



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

General Information Sheet

21st IAU 24 Hour European Championships



ALBI (FRANCE)

22nd & 23rd October, 2016



General Information Sheet

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1 WELCOME

We are very pleased to welcome you to Albi from the 20th to the 23rd of October 2016, to offer you an European Championships of the highest quality.

Albi was voted the “Top Town of Sports Events 2012” by the French newspaper “l’Equipe”, the specialist in the domain for reporting sports events and who continues to support national and international events.

After organising the French National Championships in 2015, the **Albi24heures** Organising Committee presented their project for the organisation of the European Championships to the local councillors and municipal services who were extremely enthusiastic by the commitment of the Committee.

An episcopal city included on the UNESCO World Heritage List, Albi welcomes you to a site that, we are convinced, will leave you with long-lasting souvenirs.

Since our first edition of the **Albi24heures** in 2013, we continue to improve the quality of our organisation to offer you a quality competition equal to the event.

To enable the athletes to achieve their expected performance, our many volunteers offer their best care and attention.

Our circuit is very fast, measuring approximately 1100 metres, with less than 1 meter of accumulated elevation and composed uniquely of bitumen and tartan. Athletes will benefit from toilets for men and for women, changing rooms and a resting station close to the circuit.

Our selection of accommodation has been chosen in quality hotels close to the town centre; meals will be organised within the perimeter of the stadium by a local caterer and served in the Honorary Pavilion of the town of Albi.

The Organising Committee wishes you the very best stay and great success to the athletes.



Didier Thiriot
LOC President

2 FRENCH ATHLETICS FEDERATION (FFA)

CONTACT DETAILS:

Address:

Tel:

E-mail:

Website:

FEDERATION FRANCAISE D'ATHLETISME

33 avenue Pierre de Coubertin – 75013 PARIS CEDEX

+33 1 53 80 70 00

international@athle.org

www.athle.fr

3 LOCAL ORGANISING COMMITTEE (LOC)

CONTACT DETAILS:

E-mail:

Website:

“Athletisme Tarn Passion” (ATP) is a club, member of the FFA
Albi24heures is the ATP body who organises road races events,

info@albi24h.com

www.albi24h.com

President:

Tel:

E-mail:

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didier.thiriot2@orange.fr

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Secretary:

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GAMEL Maurice

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Communications and Press:

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BOYER Cyntia

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cyntia.boyer@univ-jfc.fr

Transport & Accommodation:

Tel:

CLEMENT Emilie, Albi Congrès:

33 5 63 49 15 73 - Mobile 33 6 66 77 90 96

Race Director:

GAMEL Maurice (See above)

Medical Director:

Tel:

E-mail:

RABIERS DU VILLARS Bertrand

+ 33 5 61 40 23 08 - Mobile : 33 6 81 40 28 72

b.rabiersduvillars@medesyn.fr



4 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

E-mail: info@iau-ultramarathon.org
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IAU President: **Dirk STRUMANE**
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Vice President **Liesbeth JANSEN**
Tel: +31 59 7432972
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Director of Organisations & Competitions (+ Travel Grant information)

Jan VANDENDRIESSCHE
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E-mail: jan.vandendriessche@iau-ultramarathon.org

Director of Protocol: **Paco RICO**
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E-mail: paco.rico@iau-ultramarathon.org

Director of Communications: **Nadeem KHAN**
Tel: +1 716 392 6657
E-mail: nadeem.khan@iau-ultramarathon.org

5 GENERAL RACE INFORMATION

Event Address

Stade Municipal, 283 Avenue du Colonel Teyssier, 81000 Albi

The course

- | | |
|----------------------------------|--|
| . Running surfaces: | bitumen (720m) and tartan track (400m) |
| . Start line: | a straight line approximately 260 meters long and 6 metres wide |
| . Total elevation of the circuit | less than 1 metre |
| . Aid stations | in the corridors of the track, opposite the main spectators stands. |
| . Tents | in the same zone, for each delegation. |
| . General services | in the "BODEGA" tent |
| . Race Direction | in the "OMEPS" room located on the side of the circuit |
| . Medical facilities | in the "OMEPS" room located on the side of the circuit |
| . Rest Area | in the gymnasium close to the circuit where camp beds will be installed, but delegations must provide their own blankets or sleeping bags. |
| . Refreshments | a bar with water, soda, beer, coffee, sandwiches, French fries, etc., will be available within the stadium. |
| . Map | see in appendix |

OPEN race:

There will be an open race, limited to 50 runners.

