



KULLAMANNEN

BY

UTMB®

RUNNER GUIDE

31 OCTOBER - 1 NOVEMBER 2025

UTMB®
WORLD SERIES

HOKA
FLY HUMAN FLY

Dacia

SUUNTO

nöak

KULLAMANNEN.UTMB.WORLD

OKA
MANFLY

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GODSPEED!



PHOTOS BY
Richard Ström & Agence Zoom

UTMB®
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LET'S DO THIS

WARM WELCOME

Thank you for joining us for Kullamannen by UTMB 2025. We're thrilled that you've chosen to be part of this unique trail running experience, and we can't wait to welcome you to the starting line!

This document contains the key information you'll need to prepare for the event and make your race day as smooth and rewarding as possible. Inside, you'll find important guidelines and instructions designed to help you feel confident and ready.

Be sure to carefully review the Race Rules and Mandatory Equipment Guidelines, which are linked within this document. These resources are essential for your preparation and safety.

Our team is committed to delivering an unforgettable event, and we're here to assist you throughout your journey. If anything is unclear or if you need support, don't hesitate to reach out to us.

Together, let's make 2025 a race to remember – full of determination, connection, and powerful trail running moments!

Kitt and Stefan
& all of the Kullamannen team



NEVER

FOR
THE
LONG
RUN

HOKA

DACIA

SEE YOU AT SUNRISE.

DACIA, PREMIER PARTNER OF
THE UTMB® WORLD SERIES



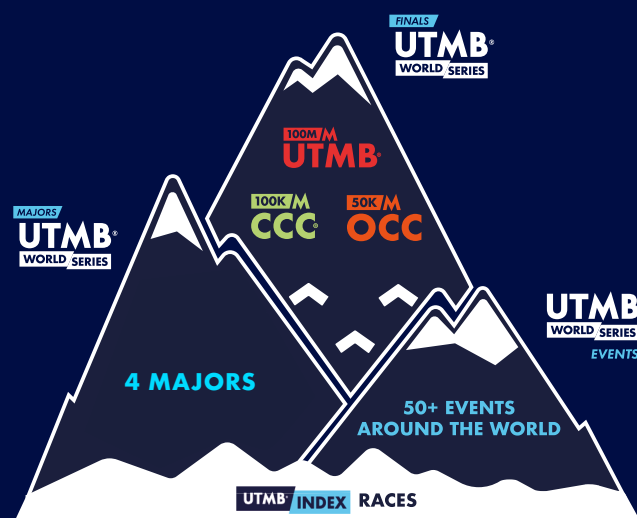
Dacia Jogger range: CO2 emissions min/max (g/km) (WLTP procedure): 109/132. Combined consumption min/max (l/100 mpg) (WLTP procedure): 47.9/58.9

[DACIA.CO.UK](https://www.dacia.co.uk)

MEET YOUR EXTRAORDINARY

Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations.

The UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle HOKA UTMB® Mont-Blanc.



FINALS

The mythic **HOKA UTMB Mont-Blanc** is the world's most well-known and revered trail running event on the planet.

In the heart of the Alps, the prestigious **UTMB World Series Finals** are held in 3 categories: the **OCC (50K)**, **CCC® (100K)** and **UTMB® (100M)** every year at the end of August in Chamonix, France.

MAJORS

Four **UTMB World Series Majors**, are held each year across the Americas, Europe, Asia-Pacific and Oceania regions.

Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total, 210 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.

EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains, with sustainability at its heart, UTMB World Series Events, gives all trail runners the chance to experience the UTMB adventure while showcasing the unique aspects that each race destination offers at over 50 Events around the world.



BEGIN YOUR QUEST TO HOKA UTMB MONT-BLANC AND THE UTMB WORLD SERIES FINALS.



RUNNING STONES: BOOST YOUR CHANCES FOR THE UTMB WORLD SERIES FINALS

Earn Running Stones by completing races in the 20K, 50K, 100K, or 100M categories at any UTMB World Series Event or Major.

- ✓ Running Stones are cumulative and never expire, so you can collect as many as you like over time.
- ✓ You'll need just 1 Running Stone from the past two years to qualify for the Finals lottery.
- ✓ Each Running Stone gives you an extra chance to be selected in the lottery.

Start your journey, gather your Running Stones, and unlock the path to the UTMB World Series Finals!

UTMB[®] INDEX

YOUR TRAIL RUNNING PASSPORT

The **UTMB Index** measures a runner's performance across four race categories: **20K, 50K, 100K, and 100M**, as well as an overall score.

IT'S ESSENTIAL FOR:

- ✓ **Entering the UTMB World Series Finals lottery**
(with at least 1 Running Stone).
- ✓ **Defining your start wave** to ensure the best race experience.
- ✓ **Exclusive Race Access:**
You benefit from a 48-hour priority registration to UTMB World Series Events. And for some **100K and 100M events** require a valid UTMB Index for safety or lottery pre-registration.

HOW IT WORKS:

- ✓ Your UTMB Index is based on your **top 5 race results** (weighted for recency and performance) over the last **36 months**. At least **1 valid race result** in the past **24 months** is required for a valid UTMB Index.
- ✓ With over **6,000 races worldwide** they are plenty of opportunities to boost your UTMB Index.

Ready to level up your trail running?
Validate or improve your UTMB Index today!

CHECK IT OUT AT [UTMB.WORLD](https://utmb.world)



CREATE YOUR MY UTMB[®] ACCOUNT

Manage everything in one place:

- Track your Running Stones and UTMB[®] Index.
- View your race results and performance stats.
- Check upcoming race registrations.
- Share your achievements with friends.

START YOUR JOURNEY AT [UTMB.WORLD](https://utmb.world)

UTMB®

WORLD SERIES

FINALS

HOKA UTMB® MONT-BLANC

AUGUST 25-31 | CHAMONIX MONT-BLANC,
COURMAYEUR, ORSIÈRES
FRANCE, ITALY, SWITZERLAND

100M **UTMB®**

100K **CCC®**

50K **OCC**

MAJORS

OCEANIA MAJOR

HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®

MAY 15-18 | KATOOMBA, AUSTRALIA

EUROPE MAJOR

HOKA VAL D'ARAN BY UTMB®

JULY 02-06 | VIELHA, SPAIN

AMERICAS MAJOR

HOKA KODIAK ULTRA MARATHONS™ BY UTMB®

OCTOBER 10-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR

HOKA CHIANG MAI THAILAND BY UTMB®

DECEMBER 4-7 | CHIANG MAI, THAILAND



EVENTS

NEW EUROPE

ARC OF ATTRITION BY UTMB®

JANUARY 24-26 | UNITED KINGDOM

OCEANIA

TARAWERA ULTRA-TRAIL BY UTMB®

FEBRUARY 15-16 | NEW ZEALAND

NEW ASIA

ULTRA-TRAIL® XIAMEN BY UTMB®

MARCH 01-02 | CHINA

AMERICAS

VALHÖLL FIN DEL MUNDO BY UTMB®

MARCH 18-22 | ARGENTINA

EUROPE

CHIANTI ULTRA TRAIL BY UTMB®

MARCH 20-23 | ITALY

EUROPE

TENERIFE BLUETRAIL BY UTMB®

MARCH 27-29 | SPAIN

EUROPE

ISTRIA 100™ BY UTMB®

APRIL 10-13 | CROATIA

ASIA

ULTRA TRAIL MOUNT YUN BY UTMB®

APRIL 11-20 | CHINA

AMERICAS

DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®

APRIL 11-13 | USA

AMERICAS

THE CANYONS ENDURANCE RUNS™ BY UTMB®

APRIL 25-26 | USA

NEW EUROPE

GRAND RAID VENTOUX BY UTMB®

APRIL 25-27 | FRANCE

ASIA

AMAZEAN JUNGLE THAILAND BY UTMB®

MAY 01-04 | THAILAND

EUROPE

TRAIL ALSACE GRAND EST BY UTMB®

MAY 15-18 | FRANCE

EUROPE

ULTRA-TRAIL SNOWDONIA BY UTMB®

MAY 16-18 | UNITED KINGDOM

NEW ASIA

ULTRA-TRAIL GREAT WALL BY UTMB®

MAY 16-18 | CHINA

AFRICA

MOUNTAIN ULTRA TRAIL™ BY UTMB®

MAY 22-25 | SOUTH AFRICA

EUROPE

MOZART 100™ BY UTMB®

JUNE 7 | AUSTRIA

EUROPE

TRAIL DU SAINT-JACQUES BY UTMB®

JUNE 13-15 | FRANCE

EUROPE

TRAIL 100 ANDORRA™ BY UTMB®

JUNE 13-15 | ANDORRA

NEW AMERICAS

TORRENCIAL CHILE BY UTMB®

JUNE 19-21 | CHILE

NEW ASIA

KAGA SPA TRAIL ENDURANCE 100 BY UTMB®

JUNE 19-22 | JAPAN

EUROPE

LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB®

JUNE 25-29 | ITALY

AMERICAS

WESTERN STATES® 100-MILE ENDURANCE RUN

JUNE 28-29 | USA

EUROPE

RESTONICA TRAIL BY UTMB®

JULY 03-05 | FRANCE

EUROPE

TRAIL VERBIER ST-BERNARD BY UTMB®

JULY 11-13 | SWITZERLAND

EUROPE

EIGER ULTRA TRAIL™ BY UTMB®

JULY 16-20 | SWITZERLAND

NEW EUROPE

MONTE ROSA WALSERWAEGBY UTMB®

JULY 18-20 | ITALY

AMERICAS

SPEEDGOAT™ MOUNTAIN RACES BY UTMB®

JULY 25-26 | USA

AMERICAS

QUITO TRAIL BY UTMB®

AUGUST 02-03 | ECUADOR

EUROPE

KAT100™ BY UTMB®

AUGUST 07-09 | AUSTRIA



2025 CALENDAR*

AMERICAS

PARATY BRAZIL BY UTMB®

SEPTEMBER 18-21 | BRAZIL

EUROPE

WILDSTRUBEL BY UTMB®

SEPTEMBER 19-21 | SWITZERLAND

AMERICAS

GRINDSTONE TRAIL RUNNING FESTIVAL™ BY UTMB®

SEPTEMBER 19-21 | USA

EUROPE

JULIAN ALPS TRAIL RUN BY UTMB®

SEPTEMBER 19-21 | SLOVENIA

EUROPE

NICE CÔTE D'AZUR BY UTMB®

SEPTEMBER 25-28 | FRANCE

NEW

EUROPE

KAÇKAR BY UTMB®

SEPTEMBER 26-28 | TÜRKIYE

AMERICAS

ULTRA TRAIL WHISTLER™ BY UTMB®

SEPTEMBER 27-28 | CANADA

ASIA

MALAYSIA ULTRA-TRAIL BY UTMB®

SEPTEMBER 27-28 | MALAYSIA

NEW

AMERICAS

CHIHUAHUA BY UTMB®

OCTOBER 02-04 | MEXICO

ASIA

TRANSJEJU BY UTMB®

OCTOBER 2025 | SOUTH KOREA

ASIA

ULTRA-TRAIL® NINGHAI BY UTMB®

OCTOBER 2025 | CHINA

EUROPE

MALLORCA BY UTMB®

NOVEMBER 2025 | SPAIN

EUROPE

KULLAMANNEN BY UTMB®

OCT 31 - NOV 1 | SWEDEN

ASIA

TRANSLANTAU™ BY UTMB®

NOVEMBER 2025 | HONG KONG, CHINA

OCEANIA

ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®

NOVEMBER 2025 | AUSTRALIA

* NOVEMBER 2024



ULTRA ENERGY™ DRINK MIX
Go longer, go farther.





NEW










SUUNTO X UTMB WORLD SERIES

Limited Edition










Adventure
starts
here


SUUNTO

FRIDAY 31TH

Time	Location		What
10:00 - 20:00	Båstad Race Center		BIB distribution (all races)
10:00 - 20:00	Båstad Race Center		Shop & Expo
13:00-14:00	Båstad Race Center		Pace on Earth Talks
15:15	Höganäs		Kids Race
15:15	Båstad		5K Social Run
16:00	Båstad Prästliden		Bus departure to start 100 M
18:00	Höganäs		Start 100M
20:00	Båstad Prästliden		Bus departure to start 100K
22:00	Höganäs		Start 100K

SATURDAY 1ST

Time	Location		What
08:00-13:00	Båstad Race Center		BIB distribution
08:00-20:00	Båstad Race Center		Shop & Expo
≈ 06:00	Båstad Centercourt		Finish 100K
≈ 09:00	Båstad Centercourt		Finish 100M
11:00	Båstad Seaside		Start 50K
11:30	Båstad Seaside		Start Kids Race
13:00	Båstad Seaside		Start 20K
≈ 14:10	Båstad Centercourt		Finish 20K
≈ 15:00	Båstad Centercourt		Finish 50K

SUNDAY 2ND

Time	Location		What
02:00	Båstad		Last finish

KEY LOCATIONS

RACE CENTER IN BÅSTAD

The Racecenter is located in Båstad, next to Skansen Hotel. Here we have distribution of bibs, UTMB World Series shop, and Expo. The finish line for all of the races is at the iconic Centercourt in Båstad.

At the area around the Racecenter you will be able to experience the spirit of Kullamannen all weekend.
Adress: Kyrkogatan 2, 269 33 Båstad.

START 20K, 50K AND KIDS- RACE BÅSTAD

The start for 20K and 50K is located about 200 meter from Race Center, at the other side of the hotel by the sea.
Adress: By the sea, opposite Hotel Skansen.

VISIT THE CHURCHES

Darkness. Light. Remembrance.

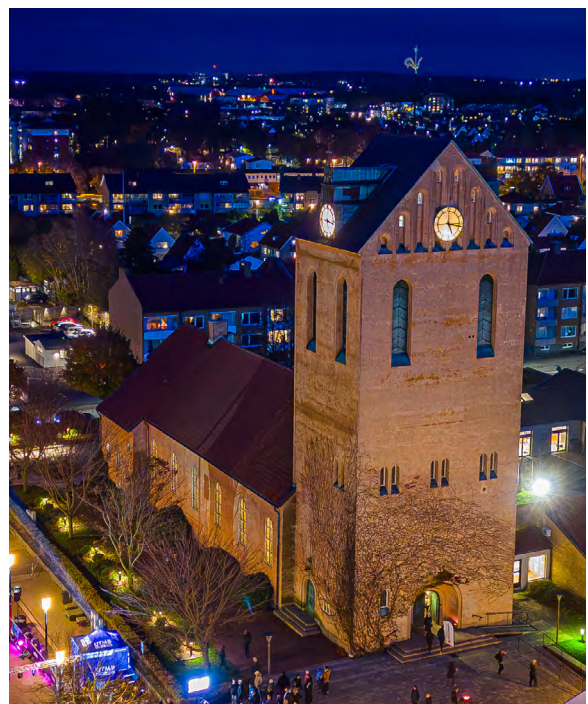
Kullamannen takes place during All Saints' weekend – a time for reflection, when we remember those who came before us. Both in Höganäs and in Båstad the churches are open and welcome you runners. Step inside, take a moment of pause, and light a candle. A quiet reminder of life's depth, in the midst of a race defined by both strength and humility.

EPIC START AREA IN HÖGANÄS

Right in the town square in Höganäs by the church you find the epic startarea for 100M, 100K and Höganäs Kids Race.
Adress: Kyrkplatsen 3, 263 31 Höganäs

RACE BRIEFING 100M & 100K

The general race briefing will be about 45 min before 100M and 100K. By the bus drop of, in the gymnastic hall, in Höganäs.
Adress: Centralgatan 25, 263 38 Höganäs



START AREA 100M AND 100K IN HÖGANÄS

100M and 100K have their start in Höganäs, a small picturesque town on the west coast of Scania in southern Sweden. Höganäs is famous for its ceramics industry and beautiful beaches.



CAR PARKING

The villages and towns associated with Kullamannen by UTMB are small, with sometimes limited parking availability. If the designated parking lots are full, street parking is an alternative; however, please park considerately to avoid obstructing the local residents' movement! Carpooling is encouraged to alleviate congestion, facilitate parking for everyone, and contribute to environmental conservation—it's better for the planet!

PARKING HÖGANÄS

We recommend parking at Stationshuset, Viaduktsgatan, 263 38 Höganäs.



PARKING BÅSTAD

In Båstad you find a large eventparking on the left side, after passing the church on the main street, Köpmansgatan.



MORE THAN JUST THE RACES

This year we are very happy to present Pace on Earth Talks in the expo in Båstad Friday 1-2 PM. Listen to interviews with runners, get tips and inspiration.

Pace on Earth was founded in 2013 by Ellen Westfelt and Johnny Hällneby, and offer inspiration for those who want to run long distances and challenge their limits they also run the Pace on Earth Podcast.

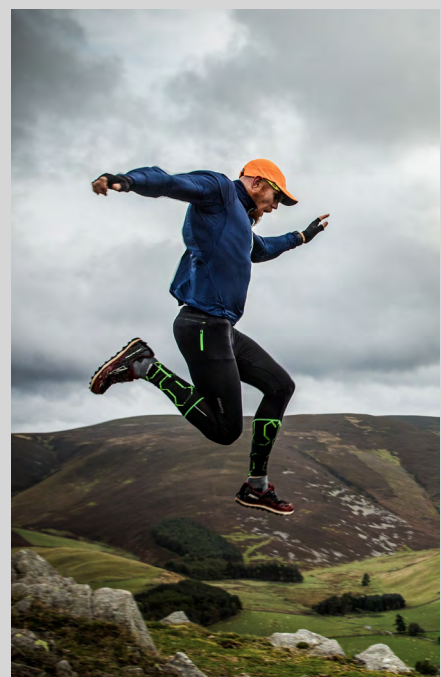
You will also be able to test different HOKA models in the EXPO and do a Social Run with HOKA Ambassadors 15:15. Meetingpoint is just outside of EXPO.

Everybody is free to join!

BRANDS IN EXPO

This is some of the brands you will find in the expo. Of course you also find the official Race Shop hosted by HOKA.

- Naak
- Suunto
- Buff
- Aonijie
- Nirvana
- Shokz
- Sidas
- Rudy Project
- Lumonite
- Dacia
- USWE
- Altra Running
- Bergsbo
- Light My Fire



PRACTICAL INFORMATION

In the Practical information section we have gathered all basic information critical to all runners. To get detailed information please see the sections covering your specific race and the Race regulations on the Kullamannen by UTMB website.

PLEASE NOTE THE FOLLOWING

Changes to this document might occur at any time prior to race day.

The Race Center is located at the Skansen Hotel in Båstad, where all of the races also finish.

Bibs are collected at the Race Center in Båstad.

20K and 50K both start and finish in Båstad.

For runners in the 100M and 100K, it is possible to reserve bus transportation from Båstad to

the start in Höganäs.

Go to Race confirmation > Edit Registration > Buy Busticket.

Maximum time 100M 32h. The race for all classes close at 02:00 on Sunday the 2nd.

NOTE: In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.

SECURITY & MEDICAL ASSISTANCE

Two medical stations are situated along the route, each directly connected to the race security HQ, ensuring immediate assistance if required. Medical personnel are stationed at the aid stations in Mölle and Råbocka to address any health-related concerns or emergencies.

