

WMRA WORLD CUP 2026

PORTUGUESE MOUNTAIN RUNNING CHAMPIONSHIP “Up and Down” (PER)CORRER CASTRO DAIRE” 2026

19º São Brás Cross (GRANJA – CASTRO DAIRE)

Specific Regulation

The **Municipality of Castro Daire**, the **GDR Granja** and **Junta de freguesia de Mões** organizes, on **April 19, 2026**, in collaboration with the **Portuguese Federation of Atletismo** and the **Associação de Atletismo de Viseu**, the **19º São Brás Cross**, a mountain pedestrian race open to athletes of both sexes with no age limit. The event takes place on a “Up an Down” mountain course, in **Granja, Castro Daire** (seniors and veterans * 10,9 km * 628 D+) e (juniors * 5 km * 278 D+). It is part of the **WMRA World Cup 2026, Portuguese Mountain Running Championship** and “**(PER) CORRER CASTRO DAIRE” 2026 – 3th stage**, initiatives that are governed by specific regulations.

In addition to the mountain route, there is a set of **YOUTH RACES** for athletes from the training levels (Benjamins to Juveniles), at distances adapted to each age group, as well as a **HIKE** (5,3 km * 200 D+) non-competitive.

It is the responsibility of the participants to regularly consult this page to find out about any changes introduced in this text in the meantime.

PROGRAM		
HOUR	ACTION	LOCAL
09:00	Opening of the secretariat (40.895115, -7.881279)	Granja –GDR Granja Sports Center
10:00	Start of Youth Races	Granja
10:30	Senior and Veteran Athletes Departure “ 19º SÃO BRÁS CROSS ”	Granja
10:35	Departure of the HIKE	Granja
10:55	Junior athletes Depature	Granja
12:00	Lunch and Prize Giving Ceremony	Granja –GDR Granja Sports Center

1. GENERALITIES

1. Program - Race schedule:

HOUR	RANKS	GENDER	CHARACTERIZATION	DISTANCE
10:00	Benjamins Infantis	F M	1 SMALL LAP	850 m
10:10	Iniciados	F M	2 SMALL LAP	1425 m
	Juvenis	F M	3 SMALL LAP	2000 m
10:30	Senior and Veteran	F	19º SÃO BRÁS CROSS	10,9 km
10:50	Senior and Veteran	M		
10:35	Hikers	F M	SÃO BRÁS HIKE	5,3 Km
10:55	Juniors	F M	19º SÃO BRÁS CROSS	5 km

2. Up to 48 hours before the competition, participants will receive, via the email address provided during registration, the **Athlete's Manual**, which contains the final version of the rules, recommendations, and other relevant information related to the event;
3. The start and finish lines for the competitions will be located at the inflatable archway belonging to the Municipality of Castro Daire, installed in front of the roundabout at the entrance to the town of Granja.;
4. The Organization is not responsible for the athletes aptitude, nor for any accidents that may occur to them being, however, guaranteed the control of the traffic in the passage of the athletes in the public roads with greater traffic, as well as the assistance and support of ambulances. Whenever justified, the Organization guarantees the police to control the traffic. Athletes should always drive on the right and as far as possible, leaning against the road shoulder;
5. All participants are covered by a personal accident insurance contracted by the Municipality of Castro Daire;
6. All routes will have the support of security teams, transported in their own vehicles, however, each participant is responsible for knowing the route of the race;
7. The changing rooms at the GDR Granja sports center are available for athletes to shower after the race.
8. The cases that are omitted in the referred regulation will be resolved by the Organization.

2. REGISTRATIONS

1. Registration, at a cost of **€5**, which will go directly to the partner association of this event, will be available from **00:00 on February 2, 2026, and will close at 23:59 on April 12, 2026** (the Sunday before the event). Registrations must be formalized online through the registration management program or, in the case of HIKERS, at the Castro Daire Municipal Swimming Pools. Registrations will not be accepted by any other means or after the above deadline.
2. When registering, the participant must indicate the name, identification document number (CC / ID), date of birth, club that represents (or individual) and telephone contact. Failure to indicate or falsify any of these registration data will void the registration as well as the individual and collective classification obtained by the participant;
3. The Registration includes:
 - **19ª CORRIDA DE SÃO BRÁS** participation;
 - Official event T-shirt;
 - Massage Voucher;
 - Lunch to be served during the award ceremony.
4. On the day of the event, no changes or registrations will be made;

3. RACE IDENTIFICATION

- 3.1. The race number, as well as the **"Participant's Kit"**. will be delivered at the race secretariat, open from 9 a.m. at the GDR Granja sports center. Race numbers can be delivered to the club delegate, who must be accompanied by the valid identification documents of their athletes.;

- 3.2. The bib, made of sweat- and weather-resistant material, is valid only for this race and cannot be used in any other race;
- 3.3. The bib must be attached to the chest using 4 pins or another fastening device provided by the athlete, which allows participation, classification, and attendance control in the race.