Entry fee: 90 Euros (including pasta party and final banquet).

Registration is possible via the LOC website: www.albi24h.com.

The list of the participants will be finalised after receipt of the PEF

6 MEETING POINT – LOC HEAD QUARTER

Throughout the event, the central office of the LOC can be found within the stadium grounds located at:

**Stade municipal
283 Avenue du Colonel Teyssier
81000 Albi**

TECHNICAL ASSISTANCE (HOTLINE) FOR TRANSPORT AND ACCOMMODATION

ALBI CONGRES: Clément Emilie - Tél: +33 5 63 49 15 73 - Mobile 33 6 66 77 90 96

7 ENTRIES - PRELIMINARY (PEF) AND FINAL (FEF) FORMS

Competition

. 4 titles will be awarded

- Men's individual
- Women's individual
- Men's Team
- Women's Team

. Only athletes and teams officially registered by their National Federation will count for the teams' results.
. Every country can send 6 men and 6 women and can nominate one non-travelling reserve for each team in case of late withdrawal
. for the teams' results, the delegations will be ranked according to the addition of the performances (km) of their three best athletes

Invited delegations

As at 1st January 2016, the European Members of IAU are (and are invited to send delegations):

Albania (ALB) – Andorra (AND) – Austria (AUT) – Belgium (BEL) – Belarus (BLR) – Bulgaria (BUL) – Croatia (CRO) – Czech Rep (CZE) – Denmark (DEN) – Estonia (EST) – Finland (FIN) – France (FRA) – Great Britain (GBR) – Germany (GER) – Gibraltar (GIB) – Greece (GRE) – Hungary (HUN) – Iceland (ISL) – Ireland (IRL) – Israel (ISR) – Italy (ITA) – Latvia (LAT) – Lithuania (LTU) – Luxemburg (LUX) – Former Yugoslav Rep. of Macedonia (MKD) – Monaco (MON) – Netherlands (NED) – Norway (NOR) – Poland (POL) – Portugal (POR) – Romania (ROU) – Russia (RUS)(currently suspended by IAAF) – Serbia (SRB) – Slovakia (SVK) - Spain (ESP) – Sweden (SWE) - Switzerland (SUI) – Turkey (TUR) – Ukraine (UKR)

Entries

DEADLINE PEF: **August 22nd 2016 – midnight French time**

DEADLINE FEF: **September 19th 2016 – midnight French time**

The forms must be sent via e-mail to:

FFA/LOC: international@athle.org
IAU: secretary@iau-ultramarathon.org

Please note that the proposals of travel and accommodation grants are under the condition that the entry forms are returned before the cut-off dates.

8 VISA

Any foreign visitor wishing to visit France should be in possession of a valid passport or a valid identity card of the European Union.

Holders of valid Schengen visas can freely enter France without additional French visa.

The following countries require visas to enter France: Belarus, Russia, Turkey and Ukraine; they have to obtain them from the French Embassy or Consulate in their country.

Citizens of FYR of Macedonia who have biometric passports are allowed to freely enter France. Those who have the older type of passport (not containing biometric information) are still required to apply for French visa.

For Serbia, only holder of passports issued by "Kordinaciona uprava" need a visa.

Those federations should contact the FFA (International@athle.fr) well in advance and send a list of participants, containing the names and passport data (date of birth, date of delivery and expiration) of all persons who could be part of the team coming to France. The LOC will then send a visa invitation letter and will assist with visa issuance procedures.