In case of an inability to reach the race HQ during emergency situations, please contact the national emergency service immediately.

The Kullamannen by UTMB organization's security number is **+46-709-66 60 97**

Reminder: The national emergency number for Sweden is **112**.

START LISTS

Your name, along with those of other participants, will be searchable on [UTMB Live](#) before the race commences.

BUS TICKET 100M, 100K

You have to buy the busticket from Båstad to Höganäs at least 2 week before race. Go to your confirmation, DASHBOARD and choose EDIT REGISTRATION and buy your ticket. You can NOT buy the busticket at the racecenter.

GPX FILES

The final GPX files will be available for download in each race section on the [Kullamannen by UTMB official website](#) on october 28th.

RACEMAP ON GOOGLE

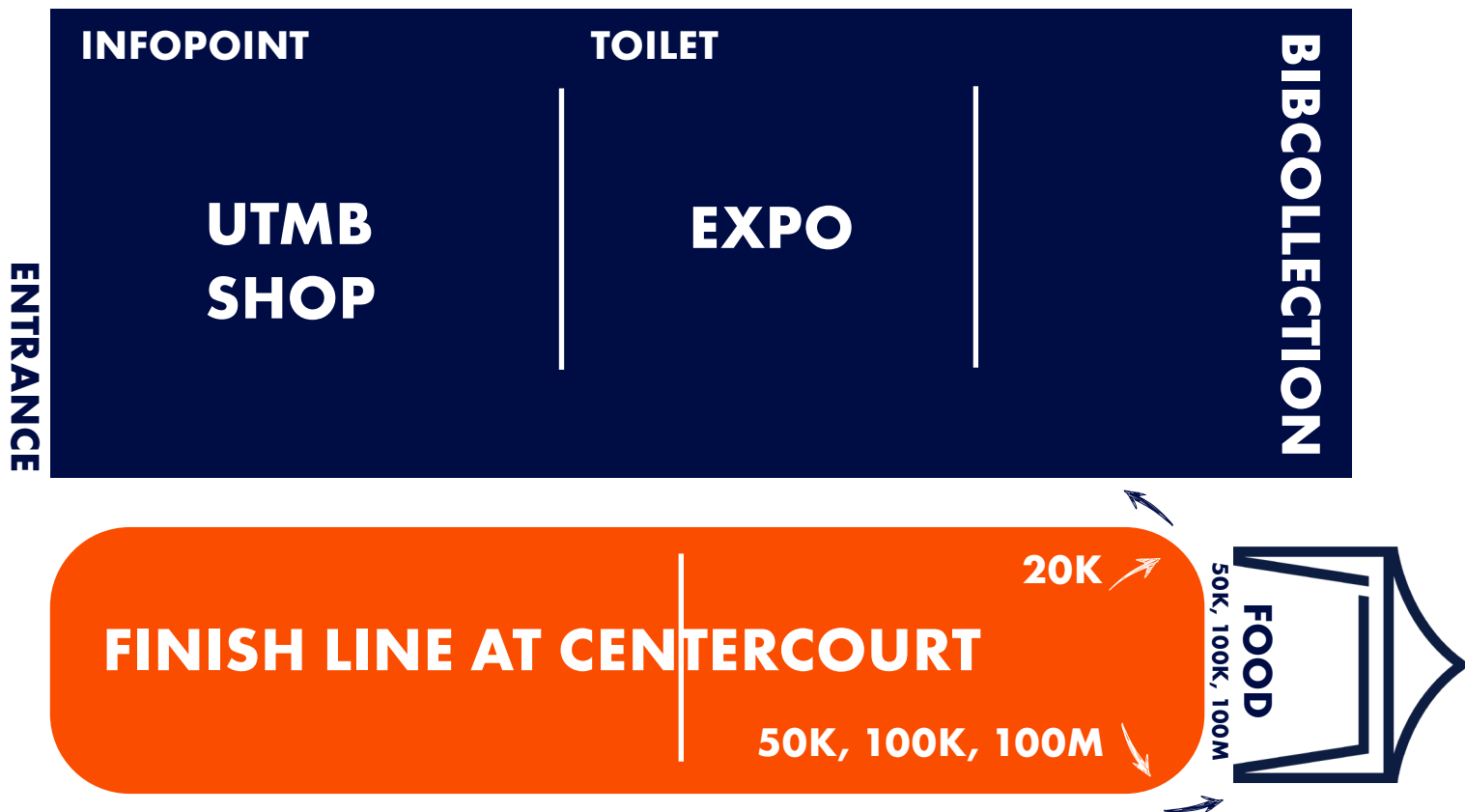
Key places for people to cheer you on!
(Will be updated before race)
[Kullamannen by UTMB Trail Race 2025](#).

SHOWERS

We offer showers at Strandängsskool about 800m from finish, Saturday 1pm-10pm.
Adress: Tennisvägen 33, 269 33 Båstad.

REGISTRATIONS INFORMATION

THE GALLERIA - RACE CENTER BÅSTAD



CHECK-IN & COLLECTING YOUR BIB



Race-bibs are handed over in the Expo in Båstad to each runner upon presentation of:



- A valid ID with photo



- The QR code of your registration confirmation that was sent to you by email. Note! It will be resent during the race week.



Be ready for random gear checks at the start and along the course.



You will receive your bus ticket at the BiB Collection. You need to buy it online at least 2 weeks before race. We can not guarantee you a seat otherwise.



Your race-tshirt will be picked up at the same time. If you need to change size you can do that at Infopoint in Båstad Saturday 2pm-8pm. Not at pickup!

PRACTICAL INFO CONTIN.

DROP BAG

Drop bag is applicable to 100M and 100K distances only.

Participants at 100K are permitted a drop bag at Ängelholm/Råbocka and 100M participants in Båstad Aidstation. Kullamannen by UTMB will provide each runner with one drop bag upon bib number collection. If you possess a UTMB World Series drop bag from a previous race, we encourage its use for sustainability reasons. Only these types of drop bags are permitted.

We recommend enclosing your drop bag contents in waterproof bags to safeguard against rainfall.



Post-race, drop bags may be retrieved at the race center in Båstad on Saturday, November 1st. For 100M, all day. For 100K from 2 PM.

How to Label Your Drop Bag:

Securely affix the extra tag provided with your bib number into the plastic pocket on your drop bag.

Drop bag collection:

Runners are required to deposit their drop bags at the designated collection area within the Race Center in Båstad during the following times:

100M runners: Friday between 10AM - 3:30PM.
100K runners: Friday between 10AM - 7:30PM.

For logistics reasons, UTMB World series events only accept the UTMB World series spare bags that are distributed during the check-in.

How to get your bags at the finish area:

The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than 2:00AM Sunday.

For any runner that drops out of the race, the organization will take the bags to the finish area, as long as the runner's withdrawal is registered with the race organizer. Because of logistical factors, the organization cannot guarantee that all bags are brought before the end of the race.

Only bags supplied by the organization will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, the race organizer is not responsible for the items in the bags. We recommend not to put any valuable items in the bags. We advise runners to keep toiletries and spare clothes at their accommodation. See drop bags location on the event website.

EXTRA BAG

In your BiB envelope you also find a bagtag for your extra bag. Leave your bag in the garage in Båstad and pick up after finish.

AID STATION NUTRITION

For details about the location of aid stations please see the race section.

Basic service at all Aid Stations:
Näak Energy Drink
Fresh Water from Skåne

AID STATION MÖLLE

Bakery: Delicious homemade Swedish cinnamon buns.

Sandwiches: Variety includes options with or without cheese and ham.

Soft Drinks: Cola to quench your thirst.

AID STATION RÅBOCKA (Ängelholm)

Hot Food: Vegan paprika and tomato soup with bulgur.

Beverages: Freshly brewed coffee or tea.

Bakery: Mouth-watering cinnamon buns.

Sandwiches: Available with cheese or ham.

Fresh Produce: A selection of bananas and other seasonal fruits.

Soft Drinks: Cola to quench your thirst.

AID STATION HOVS HALLAR

This station serves a limited assortment of food, such as sandwiches and fruits, among other refreshments.

By offering a range of options, we aim to cater to diverse dietary needs and preferences.

AID STATION BÅSTAD

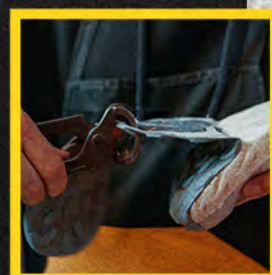
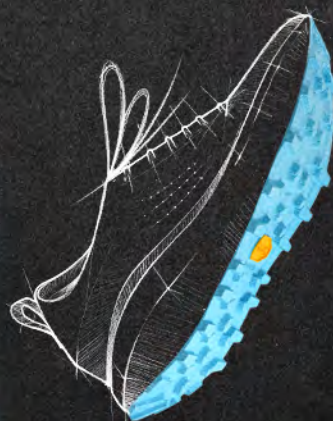
Soft Drinks: Cola to quench your thirst.

Hot Food: Gulasch Soup.



REPAIR
IF YOU
CARE

RESOLE FOR FREE
YOUR TRAIL RUNNING
SHOES WITH VIBRAM
AND BECOME A TESTER



REGISTER
NOW

VIBRAM.TESTERPLACE.COM



VIBRAM.COM

RACE RULES

RUNNER'S COMMITMENT

To participate in a UTMB event, in particular it is essential:

To be completely aware of the length and difficulty of the event and to be adequately prepared for it.

To have acquired, before the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:

Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with (night, wind, cold, fog, rain or snow).

Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...

Being aware that the organization's role is not to help a runner manage these problems.

