



# **General Information Sheet**

## **13<sup>th</sup> IAU 24 Hour World Championships**

**ALBI, FRANCE 26/27 OCTOBER 2019**

**GENERAL INFORMATION SHEET**

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### **Appendixes**

- . map of the course
- . map with the location of the hotels

## WELCOME

After organising the European championships in 2016, we were considering placing our bid for the World championships in 2021.

Informed by the IAU in August 2018 that Austria was no longer in a position to organise the World championships in 2019, Albi24Heures accepted the important challenge of organising these World championships within the year.

The sports service, the implication of numerous economic agents of the city of Albi, of the department and of the region, and of course the commitment of our teams of volunteers allowed us to file our application in all urgency.

We thank the IAU for the trust they have once again granted to our organisation.

Everything is important in the success of an international competition of this level, but what is essential for us is to offer the very best racing conditions for the athletes so that they may fulfil their hoped-for performances.

We wish to all the athletes a great race and hope that you keep an excellent memory of this competition and of our magnificent city of Albi.

"Even the last in a race is in front of those who don't run"



*Le Président*  
Didier THIRIOT

## 2 FRENCH ATHLETICS FEDERATION (FFA)

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**CONTACT DETAILS:** **FEDERATION FRANCAISE D'ATHLETISME**  
Address: 33 avenue Pierre de Coubertin – 75013 PARIS CEDEX  
Tel.: +33 1 53 80 70 00  
E-mail: international@athle.fr  
Web site: http://www.athle.fr

## 3 LOCAL ORGANISING COMMITTEE (LOC)

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**CONTACT DETAILS:** **ALBI 24HEURES – registered FFA club N° 81060**  
email: **info@albi24h**  
website: **www.albi24h.com**

**President:** THIRIOT Didier  
+33 7 87 78 77 23,  
[didier.thiriot2@orange.fr](mailto:didier.thiriot2@orange.fr)

**Treasurer:** BEC Francis  
+33 6 82 35 63 76  
[fran6bec@wanadoo.fr](mailto:fran6bec@wanadoo.fr)

**Secretary:** GAMEL Maurice  
+33 6 99 70 40 82  
[gamelmauriceetaline@neuf.fr](mailto:gamelmauriceetaline@neuf.fr)

**Communications and Press:** THIRIOT Didier  
+33 7 87 78 77 23

**Accommodation:** CLEMENT Emilie, Albi Congrès:  
+ 33 5 63 49 10 81 - Mobile 33 6 66 77 90 96  
[emilie.clement@albicongres.fr](mailto:emilie.clement@albicongres.fr)

**Transport** ORDRONNEAU Alain  
+ 33 6 38 35 02 86  
[ordralna@free.fr](mailto:ordralna@free.fr)

**Race Director:** GAMEL Maurice (See above)

**Medical Director:** Dr DEPREUX Guillaume  
+33 6 62 90 90 26  
[Guillaume.depreux@gmail.com](mailto:Guillaume.depreux@gmail.com)

**Protocol** Marie Ange DAUZAN  
+33 6 08 06 86 76  
[m.ange.fages@orange.fr](mailto:m.ange.fages@orange.fr)

## 4 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

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email: [info@iau-ultramarathon.org](mailto:info@iau-ultramarathon.org)  
website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

**President:** Nadeem KHAN (CAN)  
+17163926657  
[nadeem.khan@iau-ultramarathon.org](mailto:nadeem.khan@iau-ultramarathon.org)

**General Secretary:** Hilary WALKER (GBR)  
+447884473336

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I n t e r n a t i o n a l A s s o c i a t i o n o f U l t r a r u n n e r s  
Under the Patronage of the International Association of Athletics Federations  
6-8, Quai Antoine 1<sup>er</sup>, 98000 MONACO [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

secretary@iau-ultramarathon.org  
**Director of Organisations** Liesbeth JANSEN (NED)  
+31597432972 or +31622490053  
liesbeth.jansen@iau-ultramarathon.org  
**VP/Director of Finance and Marketing/Protocol:** Robert BOYCE (AUS)  
robert.boyce@iau-ultramarathon.org  
**Director of Competition and Records :** Francisco SANCHEZ-RICO (ESP)  
+34616508228  
paco.rico@iau-ultramarathon.org  
**Director of Communications:** Jacek BEDKOWSKI (POL)  
Jacek.Bedkowski@iau-ultramarathon.org  
**Director of Labelling** Jan VANDENDRIESSCHE (BEL)  
+32495267884  
jan.vandendriessche@iau-ultramarathon.org

