19th WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS

27th-28th-29th September 2019

(9th Feb. 2019)

Invitation to

19th World Masters Mountain Running Championships
Gagliano del Capo
27-28-29th September 2019

Dear Sport Friends,
The organizing committee ASD Atletica Capo di Leuca supported by FIDAL, the Italian Athletic Federation and by WMRA, World Mountain Running Association, has the pleasure to invite you to the 19 th World Masters Mountain Running Championships, that will take place in Italy on the 27-28-29th of September 2019, in Gagliano del Capo (Lecce). In addition, please find all the necessary information about this event.
We hope you will appreciate the hospitality of our country and we hope to see you all in Gagliano del Capo - Italy.

Kind regards,

Gianluca Scarcia
President of A.S.D. Atletica Capo di Leuca

For Contact: Gianluca Scarcia
Email: trofeociolo@gmail.com
Phone: +393276697730
English language phone: +393939241065

Welcome speech by WMRA

It's exciting to see the Masters Mountain Running held in a location outside of our normal alpine areas. A race course near the rugged and beautiful coast of southern Italy will be a unique experience for all the participants. I would encourage all of the runners to spend a few days in the area exploring the beautiful landscape and coast, experiencing the culture and of course eating the wonderful food that this region of Puglia is very famous for.
I would like to thank the Local Organising team, local and regional governments, the Italian Athletics Federation and all the supporters, volunteers and sponsors who make this event possible. Today it's very challenging finding good hosts and organisers able to manage and fund these events and the WMRA is very happy to have Gianluca and his team working with us to bring to you this event. We really hope you enjoy it.
I wish all of our Masters runners the best of luck, a good hard race and above all a great time at this years event!
President **Jonathan Wyatt**

Welcome speech by WMA

For over 15 years now, I have had the great opportunity to attend the World Masters Mountain Running Championships as the technical delegate and safety officer of the WMA. I take this opportunity to welcome all athletes age 35 to 79 on day of race to come to the 19th World Masters Mountain Running Championships, which will take place in Italy on the 28-29th of September 2019, in Gagliano del Capo (Lecce), the boot of Italy. The course is different than the normal up and down of a mountain side, it is a technical race looped along the rocky coast from 6.5 to 10.9 km depending on your age. The course has incredible views of the sea. I thank the organizers ASD Atletica Capo di Leuca supported by FIDAL, and the Council members of the WMRA for planning this event.
Come to Italy this September and enjoy some hard racing and the hospitality of the people of the region, the weather, food and wine.
See you at the finish line.
Vice President **Brian Keaveney**

EVENT MANUAL

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1. ORGANISATIONAL STRUCTURE

IAAF

President: Sebastian COE (GBR)
CEO: Jon RIDGEON (GBR)
Cross Country Committee - Chairman: Carlos CARDOSO (POR)

WMRA COUNCIL

President: Wyatt JONATHAN (NZL)
Secretary: Tomo SARF (SLO)
Treasurer: Nancy HOBBS (USA)
Council Member: Wolfgang MUNZEL (GER)
Council Member: Andrzej Puchacz (POL)
Council Member: Sarah ROWELL (GBR)
Council Member: Giorgio BIANCHI (ITA)
Delegate: Wolfgang MUNZEL (GER)

WMA

President: Margit JUNGMANN (GER)
General Secretary: Maria ALFARO (MEX)
Delegate & Safety Officer: Brian KEAVENEY (CAN)

FIDAL

President: Alfio GIOMI
General Secretary: Fabio PAGLIARA
Delegate e competitor manager: Luca ROTILI (ITA)

LOC (Local Organising Committee)

President: Gianluca SCARCIA
General Coordinator: Antonio MARGARITO
Timing & Scoring Service: Cronogare
Transportation Manager: Eleonora D'AMORE
Media Manager: Davide SCHIANTARELLI
Accreditation Manager: Cronogare
Website and Info: Salentoverticale ASD
Medical Services: Croce Rossa Italiana
Alpine Rescue: Corpo Nazionale Soccorso Alpino e Speleologico

2. GENERAL PROGRAMME

September 27th, Friday-from 3:00 pm to 8:00 pm Accreditation at Hotel Terminal, Cristoforo Colombo street in Santa Maria di Leuca

	5:45 pm - Course informations by a WMRA delegate - Hotel Terminal
	6:30 pm - Opening ceremony of WMMRC 2019 - Cristoforo Colombo street
	8:00 pm – Pasta and music party.

September 28th, Saturday, 7:00 am - 1:00 pm and 3:00 pm - 8:00 pm - Accreditation at the Town Hall of Gagliano del Capo, Roma street.

Open Race 10,9/2,5 laps **Race 6,5 km / 1,5 laps**	*8:30 am - Start Open race.*
	9:45 am - Start W60 - W65 - W70 - W75.
	10:45 am - Start M60 - M65 - M70 - M75.
	12:15 am – Pasta party.
	1:30 pm - WMMRC 2019 awards ceremony (W/M 60-65-70-75).
	5.00 pm – Alexander Boat excursion with aperitif.

September 29th, Sunday 7:00 am - 10:00 am - Accreditation at the Town Hall of Gagliano del Capo, in Roma street.

Race 10,9 km / 2,5 laps	*8:30 am Start W50 - W55.*
	10:00 am Start M50 - M55.
	11:15 am Start W35 - W40 - W45.
	12:30 pm Start M35 - M40 - M45.
	1:30 pm - Pasta party.
	2:30 pm - WMMRC 2019 awards ceremony (W/M 35-40-45-50-55) with the passage of the flag to the host country of the 2020 edition.
	8:00 pm - Musical party in Santa Maria di Leuca.

3. THE VENUE

Svizzera
Milano
Verona
Venezia
Trieste
Slovenia
Zagabria
Seghedino
Grenoble
Torino
Padova
Croazia
Novi Sad
Нови Сад
Belgrado
Београд
Genova
Bologna
Bosnia ed
Erzegovina
Zara
Sarajevo
Monaco
Pisa
San Marino
Firenze
Spalato
Cannes
Italia
Mare Adriatico
Montenegro
Podgorica
Подгорица
Corse
Roma
Tirana
Bari
Albania
Napoli
Pompei
Matera
Taranto
Sardegna
Mar Tirreno
Gagliano del Capo
Cagliari
Palermo
Reggio
Calabria
Trapani
Marsala
Sicilia
Catania
Mar Ionio
Siracusa
Tunisi
Google

Cartina della
Provincia di Lecce
LECCE
San Cataldo
Mare Adriatico
Mare Ionio
Porto Cesareo
Sant' Isidoro
Nardò
Galatina
Otranto
Santa Caterina
Gallipoli
Casarano
Castro Marina
Mancaversa
Torre Suda
Taurisano
Tricase Porto
Tricase
Torre San Giovanni
S. M. di Leuca

4. TECHNICAL INFORMATIONS

ACCREDITATION FORMALITIES:

Technical Information Center (TIC): the main function of the center is to ensure smooth communication between the Athletes, the LOC, the WMRA Delegate and the Competition Management regarding technical matters. The TIC will be open on:

September 24-27th	*from 3:00 pm to 8:00 pm - Accreditation inside the "Hotel Terminal", in Santa Maria di Leuca, Cristoforo Colombo street.*
September 28th	*from 7:00 am to 1:00 pm and from 3:00 pm to 8:00 pm Accreditation at the Town Hall of Gagliano del Capo, in Roma street.*
September 29th	*from 7:00 am to 10:00 am - Accreditation at the Town Hall of Gagliano del Capo, in Roma street.*

ACCREDITATION PROCEDURES

Each athlete will receive a pass at the end of the accreditation process, which must be with him/her to access race facilities. The card, together with race number and timing chips will be delivered to each athlete at the accreditation center during the accreditation process.

During this process a dedicated bag identified with the respective race number will be given to each athlete.

