

SATURDAY, 12. SEPTEMBER 2026

REGLEMENT - REGULATION



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Regulation + Information

By registering for the Mattmark Memorial 1965 (transfer of the entry fee) you automatically agree to our competition regulations.

1. COMPETITION

- The event will be held in accordance with the regulations of the Swiss Athletics Association Swiss Athletics and in accordance with the categories listed in the announcement. Anyone who has reached the age specified in the announcement is eligible to take part.
- The start number is personal and must be worn unfolded and clearly visible from the front. Changes to the start number lead to disqualification.
- The time is measured using a chip. The chip is attached directly to the start number.
- The instructions of the route service must subsequently be carried out. Private escorts of running vehicles of any kind, especially bicycles, are not permitted. Abbreviations are prohibited.
- The technical management of the organizing committee makes the final decision on disqualifications.

2. MINIMUM AGE

- K35 and K45: Born 2008 or earlier (18 years old)
- K21 Half Marathon: Born 2010 or earlier (16 years old)
- K8 Lake-circuit: Born 2012 or earlier (14 years old)

3. CATEGORIES BY AGE

8K Lake-circuit RUN

U25 (year 2012 and earlier), 25+, 40+, 50+, 60+

21K RUN

U25 (year 2010 and earlier), 25+, 40+, 50+, 60+

35K/45K

U30 (year 2008 and earlier), 30+, 40+, 50+

21K FUN / 8K FUN

alphabetical listing with timing

Murmeltiertrail

U8 (2019 and younger), U10 (2017-18)

Gämschitrail

U12 (2015-16)

Steinbocktrail

U14 (2013-14)

4. ELITE-RUNNERS

Elite runners can gain free entry to the MATTMARK-MEMORIAL races.

35K & 45K

Our 35K and 45K both belong to the same UTMB Index category. To uphold fairness for elite athletes access for elite runners is determined by their UTMB Index.



Index Women = 600 Index Men = 700

21K & 8K

- half-marathon (800 meters in altitude): estimated time under 1:40h (MEN) / 2:00h (WOMEN)
- lake-circuit: estimated time under 30min (MEN) / 34min (WOMEN)
- references for trail-running, 10K, 21.1K or 42.2K

mail to: info@mattmark-memorial.ch

5. EQUIPMENT

8K / 21K

- Running equipment appropriate to the weather. The finish is at 2200 m above sea level.
- **No poles allowed for 8K and 21K (except FUN category).**

35K / 45K

Safety first! TRAIL RUNNING races are subject to uncertain weather conditions typical of the alpine environment, a key factor that cannot be underestimated. For this reason, the OC will conduct equipment checks at start and during the race; anyone missing items from compulsory equipment list, or denying the control, will be immediately disqualified. In case of good weather conditions, compulsory equipment can be modified; eventual changes will be communicated via social media and during the Technical Briefing.

Compulsory

- ID card / ID passport
- Running-Backpack for whole mandatory equipment
- GPS watch/device with GPX trace (free download on www.mattmark-memorial.ch)
- Mobile phone: save emergency numbers and be sure to have network in Switzerland. Phone always on with no hidden number and 100% charged battery
- TRAIL RUNNING shoes suitable for alpine terrain (gravel, stones, plates)
- Water bottles or hydration pack with min 1 lt capacity (no plastic cups at provided)
- Headlamp (for 45K only)
- Survival blanket (min size 2.0m X 1.40m)
- Whistle
- Elastic band for banding or strapping (min size 100cm X 6cm)
- Food reserve (for example: 2 gels + 2 energy bars)
- Waterproof/windproof jacket (GORETEX Type) with hood, suitable for bad weather condition (cold, wind, rain, snow)
- Long sleeve shirt
- Hat, bandana or equivalent

Depending on weather conditions, the organisation may require runners to wear the kit for cold temperatures and will inform each runner via social media or email before the start number distribution opens.

Kit for cold temperatures:

- Extra warm cloths and gloves
- Long pants or ¾ pants
- Extra warm microfiber long sleeve jersey

Recommended

- Plastic glass or container with wide cap suitable for drink/food consumption (at refreshment points will not be provided any type of containers)
- **Poles: If you choose to take poles, it's for the whole race.** It's forbidden to start without poles and take some along the way, or vice versa.
- Pocket money: 20 CHF
- Basic First Aid KIT (self-medication of small grazes, blisters, etc.)
- Sunglasses and sun cream

6. RUNNER'S COMMITMENT

For 35K and 45K the OC recommend having completed at least one TRAIL RUNNING race on alpine environment of about 20K and 2.500m D+. Every participant must be aware of chosen race length and specific terrain where the race takes place, be well trained and have acquired before the race, a full capacity of self-autonomy in an alpine mountain environment, in particular:

- Be able to face weather conditions that could become difficult as are connected to an alpine environment that can change fast and drastically, so this is an aspect that cannot be underestimated; therefore, able to face extreme weather conditions such as intense cold/hot, snow or rain, strong wind etc.
- Be able to manage physical/psychological problems connected to high level of tiredness, gastrointestinal problems, muscular/articular pain, small wounds, hunger/thirst feelings etc.
- Be conscious that the OC role is not helping the participant to face his race.

7. SEMI-AUTONOMY

Along any part of the course is forbidden to be accompanied/assisted by a non-enrolled person, the penalty is an immediate disqualification; assistance allowed only nearby refreshments points (100 m before/after). Semi-autonomy is intended as the capacity of self-autonomy between refreshment points for food/beverage, equipment and safety to be able to face problems like bad weather, physical problems, injuries, etc.

8. ROUTE CHANGES / CANCELLATION

In case of bad weather, races courses may be modified; based on safety conditions, the OC will give possibility to race on alternative courses. The OC has the right to modify time limit gates at any time without notice, or in extreme cases to cancel the event. Eventual modifications/cancellation can happen before the start or during the race; participants will be immediately informed by email, website or directly by the staff along the course.



MATTMARK MEMORIAL 1965

8K 21K 35K 45K

9. REFRESHMENT STATIONS

	m ü M	45K	35K	Wasser	Isostar	Cola	Tee	Bouillon	Riegel	Orangen	Bananen	Schokolade	Fruitboost	Actfood	Salzstängel	Cake	Sanität
Start	1550	0	0	✓	✓	✓	✓	✓									
Kreuzboden	2400	6.6	6.6	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	+
Zermeiggen	1720	21	18.4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	+
Hannig	2340	33.7	28.6	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	+
Saas-Grund / Ziel	1550	45.3	35.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	+

Betreuer

	m ü M	21K	8K	Wasser	Isostar	Cola	Tee	Bananen	Fruit Boost	Riegel	Sanität
Start	1550	0	0	✓	✓	✓	✓				
Unter den Bodmen	1560	5.9		✓	✓	✓	✓				
Zermeiggen	1720	9.1		✓	✓	✓	✓	✓	✓	✓	+
Strassenquerung 1	1950	12.7		✓	✓	✓	✓	✓	✓	✓	
Staudamm	2200	13.8	0.8	✓	✓	✓	✓	✓	✓	✓	
Distel	2230	17.3	4.3	✓	✓	✓	✓	✓	✓	✓	
Mattmark / Ziel	2200	21.1	8	✓	✓	✓	✓	✓	✓	✓	+

10. PROGRAMME: TECHNICAL BRIEFING & STARTS

Time modification can be possible due to organizational needs.

- A material check is carried out at the start.
Important announcements and changes (route, start times, equipment, weather) will also be published on the website and Instagramm.
- Saturday, 12.09.26 STARTS

Saas-Grund (school)	06:15 am	45K
	08:00 am	35K
	09:30 am	21K FUN
	10:15 am	21K
	10:30 am	U8/U10
	10:45 am	U12
	11:00 am	U14
Mattmark-Lake	10:00 am	8K
	10:15 am	8K FUN

11. UTMB-INDEX & ITRA POINTS

You improve your UTMB index and get ITRA points.

45K	35K	21K
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12. FUN – KATEGORIE (8K & 21K)

- Jogging is also allowed in the FUN category.
- There is no ranking and no awards for the 3 fastest in the FUN category.

13. TIME BARRIERS / MAXIMUM TIME

Participants transiting timing barriers after maximum time limit will be officially out the race and not anymore under the OC responsibility. In case of bad weather or for security reasons the OC can modify time barriers also during the race. Timing barriers consider type of terrain and elevation to monitor participant's position due to safety reasons and are calculated considering necessary time to finish the race within maximum time allowed:

	8K / FUN	21K FUN	21K
Start	10:00 / 10:15	09:30	10:15
Dammkrone Ost	---	14:00	14:00
Ziel, Mattmark	15:00 / 15:00	15:00	15:00
MAX TIME	5 h	5.30 h	4.45 h

	35K	45K
Start	08:00	06:15
Kapelle Zermeiggen	13:30	13:30
Saas-Fee, Talstation Felskinn	14:30	14:30
Hannig	16:00	16:00
Ziel, Saas-Grund	18:00	18:15
MAX TIME	10 h	12 h

14. REGISTRATION / REGISTRATION CLOSURE / PARTICIPATION LIMIT

- All participants register via Datasport.
- Registration opens on December 08, 2025.
- The number of participants is limited to 1000 runners.
K45: 200 / K35: 300 / K21: 400 / K8: open / FUN-Category and Kids-Trail open
- Registration deadline: up to 30 minutes before the start or when the runner limit is reached.
- The organizer reserves the right to disqualify participants at any time and without refunding the entry fee if they have provided incorrect personal data when registering.

15. ENTRY FEES – CALENDAR

- 8K lake circuit
 - from 08.12.25 - CHF 35.- / personalized bib
 - from 01.04.26 - CHF 40.- / personalized bib
 - from 31.08.26 - CHF 45.-
 - born 2011-12 CHF 20.-
- 21K half marathon (born 2010 or before)
 - from 08.12.25 - CHF 50.- / personalized bib
 - from 01.04.26 - CHF 60.- / personalized bib
 - from 31.08.26 - CHF 70.-
- K35 (born 2008 or before)
 - from 08.12.25 - CHF 70.- / personalized bib

from 01.04.26 - CHF 80.- / personalized bib
 from 31.08.26 - CHF 90.-

- K45 (born 2008 or before)
 from 08.12.25 - CHF 80.- / bib
 from 01.04.26 - CHF 90.- / bib
 from 31.08.26 – CHF 100.-

16. ENVIRONMENT RESPECT

Is strictly forbidden to throw waste along the course; penalty is an immediate disqualification in addition to fines applied by local laws. Every participant must respect the magnificent and uncontaminated environment preserving the beautiful landscape.

17. BIB DISTRIBUTION

Friday, 11.09.26		06:30 – 08:00 pm in Saas-Grund / school (alle races)
Saturday, 12.09.22	from	05:15 am in Saas-Grund / school (45K / 35K / 21K / Kids-Trail)
	from	09:00 am in Mattmark (See-Runde 8K)

18. LUGGAGE TRANSPORT AND VALUABLES

Luggage and valuables can be handed in at the school in Saas-Grund (half marathon, 35K, 45K) and at the Mattmark dam (lake circuit). They will be transported to the finish area.

19. AWARDS / CEREMONY / PRICES

- Overall winners: prize worth CHF 600.
- Finisher T-shirt, great prizes for the top three of each category and top 3 overall.
- Award ceremony school / Saas-Grund:

01:00 pm	Kids-Trail
02:45 pm	8K / 21K
04:00 pm	30K / 50K

20. PARKING / ARRIVAL / SHUTTLE-SERVICE FOR RUNNERS

- Parking spaces are available in Saas-Grund and at the Mattmark dam.
- The best way to get there is by public transport, according to the Postbus timetable Visp - Saas-Balen - Mattmark.
- For 8K and 21K: Postbus included for the return journey to Saas-Grund on presentation of the start number.
- Shuttle for runners from Mattmark to Saas-Grund. From the 1st night (SaastalCard) all PostAuto trips in the Saas Valley are included. You can also use the mountain railways (except Metro Alpin) free of charge. More information at www.saas-fee.ch/de/saastalcard.

