

NSC Regd. No. 180



नेपाल एडभेन्चर रनिङ महासंघ

Satdobato, Lalitpur, Bagmati Province, Nepal

Circular No.

18 February, 2025

All Affiliated Units- NARF

Athletes Meeting the Selection Criteria

Subject : SELECTION CRITERIA FOR PARTICIPATION OF ATHLETES IN THE 3RD WORLD MOUNTAIN & TRAIL RUNNING CHAMPIONSHIPS 25TH TO 28TH SEPTEMBER 2025, CANFRANC-PIRINEOS , SPAIN

Dear Sir/Madam,

The Nepal Adventure Running Federation (NARF) proposes to send a team of men and women meeting the NARF qualification standards for the 3rd World Mountain & Trail Running Championships to be held from 25th to 28th September 2025 at Canfranc-Pirineos, Spain. The detailed guidelines/ instructions/ eligibility criteria for selection and participation of runners are placed as Annexure 'A' to this letter. Interested athletes, meeting selection criteria, **may apply online through the link which will be available on the NARF website and social media page from 1st March to 25th March 2025. (1700 h)**. The details required to be filled in the **online** form is placed as Annexure 'B' of this letter.

Nepal Adventure Running Federation is only facilitating the participation of Nepali athletes who meet qualifying standards. The participation is **Athlete Funded** and **selected athletes will have to bear all expenses** of training, travel, boarding and lodging and any other related expenses.

Thank you

Best Regards,

Preeti Khattri
International Affairs Coordinator
Nepal Adventure Running Federation
+977-9808032588

Ekendra Bahadur Kunwar
President
Nepal Adventure Running Federation
info@nepaladventurerunning.org

ANNEXURE - A



+977 - 01 - 4983088



info@nepaladventurerunning.org



www.nepaladventurerunning.org



3rd WORLD MOUNTAIN & TRAIL RUNNING CHAMPIONSHIPS 25th to 28th September 2025, Canfranc - Pirineos, Spain

1. World Mountain & Trail Running Championships is to be held from 25th to 28th September 2025 at Canfranc-Pirineos, Spain.
2. Online pre-applications will open on by **1st March 2025 to 25th March 2025**.
3. **Events** The events include : -

EVENT	LENGTH##	Elevation Gain (m)##
Long Trail - Men and Women	82 Km	+ 5700 m
Short Trail – Men and Women	44.5 Km	+ 3700 m
Mountain Classic (Up & Down) - Men and Women	15 Km	+ 820 m
Vertical Uphill - Men and Women	6.5 Km	+ 986 m

exact distance and elevation gain / loss will be informed later.

1. **Team composition:**
 - a. **Mountain Races:** Upto 04 Men and 04 Women for each event.
 - b. **Trail races:** Upto 06 Men and 06 Women for each event.





1. **Qualifying Period.** The qualifying period is from **01 March 2024 to 31 March 2025**.
2. **Qualifying Race.** ITRA race scores obtained in races of a similar distance category and elevation, as mentioned in para 7 below and run during the qualifying period between 01 May 2024 to 31 March 2025 will be considered.

Race Specific Benchmark for selection consideration.

1. Athletes should have achieved the following standards within the qualifying period.

EVENT	DESCRIPTION (Dist / Elev Gain/Loss)	GENDER	RACE-SPECIFIC BENCHMARK
Short trail race – Men and Women	44.5 Km ± 3700 m	MEN	DISTANCE CATEGORY: Marathon or 50 Km Trail with similar elevation gain or loss in qualifying race with minimum ITRA RACE SCORE of 700
		WOMEN	DISTANCE CATEGORY: Marathon or 50 Km Trail with similar elevation gain or loss in qualifying race with minimum ITRA RACE SCORE of 600
Long trail race - Men and Women	82 Km ± 5700	MEN	DISTANCE CATEGORY: 50 mile or 100 Km Trail with similar elevation gain or loss in qualifying race with minimum ITRA RACE SCORE of 700
		WOMEN	DISTANCE CATEGORY: 50 mile or 100 Km Trail with similar elevation gain or loss in qualifying race with minimum ITRA RACE SCORE of 600

Please refer to <https://itra.run/find-a-runner> for the ITRA Race Score



EVENT	DESCRIPTION (Dist / Elev Gain/Loss)	GENDER	RACE SPECIFIC BENCHMARK
Vertical Uphill - Men and Women	6.5 km ± 986 m	MEN	Distance Category: 5.5 Km ± 1000 m in minimum time 55 minutes OR 10 K race category with minimum ± 800 m elevation gain or loss with minimum ITRA RACE SCORE of 700
		WOMEN	Distance Category: 5.5 Km ± 1000 m in minimum time 1 hour 10 minutes OR 10 K race category with minimum ± 800 m elevation gain or loss with minimum ITRA RACE score of 600
Mountain Classic (Up and Down) - Men and Women	15 Km ± 820	MEN	DISTANCE CATEGORY: Half marathon with minimum <u>similar</u> elevation gain or loss with minimum ITRA RACE SCORE of 700
		WOMEN	DISTANCE CATEGORY: Half marathon with minimum <u>similar</u> elevation gain or loss with minimum ITRA RACE SCORE of 600