To proceed with the recognition and collect the pass, each athlete must show his/her passport or identity card to the dedicated staff at the accreditation center.

Cards will allow access to reserved areas for athletes, ceremonial areas, exchange services and accredited facilities. The pass will guarantee access to special discounts and promotions on events and initiatives that will be better described in the race kit of each athlete. Only athletes directly involved in the competition will have access to the call-room.

LOSS OF PASS

Any lost or damaged accreditation cards should be reported to LOC or the Accreditation Center. Duplicate cards can be obtained where proof of identity can be established.

CATEGORIES – age groups:

The belonging category will be determined according to the athlete's years on the day of the competition, therefore:

W/M 35-39	born	30.9.1979 – 29.9.1984
W/M 40-44	born	30.9.1974 – 29.9.1979
W/M 45-49	born	30.9.1969 – 29.9.1974
W/M 50-54	born	30.9.1964 – 29.9.1969
W/M 55-59	born	29.9.1959 – 29.9.1964
W/M 60-64	born	29.9.1954 – 28.9.1959
W/M 65-69	born	29.9.1949 – 28.9.1954
W/M 70-74	born	29.9.1944 – 28.9.1949
W/M 75-79	born	28.9.1939 – 28.9.1944

COURSE INSPECTION

Athletes will have free access to the competition venue and race course for training in the days preceding the competition. The course will be fully marked and accessible on Friday 27th September (starting from 9:30 am). Shuttles can be organized on Friday morning if necessary.

5. ARRIVALS AND TRASPORT

ARRIVAL BY AIR

The Brindisi airport is the nearest civil airport to reach the race venue.The organizing committee will provide on the website www.atleticacapodileuca.com all information regarding the transfer services to and from Brindisi airport, far about 115 km from Gagliano del Capo.

ARRIVAL BY TRAIN

It will be possible to organize transfers also for those arriving by train from and to the central station of Lecce, far about 60 km from Gagliano del Capo.

ARRIVAL BY ROAD

From Lecce: SS 101 Gallipoli direction, arrived near the ramp for Gallipoli go on to
S.M. di Leuca direction (on SS 274), then afterwards take the Gagliano del Capo exit and follow the signs "WMMRC2019".

SHUTTLE TRANSFER FOR OPENING CEREMONY

The LOC, for those staying in the City of Gagliano del Capo, provides means of transport to accompany athletes and escorts for free at the opening ceremony of the 19th Mountain Race Master World Championship to be held in Santa Maria di Leuca:

- Departure at 5:15 pm from Gagliano del Capo Tawn Hall in Roma street.
- Return at 9:00 pm from Santa Maria di Leuca in Cristoforo Colombo street.

SHUTTLE TRANSFER FOR AIRPORT / CENTRAL STATION

The LOC organizes transfers to Bari airport, Brindisi airport and Lecce railway station based on flight / train schedules presented by single athlete or teams. Further information on costs and timetables will be available by contacting Mrs. Eleonora d'Amore at 3939241065 or by writing to eje1982@libero.it

VISA REQUIREMENT

Visa to come to Italy might be required for some countries. Countries not needing a visa: ALB, AND, AUS, AUT, BEL, BUL, CAN, COL, CRO, CZE, DEN, FRA, GBR, GER, HUN, IRL, ISR, JPN, LIE, MEX, MKD, MLT, MON, NED, NOR, NZL, POL, POR, ROU, SLO, SMR, SRB, SUI, SVK, SWE, USA. Countries that need a visa and have an Italian embassy in the country are: BLR, KEN, RUS, TUR, UGA, UKR.

Countries requiring visas to enter Italy should obtain them from the Italian Embassy or Consulate in their country. If some athletes need support to get their visas, they should contact FIDAL at internationaldept@fidal.it giving their first name, date of birth, sex, passport number (and expiring date of validity). Holders of valid Schengen visas of multiple entry can freely enter Italy without additional Italian visa.

6. HOTELS AND FACILITY

HOTELS
The athletes will find all the partner accommodation facilities offering full board and / or half board, B & B or apartments at the best price by consulting the website https://www.lovesud.it/ or the LOC website https://salentoverticale.wixsite.com/outdoor/accomodations

7. MEDICAL SERVICES AND FIRST AID

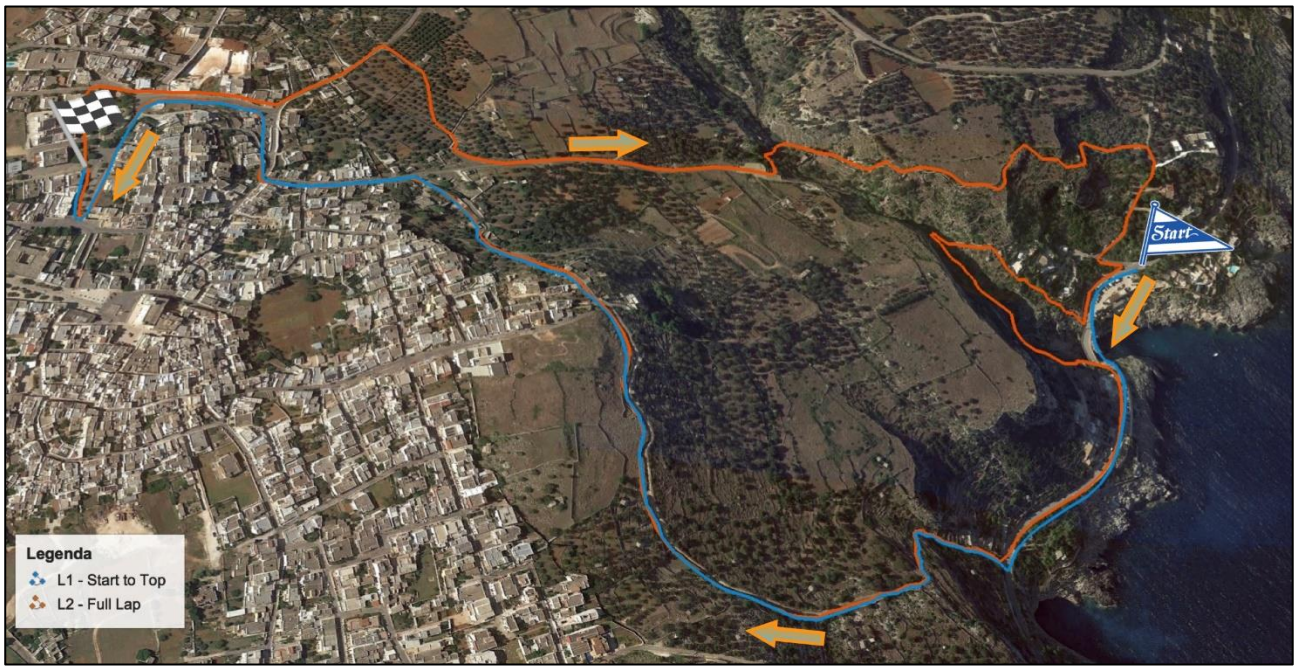
LOC provides medical assistance to athletes, staff, honorary guests and, during the competition, to spectators. Along the race field and in the start / finish area there will be a first aid garrison with the presence of doctors, paramedics, Italian Red Cross and mountain rescue. The "Cardinale G. Panico" hospital in Tricase, via Pio X is about 18 km far from the competition area.