Being aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.

SEMI-AUTONOMY / SELF-SUFFICIENCY

Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

Throughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will be carried in a pack (backpack or belt) and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. In any case of non-compliance runner is at the risk of disqualification from the race.

The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.

Kullamannen by UTMB do not allow personal assistant during the race.

It is forbidden to accompany or be accompanied along any part of the race route by any person. A participant who accepts being accompanied violates the principle of self-sufficiency. The race stewards/marshals or team leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules.

Runners are not allowed to participate with a dog or any other animal, including service animals.

EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist (see below) and must carry all the equipment with them during the race even though it might not be necessary to use it.

Organized and/or random equipment checks will be carried out during the race. A penalty up to and including disqualification will be applied to runners who do not have all the mandatory equipment with them (see PENALTIES).

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead, runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy rainfall and snow.

For list of mandatory equipment, please see below;

All clothing items must fit the runner - in terms of size - and they must not be altered in any way.

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack or belt must not be changed during the race.

In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.

If runners choose to take hiking poles with them, they must carry them for the entire duration of the race. It is forbidden to start without poles and get them during the race. No poles are authorized in the spare bags.

If you have further questions about mandatory equipment, do not hesitate to consult the organization.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when crossing roads, when approaching and while at checkpoints and when approaching and passing any Safety Team members.

SAFETY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the command center. There is medical staff at the command center or on the race course, during the events.

Medical stations are intended to assist any runner in need of medical assistance. It is up to a runner in need of assistance or injured to call for help:

By going to a medical station

By calling the command center (phone number should be saved in mobile/cellphone)

By asking another runner to call for help

By using the SOS function on the LiveTrail app (if applicable)

By calling the national emergency call number that will be specified on the runner guide Runners must provide assistance to any person in danger and alert the command center. If a runner is unable to call the command center, and only if it is an absolute emergency, runners may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): local emergency number will be specified on/in the race guide

A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

Remove any participant who is deemed unable to continue the event;

Demand any competitor to use any item of the mandatory equipment;

Evacuate any runners deemed to be in danger;

Refer runners to the most appropriate care facility.

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agree to accept their decisions.

If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

RACE RULES

There is a medical center at the finish area available for runners with severe medical problems.

Comfort care is based on the decision of the medical staff within the limits of care available.

Runners must stay on the marked path, even when they sleep.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

TIME LIMIT AND CUT-OFF TIMES

You may find the time limit (cut-off times) for leaving the main aid stations on the event website and in the Race Guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced via SMS/text message.

Cut-off times are calculated to allow participants to reach the finish within the time limit. In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time.

All runners who drop out, are stopped by the organization, or are behind official time barriers are not allowed to continue the race. Their bib will be cut and they will be transported back to the event area by the organization transportation.

Time limit and cut off times are specified on the event website and Race Guide.

DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw the race must do so only at a check point. They must inform the person responsible for the point or report their withdrawal via the LiveTrail app (if applicable) and inform the command center. If a runner wishes to withdraw while on the route between two checkpoints, he/she must reach the nearest checkpoint where he/she must report their withdrawal. Runners who withdraw must keep their race bib because it is the pass to access the organization's transportation, meals, treatment rooms, etc. Repatriation works as follows:

Vehicles are available at some aid stations to take runners who drop out back to the finish area.

Runners who drop out at any other aid station or check point but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.

As for aid stations or security points accessible by car or four-wheel drive vehicles: after the closing of the aid station/security points, the organization might repatriate any runners who have abandoned and haven't left the aid station yet.

in the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.

PENALTIES: TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race directors and aid stations'/security points' team leaders can instantly apply (*) a penalty according to the following chart:

100K and 100M races

BREACH OF REGULATION – PENALTIES (*) – DISQUALIFICATION

Short-cutting the route – At the race director's discretion

Missing item(s) of the mandatory equipment checklist (no water supply of

a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone) – Disqualification

Absence of other mandatory equipment items – 1 hour penalty during which the runner is encouraged to get the missing equipment

Refusal to have mandatory equipment checked – Disqualification

Smartphone turned off or in airplane mode – 15 minutes penalty

Discarding of rubbish/trash (voluntary act) by a competitor or a member of their entourage – 1 hour penalty

Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized. – Disqualification

Not assisting a person in need (in need of care) – Disqualification

Assistance outside of authorized zones – 1 hour penalty

Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station. – 15 minutes penalty

Cheating (e.g., use of a means of transport, sharing a race-bib, ...) – Immediate disqualification for life

Lack of visible race-bib – 15 minutes penalty

Wearing a non-conforming race-bib – 15 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)

Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators) – 15 minutes penalty

No timing chip – According to the race directors' decision

No passage through a check point – According to the race directors' decision.

Refusal to comply with an order from the race directors, race stewards/marshals, aid station's team leader, doctors or search and rescue staff. – Disqualification

Refusal of anti-doping control The runner will be sanctioned in the same manner as they would be for drug taking

Departure from a check point after the time barrier – Disqualification

Use of poles not carried from the beginning of the race – 1 hour penalty

50K and 20K races

BREACH OF REGULATION – PENALTIES (*) – DISQUALIFICATION

Short-cutting the route – At the race director's discretion

Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone) as applicable to each race – Immediate disqualification

RACE RULES

Absence of other mandatory equipment items – 30 minutes penalty during which the runner is encouraged to get the missing equipment

Refusal to have mandatory equipment checked – Disqualification

Smartphone turned off or in airplane mode – 15 minutes penalty

Discarding of rubbish/trash or non use of the organization toilets (voluntary act) by a competitor or a member of their entourage – 30 minutes penalty

Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized. – Disqualification

Not assisting a person in need (in need of care) – Disqualification

Assistance outside of authorized zones – 30 minutes penalty

Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station. – 10 minutes penalty

Cheating (e.g.: use of a means of transport, sharing a race-bib, ...) – Immediate disqualification for life

Lack of visible race-bib – 10 minutes penalty

Wearing a non-conforming race-bib – 10 minutes penalty

(during which time the runner places their race-bib in a manner which conforms

to the rules) Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators) – 10 minutes penalty

No timing chip – According to the race directors' decision

No passage through a check point – According to the race directors' decision

Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff. – Disqualification

Departure from a check point after the time barrier – Disqualification

Use of poles not carried from the beginning of the race – 30 minutes penalty

() The time penalties are immediately applicable on the spot, meaning the runner must "stand down" for the duration of the penalty time. If a breach of regulation is discovered after the race, the race director can also decide to apply a penalty on the finish time of the runner. The runner's time will not be stopped while the penalty is being served ()

Any other breach of the rules will be subject to a penalty decided by the Race Directors. In case of a disqualification the runner is not entitled to get refunded of the entry fee.

For full regulations see.

<https://kullamannen.utmb.world/race-regulation>



MANDATORY EQUIPMENT

MANDATORY EQUIPMENT

100M and 100K races:

- Running pack to carry mandatory gear throughout the race.
- Smartphone, the runner must be reachable at any time before, during and after the race.
- Kullamannen by UTMB emergency number +46-709-66 60 97 stored on the phone.
- International roaming that works in the countries where the event takes place (Sweden and Denmark due to closeness to Denmark and carrier can switch when at the coast line).
- Each runner should save the organization's safety phone number +46-709-66 60 97, not mask/block their number and do not forget to start the race with the battery fully charged.
- Keep the phone ON at all times during the race, airplane mode is forbidden and could result in a penalty.
- LiveTrail application installed and activated.
- An external battery is highly recommended.
- Personal collapsible cup 15 cl/5oz minimum (bottles or flasks with lids are not accepted).
- In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.
- Minimum water supply of 1 liters.
- Two working headlamps with spare cells/batteries for each headlamp. Recommendation of 200 lumens or more for the main torch light.
- Survival blanket of 1.40m x 2m minimum / 55 inches x 80 inches or survival bag.
- Whistle.
- Food reserve. Recommendation of 800 kcal (ex : 2 gels + 2 power bars).
- Jacket with hood for bad weather in the mountains/course terrain. The jacket must be made of a waterproof* and breathable** membrane (e.g.. Outdry)The jacket must have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. The seams must be sealed. he jacket must not have sections of fabric which are not waterproof. Air vents fitted by the manufacturer (under-arm, in the back) are accepted.
- At the race-pack collection, each participant receives at least a 30-liter bag*. After filling the bag with the items of their choice and closing them, runners can drop them off at designated collection area within the Race Center in Båstad.

MANDATORY EQUIPMENT

50K races:

- Running pack to carry mandatory gear throughout the race.
- Smartphone: the runner must be reachable at any time before, during and after the race:
- Kullamannen by UTMB emergency number +46-709-66 60 97 stored on the phone
- International roaming that works in the countries where the event takes place (Sweden and Denmark due to closeness to Denmark and carrier can switch when at the coast line).
- Each runner should save the organization's safety phone number +46-709-66 60 97, not mask/block their number and do not forget to start the race with the battery fully charged.
- Keep the phone ON at all times during the race, airplane mode is forbidden and could result in a penalty.
- LiveTrail application installed and activated.
- An external battery is highly recommended.

- Personal collapsible 15 cl/5 oz minimum (bottles or flasks with lids are not accepted).
- Minimum water supply of 1 liters.
- Survival blanket of 1.40m x 2m minimum / 140 inches x 80 inches or survival bag.
- Whistle.
- Food reserve, recommendation: 800 kcal (2 gels + 2 energy bars).

Note! Based on a forecast of bad weather, we have chosen to add the following two items to 50K:

- Jacket with hood for bad weather in the mountains/course terrain. The jacket must be made of a waterproof* and breathable** membrane (e.g.. Outdry).
- One working headlamp with spare cell/battery for each headlamp. Recommendation of 200 lumens or more for the torch light.

