



## **18<sup>th</sup> Nógrád Grand Prix 2025 - 3x3 relay** **Detailed invitation**

**date** Saturday, 19<sup>th</sup> April 2025, mass start: 15:00

**venue** Salgótarján – Tóstrand: 48.13315, 19.81889

**classes** 3 persons/relay. Club, sex, age doesn't matter, you can run in a team without restrictions. Each member runs 3 times, each time a different course. Individual entries are possible, in this case we help you to find a team.

For age and sex, the following restrictions apply:

<b>class</b>	<b>restrictions</b>
<b>M40-</b>	combined age of the 3 runners maximum 40 years
<b>M50-</b>	combined age of the 3 runners maximum 50 years
<b>M21</b>	no restrictions
<b>M100+</b>	combined age of the 3 runners minimum 100 years
<b>M150+</b>	combined age of the 3 runners minimum 150 years
<b>W40-</b>	combined age of the 3 runners max. 40 years, women only
<b>W50-</b>	combined age of the 3 runners max. 50 years, women only
<b>W21</b>	women only
<b>W100+</b>	combined age of the 3 runners min. 100 years, women only
<b>W150+</b>	combined age of the 3 runners min. 150 years, women only
<b>Mix</b>	anyone, but at most one M21 runner per team

**process of the relay** All members of the team run 3 times. The running order is set, the first runner takes legs 1, 4 and 7, the second runner takes legs 2, 5 and 8, and the third runner takes legs 3, 6 and 9. Every runner runs a different course each time, all runners run all courses, but in a different order.

After the first, longer loop, there will be a spectator control. The second loop is shorter and visible from the finish. Expected winning time is less than 10 minutes per leg.

**terrain** Urban area: open-air bath, youth camp, parks, sport fields, pump track, etc. Very good visibility and runnability.

**map**

First loop: fieldwork 2014, revised 2022/25, scale 1:3000, contours 2,5 m. Second loop: fieldwork 2025, scale 1:1500, contours 1 m

**entry**

On-line: <https://www.e-nevezes.hu/en/esemeny/show/989>

E-mail: [nogradgp@gmail.com](mailto:nogradgp@gmail.com)

By the entry deadline, it's enough to enter the right number of teams, without the exact names. It is possible to give fantasy names to the teams.

Names entry with a strict order of the runners with SI card numbers should be submitted as soon as possible online: <https://www.e-nevezes.hu/en/esemeny/show/989>. The normal deadline for name entries is 20:00 on Friday, 18<sup>th</sup> April.

Name entries after the deadline will be subject to a 3000 HUF/team administration fee. After the name entries deadline, registrations can only be modified in special cases (e.g. injury, etc.). Due to the complexity of the event, a high amount of late registrations and modifications can cause organiser mistakes.

**entry fees  
and deadlines**

until 23 <sup>rd</sup> March:	11 300 HUF / team
between 24 <sup>th</sup> March and 6 <sup>th</sup> April:	13 300 HUF / team
after 7 <sup>th</sup> April:	15 300 HUF / team

**prizes**

Top 3 teams in each class will receive prizes. The best family teams will get special prizes. They will also be ranked in their own class.

**award ceremony**

Saturday, 19<sup>th</sup> April, 17:30

**final bulletin**

will be published around 12<sup>th</sup> April.

**See you in Salgótarján!**

