

Date: 24 July 2010, Saturday

Venue: Kőszeg, Hungary, Rowing-lake

Organiser: Hungarian Mountain and Cross Running Federation and X2S Team

Organising Committee:

President: Viktor Tóth

Race director: Szilárd Koller

Technical director: József Malonovits

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KŐSZEGI TEREPGÁLA ÉS HEGYIFUTÓ MAGYAR BAJNOKSÁG

Participants:

In the open and hobby category participation is open for everybody, on his/her own responsibility, and in case the registration fee is paid.

In the national championships only those runners can start who are registered by the Hungarian Mountain Running Federation. www.mahfusz.hu

The rules of the Hungarian Mountain Running Federation's rules apply.

Schedule:

14.00: start of 11,5 and 5,5 km mountain running race

14.05: start of 2 km hobby race

Registration:

2 km: Registration is free, however bib number is obligatory for everyone!

11,5 and 5,5 km: Registered athletes: 900 HUF,

Non-registered athletes: 1900 HUF

Prizes:

2 km: 1-3 men and women will receive a certificate

11,5 km open men:

1-3 men will receive medals and special prizes by the sponsors

11,5 km National Champs (men)

born in 1970 and later (veteran), - individual and team champions will receive medals and sponsor prizes

born 1990-1971 (senior men), - individual and team champions will receive medals and sponsor prizes

5,5 km open women:

1-3 women and U19 men will receive medals special prizes by the sponsors

5,5 km National Champs (junior men, women, and senior women): individual and team champions will receive medals and sponsor prizes

The overall men and women winners will get special prizes by the Hungarian National Mountain Running Federation.

Miscellaneous:

In the team race every club's team will automatically participate from which has three athletes finishes the race. The three best time counts in every team, if the total time is equal, the best personal place counts.

In the open category the 11,5 km distance can be started only by 15 and older (born later than 1995) In case of the National Champs The rules of the Hungarian Mountain Running Federation's rules apply!

Total elevation: 430m/5,5 km (1 lap)

Categories/ Age Groups:

Hobby: 2 km

Open:

5,5 km: (430 m) Women and men born in 1991 and later

11,5 km: (860 m) Overall men

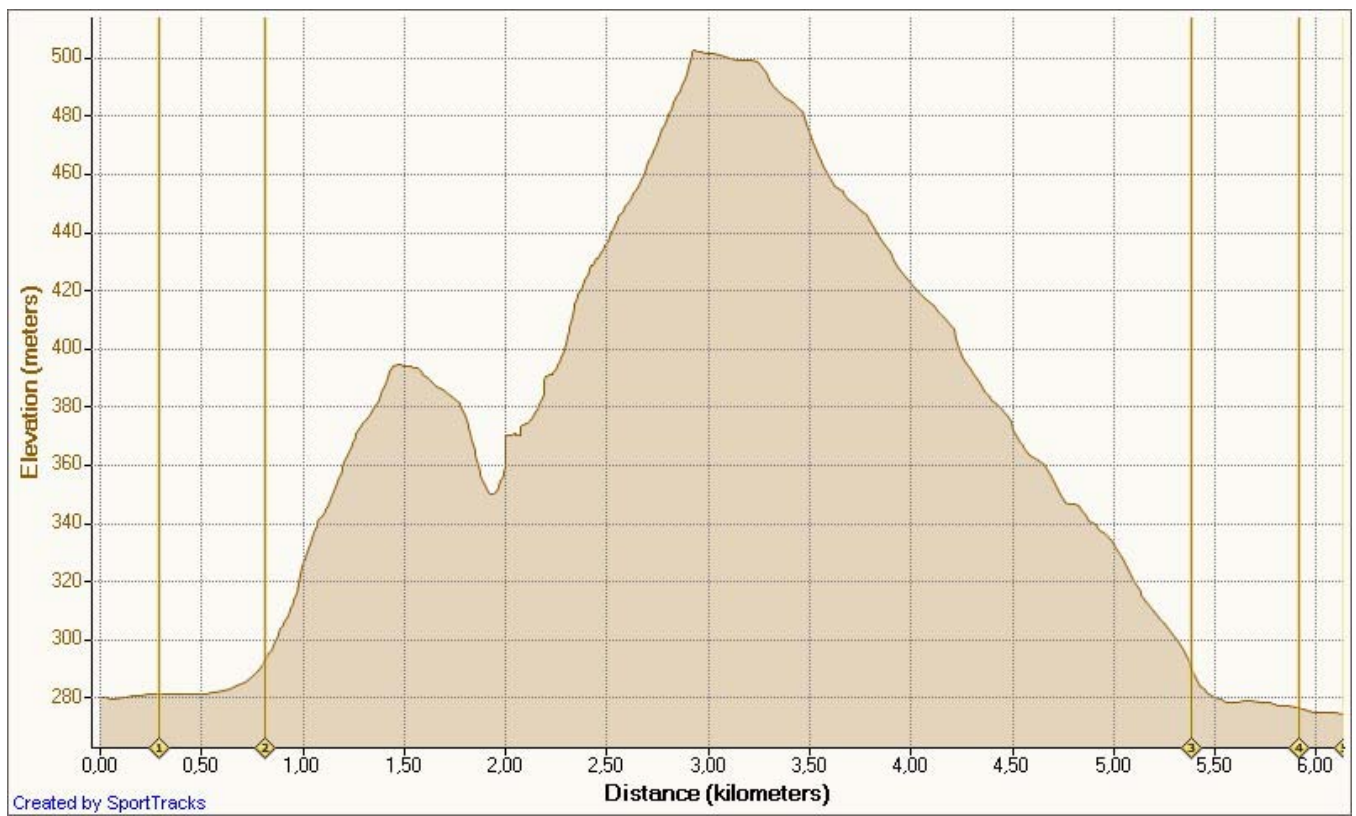
National Champs:

5,5 km: junior men and women (born in 1991 and later)

senior and veteran women (born 1990-1971 and born in 1970 and earlier)

11,5 km: senior and veteran men (born 1990-1971 and born in 1970 and earlier)

Elevation:



Race lap map:

