

Modřany Ravine Run

(formerly Přespolní běh nad Modřanskou roklí) is part of Pohár Pražských Běžeckých Nadějí 2020.

17th cross-country run will be held on Sunday, 31. 5. 2020.

You need to register by May 27, 2020. You will have a **lower entry fee** if register online. Registration can be found on: <http://results.bezeckenadeje.cz/events/modrany-ravine-run-17-rocnik/>. Max. 400 runners. You can look forward to lower entry fee even if you bring your own tee cup. We ask for competitors and especially parents of young kids to pick their starting numbers up well in advance.

Time	No of mass start	Categories (depending on the date of birth)	Length of track
9:30	1	male teens 14–15 years PPBN (2006–2005)	3 300 m
9:30	2	female teens 16–17 years PPBN (2004–2003)	3 300 m
9:30	3	female teens 18–19 years (2002–2001)	3 300 m
9:30	4	kids 4 years (alone or with parent) (2016)	50 m
9:35	5	kids until 3 years (alone or with parent) (2017...)	50 m
9:55	6	female kids 5 years (2015)	320 m
10:05	7	male kids 5 years (2015)	320 m
10:15	8	female kids 6–7 years (2014–2013)	320 m
10:25	9	male kids 6–7 years (2014–2013)	320 m
10:40	10	male teens 16–17 years PPBN (2004–2003)	6 000 m
10:40	11	male teens 18–19 years (2002–2001)	6 000 m
10:40	12	women C 45–54 years (1975–1966)	6 000 m
10:40	13	women D 55–84 years (1965–1936)	6 000 m
10:40	14	men E 65–74 years (1955–1946)	6 000 m
10:40	15	men F 75–84 years (1945–1936)	6 000 m
10:40	16	girls 8 years (2012)	640 m
10:50	17	boys 8 years (2012)	640 m
11:00	18	girls 9 years (2011)	640 m
11:10	19	boys 9 years (2011)	640 m
11:40	20	boys 10–11 years PPBN (2010–2009)	1 000 m
11:50	21	girls 10–11 years PPBN (2010–2009)	1 000 m
12:00	22	female teens 12–13 years PPBN (2008–2007)	1 000 m
12:20	23	women A 20–34 years (2000–1986)	10 000 m
12:20	24	women B 35–44 years (1985–1976)	10 000 m
12:20	25	men A 20–34 years (2000–1986)	10 000 m
12:20	26	men B 35–44 years (1985–1976)	10 000 m
12:20	27	men C 45–54 years (1975–1966)	10 000 m
12:20	28	men D 55–64 years (1965–1956)	10 000 m
12:20	29	male teens 12–13 years PPBN (2008–2007)	2 000 m
12:20–12:40	30	female teens 14–15 years PPBN (2006–2005)	2 000 m

Start and finish are on the meadow U Liščích děr, behind the campus of PBIS - Prague British International School (Brunelova 960/12), above the water reservoir and former quarry.

Registrations: On-line or on the day of the race at PBIS, not later than 20 minutes before the start of your category. **Please, return starting numbers at the finish line.**

Start fee: On-line reg.: Adults 50 Kč, juniors 30 Kč, kids (up to 15) free. On the place: 80 Kč.

Transport: To bus stop Sídliště Libuš – bus No.215 (terminal) from metro C Kačerov, bus No.165 from metro Háje / Opatov, from direction Zbraslav / Komořany / Modřany.

To bus stop Jirčanská - bus N°197 from metro B Smíchovské nádraží/ Háje. To tram stop Sídliště Modřany - tram N°17. To Nádraží Modřany railway station - train (track N°210).

Dressing rooms, showers, restrooms: are available at Prague British International School.

Small refreshments: Tea, water, biscuits or etc. will be provided by the organizer.

Notice: The race takes place in a protected area, therefore respectful behavior is essential. The Modřany ravine is a natural reserve and the Modřany ravine – Cholupice Park has protected status. Do not go outside the existing paths. Each participant starts the race at his own risk with all the consequences arising from it and is responsible to have had their health, certified by a physician in the current year. Spikes are not recommended on the tracks 3 300 m long. Items left either in a locker or at the course are not the subject of liability of the organizers. Scholl parking lot is open until 15 p.m.

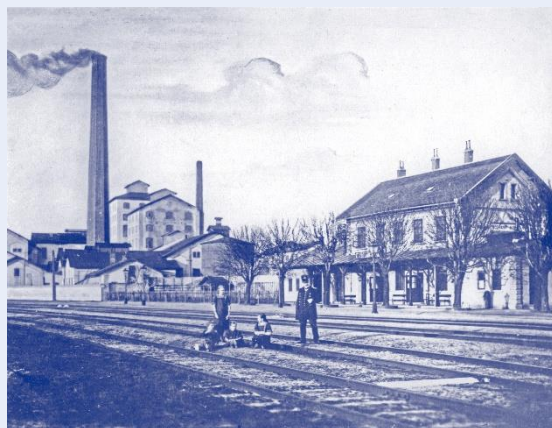
Information: <http://www.praha12.cz/modrany-ravine-run>,
or Jiří Kalista, Machuldova 13/ 575, 142 00 Praha 411, e-mail: jirikalista@seznam.cz,
Phone: Mobile/Cell: 604 972 334, Work: 261 132 783.
GPS coordinates: 50.00357°N 14.451234°E.

Results: Winners of individual categories will be announced immediately after data processing at the start/finish point (the results can be also found on the internet).

Track records: Václav Janoušek (SK Spartak Praha 4) holds the record for 10 000 m: 34:08 (2012). Petra Kotlíková from Slavoj Pacov significantly improved the women record - 42:46 (2019). Kamila Gregorová (Kerteam) ran the 8 km track the fastest - 30:46 (2013).

Prizes: The first three competitors in each category will receive a certificate, a medal and a prize provided by the organizer.

From history of the ravine and a surrounding: Until the 19th century Modřany village did not increase in size, in population and in significance. It still existed in the shadow of neighboring Zbraslav and Vyšehrad village. The situation changed after the founding of a sugar refinery in 1861. The small agriculture village became an industrial center. More and more workers and technicians were looking for work. It forced more construction, more schools, shops, services and everything people needed. In 1936, the village was promoted to a township, after the merger with Komořany in 1963 to a city, which in 1968 became part of the capital city of Prague. (by the nature trail).



Cukrovar u stanice dráhy kolem roku 1900

Race sponsors:

praha12

...Váš interier s.r.o.
<http://vasinterier.com/>

SoucekFoto
Fotografické a video služby
SOUCEKFOTO.COM

