



World Masters Mountain Running Championships 2023 in the paradise island of Madeira



Madeira, 5th July 2023 – The **World Mountain Running Association (WMRA)** is delighted to announce that the highly anticipated **22nd World Masters Mountain Running Championship** will be hosted on the beautiful island of Madeira, Portugal. This prestigious event is scheduled to take place from the 15th to the 17th of September 2023, showcasing the remarkable talent and endurance of masterful mountain runners from around the globe.

Madeira is, of course, no stranger to international mountain running competitions, having hosted the **European Mountain Running Championships in 2002 and 2015** and the **European Masters Championship in 2020**.

With its breathtaking landscapes, challenging terrains, and world-class hospitality, Madeira serves as the perfect backdrop for this thrilling competition. Renowned for its rugged mountains, stunning vistas, and lush greenery, Madeira promises an unforgettable experience for participants and spectators alike.



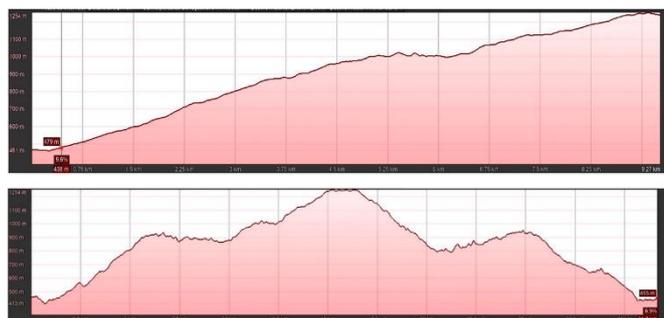
The races will be held on the sunnier part of the island, the **municipality of Calheta**, on the south western shore of the island, known for its nature and great weather.

This year the World Masters Championship adopts a new 2 race format, one for the **Classic Uphill race**, with an approximate length of 9km, and another for the **Long Distance race**, with an approximate length of 32km.



WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS 2023: THE RACES

Uphill Race: Spanning a distance of 9.2 kilometers with an astounding 800 meters of elevation gain, this race will push athletes to conquer steep inclines, demanding their utmost strength and determination. Participants will navigate through the island's awe-inspiring landscapes, showcasing both their endurance and technical skills.



Long Distance Race: Covering an impressive distance of 32.4 kilometers with an elevation gain of 1151 meters, this gruelling race will push athletes to their limits. As they traverse challenging terrains and conquer steep ascents and descents, runners will experience the full majesty of Madeira's natural beauty.

Race profile info to be found [here](#)



The races are open to **all runners between 35 and 79 years** of age and are organised by the **World Mountain Running Association** in collaboration with the **Madeira Athletics Association**.

All athletes aged 35 to 79 years old, **registered with their National Athletics Federations, and that are not punished or suspended by National or International Federations**, are eligible to participate in the competition. There will be no limit of participants.



WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS 2023: REGISTRATION PERIODS AND FEES

Registrations will be made through the Lap2Go platform, on the official events website.

- From June 01 to July 31 - 50€ per athlete
- From August 01 to August 15 - 55€ per athlete

Athletes participating in both, Uphill and Long Distance races, will benefit from a discount on the second race, as follows:

- From June 01 to August 15 - 30€ per athlete for the second race

REGISTER HERE:

lap2go.com/en/event/world-masters-mountain-running-championships-2023

For more information: www.wmmrc-madeira2023.com/en



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About the WMRA:

Formed in 1984, the World Mountain Running Association is the global governing body for mountain running and has the goal of promoting mountain running for all ages and abilities.

Aswell as the World Cup, the WMRA organizes Masters, U18 and area championships and this year for the second time will work in partnership with the World Athletics, ITRA and IAU to deliver the World Mountain and Trail Running Championships in Innsbruck, Austria. The WMRA also maintains the [Mountain Running World Ranking](#), a system of points allocated to athletes based on the results in designated races.



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