MANDATORY EQUIPMENT

20K races:

- Smartphone: the runner must be reachable at any time before, during and after the race:
- Kullamannen by UTMB emergency number +46-709-66 60 97 stored on the phone
- International roaming that works in the countries where the event takes place (Sweden and Denmark due to closeness to Denmark and carrier can switch when at the coast line).
- Each runner should save the organization's safety phone number +46-709-66 60 97, not mask/block their number and do not forget to start the race with the battery fully charged
- Keep the phone ON at all times during the race, airplane mode is forbidden and could result in a penalty.
- LiveTrail application installed and activated.
- An external battery is highly recommended.
- Personal collapsible 15 cl/5 oz minimum (bottles or flasks with lids are not accepted).
- Whistle.



RACE BIB



Make sure you are at the correct race!

2024

100M M

Ultra 100 Miles

1

AASMUND
KJØLLMOEN STEIEN



RACE EMERGENCY NO. +46709666097

DATA/SPORT



MEN'S M

Ultra 100 Miles
1
AASMUND
KJØLLMOEN STEIEN

Just so we know who you are, or if you forget who you are!

Only call this number in an emergency or if you are abandoning the course.

Illnesses, allergies, medications / Krankheiten, Allergien, medizinische Behandlungen / maladies, allergies, traitements médicaux / malattie, allergie, cure mediche.

actual drugs / aktuelle Medikamente / medicamentos actuales / medicine attuali

In case of emergency contact: Im Notfall bitte verständigen: En cas d'accident contacter: In caso di emergenza prego contattare:

blood group / Blutgruppe / gruppo sanguigno

Phone / Telefon / Téléphone / Telefono

List all your Medical Information here. This is crucial for our Medical Team.

This is where your timing chip will be. Do not bend the bib or damage this chip. This could result in the loss of tracking.



Zeitmesschip! Nicht entfernen oder knicken. | Timing Chip! Do not remove or fold. Timing Chip! Prego non rimuovere o piegare. | Puce de chronométrage! Ne pas enlever ou plier.

Live Results



Please fill your Emergency Contact person information out. This should not be someone who is also running the race.



Runners who withdraw must keep their race bib because it is the pass to access organization transport, meals, treatment rooms...

UNDER THE BARE SKY SINCE 1995

**Light My Fire creates products
for cooking and eating
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Durable, reusable and made in Sweden – built to be used
over and over again, wherever your trail takes you.



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**Special for Kullamannen
participants:** Visit lightmyfire.com

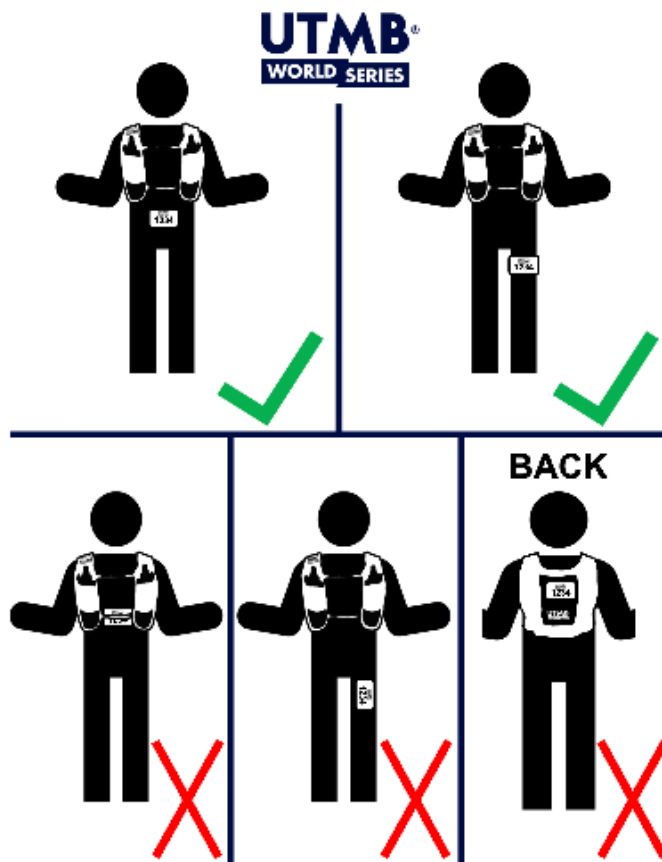
use code: **KULLAMANNEN15**
and get **15% off** your order.

HOW TO WEAR YOUR BIB

Do not fold the bibs as it will damage the timing chip.

Do not rotate the bib as it will potentially render the timing chip unreadable.

Do not place the bib on an article of clothing that will be quickly removed.



The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race.

Do not wear the bib on the back of your person or running vest.

Do not wear the bib under or close to the bottom of your running vest so it is legible & the timing chip isn't damaged by the vest.

PERFORMANCE STARTS IN YOUR HEAD



 **RUDY**
PROJECT



SUNGLASSES TURBOLENCE

COURSE MARKINGS

COURSE MARKINGS

The race course primarily follows the Skåneleden, and is marked with orange signs complemented with reflective tape.

Red White strips where the race course is not following Skåneleden and some supporting arrows where the course makes major turns.

There are signs informing when it switches from Skåneleden marking to red-white strap marking (and vice versa).



**FOR EVERY
ADVENTURE**

SUSTAINABLE HEAD & NECKWEAR
DESIGNED FOR ANY FORECAST

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KIDS RACES

The Kullamannen Kids races give young runners the chance to explore the trails in a playful and adventurous way. Every child can join in, feel the excitement of the race, and enjoy the magic of crossing the finish line.

It's all about joy, movement, and creating lasting memories. In Kullamannen Kids, every participant is celebrated as a true adventurer.



KIDS RACE HÖGANÄS BY HÖGANÄS ATHLETICS

Time	Start	Finish
15:40, 16:00, 16:15	Höganäs Church	Höganäs Church

Time	Start	Finish
11:30	Båstad, Hotel Skansen Seaside	Båstad Centercourt

Sign up to the races on Kullamannen by UTMB webpage or just before start by the startarea. All the kids get a BiB and medal at the finish.





NIRVANA

SPORTS TRAVEL & ACCOMMODATION

Proud Official Travel and Accommodation
Partner to the UTMB World Series.

Proving athlete friendly accommodation
and packages, ensuring you get to your
destination and ready to race.

We can arrange:
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Scan the QR Code for more
information or visit
www.nirvanaeurope.com



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WORLD SERIES

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OFFICIAL SUPPLIER



ENVIRONMENT

OUR PATH

Kullamannen by UTMB is not just an extraordinary race set in the stunning landscapes of Sweden—it is a trailblazer in sustainability within the world of outdoor sports. We are committed to minimizing our environmental impact while promoting sustainable practices at every stage of the race.

Our sustainability efforts include:

- Local Prioritization: We have always prioritized local communities and businesses
- Zero-Waste Mindset: Our race encourages participants to adopt a zero-waste approach
- BYOU (Bring Your Own Utilities) Policy: We enforce a no-disposable-cups policy at aid stations.
- Trail Restoration: We actively clean and restore the trails after the race.

- Transportation Initiatives: We provide information on public transportation options and encourage shared travel among participants.
- Locally Sourced Prizes: Our prizes are sourced from local producers and businesses.
- Community Partnerships: We collaborate with local sports associations and other non-profit organizations.

YOUR DONATIONS

We love the trails we invite you to run on and the nature of our two peninsulas, including the wild sea surrounding us. This is our home on this planet, and that is why it's so important for us to preserve and take care of this place.

The runners' donations 2025 go towards protecting the forests of Kullaberg and the Bjäre Peninsula, and supporting education for sustainable outdoor practices.

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UTMB®
WORLD SERIES



OFFICIAL FOOTCARE

**NO
FINISH LINE
WITHOUT
FOOTCARE**



PEDICURE

3 weeks before



TANNING

Apply from D-20 to D-10

Alternate lemon juice and
ANTI-FRICTION cream every evening



**ANTI-FRICTION
CREAM**

From D-10 to D-day

Apply cream generously every day

**#nofinishline
withoutfootcare**



The LiveTrail APP: a complete experience on a single platform!

In order to offer a complete experience on a single platform, the LiveTrail application now incorporates the functions of the LiveRun and LiveInfo applications.

MAIN FEATURES



For the public:

- Search for your family and friends and track their progress, speed, their last crossing point and the estimated time to the next crossing point
- Get your bearings on the route, view all the routes, with cut-off times, and launch GPS navigation to a waypoint to get there
- Access general information about the event (maps, timetables, parking, transport, programme, etc.)
- Live or relive the excitement of the race using LiveCams at various points of interest along the route
- Create a list of favourites, select several runners to follow and keep up to date with their progress using automatic notifications
- Get information on the runners taking part in the event (UTMB Index, runner achievements)



For the runner:

- Prepare for your race using the virtual runner feature. Estimate your progress at the various checkpoints based on your target time or your UTMB Index
- For your safety, report your withdrawal from the race, send an SOS or call Race HQ
- Discover the upcoming important checkpoints with the estimated time to get there
- Follow your friends, compare your progress with them and receive notifications of their passage through the various intermediate points
- Use your smartphone as a GPS beacon so that the public and Race HQ know your position in real time

HEAVEN, SEA & HELL

This is the pure Scanian trail adventure

RACE CATEGORY

100M



Distance
173 KM

Elevation gain
2300 M+

Start place
HÖGANÄS CHURCH

Start date
2025-10-31

Start time
18:00



THE COURSE

Experience the ultimate challenge of the A+ 100-mile race, passing through 15 stunning nature reserves. Although the terrain is relatively flat, this race is incredibly challenging. The starting point is Höganäs, followed by a prologue to Mölle and the mythical Kullaberg, the birthplace of the powerful legend of Kullamannen. Prepare to push yourself to the limit as you take on the technical single tracks on the beautiful Kullaberg Mountain, one of Sweden's most popular nature reserves.

