026</b>	
7:00 a.m. - 4:00 p.m.	TIC/ accreditation and presentation of competitors
<b>Up/Downhill race</b>	
9:00 a.m.	start of categories M 35, M 40, M 45, M 50
9:30 a.m.	start of categories M 55, M 60, M 65, M 70, M 75
10:00 a.m.	start of categories W 35 - W 75
12:00 - 1:30 p.m.	cultural program
1:30 p.m.	medal ceremony
3:00 p.m.	closing ceremony of the World Masters Mountain Running Championships
3:30 - 4:30 p.m.	cultural program



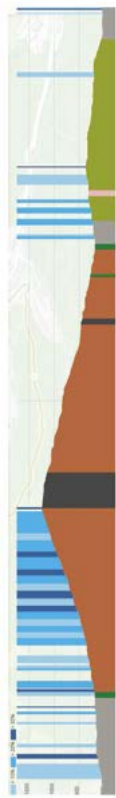
## Long Distance race W / M (Saturday, 27.06.2026)



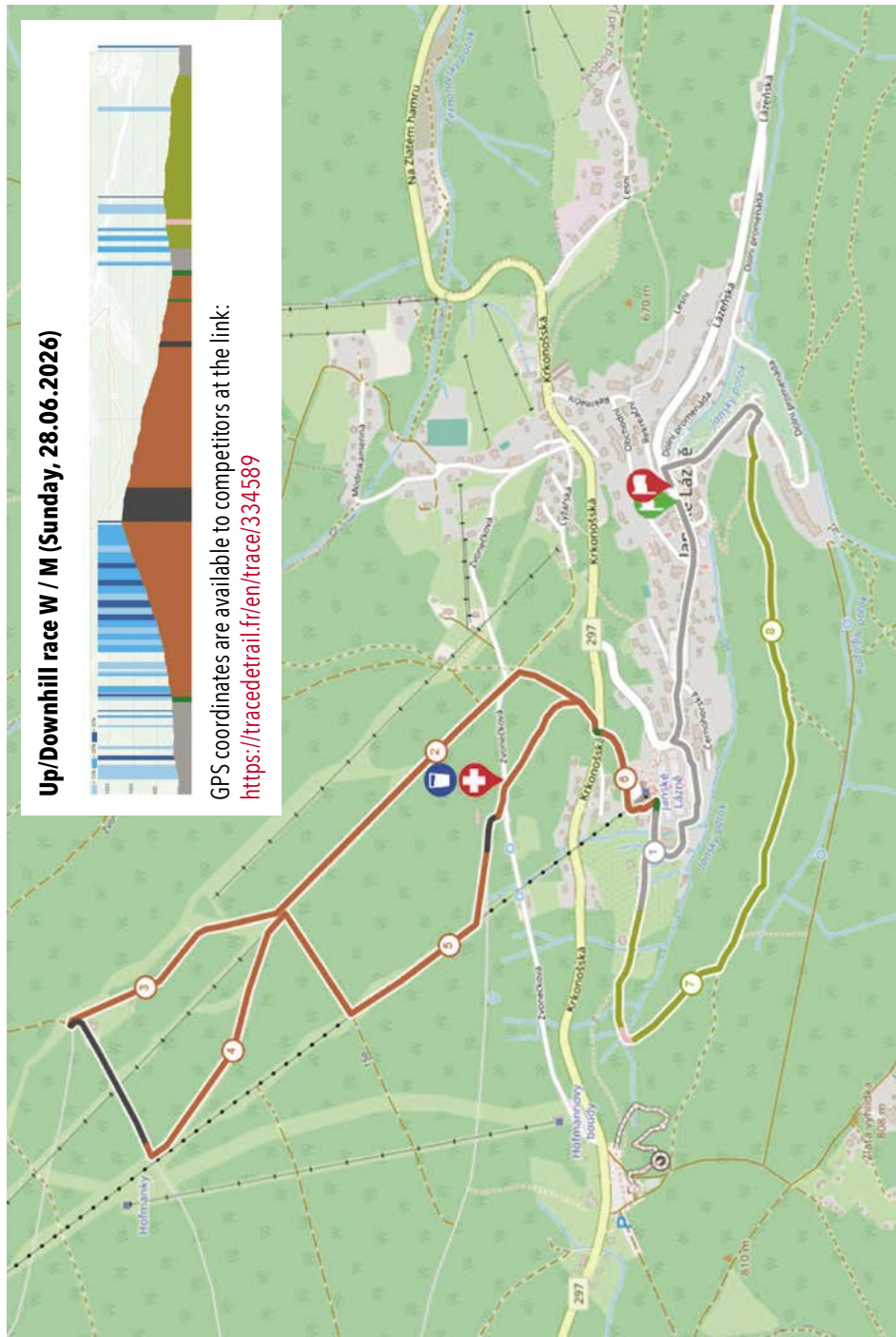
GPS coordinates are available to competitors at the link:  
<https://tracedettrail.fr/en/trace/334383>



**Up/Downhill race W / M (Sunday, 28.06.2026)**



GPS coordinates are available to competitors at the link:  
<https://tracedet trail.fr/en/trace/334589>





## Sponsors' and partners' logos of the event



[WWW.MARATONSTAV.CZ](http://WWW.MARATONSTAV.CZ)