



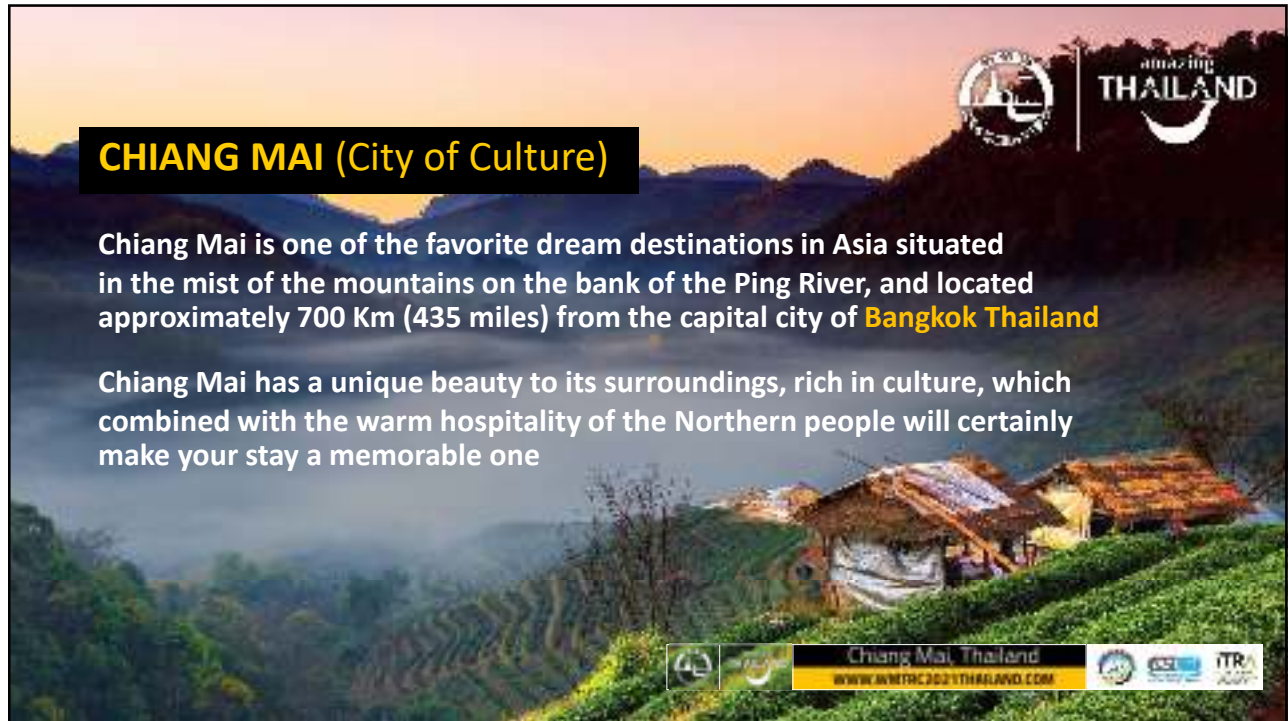
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World Mountain & Trail Running Championships
11th - 14th November 2021

organised in **Chiang Mai, Thailand**
with the support of the Ministry of Tourism and Sports of Thailand
under the coordination of World Athletics
sanctioned by the the WMRA, IAU and ITRA

 Chiang Mai, Thailand
WWW.WMTRC2021THAILAND.COM

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CHIANG MAI (City of Culture)

Chiang Mai is one of the favorite dream destinations in Asia situated in the mist of the mountains on the bank of the Ping River, and located approximately 700 Km (435 miles) from the capital city of **Bangkok Thailand**

Chiang Mai has a unique beauty to its surroundings, rich in culture, which combined with the warm hospitality of the Northern people will certainly make your stay a memorable one

Chiang Mai, Thailand
www.nrtc2021thailand.com

Logos: NRTC 2021 Thailand, amazing THAILAND, AOT, ITRA 2021

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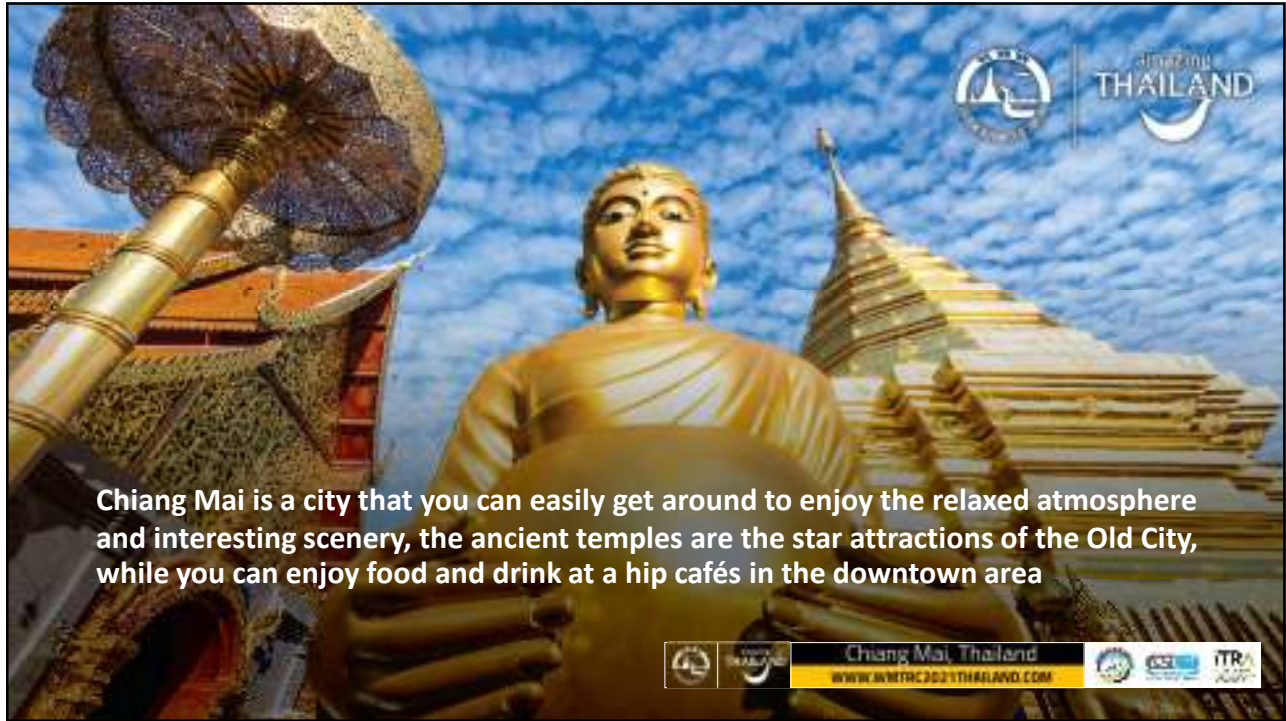
Chiang Mai is a land of misty mountains and the colorful hill tribes, a playground for seasoned travellers, a paradise for backpackers, shopping lovers and a delight for adventurers