After 66 kilometers, you can recharge with a hearty bowl of hot soup before continuing to Stora Hult and turning right towards Båstad Aid. After 120km it is time for one last lap around Bjäre Peninsula. Only for those with the right mindset. November in Sweden brings challenging coastal Scandinavian weather, gales from the southwest, and more darkness than light. Nevertheless, participants return year after year for the unparalleled experience.

If you're inspired by the legend of Kullamannen and possess the right spirit, this race will encourage you. Overcoming adverse conditions will lead to great victories, and all who stand at the start line are heroes who will gain a lifetime of experience. Good luck to all the challengers of Kullamannen.

HOW TO GET THERE



Bus transport from Båstad to Höganäs on race day

Departure: 16:00 hrs on the 31st of October

Kullamannen by UTMB provides bus transportation from Båstad to the start in Höganäs.






Pre-book your ticket by going to My Dashboard on your confirmation and then Edit Registration. Please note – no ticket, no bus.



If travelling by car, please see the page 14 for assigned parking areas in Båstad.

TIMETABLE

FRIDAY 31ST OCTOBER




























Time	Location	What
10:00 - 15:30	Båstad	 BIB distribution
16:00	Båstad	 Bus departure to start
Approx. 17:00	Höganäs	 Bus arrival at start
Approx. 17:15	Höganäs Sportcenter	 Racebriefing
18:00	Höganäs	 Start!

SUNDAY 2ND NOVEMBER

02:00	Båstad	Last Finish (32h)
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AID STATIONS & TIME CHART 100M

Point	Distance (km)	Fastest	Cut-off time	Services
Start Höganäs	0	Fri 18:00	-	
Mölle Hamn	12	Fri 18:50		   
Mölle Hamn	32	Fri 20:40	Sat 00:30	   
Svanshall	45	Sat 21:40	-	  
Råbocka	65,8	Fri 23:00	Sat 08:00	     
Storahult	84,2	Sat 00:30	-	  
Båstad Aid	118,9	Sat 04:00	Sat 18:00	     
Glimminge	137	Sat 06:00		   
Hovs Hallar	154,9	Sat 07:30	Sat 23:00	   
Norrviken	168	Sat 08:45		
Finish Båstad	171,5	Sat 09:00	Sun 02:00	    



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION



DROP BAG ACCESS



HOT FOOD



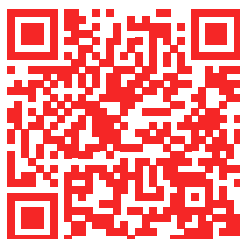
WC / TOILETS



CUT-OFF



ENERGY DRINKS



**PLEASE SCAN TO EXPLORE MAP AND
DOWNLOAD GPX FILE**

<https://kullamannen.utmb.world/races/ultra-100-miles>

Final GPX-file will be accessible on the website 29th of October.

The wild side of Skåne



SPRINT ULTRA

The two peninsulas – at top speed

RACE CATEGORY

100K M



Distance
108 KM

Elevation gain
749 M+

Start location
HÖGANÄS CHURCH

Start date
2025-10-31

Start time
22:00



THE COURSE

The starting point for this race is the charming town of Höganäs. A brief 11 km flat warm-up run will prepare you for the journey ahead as you make your way towards the mythical mountain Kullaberg. The trail features small singletracks that will guide you to the north side and the Scania trail, which passes through many small fishing villages. Along the way, you will encounter ten nature reserves, each with its unique beauty.

This is a fast-paced 100 km race, with just 1000 m climb. However, some sections of the course can be technical, making it a challenging route that requires skill and perseverance. You will encounter a mix of stunning views and harsh conditions that will test your limits. But with determination and focus, you will make it to the finish line in Båstad, having completed a truly unforgettable race.

HOW TO GET THERE



Bus transport from Båstad to Höganäs on race day

Departure: 20:00 on the 31st of October

Kullamannen by UTMB provides bus transportation from Båstad to the start in Höganäs for the 100M and 100K participants.






Pre-book your ticket by going to My Dashboard at your confirmation and then Edit Registration. Please note – no ticket, no bus.

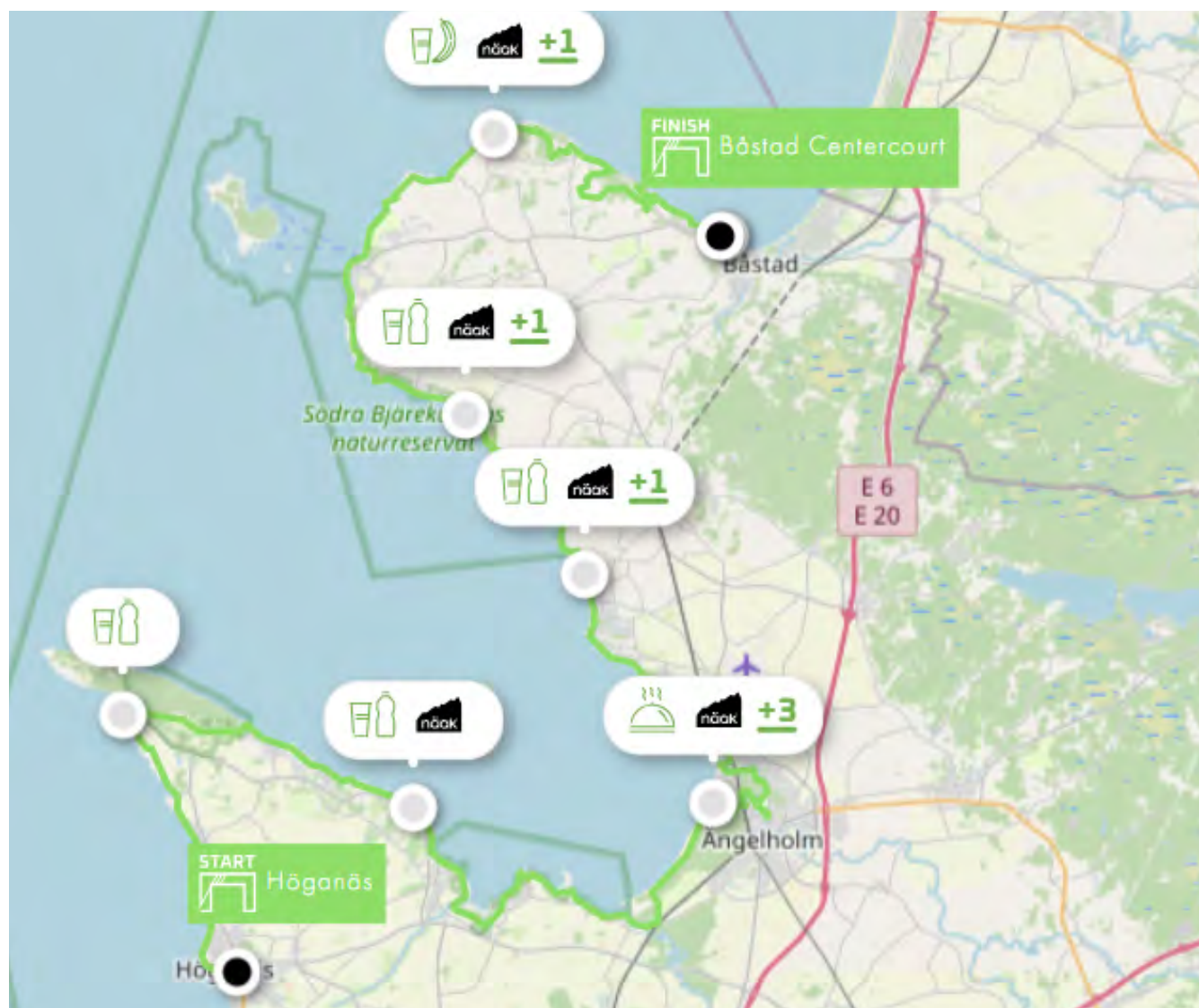


If travelling by car, please see the page 14 for assigned parking areas in Båstad.































TIMETABLE

FRIDAY 31ST OCTOBER

Time	Location	What
10:00 - 19:30	Båstad	 BIB distribution
20:00	Båstad	 Bus departure to start
Approx. 21:00	Höganäs	 Bus arrival to start
Approx. 21:15	Höganäs	 Racebriefing
22:00	Höganäs	 Start!



AID STATIONS & TIME CHART 100K

Location	Distance	Fastest	Cut-off time	Services
Start Höganäs	0	0	-	START 
Svanshall	25,1	Fri 23:45	-	 
Råbocka	46	Sat 01:17	Sat 11:00	      
Storahult	64,4	Sat 02:46	-	   
Glimminge	66.1	Sat 03:30	Sat 16:00	    
Hovs Hallar	90,7	Sat 05:03	Sat 20:00	    
Norrviken	98			
Finish Båstad	107,3	Sat 06:00	Sun 02:00	FINISH      



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION



DROP BAG ACCESS



HOT FOOD



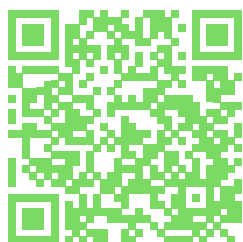
WC / TOILETS



CUT-OFF



ENERGY DRINKS



PLEASE SCAN TO EXPLORE MAP AND DOWNLOAD FINAL GPX FILE ON RACE DAY





<https://kullamannen.utmb.world/races/sprint-ultra-100-km>

Final GPX-file will be accessible on the website 28th of October.