4. AGE RANKS AND DISTANCES

- 4.1. The age of the competitor, for the purposes of integration in a rank, will be in accordance with the rules of the Portuguese Athletics Federation for the 2025/2026 sports season;
- 4.2. Athletes must compete in the age group indicated for their year of birth and in accordance with the Participation Rules of the “(PER)CORRER CASTRO DAIRE” 2026;

RANKS	YEAR of BIRTH
BENJAMINS A F / M	Born in 2017 and beyond
BENJAMINS B F / M	2015 / 2016
INFANTIS F / M	2013 / 2014
INICIADOS F / M	2011 / 2012
JUVENIS F / M	2009 / 2010
JUNIORES F / M	2007 / 2008
SENIORES F / M	1992 a 2006
F35 / M35	1987 a 1991
F40 / M40	1982 a 1986
F45 / M45	1977 a 1981
F50 / M50	1972 a 1976
F55 / M55	1967 a 1971
F60 / M60	1962 a 1966
F65 / M65	1961 and before

5. TECHNICAL REGULATIONS

- 5.1. Athletes must follow the course markings, signaled through plastic tape (orange) and signs indicating the correct direction. The organization's human resources that will be along the course will only serve as race judges, so the athletes have the responsibility to be guided only by the markings;
- 5.2. No athlete is allowed to receive technical support during the race, they cannot be accompanied by someone outside the race at a distance more than 20 meters (pacing) and cannot receive supplies outside the marked areas (aid stations);
- 5.3. If the athlete fails to comply with any of the specific race regulations, it will be disqualified or receive a penalty decided by the race judges;
- 5.4. **SUPPLIES** – Two intermediate liquid refreshment stations (4 km and 7.5 km) for senior and veteran athletes. Once you reach the finish line, a refreshment table with water will be available.

6. RANKS / SCORING

There will be 4 types of Finishing ranks:

- Overall Finishing Position (M / F);
- Finishing Position by age ranks;
- Overall best Portuguese;
- Overall Team position (M / F);
- Overall Collective Classification.

4.1. NOTA: The Overall Team position classification, separated for male and female, will be obtained by adding the number of points corresponding to the individual classification of the first 3 athletes of each team, regardless of the level, in the senior and veteran race, with the number of points awarded to each athlete corresponding to the respective ranking order (1 point for the first place, 2 points for the second place, etc.). Once the teams' scores are defined, they will be ranked in ascending order of the total points obtained.

The collective classification will be calculated by adding up the points obtained by the competing athletes from each club in all age groups, in which 10 (ten) points will be awarded to the 1st place finisher, 9 (nine) points to the 2nd place finisher, and so on, decreasing by one point per place until the 10th place finisher and subsequent finishers, who will be awarded 1 (one) point. To be included in the collective classification, each group must classify a minimum of five (5) athletes, regardless of the number of age groups presented.

7. PRIZES

Overall: Medal and cash prize for the top 5 finishers in the Overall classification (M/F);

Age ranks: Medal for the top 3 finishers in each age group/gender and cash prize for the winner (youth race age groups are not eligible for the cash prize);

Portuguese: Cash prize for the top 5 finishers in the Overall classification (M/F);

Teams: Trophy for the top 3 teams and cash prize for the top 5 (F/M) (The best 4 members of each gender count towards this classification).

Collective: Trophy for the top 5 teams (scoring according to the general rules of Percorrer Castro Daire 2026).

The cash prizes for the “19th SÃO BRÁS CROSS” will be the responsibility of the partner entity and can be viewed via the link.: <https://forms.gle/TbSJR2zyar9EGR8J6>

The awards ceremony will begin at 12:00 in the GDR Granja Sports Center, during the lunch served to all participants (included in the registration fee) and accompanying persons who register for the event.