9 TRANSPORT

Travel of the delegations

The teams can reach Albi:

- . by road: from Toulouse follow the Motorway A68 (80km) – exit 17
from the North and Motorway A75, go through Rodez and the National Road RN 88
- . by train: to Albi station via Toulouse Matabiau railway station (a train almost every hour et the trip lasts one hour)
- . by plane the official airport of the competition is **Toulouse Blagnac**

Transfers from Toulouse Airport

For the teams arriving by plane at Toulouse-Blagnac Airport, the LOC can organise the transfers (by buses, or mini buses) at the cost of 15 Euros per person each way. It is assumed that all delegations travelling by plane will use this opportunity; if not, they are kindly requested to inform the LOC.

There will be a HELPDESK from the LOC at the Toulouse Airport to help and guide the delegations. Delegations should wait maximum 45' before departing to Albi.

Local transportation

The LOC will organise the transportation from the hotels to the Stadium for the competition, the meetings and ceremonies as well as for the lunches and dinners. The transportation schedule will be given out on the arrival of the teams.

10 ACCOMMODATION

Principle

The delegations will be accommodated in 10 hotels, all located in the downtown of Albi.

Single rooms will be given according to the requests ... and availability.

Breakfasts will be taken in the hotels, but all other meals will be organised in the “Pavillon d’Honneur” at the event venue, the LOC will organise transport for this.

The coordination of the accommodation has been given to “Albi Congrès” the official body of the City of Albi: Emilie Clément – tel: +33 5 63 49 15 73 - www.congres.albi.fr

Athletes will be accommodated mainly in twin rooms and the teams’ officials in single rooms.

Additional accompanying persons of the teams needing accommodation can contact Albi Congrès and inform them to which team they belong so they can possibly be hosted in the same hotel.

List of selected hotels:

Ibis Style Albi Centre (for IAU and FFA representatives)

Address : 48 Place Jean Jaurès – 81000 Albi
Tel : +33 5 63 43 20 20
Website: www.accordhotels.com/fr/hotel-9887-ibis-styles-albi-centre-le-theatro/index/shtml

Hôtel Ibis Centre

Address: 16 avenue Gambetta
Tel: +33 5 63 43 03 03
Website: www.accordhotels.com/fr/hotel-5914-albi/index.shtml

Ibis Budget

Address: 16 rue Castelginest – 81000 Albi
Tel: +33 8 92 68 40 16
Website: www.accordhotels.com/fr/hotel-5602-ibis-budget-albi-centre/index.shtml

Grand Hôtel d’Orléans

Address: 1 Place Stalingrad – 81000 Albi
Tel: +33 5 63 54 16 56
Website : www.hotel-orleans-albi.com

Hôtel Le Vigan

Address : 16 Place du Vigan – 81000 Albi
Tel: +33 5 63 43 31 31
Website: www.hotelvigan.com

Hôtel Campanile

Address : 4 avenue du Maréchal de Lattre de Tassigny – 81000 Albi
Tel: +33 5 63 47 18 80
Website: www.campanile.com/fr/hotels/campanile-albi-centre

Hôtel Cantepeau

Address : 9 rue Cantepeau – 81000 Albi
Tel: +33 5 63 60 75 80
Website: www.hotel-cantepeau-albi.com

Hôtel Lapérouse

Address: 19-21 Place Lapérouse – 81000 Albi
Tel: +33 5 63 54 69 22
Website: www.hotel-laperouse.com

Hôtel du Parc

Address 3 avenue du Parc
Tel: +33 5 63 54 12 80
Website : www.hotel-du-parc-albi.com

Hôtel Les Pasteliers

Address: 3 rue Honoré de Balzac – 81000 Albi
Tel: +33 5 63 54 26 51
Website: www.hotelsalbi.com/Pasteliers/index.php?lang=fr

Free Accommodation

- . the LOC will pay for two male athletes and two female athletes sharing a twin room.
- . the duration of this free stay is:
 - . either from the Dinner of Thursday until Lunch of Sunday
 - . or from the Lunch of Friday until breakfast of Monday

Accommodation costs

- . the full board for additional athletes and /or days is 85 € /day/person in a twin and 115 € in a single
- . the full board for the officials is 115 € in single rooms
- . additional lunch, dinner, pasta party and Final Banquet: 15 Euros

THERE IS NO CANCELLATION POLICY .