The Shokz logo, featuring the brand name in a bold, sans-serif font with a stylized soundwave icon above the letter 'O'.

Open-Ear Bone Conduction Headphones

-  Situational Awareness
-  Open-Ear Comfort
-  IP68 Water Resistant
-  Up to 10 Hours battery life



**PUSH HARDER, RUN STRONGER
WITH COMPRESSPORT
BY YOUR SIDE.**



R2 3.0 CALF SLEEVES

**WHEREVER YOU RACE,
WE SUPPORT YOU.**

THE SEVENTH SEAL

Experiencing the "rest and be thankful valley" called Sinarpsdalen followed by many nature breathtaking reserves along the coastline.

RACE CATEGORY

50K **M**

RUNNING STONES
2
UTMB

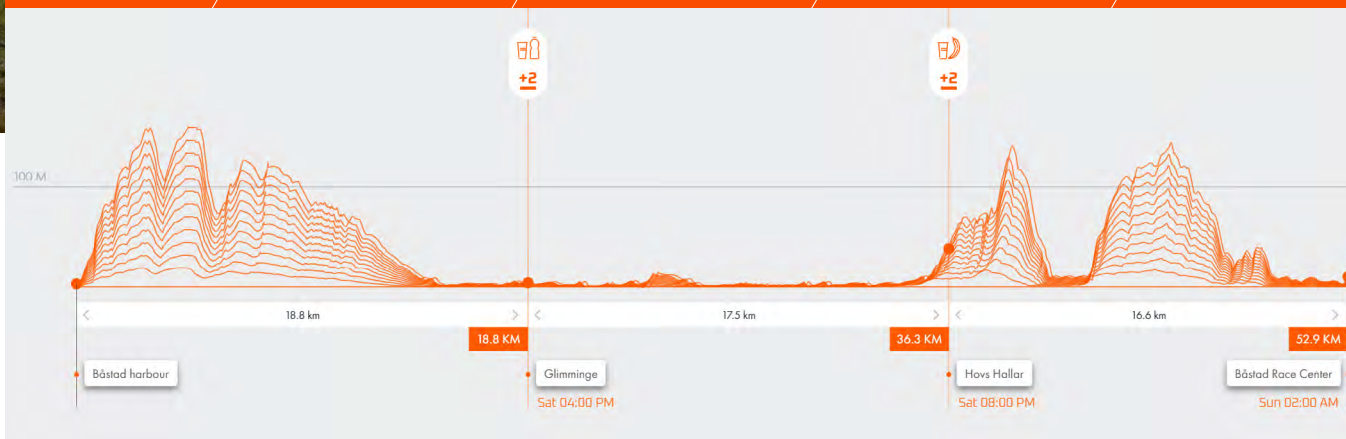
Distance
52,9 KM

Elevation gain
727 M+

Start place
SKANSEN SEASIDE

Start date
2025-11-01

Start time
11:00



THE COURSE

Experiencing the Bjäre peninsula with the sea as your constant companion. The Kullamannen Seventh Seal 50 km race is a challenging and exciting event that takes runners on a scenic tour of the Bjäre Peninsula in Sweden.

The race begins in the charming town of Båstad, and the first part of the course takes runners south as they pass through the valley Sinarpsdalen and climb the ridgeline called Hallandsåsen. On top of Hallandsåsen, runners are rewarded with stunning views of the surrounding landscape, stretching all the way south to the sea at Skälder-viken bay.

Continuing south, runners reach the village of Ängelbäcksstrand, where they turn west and follow the coastline. The terrain here is quite flat, and runners can pick up speed as they pass through green pastures and small villages. The first aid station is located in the small village of Glimminge, where runners can refill their water bottles and grab a quick snack before continuing.

HOW THE GET THERE



Båstad is accessible by train and bus. Please visit the local public transportation website to plan your trip.
www.skanetrafiken.se



If you travel by car, please see page 27 for assigned parking areas in Båstad.

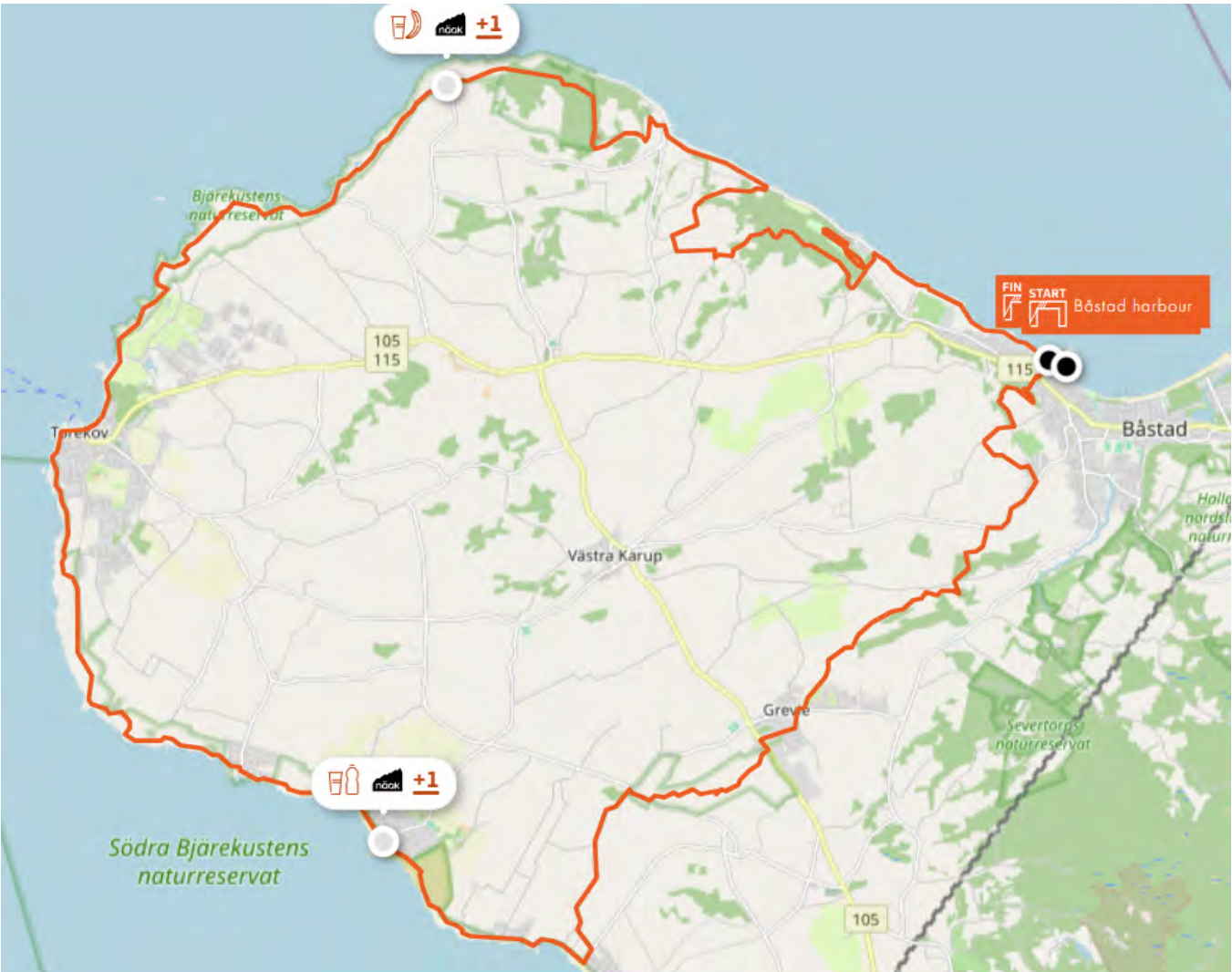
TIMETABLE

FRIDAY 31ST OCTOBER

Time	Location	What
10:00-20:00	Båstad	 BIB distribution

SATURDAY 1ST NOVEMBER

Time	Location	What
07:00-10.30	Båstad	 BIB distribution
11:00	Båstad	 Start!
18:00	Båstad	 Price ceremony



AID STATIONS & TIME CHART 50K

Point	Distance	Fastest	Slowest	Cut-off time	Services
Start Båstad	0	Sat 11:00	Sat 11:00	–	
Glimminge	18.7	Sat 12:12	Sat 14:00	Sat 16:00	   
Hovs Hallar	36.2	Sat 13:19	Sat 16:48	Sat 20:00	   
Norrviken					
Finish Båstad	56.9	Sat 15:00	Sat 21:00	–	     



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION



DROP BAG ACCESS



HOT FOOD



WC / TOILETS



CUT-OFF



ENERGY DRINKS



**PLEASE SCAN TO EXPLORE MAP AND
DOWNLOAD GPX FILE**

<https://kullamannen.utmb.world/races/seventh-seal>

Final GPX-file will be accessible on the website 29th of October.



PRIZE CEREMONY

NEW PRIZE CEREMONY

This year we want to celebrate all the winners at the Centercourt in Båstad.

First prize ceremony will be after first 5 men and women of each separate distance has crossed the finishline. in Båstad.

After that we will celebrate the winner in each age category directly after they have crossed the finishline, on the Centercourt.

There will be no collected Prize ceremony in the evening. All winners are celebrated on the Centercourt!

IMPORTANT NOTE: It can take up to 1 hour after last runner of the five top winners crosses the finishline before we can announce the winners. The winners will get a text message with the time to appear at the Centercourt.



