



Athlete Information

WMRA Mountain Running World Cup 2022

(22nd edition)



Version: 2022.1 (6 Jan 2022)

1. GENERAL WORLD CUP INFORMATION

- 1.1. For 2022 the WMRA have introduced two levels of World Cup events. The ‘GOLD LABEL’ and ‘SILVER LABEL’ Races.
- 1.2. There are 12 ‘GOLD LABEL’ Races in the main WMRA World Cup. Athletes can acquire full World Cup points (*Points table listed at 2.7*) and receive support from WMRA and Race Organisers (*see points 4.1 and 4.2*) at these events.
- 1.3. The 5 ‘SILVER LABEL’ Races are connected events whereby athletes can gain a lower number of points to contribute to their overall World Cup score (*Points table listed at 2.7*).
- 1.4. Both ‘GOLD LABEL’ and ‘SILVER LABEL’ events count towards an athlete’s total number of races.

2. WORLD CUP RULES 2022

- 2.1. In 2022, there will be races in 3 categories (short uphill, classic mountain and long mountain).
 - 2.1.1. Race categories will align themselves to the following parameters:
 - Short Uphill (SU): 3 – 8km with 750m+ minimum elevation gain and 1000m+ maximum elevation gain. The course should be mainly uphill. (Guide: average elevation gain per km = 150 – 250m/km)
 - Classic Mountain (CM): 9 – 21km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 100 – 150m/km)
 - Long Mountain (LM): 22km – 45km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 80 – 120m/km)
 - 2.2. **The overall WORLD CUP results** will be calculated from athletes’ **best 6 race results including ‘SILVER LABEL’ race results**. Each ‘GOLD LABEL’ World Cup race in each category counts equally to the overall World Cup result except where bonus points are allocated.
 - 2.3. **The category WORLD CUP results** will be calculated from athletes’ **best 3 race results in that single category**. Athletes may rank in more than one category.
 - 2.4. 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 1st position and the other has not, the athlete with the 1st 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.
 - 2.5. The points awarded for each race will be as follows (the same for men and women) using WMRA World Mountain Running Ranking World Cup Category B classification for the World Cup ‘GOLD LABEL’ Races. World Cup ‘SILVER LABEL’ race points also included on the table below:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
WORLD CUP GOLD LABEL race Points:	50	40	30	25	20	18	16	14	12	10	8	6	4	2	1
WORLD CUP SILVER LABEL race Points:	20	17	14	12	10	7	5	4	3	2	-	-	-	-	-

- 2.6. Bonuses: **The bonus points will be added to apply to an athletes overall World Cup points tally and NOT to their Category points score.**

- a) Bonus participation at the World Cup final race to be held in KV Chiavenna-Lagunc (Italy). Each points scoring athlete from the race receives a **5 points** bonus to add to their score: for 2022 this final race. An athlete must arrive in the top 15 places at this race to score this bonus.
- 2.7. In addition to the overall WORLD CUP classification, there will be also a WORLD CUP category classification (Male/Female).

3. PRIZES

- 3.1. The total final prize fund will be not less than 10.700 EUR and is provided by the WMRA.
- 3.2. Prize money will be paid for the overall World Cup Champions. Prize money will be distributed as follows, same for women and men:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
EUR:	1250	1000	800	600	450	350	300	250	200	150

- 3.3. WMRA medals will be awarded to the top 3 places in the overall standings as well as top 3 in the category standings Female/Male. Other prizes may also be provided by WMRA or a World Cup sponsor at the discretion of the WMRA.
- 3.4. Prize money / other awards for category classification will be at the discretion of the WMRA.

4. ATHLETE ASSISTANCE

- 4.1. In 2022 the WMRA will pay a travel support of 1000 euro per event for the top 5 ranked athletes in the World Ranking (M & F) = 100euro per athlete, for World Cup 'GOLD LABEL' races only. The **top 5 ranked athletes** World Ranking will be taken from the World Ranking website <https://ranking.wmra.info> on the Friday before the race weekend. In the event that these runners are not available for the event this money will not be paid to the next ranked athletes. For event locations with 2 races held together there will be paid only one single amount.
- 4.2. Each race organiser must offer as a minimum free entry and full board accommodation for at least **two** nights for the athletes.
- Who finished the 2021 WORLD CUP on the top 10 positions (Appendix 4),
 - The Senior and Junior Men/Women's winners from the previous edition of the World Mountain and Trail Running Championships (Classic) and winners of the previous edition of the World Mountain and Trail Running Championships (Short trail). This will revert to the previous edition of the World Mountain Running Championships (Classic – JM/JW/SM/SW and Long Distance SM/SW) in the event that WMTRCh has not yet taken place. (Appendix 4).
 - The best 10 athletes' women/men in the World Ranking (taken at 45 days prior to the competition date in order to manage travel and entry logistics for that athlete).
 - If an athlete who has not competed in recent times but feels that they may be considered as an elite competitor, they should contact the WMRA World Cup Manager for guidance.