All delegations are responsible for the entries and requests for accommodation made by the FEF.
As soon the FEF is received the LOC will send the delegations, according to the info on the FEF, an accommodation invoice which will always be mandatory to pay !!

11 DELEGATION - OUTFIT MEETING

Friday afternoon at 15:00 for ALL countries

This meeting is MANDATORY for ALL DELEGATIONS !

All delegations are requested to present themselves in competition site OMEPS

- To confirm the composition of the delegation
- To present the National competition shirt
- Receiving the race numbers

12 TECHNICAL MEETING

It will be held in the OMEPS room at the stadium on Friday 21 at 16 hours. It will be conducted in English and chaired by the IAU Delegate, Jan Vandendriessche.

All delegations will receive, the day of arrival, a brochure with all the Technical guidelines/rules specific for this MIAUC.

The last page of this brochure should be used to write down all your questions regarding this event. These questions should be deposited in a box which will be placed on Friday noon in the entrance of the “Pavillon d’Honneur” at the event venue where everybody is coming for lunch.

Provisional agenda

- Opening
- Presentation of the international officials
- Presentation of the competition officials
- Information regarding technical matters
 - the course,
 - the departure,
 - the refreshment (stations and personal drinks)
 - the finish
- Information regarding medical and anti-doping matters
- Information regarding logistical matters
 - (and especially the local transportation + return to the airport)
- Information regarding protocol matters
 - Victory ceremonies
 - Final banquet
- **Answering only of questions submitted in writing by the delegations, no other questions will be discussed !**

13 TRAVEL GRANT AND THE USE OF WILDCARDS

Travel Grant information/receipts will be scheduled right after the TECHNICAL MEETING, see details under point 12 (Technical Meeting).

The allocated Travel Grant for the National Athletics Federations for this MIAUC is as follows:

TG (TEAM)	IG (A)	IG (B)	IG (C)
160 €	160 €	120 €	80 €

TEAM-Grants are paid for maximum one male and one female team,
(= minimum 3 runners/team)

IG-Grants are paid for maximum 3 men and 3 women/country
All these grants are cumulative!

TRAVEL GRANT WILL ONLY BE PAID BY BANK TRANSFER, AFTER THE EVENT.

*The provisional travel grant invoice will be given after the TECHNICAL MEETING,
see details under point 12 (Technical Meeting).*

*After the start of the race there will be a last check of the athletes who started.
If athletes who are on the TG paper did not start the amount of TG will be changed.*

The table shows that if you send a full team then you will receive a basic team grant (TG). Then **additionally** you will receive the additional individual grants (IG) per athlete as part of the team. If you are only sending individual athletes then the travel grant will be just that of the individual athlete.

On the IAU website, www.iau-ultramarathon.org, you'll find a list of the runners of your Federation who belong to category A, B or C. This list will be updated and published regularly.

USE OF WILDCARDS

The introduction of the WILDCARDS means that a runner with 'only' a C level (or less) may be upgraded to a B-level for that particular MIAUC.

Every MIAUC you can use maximum 2 wildcards (combined, men and women)

This regulation gives the opportunity to send potential "B-athletes" even when certain situations made it impossible for some athletes to compete in an IAU labelled race to achieve the IAU recognised performance.

These WILDCARD-athletes **must** be indicated on the **Final Entry Forms (FEF)** for that particular MIAUC.

In the event you should have any questions about all of this, please contact the IAU Director Of Organisations : jan.vandendriessche@iau-ultramarathon.org

14 OPENINGS CEREMONY

Friday 21 October at 17H30

Stade Municipal, 283 Avenue du Colonel Teyssier, 81000 Albi

Wearing the team kit is mandatory

Followed at 18H30 by the PASTA-PARTY at the competition Site "Pavillon d'Honneur"

15 AWARD AND CLOSING CEREMONY

Sunday 23 October at 13H00

Stade Municipal, 283 Avenue du Colonel Teyssier, 81000 Albi

Wearing the team kit is mandatory

Followed at 14H00 by the FINAL BANQUET at the competition Site "Pavillon d'Honneur"

