



7. UMMAMUUDU LIINA ÜÜJUUSK - 7. VÕRU NIGHT RUN -

Rules and regulations 2023

7. Võru Night Run is the 7th stage in Võru running/walking series of 2023 and takes place on Friday, August 18th.

Main distance running - **10 km (2 laps) - start at 21:30**

Shorter distance running - **5 km (1 lap) - start at 21:30**

Walking distance - **5 km (1 lap, without timing) - start at 21:30**

Children races - **ca 400 m (without timing, not a competition) at 20:30 and 1,2 km (with timing but not a competition) at 21:00.**

Race centre, start and finish are at the central square of Võru. Start and finish are there too. Race centre will be open from 19:30.

Additional information: <https://vorumaaspordiliit.ee/uritused/vorumaa-jooksusari/>

AGE GROUPS

5 km distance (1 lap):

M / N 12 (born in 2011 and later)

M / N 14 (2009 – 2010)

Open distance (not a competition) for runners born in 2008 and earlier.

10 km distance (2 laps):

M / N 16 (2007 – 2008)

M / N 18 (2005 – 2006)

M / N 21 (1994 – 2004)

M / N 30 (1984 – 1993)

M / N 40 (1974 – 1983)

M / N 50 (1964 – 1973)

M / N 60+ (born in 1963 and earlier)

TIME KEEPING

The chip is attached to the back of the bib. The bib cannot be folded or harmed in any other way. The bib must be attached to the front and must be visible throughout the whole distance. Please do not stop your watch at the finish line as it may affect the timing signal.

Results can be found from Nelson Timing OÜ site: <https://nelson.racetecresults.com>

REGISTRATION AND ENTRY FEES

	UP TO 15.08	16.08 and 17.08	18.08
Adults (running)	5 EUR	10 EUR	15 EUR
Up to 18 years and pensioners (running)	3 EUR	5 EUR	10 EUR
Walking	3 EUR	5 EUR	7 EUR
450m children's race	FREE	FREE	FREE

REGISTRATION MUST BE DONE ONLINE

www.vorumaaspordiliit.ee/vorumaa-jooksusari

The same form is also used for registration at the venue.

The entry fee can be paid by bank transfer (information can be found at the registration form) or in cash or by card at the venue when picking up the bib. The amount will be asked by the date of the registration.

AWARDING

- **Three fastest runners** of each age group will be awarded - MN16-MN60+ on 10 km and MN12-MN14 on the 5 km distance
- **3 best men and women** on the 10 km race in overall ranking
- **3 best boys and girls** on the 5 km race in overall ranking.

Awarding takes place after the last runner's finish.

At the finish, **each participant** gets a badge, a bottle of drinking water and a banana. Some gifts will be given as raffle prizes among the pre-registered participants.

PARKING AND TRAFFIC

Parking is possible in all public parking lots of Võru, it is not organized. Traffic is regulated by the volunteers and by the police - please follow their instructions. Also each participant must be careful too, because the race takes place in the city and all the streets are not closed for traffic. And all drivers are not as polite as we hope.

Organizers: Võrumaa Spordiliit, Orienteerumisklubi Võru, Ekstreempark

Main organizer: Merike Õun merike.oun@gmail.com