

UNIT 14
Out of Stadium Events –
Road Running and Cross Country

Road Running and Cross Country – Slide 14/2



Road Running (Rule 240)

- Road races can be run over any distance but the standard distances are:
 - 10km
 - 15km
 - 20km
 - Half marathon
 - 25km
 - 30km
 - Marathon (42.195km)
 - 100km
 - Road Relay
- Note that the distances of road races are shown in “km” and track races in “m”

Road Running Courses



- should be held on made-up roads
- starts and finishes and other segments of a race can be within athletic arenas, or on grass or other soft ground
- start and finish lines can be white or coloured and may be up to 30cm
- the “calibrated bicycle method” shall be used for course measurement, and for measuring we must along the shortest possible route

Road Running Courses

- The distance in kilometres on the route shall be displayed to all athletes



На трассе марафона

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CROSS COUNTRY AND ROAD RACES



Cross Country, Mountain and Trail Running (Rules 250 to 252)

- Cross country races can be run over any distance but the standard distances recommended for championships competition are:
 - Men - 10km; Women – 10km
 - Under 20 Men – 8km; Under 20 Women – 6km
 - Under 18 Boys – 6km; Under 18 Girls – 4km
- Mountain races can be run over any distance but the standard distances recommended for championships competition are:
 - Men - 12km; Women – 8km
 - Under 20 Men – 8km; Under 20 Women – 4km
 - Under 18 Boys – 5km; Under 18 Girls – 3km
- Trail races can be run over any distance which together with the total ascent/descent will be announced by the organisers prior to the race

CROSS COUNTRY



- races **should be held in open or woodland areas**
- **start and finish lines can be white or coloured** and may be up to 30cm in width
- Loop length might to be between 1500 and 2000m, where possible with a total ascent of at least 10m
- **there is no recommended method for course measurement**

CROSS COUNTRY COURSES



- courses **should be natural**, with curves and short straights
- should be clearly marked on both sides
- Loop length might to be between 1500 and 2000m, where possible with a total ascent of at least 10m

Conduct of Road Running Events – Rules 240.6 to 240.10

- authorised persons/team officials may hand refreshments (but see Rule 240.8e and f)
- an athlete may carry water or refreshment by hand or attached to the body (Rule 240.8g)
- an athlete who takes refreshment or water other than at an official station or who takes the refreshment of another athlete is liable to be warned or disqualified by the referee
- In road races, an athlete may leave the marked course, with the permission of and under the supervision of an official. But if the athlete, as a result, lessens the race distance to be covered, he/she shall be disqualified (Rules 240.9 and 240.10)

Refreshment



Start and Finish

<10km – only water/sponging, with interval 5km

>10km – water, supplements – with interval 2,5km or less

Refreshment



- authorised persons/team officials may hand refreshments
- an athlete may carry water or refreshment by hand or attached to the body
- an athlete who takes refreshment or water other than at an official station or who takes the refreshment of another athlete is liable to be **warned or disqualified by the referee**
- in races over more than one lap, water drinking and sponging stations should be provided at a suitable point every lap, if conditions warrant

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Refreshment



Leaving the course



- an athlete may leave the marked course, with the permission of and under the supervision of an official. But if the athlete, as a result, lessens the race distance to be covered, he/she shall be disqualified

CROSS COUNTRY AND ROAD RACES– START PROCEDURE



Races are started with the command “on your marks” and then the firing of a gun, cannon, air-horn or like device. For races with large entries, 1, 3 and 5 minute warnings should be given.

In major events, departure boxes should be provided for each team at the start line (cross country)

CROSS COUNTRY AND ROAD RACES – FINISH CORRIDOR

