

# Teplicka 10 and 3 run 2023

## regulations

### 4th edition

**November, 12th 2023, Teplice nad Metují, Czech republic**

**Organizer:** Sport club REDPOINT TEAM, Horní 13, 549 57 Teplice nad Metují  
phone: +420 491 581 042, e-mail: [redpoint@seznam.cz](mailto:redpoint@seznam.cz)

**Race office:** Teplice nad Metují – swimming pool

**Application:** to October, 31th on-line on [www.sportchallenge.cz](http://www.sportchallenge.cz) for basic start fee, last moment application for higher start fee in the Race office on November, 12th from 9.30 a.m. to 10.30 a.m

**Charge:** adults 200 CZK (8 EUR), youth 100 CZK (4 EUR). **This price is valid only when you will pay till October, 31th on bank account** (you will receive details by e-mail after login) **or cash in the sport shop Redpoint.** Last moment application by registration is about 100 CZK (4 EUR) more.

**Start:** Swimming pool - 11.05 a.m. for 10 km and 3,65 km together

**Showers and toilets:** Sport centre (behind the school)

**Medical service:** Červený kříž Teplice nad Metují

**Race track:** Official measured 10 km long fast track with turnaround in Adršpach has minimum elevation and is rund around the river Metuje. First 1,5 km is on asphalt road. The youth round is 3,65 km long on same track with long distance.

**Best time:** 32:16 / Pavel Jelen (2022) and 37:05 / Eliška Hostková (2022)

**Bonus:** 1000 CZK for new best time (men and women)

**Protests:** within 10 minuts after publication unofficial results with 500 CZK deposit.

**Awards Cremony:** 13.00 a.m.

- men absolutely: 1st / 1500 CZK, 2nd / 1000 CZK, 3rd / 500CZK + cups
- women absolutely: 1st / 1500 CZK, 2nd /1000 CZK, 3rd / 500 CZK + cups
- youth men absolutely: 1st / 300 CZK, 2nd / 200 CZK, 3rd / 100CZK + cups
- youth women absolutely: 1st / 300 CZK, 2nd / 200 CZK, 3rd / 100CZK + cups
- 1st – 3rd position in each category: medals

### Categories 10 km:

- ABSOLUTELY (MEN / WOMEN)
- JUNIOR MEN to 19 years (2004 and younger)
- MEN „A“ 20–34 years (1989 – 2003)
- MEN „B“ 35–44 years (1979 – 1988)
- MEN „C“ 45–54 years (1969 – 1978)
- MEN „D“ from 55 years (1968 and older)
- JUNIOR WOMEN to 19 years (2004 and older)
- WOMEN „A“ 20–34 years (1989 – 2003)
- WOMEN „B“ 35–44 years (1979 – 1988)
- WOMEN „C“ 45–54 years (1969 – 1978)
- WOMEN „D“ from 55 years (1968 and older)

### Categories 3,65 km:

- YOUTH MEN I to 13 years (2010 and younger)
- YOUTH WOMEN to 13 years (2010 and youger)
- YOUTH MEN 14–15 years (2008 – 2009)
- YOUTH WOMEN 14–15 years (2008 – 2009)