5. FINAL PRIZEGIVING CEREMONY

- 5.1. The final prize giving ceremony for the overall WORLD CUP result will be held at the last WORLD CUP 'GOLD LABEL' race of the series, KV Chiavenna-Lagunc.
- 5.2. 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.
- 5.3. Runners who are not present at the prize-giving ceremony must contact WMRA to receive their prize money. 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 1st Dec in the current year renounces the prize.
- 5.4. If an athlete is selected for doping control then Final WORLD CUP prize money will be paid only after the negative results of all Doping Controls held at any of the races. If these results are not

available before the 1st Dec. (prize money deadline), special allowance will be made by the WMRA for this to allow athletes to receive prizes.

6. RACE INFORMATION

6.1 World Cup 'GOLD LABEL' Races

Race	Date	Distance	Location	Airport	Website
Montemuro Vertical Run	19/06/22	9.54km (Classic)	Castro Daire (POR)	Lisbon, Portugal	MONTEMURO VERTICAL RUN – Regulamento – Terras de Aventura
Grossglockner Berglauf	10/07/22	13.4km (Classic)	Heiligenblut (AUT)	Salzburg, Austria	Großglockner Berglauf - Startseite (grossglocknerberglauf.at)
La Montee du Nid d'Aigle	16/07/22	19.5km (Classic)	St Gervais (FRA)	Geneva, Switzerland	La Montée du Nid d'Aigle : 1 course légendaire au Mont-Blanc (saintgervais.com)
Giir di Mont KV	30/07/22	8km (SU)	Premana (ITA)	Bergamo, Italy	Sito in aggiornamento (giirdimont.it)
Giir di Mont	31/07/22	32km (Long)	Premana (ITA)	Bergamo, Italy	Sito in aggiornamento (giirdimont.it)
Sierre-Zinal	13/08/22	31km (Long)	Zinal (SUI)	Geneva, Switzerland	The Sierre-Zinal Race :: Sierre-Zinal :: the race of the five 4000 :: Valais :: Switzerland
Vertical Nasego	03/09/22	4.2km (SU)	Nasego (ITA)	Bergamo, Italy	Trofeo Nasego Corsa in Montagna – Pucia la Nasego!
Trofeo Nasego	04/09/22	21.5km (Long)	Nasego (ITA)	Bergamo, Italy	Trofeo Nasego Corsa in Montagna – Pucia la Nasego!
Canfranc-Canfranc KV	09/09/22	4.4km (SU)	Canfranc (SPA)	Lourdes, France	canfranccanfranc.com
Canfranc-Canfranc 16k	11/09/22	16km (Classic)	Canfranc (SPA)	Lourdes, France	canfranccanfranc.com
Zumaia Flysch Trail	02/10/22	22km (Long)	Zumaia (SPA)	San Sebastian, Spain	Zumaia Flysch Trail
KV Chiavenna-Lagunc	08/10/22	3.2km (SU)	Chiavenna (ITA)	Bergamo, Italy	www.kilometroverticalelagunc.it

6.2 'SILVER LABEL' races

Race	Date	Distance	Location	Airport	Website
Seven Sister Skyline	21/05/22	30km (Long)	Dunlewey, Donegal (IRL)	City of Derry, NI	Seven Sisters Skyline – Excel Sports
One Hundred Douro-Paiva	02/07/22	45km (Long)	Cinfaes (POR)	Porto, Portugal	One Hundred® - Douro-Paiva 2022
Krkonošsky Half Marathon	07/08/22	21km (Classic)	Janske Lazne (CZE)	Krakow, Poland	22nd Mountain World Cup – Krkonošský Half-Marathon – KRKONOŠSKÝ PŮLMARATON (maratonstav.cz)
Andes Race	25/08/22	30km (Long)	Cusco (PER)	Cusco International, Peru	El Andes Race Carrera de Trail Running - en Cusco Trail Running
Smarna Gora Race	01/10/22	10km (Classic)	Ljubljana (SLO)	Ljubljana International, Slovenia	Smarna gora