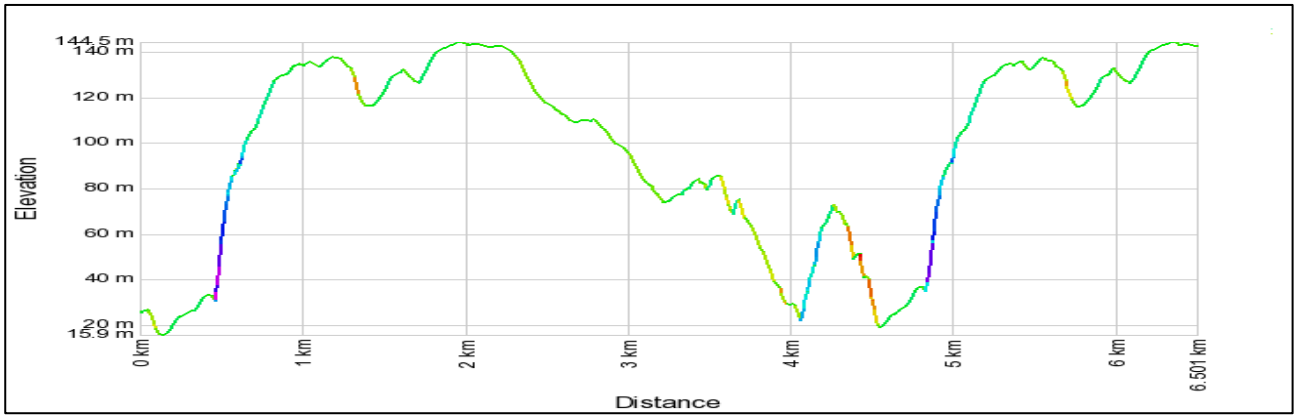
8. COMPETITION REGULATIONS

THE COURSE
Shuttles will be provided starting from the finish area race to reach the Race start. Access from this area to reach the start area using the race course will not be permitted. Please respect the runners by not warming up on the race track while races are taking place due to narrow sections on the track.

The nineteenth edition of the WMMRC will be disputed on an uphill / downhill path at "Ciolo". The route represents one and a half lap (distance 6.5 Km) for the short race, and two and a half laps (distance 10.9 Km) for the long race. The surface is mainly rocky and grassy with a very small part of asphalt. The distances and amounts of ascent / descent per race are as follows:

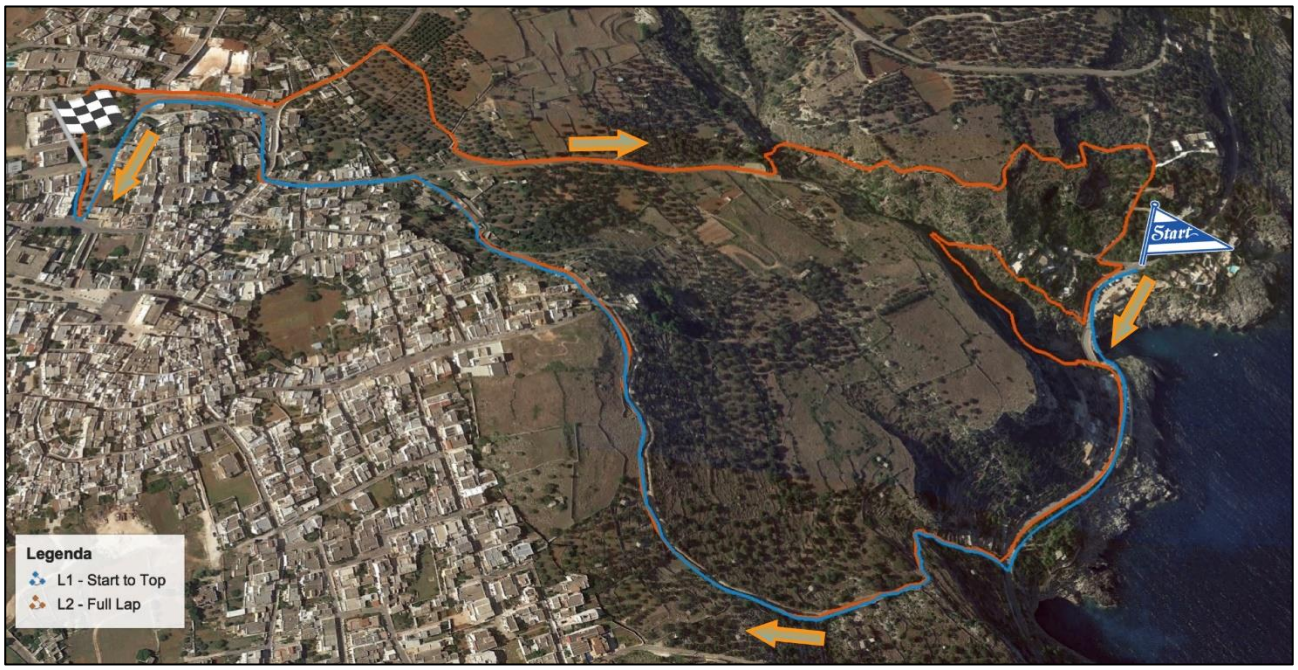
Path	Distance	Lap	Category	Ascent/Descent	Day
Short Race	6,5 KM	*1,5*	*W60 – W65 – W65 - W75*	*330 mt+, 207mt-*	Saturday
Short Race	6,5 KM	*1,5*	*M60 – M65 – M70 – M75*	*330 mt+, 207mt-*	Saturday