With its stunning countryside full of contemporary colours and Lanna culture, Chiang Mai is a province which attracts millions of tourists each year, both from Thailand and abroad

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World Mountain & Trail Running Championships (Travel to Chiang Mai)



There are more than 40 flights daily from Bangkok to Chiang Mai



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World Mountain & Trail Running Championships Official Hotel Location



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World Mountain & Trail Running Championships Official Hotels

1. U HOTEL NIMMAN CHIANGMAI: 4.5 stars

- Rooms Available : 120 Per night
- Price : \$100/120 Per night
- Distance : 3 KM to Race Venue



2. EASTIN TAN HOTEL CHIANGMAI: 4 stars

- Rooms Available : 100 Per night
- Price : \$100/120 Per night
- Distance : 3 KM to Race Venue



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World Mountain & Trail Running Championships Official Hotels

3. CHIANGMAI HILL HOTEL: 3.5 stars

- Rooms Available : 200 Per night
- Price : \$70/80 Per night
- Distance : 2.7 KM to Race Venue



5. IBIS STYLES HOTEL: 3 stars

- Rooms Available : 150 Per night
- Price : \$60/70 Per night
- Distance : 2.5 KM to Race Venue



4. CHIANGMAI PHUCOME HOTEL: 3.5 stars

- Rooms Available : 250 Per night
- Price : \$70/80 Per night
- Distance : 2.5 KM to Race Venue



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World Mountain & Trail Running Championships 11th – 14th November 2021

Eligibility to Participate

- All World Athletics Member Federations
- No WMTR championships qualification level
- Each Member Federation sets its own selection criteria
- Mountain races are up to 4 athletes to start, 3 to score
 - Individual and team titles (team title based on cumulative position)
- Trail races are up to 6 athletes to start, 3 to score
 - Individual and team titles (team title based on cumulative time)



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World Mountain & Trail Running Championships 11th – 14th November 2021

Race Programme

- **Friday 12th November** – 40km trail race, followed by the vertical uphill races in the evening
- **Saturday 13th November** – 80km trail race
- **Sunday 14th November** – Classic up and down mountain races for seniors and juniors
- Plus mass participation events, expo, athletes village and running clinics



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World Mountain & Trail Running Championships 11th - 14th November 2021

Races - Distance and Elevation Gain

Vertical uphill race	3-6 km	Circa 1000m ascent
Classic up and down – senior	10-12 km	500m-700m ascent/descent
Classic up and down – junior	5-6 km	250-350m ascent/descent
Short trail race – senior	35-45 km	ITRA factor 45-74, minimum ascent 1500m
Long trail race – senior	75-85 km	ITRA factor 115-154

*All races will be held under World Athletics Technical Rules (see WA Rule 57)



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World Mountain & Trail Running Championships Provisional Trail Courses - subject to site visit

Long Trail Race – 80km, 4800m elevation gain

Short Trail Race – 42km, 2,290m elevation gain



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World Mountain & Trail Running Championships 11th - 14th November 2021

Mountain Running Courses still to be confirmed

Vertical uphill race	3-6 km	Circa 1000m ascent
Classic up and down – senior	10-12 km	500m-700m ascent/descent
Classic up and down – junior	5-6 km	250-350m ascent/descent



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World Mountain & Trail Running Championships 11th - 14th November 2021

Dates and Deadlines

- Invitations to Member Federations with Entry details and general information May/June 2021
- Preliminary Entries August 2021
- Final Entries September 2021



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World Mountain & Trail Running Championships 11th - 14th November 2021

Indicative Competition Grants to Federations

Every Member Federation that selects and sends one/two athletes at least:-

- 2 single athletes \$1000
- 4 scoring teams of 3 athletes sliding scale to \$5000



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World Mountain & Trail Running Championships 11th - 14th November 2021

Subsidised travel and accommodation arrangements

All accredited athletes and management can access:

- Discounted domestic flights from Bangkok to Chiangmai return \$120 max
- Accommodation (BB, 2 persons sharing) per night:
 - 2* (2 stars) \$50/55 to 5* (5 stars) \$100/120 (2,200 beds available)
 - Buffet meals at \$10 each per person



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World Mountain & Trail Running Championships
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To know more about Chiang Mai & Thailand

Please visit our TAT website:

<https://www.tourismthailand.org>

The official Championship website will be:

www.WMTRC2021THAILAND.COM