### Area Representatives

**Europe:** Walter HILL (GBR)  
Walter.hill@iau-ultramarathon.org  
**The Americas** Fabian CAMPANINI (ARG)  
fabian.campanini@iau-ultramarathon.org  
**Africa:** Solomon OGBA (NIG)  
Solomon.ogba@iau-ultramarathon.org  
**Asia:** Gilsoo PARK (KOR)  
Gilsoo.park@iau-ultramarathon.org

## **5 GENERAL RACE INFORMATION & GENERAL PROGRAMME**

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### **5.1 Event Address: Stade Municipal, 283 Avenue du Colonel Teyssier, 81000 Albi**

### **5.2 General Programme**

Wednesday 23 October	all day	Arrival of the first teams
	19H-20H	Dinner at Competition Site "Pavillon d'Honneur"
Thursday 24 October	all day	Arrival of the teams
	12H-14H	Lunch at Competition Site "Pavillon d'Honneur"
	19H-20H	Dinner at Competition Site "Pavillon d'Honneur"
Friday 25 October	all day	Arrival of the last teams
	11H-12H	Media Conference (TBA)
	12H-14H	Lunch at Competition Site "Pavillon d'Honneur"
	14H00	Delegation Outfit Meeting + travel grant Salle du Pignié
	15H30	Technical meeting – Salle du Pignié
	17H15	Opening Ceremony - Theatre des Cordeliers
	19H00	Pasta Party at the "Pavillon d'Honneur"
Saturday 26 October	09H00/9H45	Gathering of the athletes and chips control
	<b>10H00 (Summer Time)</b>	<b>Departure of the race</b>
Sunday 27 October	Change of hour during the night (Summer Time vs Winter Time)	

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<b>09H00</b>	<b>Race Finish (Winter Time)</b>
12H00	Awards Ceremony – Grand Gymnase (competition site)
12H30	Final banquet - Pavillon d'Honneur
19H-20H	Dinner - "Pavillon d'Honneur"

Monday 28 October                      Morning      Departures

### 5.3 The course

- . Distance and running surfaces: 1500m : bitumen 1050m and tartan track 450m
- . minimum width                      4m
- . Start line:                              on the track
- . 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

## **6 MEETING POINT - CENTRAL OFFICE OF THE LOC**

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

**Stadium 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

The **WELCOME OF THE TEAMS** and **ACCREDITATION PROCEDURE** will be organised at the Stadium, OMEPS building

- . Wednesday 23 October      12H00 / 19H00
- . Thursday 24 October        10H00/12H00 – 14H00/19H00
- . Friday 24<sup>th</sup> October        10H00/12H00 – 14H00/19H00

The opening hours may change depending to the arrival data of the teams.

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

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### 7.1 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 enter up to 9 men and 9 women

. for the teams' results, only 6 per team, the delegations will be ranked according to the addition of the performances (km) of their three best athletes. During the Awards Ceremony, IAU medals will be given to 6 athletes and 1 team manager by team

## **7.2 Invited delegations**

As at 1<sup>st</sup> March 2019, the IAU members are (and are invited to send delegations):

**Europe:** Albania (ALB) – Andorra (AND) – Austria (AUT) – Belgium (BEL) – Bosnia-Herzegovina (BIH) - 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) –San Marino ( SMR) - Serbia (SRB) – Slovenia (SLO) - Slovakia (SVK) - Spain (ESP) – Sweden (SWE) - Switzerland (SUI) – Turkey (TUR) – Ukraine (UKR)

**Africa:** Algeria (ALG) – Angola (ANG) – Burundi (BDI) – Cameroun (CMR) - Congo (CGO) –DR Congo (COD) - Comoros (COM) - Cape Verde (CPV) – Gambia (GAM) – Kenya (KEN) – Lesotho (LES) – Madagascar (MAD) –Mauritius ( MRI) - Namibia (NAM) – Nigeria ( NGR) - Niger (NIG) – South Africa (RSA) – Sierra Leone (SLE) – Tunisia (TUN) – Zambia (ZAM) - Zimbabwe (ZIM)