16 WEATHER CONDITIONS

Average weather conditions during the last 5 years:

22 OCTOBER						
	Temperature		Rain		Humidity	Wind Speed
	Min °C	Max 0°	mm	Duration	min / max	km/h
2010	2	21	0		37 / 88	33
2011	3	20	0		43 / 91	36
2012	11	22	0.2	26 min	49 / 97	16
2013	16	23	0		59 / 86	60
2014	7	16	0		43 / 87	50
2015	6	12	0.4	3H 4 min	75 / 96	28

23 OCTOBER						
	Temperature		Rain		Humidity	Wind Speed
	Min °C	Max 0°	mm	Duration	min / max	km/h
2010	7	17	2.4	6H 6 min	54 / 93	22
2011	6	21	0		43 / 92	41
2012	11	23	0		60 / 99	13
2013	14	24	0		39 / 94	33
2014	4	16	0		42 / 96	31
2015	11	17			57 / 96	19

Athletes need to be prepared for all types of weather conditions and should take into account the possibility of rain and cold nights. There are several website which gives the forecast at D-10.

For example:

www.tameteo.com/meteo_Albi-Europe-France-Tarn-LFCI-1-26119.html or

www.meteofrance.com/previsions-meteo-france/albi/81000

17 TOURIST INFORMATION

In 2010, the UNESCO World Heritage Committee recognised the significant cultural importance of the Episcopal City of Albi by including it on the prestigious World Heritage List as a cultural heritage site. More than 800 000 tourists visit the city every year.

The Episcopal City is centered round two immense medieval buildings: the **Saint-Cecile Cathedral**, the largest brick-built cathedral in the world, and the **Berbie Palace**, the former fortified residence of the Albi bishops, and now the home of the Toulouse-Lautrec Museum with the largest public collection of the artist's work.

There are four medieval districts around the cathedral: **Castelviel**, the ancient centre of the city, **Castelnau**, a picturesque district with narrow streets and half-timbered houses, the **Saint-Salvi** district with its 13th century collegiate church and cloisters, combining both Romanesque and Gothic architecture, and **The Combes and the banks of the River Tarn** with the Old Bridge, dating back to 1040 which was crucial to the commercial prosperity of the city in the Middle Ages."