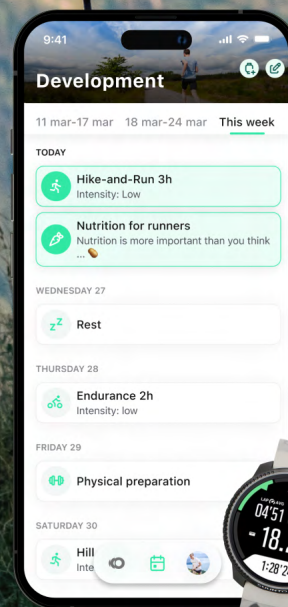
YOU'RE GOING TO LOVE TRAINING!



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**RUN
MOTION**

RUNNERS SERVICE



NORTH SHORE

This trip is not just a walk, but also a journey through history, bringing to life the legendary Kullamannen, who once walked these grounds with quiet rebellion.

RACE CATEGORY

20K M



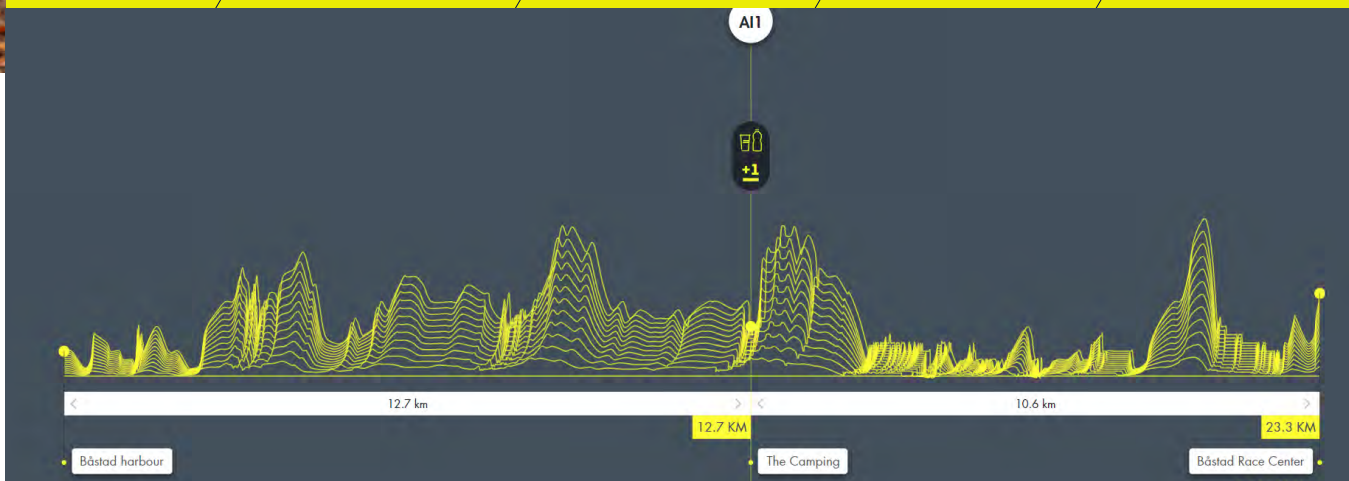
Distance
21,9 KM

Elevation gain
83 M+

Starting place
SKANSEN SEASIDE

Start date
2025-11-01

Time of departure
13:00am



THE COURSE

Welcome to our brisk and exhilarating 20 km trail race, a perfect gateway for anyone keen to experience the Kullamannen adventure weekend. This race is tailored for those who prefer a fast-paced challenge over the 20 km distance.

The race kicks off at Båstad port, where you'll quickly find yourself running adjacent to the ocean, with the ocean steadfastly to your left as you head north.

The course is a dynamic mix of narrow beachside paths and compact dirt trails, offering runners a diverse terrain to conquer.

While these beaches are bustling with activity in the summer, come November, the scenario changes dramatically. The chilling northwestern winds begin to howl, clearing the beaches and leaving only the most determined runners to brave the elements. It's during this time that you'll not only challenge yourself but also share the trail with those who dare to face the ocean's fierce beauty.

HOW THE GET THERE



Båstad village is accessible by public transportation. Please visit the local public transportation website to plan your trip.
www.skanetrafiken.se >



For car travel, see page 26 for parking zones. There are plenty of parking in Båstad.



TIMETABLE

FRIDAY 31ST OCTOBER

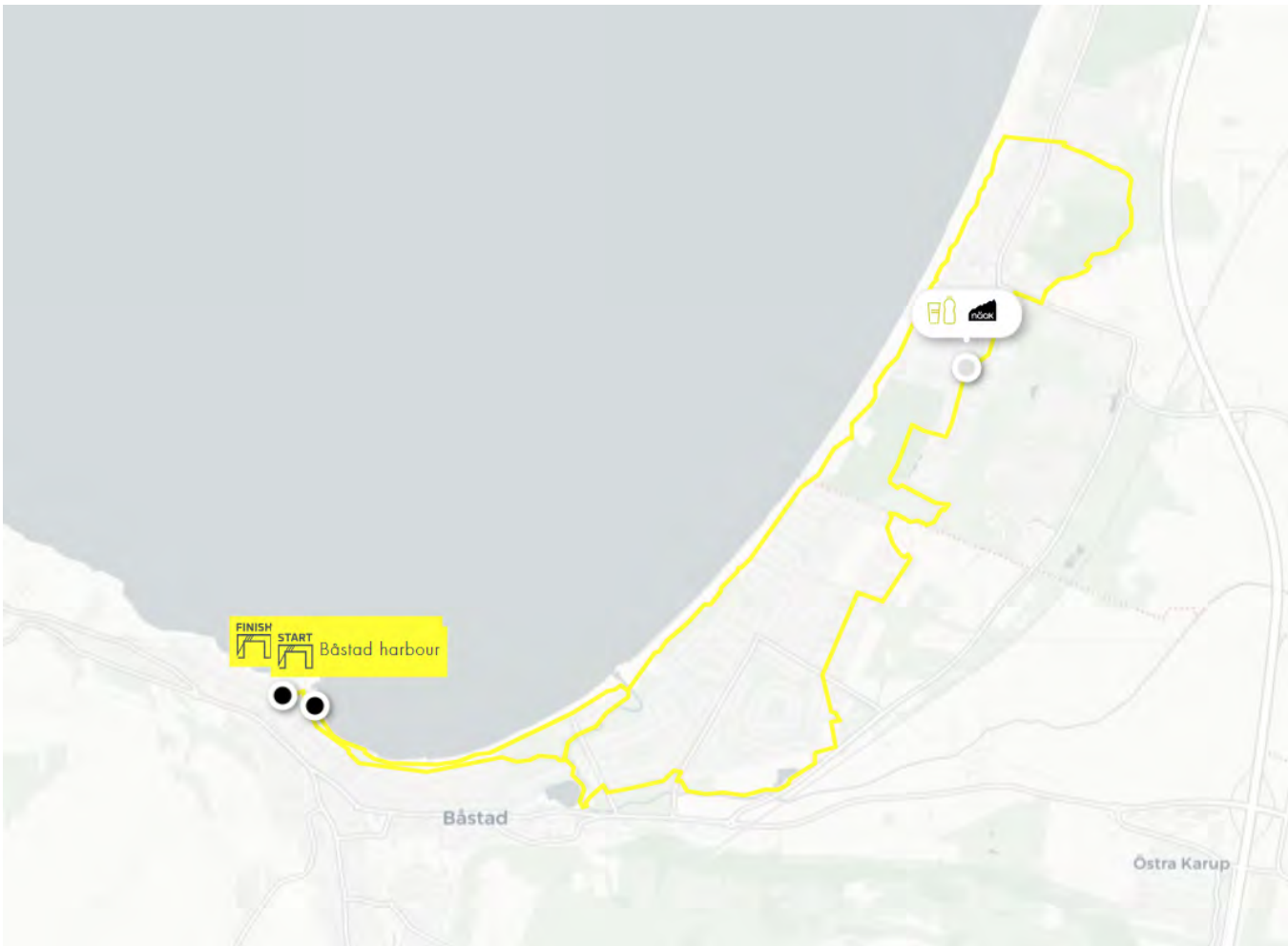
10:00 - 20:00	Båstad		BIB distribution
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Don't miss the opportunity to visit the UTMB World Series Shop and Expo at the Race Center in Båstad!

SATURDAY 1ST NOVEMBER

07:00 - 12:30	Båstad		BIB distribution
13:00	Båstad		Start

MAP



STARTING LINE



FINISH LINE



DRINK SUPPLY











AID STATION



MEDICAL STATION

AID STATIONS & TIME CHART 20K

Point	Distance (km)	Fastest	Slowest	Cut-off time	Services
Skansen Seaside	0	Sat 13:00	Sat 12:00	–	START  
Skummeslöv	10.5	Sat 10:27	Sat 13:11	–	 
Båstad Centercourt	21.9	Sat 14:30	Sat 19:00	–	FINISH    



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION



DROP BAG ACCESS



HOT FOOD



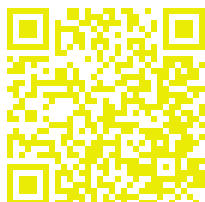
WC / TOILETS



CUT-OFF



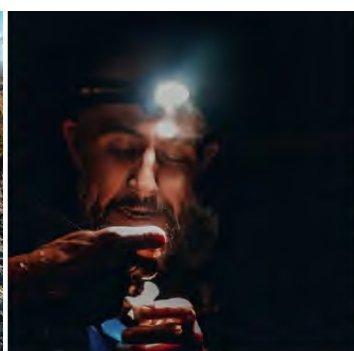
ENERGY DRINKS



**PLEASE SCAN TO EXPLORE MAP AND
DOWNLOAD GPX FILE**

<https://kullamannen.utmb.world/races/north-shore>

Final GPX-file will be accessible on the website october 29th.



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F L A T

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May your weekend be pleasant
and your race demanding.

GODSPEED!

Kullamannen by UTMB
Race organization



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