

Modřany Ravine Run

(formerly Přespolní běh nad Modřanskou roklí) is part of Pohár Pražských Běžeckých Nadějí 2022.

19th Cross-country run will be held on Sunday, 24. 4. 2022

You need to register **by April 20, 2022**. You will have a **lower entry fee** if register on-line. Registration can be found [naleznete zde](#). Max. 400 runners.

You can look forward to lower entry fee even if you bring your own tee cap. We ask for competitors and especially parents of young kids to pick your starting numbers up well in advance.

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.

Accompanying program (Saturday and Sunday): The Jarek Lokos Theatre presents the Mi-Ja musical and theatrical circus. Saturday: 5 – 7 p.m. Sunday 11:30 a.m. – 1:30 p.m..

Time, No of mass start, Categories depending on the date of birth, **Length of tracks:**

9:30	1 – male teens 14–15 years	PPBN	(2008–2007)	↑90 m	3 400 m
9:30	2 – female teens 16–17 years	PPBN	(2006–2005)		3 400 m
9:30	3 – female teens 18–19 years		(2004–2003)		3 400 m
9:30	4 – kids 4 years (alone or with parent)		(2018)		50 m
9:35	5 – kids until 3 years (alone or with parent)		(2019...)		50 m
9:55	6 – female kids 5 years		(2017)		320 m
10:05	7 – male kids 5 years		(2017)		320 m
10:15	8 – female kids 6–7 years		(2016–2015)		320 m
10:25	9 – male kids 6–7 years		(2016–2015)		320 m
10:40	10 – male teens 16–17 years	PPBN	(2006–2005)	↑110 m	6 100 m
10:40	11 – male teens 18–19 years		(2004–2003)		6 100 m
10:40	12 – women C 45–54 years		(1977–1968)		6 100 m
10:40	13 – women D 55–84 years		(1967–1938)		6 100 m
10:40	14 – men E 65–74 years		(1957–1948)		6 100 m
10:40	15 – men F 75–84 years		(1947–1938)		6 100 m
10:40	16 – girls 8 years		(2014)		640 m
10:50	17 – boys 8 years		(2014)		640 m
11:00	18 – girls 9 years		(2013)		640 m
11:10	19 – boys 9 years		(2013)		640 m
11:40	20 – boys 10–11 years	PPBN	(2012–2011)		1 000 m
11:50	21 – girls 10–11 years	PPBN	(2012–2011)		1 000 m
12:00	22 – female teens 12–13 years	PPBN	(2010–2009)		1 000 m
12:20	23 – women A 20–34 years		(2002–1988)	↑215 m	10 000 m
12:20	24 – women B 35–44 years		(1987–1978)		10 000 m
12:20	25 – men A 20–34 years		(2002–1988)		10 000 m
12:20	26 – men B 35–44 years		(1987–1978)		10 000 m
12:20	27 – men C 45–54 years		(1977–1968)		10 000 m
12:20	28 – men D 55–64 years		(1967–1958)		10 000 m
12:20	29 – male teens 12–13 years	PPBN	(2010–2009)		2 000 m
12:20–12:40	30 – female teens 14–15 years	PPBN	(2008–2007)		2 000 m

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

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

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 are available in a tent at the start, **portable toilets** will be on PBIS parking lot.

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 3 400 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 3 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.

National handball in Modřanská rokle: Handball club (TJ Spartak Modřany) rent a meadow at the end of Modřanská rokle in 1947 which was turned into a court with the help of the players and the club fans. They built cabins and a wooden clubhouse.

There started an era of the Czech master handball in Modřany. But the validity of the court rent contract ended in 1957 and the club didn't extend it. They built a new court together with volleyball players on the Summer training ground at the Modřany Sokol house. They had to free up this place in 1984 for a construction of the T.G. Masaryk Primary School pavilion and a new canteen. They returned to Modřanská rokle in 1986. Photo: 1st qualifying tournament in the 1950s, perhaps October 25, 1953. (by the natural trail)



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