18 GENERAL PROGRAMME

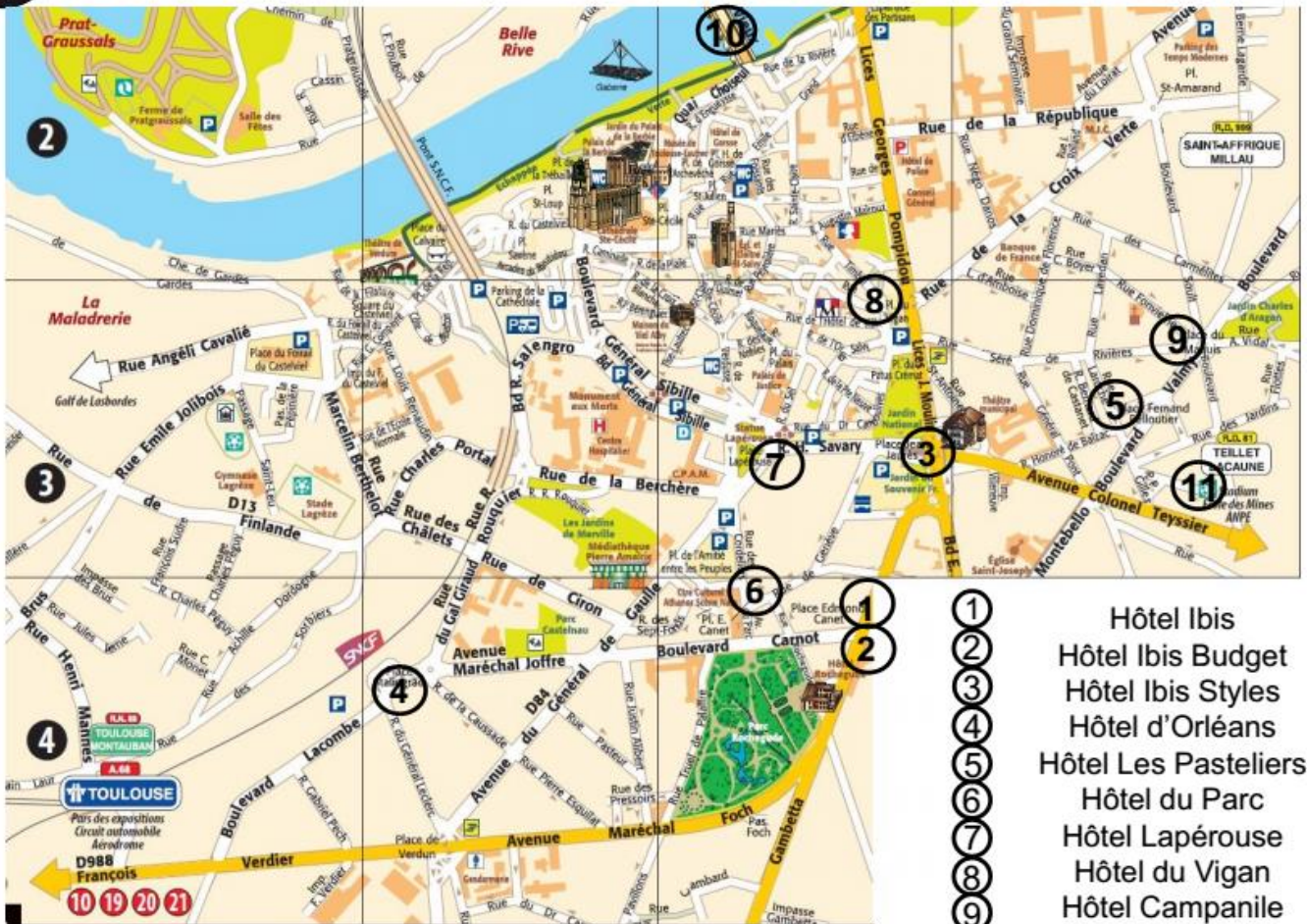
Wednesday 19 October	all day	Arrival of the first teams
Thursday 20 October	all day 12H00-14H00 19H00-20H00	Arrival of the teams Lunch at Competition Site "Pavillon d'Honneur" Dinner at Competition Site "Pavillon d'Honneur"
Friday 21 October	all day 12H00-14H00 15H00 16H00 17H30 18H30	Arrival of the last teams Lunch at Competition Site "Pavillon d'Honneur" Delegation Outfit Meeting – Competition site: OMEPS Technical meeting - Competition site: OMEPS Opening Ceremony at the competition venue Pasta Party at Competition Site "Pavillon d'Honneur"
Saturday 22 October	09H30 10H00	Gathering of the athletes Start of the race
Sunday 23 October	10H00 13H00 14H00 Afternoon 19H00-20H00	Race Finish Award Ceremony Final banquet at Competition Site "Pavillon d'Honneur" First departures Dinner at Competition Site "Pavillon d'Honneur"
Monday 24 October	Morning	Other departures

