

Modřany Ravine Run

(formerly Přespolní běh nad Modřanskou roklí)

18th Cross-country run will be held from 20. 4. until 25. 4. 2021

Due to the occurrences of the last year, this year will be organized differently than in previous years. You need to register **by April 25, 2021**. On-line registration can be [found here](#) (on-site registration is not possible). Unfortunately, the race will take place without facilities, but you can make your own race number. We will be happy if you share your running experiences with us and send us your photos.

20. 4. (Tuesday) - opening of tracks - run and send us your performances.

25. 4. (Sunday) - the end of the race and concurrently the last chance to register and take part.

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.

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

Individually	1 – male teens 14–15 years	PPBN	(2007–2006)	3 200 m
Individually	2 – female teens 16–17 years	PPBN	(2005–2004)	3 200 m
Individually	3 – female teens 18–19 years		(2003–2002)	3 200 m
Individually	4 – kids 4 years (alone or with parent)		(2017)	50 m
Individually	5 – kids until 3 years (alone or with parent)		(2018...)	50 m
Individually	6 – female kids 5 years		(2016)	320 m
Individually	7 – male kids 5 years		(2016)	320 m
Individually	8 – female kids 6–7 years		(2015–2014)	320 m
Individually	9 – male kids 6–7 years		(2015–2014)	320 m
Individually	10 – male teens 16–17 years	PPBN	(2005–2004)	6 000 m
Individually	11 – male teens 18–19 years		(2003–2002)	6 000 m
Individually	12 – women C 45–54 years		(1976–1967)	6 000 m
Individually	13 – women D 55–84 years		(1966–1937)	6 000 m
Individually	14 – men E 65–74 years		(1956–1947)	6 000 m
Individually	15 – men F 75–84 years		(1946–1937)	6 000 m
Individually	16 – girls 8 years		(2013)	640 m
Individually	17 – boys 8 years		(2013)	640 m
Individually	18 – girls 9 years		(2011)	640 m
Individually	19 – boys 9 years		(2012)	640 m
Individually	20 – boys 10–11 years	PPBN	(2011–2010)	1 000 m
Individually	21 – girls 10–11 years	PPBN	(2011–2010)	1 000 m
Individually	22 – female teens 12–13 years	PPBN	(2009–2008)	1 000 m
Individually	23 – women A 20–34 years		(2001–1987)	10 000 m
Individually	24 – women B 35–44 years		(1986–1977)	10 000 m
Individually	25 – men A 20–34 years		(2001–1987)	10 000 m
Individually	26 – men B 35–44 years		(1986–1977)	10 000 m
Individually	27 – men C 45–54 years		(1976–1967)	10 000 m
Individually	28 – men D 55–64 years		(1966–1957)	10 000 m
Individually	29 – male teens 12–13 years	PPBN	(2009–2008)	2 000 m
Individually	30 – female teens 14–15 years	PPBN	(2007–2006)	2 000 m

Registrations: Only on-line this year.

Start fee: Only on-line registrations: Adults 50 Kč, juniors 30 Kč, kids (up to 15) free.

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). PBIS parking lot will not be opened. 15 places will be available in front of the school on 24 and 25 April. You can park your cars e.g. in Brunelova or Zelenkova street. GPS coordinates: 50.00357°N 14.451234°E.

Dressing rooms, showers, restrooms will not be available this year.

Small refreshments will not be provided this year.

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 takes responsibility for his or her medical condition, verified by a physician in the last year. Spikes are not recommended on the tracks 3 200 m long. Items left at the course are not the subject of liability of the organizers.

Information: modranyravinerun.cz, www.praha12.cz/modrany-ravine-run, or Jiří Kalista, Machuldova 13/ 575, 142 00 Praha 12, e-mail: jirikalista@seznam.cz, Mobile: 604 972 334.

Results: The way and date of announcing the winners will be specified according to the development of the current situation. You will find the results 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.

Citizens saved a cross: Originally the cross stood on the route to Zbraslav behind current SK Modřany football pitch. It was broken during a workers' demonstration during the governance of the mayor František Vošahlík (1891–1899) and housekeeper Antonín Koptán had it welded. He then moved the repaired cross and the pedestal in front of his farm. The cross still stands there but nowadays it is not behind the village “u Koptánů” but in the middle of a housing estate – in the garden of a primary school “Na Beránku”. Even in the 1960s, there was only one solitary house and a cross next to it in these places, popularly called „V Lipínách“. When the housing estate was being completed and the school was to be opened in May 1987, the autocrats of the time had the cross tumbled because it seemed inappropriate for children to look at it. The citizens dismantled and hid the individual pieces. After the revolution in 1989, the cross rose to its original place again. (from the nature trail)



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**Pavel
Matějovský**

