

Polish Athletic Association - PZLA

Major Mountain Running Races 2010

| Date | Edition, name and place of the race (local, int.) | categories | courses | Contact details |
|-------|--|--|---|--|
| 10.4. | 5. Gora Sw. Anny Gora Sw. Anny Race | Senior Men Sen.Wom., Jun.Men, Youth Men Jun. Wom., Youth Wom. U16 | 6.7 km, +- 350 m 4.1 km, +- 210 m 2.8 km, +- 140 m 1.5 km, +- 70 m | ppakosz@op.pl |
| 31.7 | 18. Snieznik Race, Miedzygorze | Senior Men Sen. Wom., Jun. Men Junior Women | 12.0 km, 1150/250 m 10.3 km, 1000/100 m 4.0 km, 475 m | bckf@poczta.onet.pl |
| 21.8 | 10. Pilsko Race, Korbielow | | 10.0 km, 950/100 m | ksdiament@wp.pl |
| 18.9 | 9. Podkarpacie Open Challenge, Ustrzyki Dolne | Men Women | 8.0 km, +- 529 m 6.1 km, +- 435 m | sport@ustrzyki-dolne.pl |

Date 24.11.2010

Signed by Andrzej Puchacz, Mountain Running Team Manager