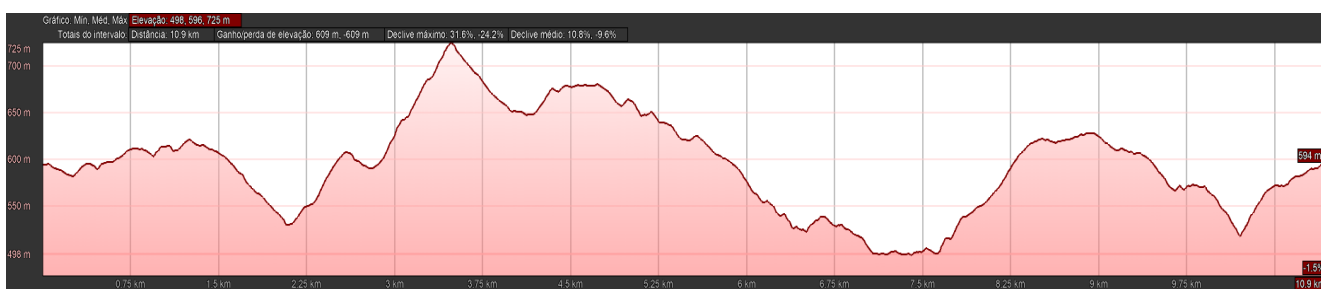
The awards will be presented to the athletes themselves or, in their absence, to the delegates of their respective clubs, duly identified for this purpose.

RECOMENDATIONS

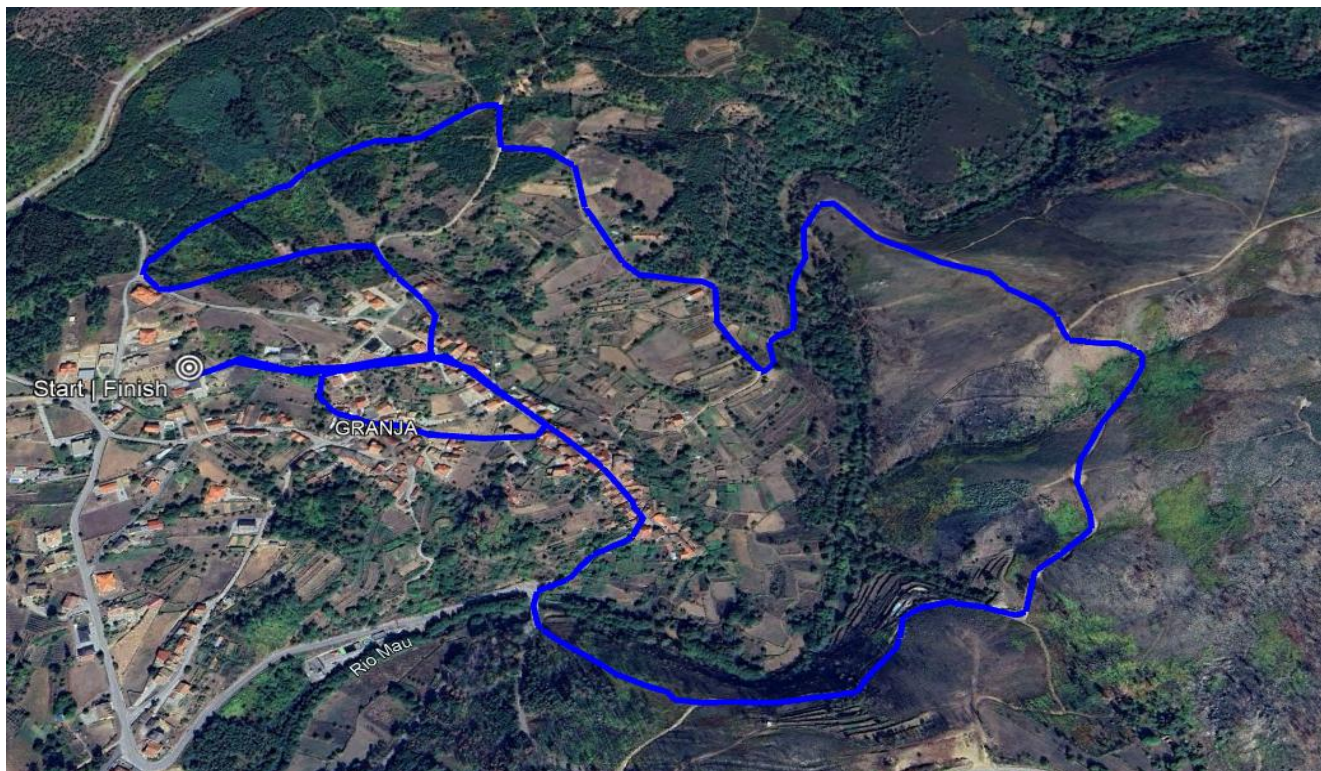
- It is recommended that delegates from the various clubs and participants in general strictly comply with this regulation, in particular with regard to a correct distribution of athletes by levels;
- The Organization reserves the right to request the identification and proof of the age group of the athletes, so they must be accompanied by an identification document for confirmation purposes;