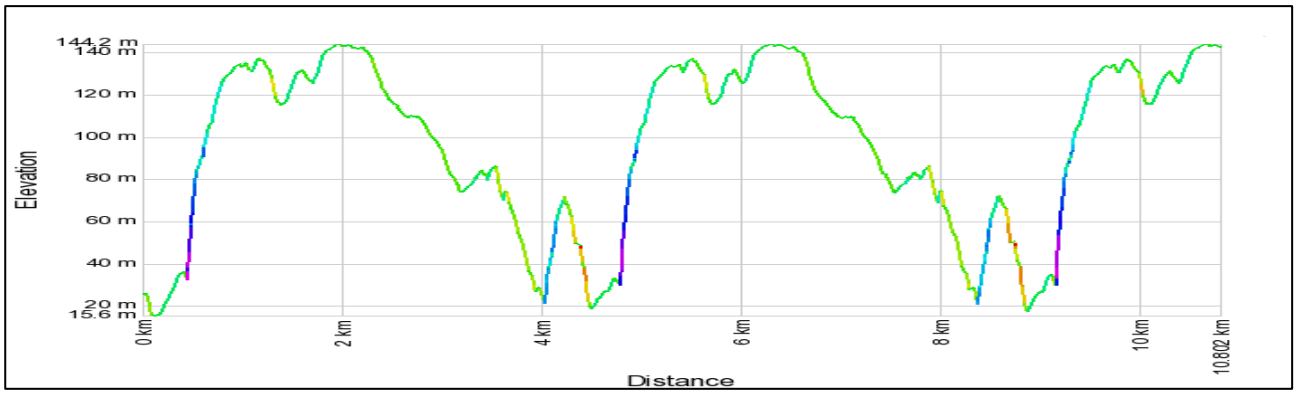




MAP AND ALTIMETRY – SHORT RACE
https://connect.garmin.com/modern/activity/3236253368

Path	Distance	Lap	Category	Ascent/Descent	Day
Long Race	10,9 KM	*2,5*	*W35 - W40 - W45 - W50 - W55*	*496 mt+, 374mt-*	Sunday
Long Race	10,9 KM	*2,5*	*M35 - M40 - M45 - M50 - M55*	*496 mt+, 374mt-*	Sunday





MAP AND ALTIMETRY – LONG RACE
https://connect.garmin.com/modern/activity/3237940074

PARTECIPANTS
No limit number of participants.

ELIGIBILITY

All participants must be aged 35 or more on competition day and they must be registered with their National Athletics Federation.

ACCREDITATION PASS

Each athlete must have his/her own pass to access areas reserved for athletes. The card must be worn and clearly visible at all times. The card will be handed to each athlete at the accreditation center.

WARMING UP BEFORE EVENTS

Warming up will take place around the start area. At the end of the warming up the athletes shall prepare for the race and will put their clothing in the dedicated bag, received during the accreditation process identified with the respective race number. This will be moved to the post event area where the athlete can recollect it after the race.