21. WARDROBE / SHOWER / MASSAGE

Wardrobes, shower, toilets and massage facilities in the school building / Saas-Grund. There are toilets at the Mattmark Lake, but no cloakroom.

22. ENTRY FEE REFUND

- Anyone who cannot start at the Mattmark Memorial 1965 is not entitled to a refund of the entry fee.
- If the race cannot be carried out or can only be carried out partially due to force majeure, there is no entitlement to a refund of the entry fee. No starting places will be carried over to the following year.
- Cancellation cost insurance can be taken out together with online registration via www.datasport.com.

23. SELF RESPONSIBILITY / HEALTH

- Participation in the Mattmark Memorial 1965 is at your own risk.
- In Switzerland it is not mandatory to present a medical certificate to take part in a competition. However, we strongly recommend that all participants have a stress test carried out regularly by their doctor for their own safety.
- Regular endurance training and good health are prerequisites for starting.
- It can be life-threatening to start with or immediately after infectious illnesses (e.g. flu). The same applies to taking painkillers and similar medications before starting.
- It is recommended to drink enough fluids during and after the run.
- In case of shortness of breath, severe pain, etc., the participant should stop or give up the run.

24. LIABILITY

- The organizer and its partners assume no liability for risks of any kind to the participant, especially of a health nature. The participant is responsible for arriving at the start in a well-trained condition and physically healthy.
- Insurance for accidents, theft and liability towards third parties is the responsibility of the participant. Each participant must have individual insurance valid in Switzerland that covers possible costs for search and rescue services. Such insurance can be taken out with an organization of the participant's choice. The organization does not cover any costs arising from an evacuation. Emergency services in Switzerland are not free.
- The organizer declines any liability towards spectators and third parties.
- The organizer assumes no liability for items stored free of charge.
- The organizer assumes no liability or transport damage.

25. ACCIDENTS / SANITATION

- In the event of incidents, participants becoming weak or accidents, the nearest marshal must be contacted immediately and help requested.
- The medical service is guaranteed by eventmed GmbH.
- Medical emergency number: 144

26. DOPING

The current Swiss Olympic doping statute applies to this competition. Doping controls can be carried out.

27. PRIVACY

- The participants agree to the use of photo material from the race to illustrate program brochures, ranking lists, websites, advertisements and for other PR purposes of the organizer and its partners.



- When you register, you will simultaneously become a running member of Swiss Athletics and Swiss Olympic. To do this, we will pass on your name and email address to Swiss Athletics. Your data will be used exclusively for registering as a member and will not be passed on to third parties. This membership is free for you and expires (after one year) at the end of the following calendar year. Further information at www.swiss-running.ch/datenschutz.
- You can revoke your consent to pass on your data to Swiss Athletics at any time in writing (info@mattmark-memorial.ch).
- By registering, participants accept the data protection declaration. You agree to the transfer of your personal data, such as last name and first name, private address (street, number, zip code, city), date of birth, telephone number and email address to partners (e.g. photo and video service), if you do so do not prohibit this by sending a message to the following email address: info@mattmark-memorial.ch. The partners may use the data for their own services or advertising purposes and, in the case of sponsors, for targeted addresses and telephone campaigns agreed in advance with the organizer (in particular for the sponsor SWICA) in connection with the running event. You can revoke your consent to pass on your data to third parties at any time.
- Furthermore, the data protection regulations of our data processor Datasport apply.

28. ORGANIZER

The organizer is: Mattmark-Memorial 1965 Association

The organizer reserves the right to make changes to the competition regulations.