CHARACTERIZATION OF THE COURSES

19º SÃO BRÁS CROSS – Seniores / Veteranos (M / F) – 10,9 km (628 D+)



JUNIORS – 5Km (278D+)

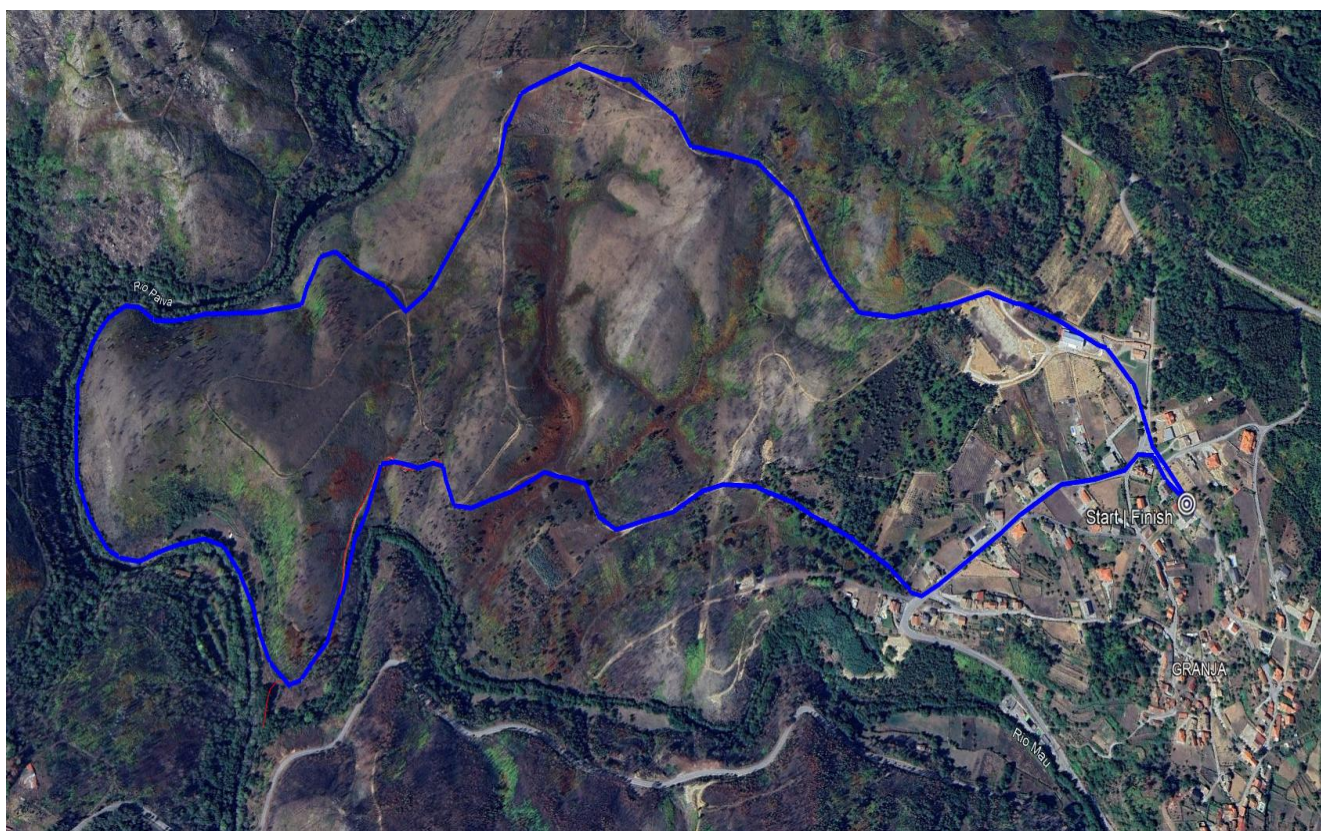


YOUTH RACES - CIRCUIT PERIMETER (850m)

BENJAMINS / INFANTIS (1 lap) * INICIADOS (2 laps) * JUVENIS (3 laps)



SÃO BRÁS HIKE – 5,3 km



FOR MORE INFORMATION, PLEASE VISIT:

- Registration webpage: [Stop and Go: Cronometragem, Inscrições e Resultados de Eventos Desportivos](#)
- Questions, concerns, or complaints via email: percorrecastrodaire@gmail.com or saobascross@gmail.com