CALL ROOM PROCEDURES

All athletes must present themselves at the Call Room 20 minutes before starting their respective event, but no later than 15 minutes before the start. Athletes arriving late may be excluded from participation at the event.
The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing
- Race numbers

STARTER COMMANDS

All instructions will be given in English. The command is: “On your marks!” followed by a shot from the starter’s gun.

REFRESHMENT STATIONS

There will be two refreshment station with water and sponges located close after the start and finish lines. Water, fruit and small snacks will be also available in the post event area.
Personal refreshment may be handed to the official refreshment stations only. An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

9. REGISTRATION AND COMPETITION PROCEDURES

BIB AND CHIP

All competitors will receive two bibs, one indicating the number and one indicating the category and the country represented; the first to wear on the front and the second one on the back of the shirt. The bibs must not be folded or cut in any way to avoid disqualification. The chip must be fixed on the

shoelace of the shoe. The security deposit * (euro 5.00), paid upon registration, will be returned by returning the same chip to the registration office c/o the Town Hall of the City of Gagliano del Capo located in Roma street, arrival area, no later than 3:00 pm on Sunday 29th September.

ENTRY FEE FOR THE WHOLE PACKAGE AND ACCREDITATION FEE

Registration to the race must be carried out through with the specific on-line procedure on website **wmmrc.cronogare.it**:

- 30 EURO per athlete (including chip security deposit) from 01-01-2019 to 25-06-2019*
- 40 EURO per athlete (including chip security deposit) from 01-06-2019 to 31-08-2019*
- 50 EURO per athlete (including chip security deposit) from 01-09-2019 to 22-09-2019*

* date of the payment - The entry becomes official only when the entry fee is being paid.

Registrations expire on September 22nd 2019 at 11:59 pm.

PAYMENT

Competitors must make an advance payment in EUR by bank transfer to the following account:
BENEFICIARY: *A.S.D. ATLETICA CAPO DI LEUCA*
BANK: *BANCA POPOLARE DI UGENTO*
BANK ADDRESS: *VIA MESSAPICA 26, UGENTO (LE)*
IBAN: *IT52 L052 6280 130C C047 2271 977*
SWIFT CODE: *BPPUIT33*
Specifications: *Name of athlete and nationality + WMMRC CIOLO 2019*

CANCELLATION POLICY AND REFUND

Will be possible to withdraw the registration before 1st September 2019. After this date the amount paid cannot be returned.

AWARDS

Individuals:

- the first 3 positions of each category will be awarded with medals (gold, silver, bronze)
- Team medals will be given to the first three teams in all categories.

TEAMS

- There can be only one team per country.
- In all categories, team results shall be decided by the aggregate of places recorded by the first three runners from the same country.
- Teams with only 2 classified members will be classified after teams with 3 classified runners (full teams)
- There is no requirement to declare team members in advance.
- There will be no adjustments for non-scoring athletes.
- The full team with the lowest aggregate of points will be judged the winner.
- Any tie will be decided in favor of the team whose last scoring member finishes nearer the first place.

DOPING CONTROL

All athletes could be invited to undergo a doping test before or after the race.

PROTEST AND APPEALS

Protests will be processed in accordance with IAAF Rule 146.
In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).
Any written appeal to the Jury of Appeal must be signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee. The Jury of Appeals, composed of a Competition Judge and two WMRA members, will be appointed during the information meeting.
When submitting an appeal form, a deposit of 100 EUR must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing at the TIC.

10. SECURITY

The organizing committee will guarantee satisfactory levels of road safety and public responsibility. The instructions provided by LOC, security personnel and the police must be followed in all areas related to the event, as well as during transport from one place to another. Athletes are responsible for their actions.

11. OPEN RACE

Saturday, September 28th at 8.30 am there will be an open race on the distance of 10.9 km and 2.5 laps, a race dedicated to non-master athletes from 18 years up to 34 years. The first three men and the first three women at the finish line will be rewarded during the awards ceremony at the Town Hall of Gagliano del Capo in Roma street at 1:30 pm on Saturday 28th September. At all the athletes at the finish line will be given a souvenir medal. The cost of registration is 20 EURO. For payment, refer to chapter 9 of this manual.