Please refer to <https://itra.run/find-a-runner> for the ITRA Race Score and Timing

1. Selection Process

- Only Nepali Citizens will be considered, and the athlete must hold a valid Nepali passport.
 - Race Results. The results of the races run by the athlete must be available on the ITRA website, as on the date of submission of the application. Results, which are made available after the last date for submission of the application, may not be considered.
 - Selection Trails. No selection trials are envisaged for the Championships. ITRA race scores and performance at above mentioned category races during the qualifying period and listed on ITRA site will be considered.
- Participation in races after selection. Once selected the athletes will not take part in any race, till the championships unless permitted by the selection committee.
 - Expenditure for participation. The Championships is an athlete funded events. All expenditure towards the participation is to be borne by individual athletes. However, if the Championship attracts a sponsor, in which the travel and accommodation is either fully or largely paid by the sponsor, then the





athlete would be required to abide by certain conditions laid down by Nepal Adventure Running Federation to meet the requirements of the sponsor. Details would be intimated at the appropriate stage.

3. **Announcement of Results.** Selected athletes will be intimated by e-mail and result of selection will be posted on the official website of NARF www.nepaladventurerunningfederation.org by **31 May 2025**
4. **Additional Information.**
 - a. The concerned NARF Committee may be contacted at info@nepaladventurerunning.org or preetikhatri@gmail.com
 - b. **Training.** Athletes selected will be responsible for their own training in consultation with the International affairs coordination at the NARF.
 - c. **Injuries sustained prior to the Championships.** If a selected athlete gets injured during the preparation before the event, and his participation in the event is at risk, he / she must inform the NARF International Affairs coordinator at the earliest.

IMPORTANT DATES

S No.	ACTIVITY	DATE and TIME
1.	Online Application on Nepal Adventure Running Federation	1 March 2025
2.	Cut-off date and time to receive completed online Application Forms	25 March 2025 (1700 h)
3	Announcement of Selection Results	31 May 2025
4.	Self Payment for Accommodation and miscellaneous expenditure.	Athletes are required to budget minimum ~3500 Euros for self funding
5.	Arrival in Spain	Will be intimated later
6.	WORLD MOUNTAIN & TRAIL RUNNING CHAMPIONSHIPS	25th to 28th September 2025



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ANNEXURE - B

DETAILS REQUIRED FOR THE ONLINE FORM

1.	Name as per passport		
2.	Date of Birth (DD/MM/YYYY)		
3.	Gender		
4.	Nationality		
5.	Do you hold an Nepali Passport (Please upload the first and last page of the passport scanned / jpeg file)	The link for uploading passport details will be given here	
6.	Passport Number		
7.	Date of Expiry		
8.	Current Address		
9.	Cell Phone Number		
10.	E – Mail Id		
11.	Qualifying Mountain / Trail race done between 01 May 2024 to 25 May 2025	Please mention ITRA Race score in Qualifying Race	Link for athlete profile on ITRA website to be given.
	Vertical Uphill - Men and Women	ITRA Race Score	Please give the link for athlete profile on ITRA website.



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Mountain Classic (Up and Down) - Men and Women	ITRA Race Score	Please give the link for athlete profile on ITRA website.
Short trail race – Men and Women	ITRA Race Score	Please give the link for athlete profile on ITRA website.
Long trail race - Men and Women	ITRA Race Score	Please give the link for athlete profile on ITRA website.

12.	UNDERTAKING BY ATHLETE	1. If selected, I understand I may be required to bear all expenses towards my participation in the event.	
		2. If I am unable to bear my expenses, I will not claim as my right nor will I insist that Nepal Adventure Running Federation should bear my expenses.	
		3. I undertake to make the necessary arrangements for my travel for the event.	
		4. If I am injured prior to the event, I shall inform the International Affairs Committee at NARF immediately.	
		5. Once selected, I undertake that will not participate in any race, till the championships unless permitted by the selection committee. I also understand by doing so, I could be dropped from the team.	
		6. I will abide with the directions of the NARF International Affairs Committee with regards to all activities involving my participation in the event.	
		7. If the Championship attracts a sponsor, in which the travel and accommodation is either fully or largely paid by the sponsor, then I agree to abide by certain conditions laid down by the NARF to meet the requirements of the sponsor.	
	Please select the Agree or Disagree button.		