19 MAP OF THE HOTELS AND THE COURSE

MAP OF THE HOTELS



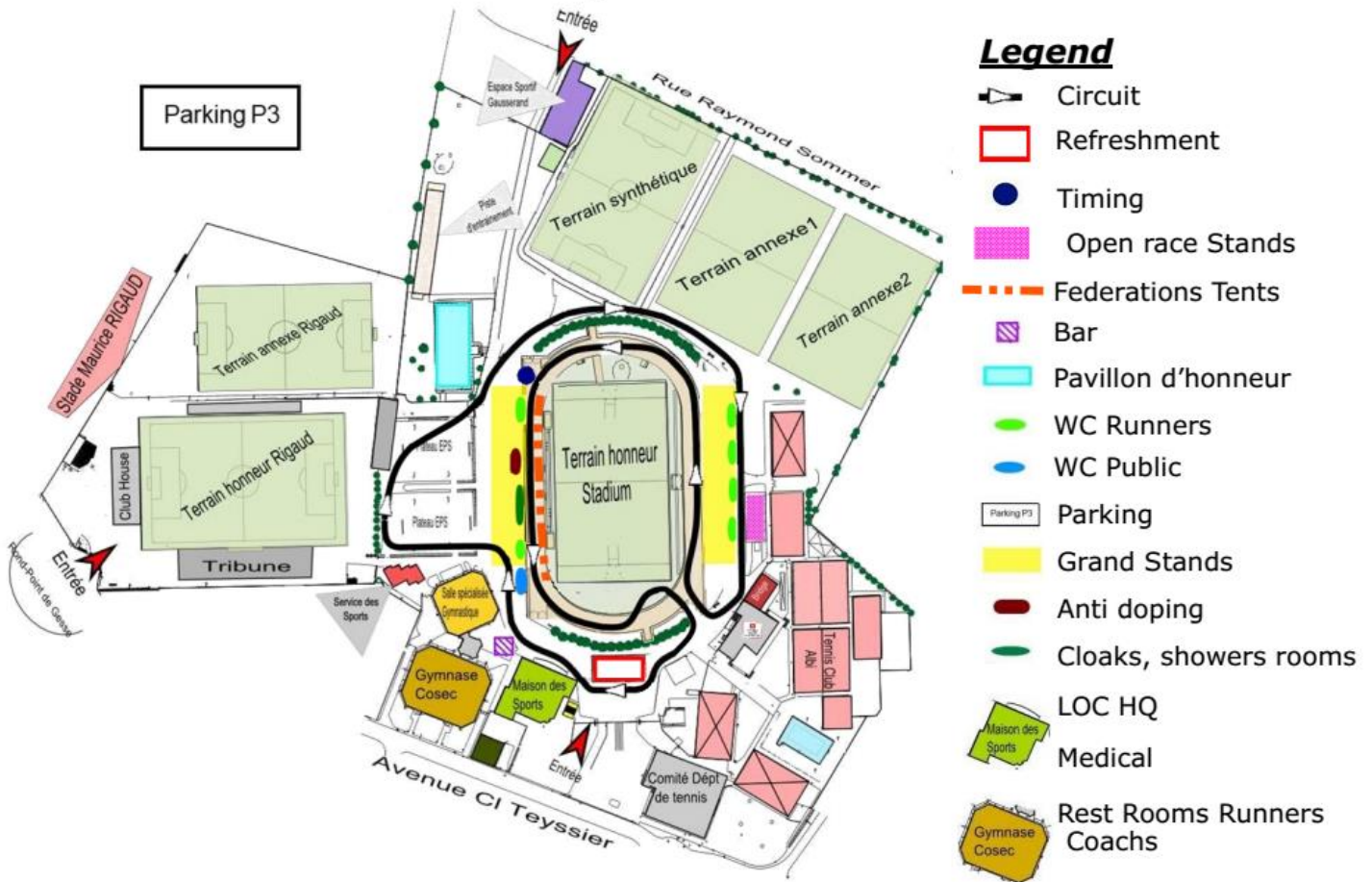
PLAN



- ① Hôtel Ibis
- ② Hôtel Ibis Budget
- ③ Hôtel Ibis Styles
- ④ Hôtel d'Orléans
- ⑤ Hôtel Les Pasteliers
- ⑥ Hôtel du Parc
- ⑦ Hôtel Lapérouse
- ⑧ Hôtel du Vigan
- ⑨ Hôtel Campanile
- ⑩ Inter-hôtel Le Cantepau
- ⑪ STADE MUNICIPAL

Document non contractuel
Nos tarifs sont valables pour la période demandée et le nombre de participants indiqué.
Si la date de votre événement, le nombre de participants ou le programme venait à être modifié, nous nous réservons le droit de réviser le choix des espaces, l'attribution des chambres ou les prix proposés.

2016 24H European Ch. Albi—Course



GLOBAL MAP



20 MEDICAL & INSURANCE

All participating IAU members shall take out an insurance policy themselves which will include cover for medical costs during the travel and stay abroad of each member of its Delegation to this 21st IAU 24H European Championships.