12. CEREMONIES AND PROTOCOL

OPENING CEREMONY
The opening ceremony will take place at 6:30 pm on Friday 27th September in Santa Maria di Leuca, Cristoforo Colombo street.

PASTA PARTY
A welcome party will be organized by LOC at 8:00 pm on Friday 27th September. The invitation cards will be included in the welcome bags. The "Pasta Party" will be accompanied by a musical program.

BOAT EXCURSION
Saturday, September 28th at 4.30 pm meeting at the fishing port of Santa Maria di Leuca and departure at 17 on the "Alexander" boat; bath break and aperitif all accompanied by music at the special price of € 10 per person ((rate reserved to athletes and families). Limited seats.
For info and reservations contact the number 0039 3939241065 or send an email to eje1982@libero.it.

AWARDS & CLOSING CEREMONIES
The awards ceremonies will be held on Saturday 28th September at 1:30 pm for W/F 55-60-65-70-75 plus Open Race, and on Sunday 29th September at 2:30 pm for M/W 35-40-45-50, both at the Town Hall of Gagliano del Capo.
The closing ceremonies will be held on Sunday 29th September at 2.30 pm in Gagliano del Capo, after the awards ceremony.
During this ceremony the flag crossing to the host country for the 2020 edition will take place.

13. IMAGE RIGHTS

With the registration, the athlete expressly authorizes the organizers to freely use images, fixed and/ or moving, which retract him/her during his/her participation in the 19th World Championships in mountain running and related events. The organizers will be able to cede to their institutional and commercial partners the rights to use the image provided for in this agreement. This authorization to use one's own image must be understood to be provided for an indefinite period, in compliance with the laws, regulations and treaties included, merely as a non-limiting example, promotional and/or advertising materials and realized on all supports.

PRIVACY PROTECTION
The personal data provided will be processed in a lawful and correct manner, as established by the EU Regulation EU n. 679/2016 and Legislative Decree 196/2003, as amended by Legislative Decree 101/20158 regarding the protection of personal data.

14. GENERAL INFORMATION

WEATHER FORECAST FOR THE PERIOD: The forecast weather during the competition period assumes an average temperature of 25 ° C with 90% humidity.

LANGUAGE: All communications and information will be available in English and Italian. English is the official language of WMRA events.

COURSE REGULATION: According to the rules OF IAAF and Fidal – the Italian Federation of Athletics.

USEFUL NUMBERS: First-Aid 118 - Police 113 - fire rescue 115 – emergency number 112.

ELECTRICITY SPECIFICATIONS: 220V 50 Hz.

TELEPHONE CODE: International country code for Italia: +39.

SHOP OPENING HOURS: Most shops are open from 8:00 am to 1:00 pm/4:00 pm to 8:00 pm.

BANK OPENING HOURS: from 8:30 am to 1.30 pm – from 2:45 pm to 3.45 pm.

MONEY EXCHANGE: Money exchange at the airport of Brindisi or at bank offices in Gagliano del Capo.

15. CONTACT DETAILS

A.S.D Atletica Capo di Leuca
Via Giordano Bruno, 2 -73059 Ugento (Italy)
Phone: +39 3276697730
English language: +393939241065
Email: trofeociolo@gmail.com
Website: www.atleticacapodileuca.com
Facebook: wmmrc&trofeociolo

Salento Verticale Climbing club:
kayak rental and excursions to the sea caves, trekking tours, diving and snorkeling!
Phone: +39 3483062231
Email: salentoverticale@gmail.com
Website: www.salentoverticale.wixsite.com
Facebook: salentoverticale

ph: Luigi Costantini

#WEAREINPUGLIA

UNIONE EUROPEA

PUGLIA FESR·FSE 2014/2020
Il futuro alla portata di tutti
Asse VI - Azione 6.8

REGIONE PUGLIA

PROMOZIONE