



WMRA WORLD LONG DISTANCE MOUNTAIN RUNNING CHALLENGE

REGULATIONS

Last update: May 12th 2008



1. WMRA will stage an annual event called:
'The WMRA World Long Distance Mountain Running Challenge'
2. The event will be staged in conjunction with a traditional long distance mountain race.
3. The race chosen will have an established international reputation and be affiliated to the national athletic federation of the country of the competition.
4. The race must fall within the following approximate parameters
 - 4.1 The men's race record time must be between 1 hour 45 minutes and 4 hours.
 - 4.2 The total amount of ascent must exceed 1,600m.
 - 4.3 The distance should not exceed 45km.
5. The Challenge will be open to men and women who will both run the same course and may start at the same time.
6. The Challenge is an Individual competition which will incorporate a National team competition under the regulation 24 below.
7. WMRA medals will be awarded to the first three men, and the first three women, and to all members of the first three National teams, men and women. These awards will be in addition to the normal race prizes.
8. Applications to incorporate the Challenge into a traditional race must normally be made by 31st December two years before the year of the event (i.e. 31st December 2008 for the 2010 challenge), using the official WMRA Application form which must be signed by the race organisers and the IAAF athletic federation member of the country in which the race takes place.
9. WMRA Council are responsible for allocating the Challenge to a suitable applicant.
10. The event may take place on the traditional race date but must not clash with the WMRA World Trophy, the EAA or other Area championships, or the World Masters championship.
11. The race chosen may be uphill only or up & down.
12. The race must not contain any dangerous sections such as crossing glaciers, requiring rock climbing, or mountain climbing assistance such as ropes, rock pegs, etc.
13. Courses must be adequately marked and marshalled throughout such that complete strangers to the course can follow without difficulty.
14. Doping control must be implemented in accordance with the WMRA anti-doping regulations. All entrants to the Challenge must sign an anti-doping permission statement on the entry form.
15. Professional medical backup must be present during the race, equipped to render assistance in the event of injury or other medical conditions.
16. The event organisers will be responsible for all event expenses and a fee of 800€ payable to WMRA (1,100 € from 2010 onwards), or if preferred, the \$ equivalent when outside the Euro currency Zone
17. The Event organisers must invite and offer the first three men and first three women in the previous years Challenge at least 75% of economy travel expenses between the athletes residence and the host venue and accommodation for one to three nights according to distance travelled.
18. The event organisers will provide accommodation (2 or 3 nights depending on distance travelled) for at least two WMRA delegates, one of whom will be responsible for liaison between WMRA and the LOC before and during the event.

19. WMRA will be responsible for providing the WMRA medals and for publicising the event in the Newsletter, WMRA and IAAF web pages. A WMRA representative will present the WMRA medals.
20. The event organisers will facilitate the requirements of the WMRA marketing director in connection with WMRA sponsors. Due account will be taken of existing contractual agreements of the race organisers with their sponsors.
21. A web page specifying the race details and emphasising the Challenge status should be published no later than nine months before the event, and this will be linked to the WMRA web page.
22. The event organisers must arrange third party insurance cover for the race and present evidence of this to WMRA council with their application. Athletes must be reminded that they are responsible for their personal insurance against injury in the entry procedure.
23. The Event Organisers, the National Athletic Federation and the WMRA will enter into an Event Organisation Agreement.
24. Teams
 - 24.1 Invitations will be sent to national athletic federations to enter teams (one men, one women) for the Challenge. The United Kingdom may compete as England, Scotland, Wales, and N.Ireland.
 - 24.2 Each team will consist of a maximum of five athletes.
 - 24.3 Team results will be calculated from the aggregate time of the best three athletes in each team.
 - 24.4 In the event of a tie, the team with the third runner nearest the winner will take precedence.
 - 24.5 Team members may only compete wearing national athletic federation uniform.
 - 24.6 The winning team will be awarded a trophy (for retention) provided by the LOC and approved by the WMRA.
 - 24.7 The LOC will provide full board accommodation for three men, three women, and one official per nation for one to three nights depending on distance travelled. Additional team members and officials will meet accommodation expenses themselves.