**Asia:** Brunei (BRU) -Cambodia ( CAM) - Hong Kong, China (HKG) – India (IND) – Japan (JPN) – Kyrgyzstan (KGZ) – Korea (KOR) – Lebanon (LBN) – Mongolia (MGL) – Nepal (NEP) – Philippines (PHI) – Qatar (QAT) – Sri Lanka (SRI) – Chinese Taipei (TPE)

**North & Central America:** Canada (CAN) - Costa Rica (CRC) –Guatamala (GUA) - Mexico (MEX) – USA (USA) – Venezuela (VEN)

**South America:** Argentina (ARG) –Bolivia ( BOL) - Brazil (BRA)- Chile (CHI) – Ecuador (ECU) – Peru (PER) – Uruguay (URU)

**Oceania:** Australia (AUS) – New Zealand (NZL)

## **7.3 Preliminary Entries**

**Deadline: July 30th 2019 – midnight French time**

Each Federation must send the form provided by IAU including mainly the number of their athletes and officials.

The forms must be sent via e-mail to:

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

## **7.4 Final Entries**

**Deadline: September 16<sup>th</sup> 2019 – midnight French time**

Each Federation must send the forms provided by IAU. These FEF shall include the list of the runners with names, date of birth, sex, and personal bests and inform the LOC about arrival and departure times, flight numbers, train or bus times, required number of rooms, required number of nights, required number of meals to be provided.

It is reminded that up to 9 runners can be entered for both races (men and women) but, before the Technical Meeting, the delegations must indicate who are the six athletes who can contribute to the team scoring. Final results are based on the accumulative distances of the top three runners in each team.

Furthermore, delegations can also enter on the FEF a “non-travelling reserve athlete” who will be allowed to substitute one athlete entered in the FEF who is not able to compete. Deadline for this switch: before the Technical Meeting. Any athlete whose name is not entered in the FEF will not be allowed to compete.

**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 TRAVEL GRANT AND USE OF WILDCARDS**

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Travel Grant information/receipts will be scheduled with the Delegations on the occasion of the Outfit Meeting (Friday at 14H at the Salle Pignie).

The allocated Travel Grant for the National Athletics Federations for this MIAUC will be announced nearer the time but will be of the order of the following example:

	A	B	C	Team	
Zone 1	400	300	200	400	more than 15h flying
Zone 2	320	240	160	320	between 9h and 15h flying
Zone 3	240	180	120	240	between 4h and 9h flying
Zone 4	160	120	80	160	less than 4h flying

**The TRAVEL GRANT will only be paid by bank transfer, after the event.**

The provisional travel grant invoice will be given by email two weeks before the event. The signing of the invoice will be at the outfit 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.

If a delegation is sending a full team, it will receive a basic team grant (TG). Additionally teams will receive the individual grants (IG) per athlete as part of the team. Federations sending only individual athletes will see the TG adjusted accordingly.

On the IAU website, [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org), nearer the race date, will be displayed a list of the runners who belong to category A, B or C.

### **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. At every MIAUC you can use a maximum of 2 wildcards (1 men and 1 women). This regulation gives team delegations 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.

If you have any questions about this, please contact the IAU Director of Finance Robert Boyce



## 9 VISA

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Any foreign visitor wishing to visit France shall 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 IAU countries require visas to enter France.

- . Europe: BLR – RUS (currently suspended by IAAF) - TUR – UKR (2).
- . Africa: ALG – ANG – BDI – CAM - CGO - CMR – COD – COM - CPV - GAM (1) – KEN - LES (1) - MAD - NAM – NGR – NIG - RSA – SLE (1) – TUN -ZAM - ZIM
- . Asia: BRU -CAM - IND – LBN – KGZ - MGL – NEP – PHI – QAT - SRI – TPE
- . South America: ECU

Countries requiring visas to enter France have to obtain them from

- . the French Embassy or Consulate
- . or from an Embassy or Consulate from another “Schengen country” in their country.
- . or (1) for Gambia, at the French Embassy in Senegal – Lesotho in RSA – Sierra Leone in Guinea

(2) Citizens of Ukraine 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.

The federations needing a visa should contact the FFA ([International@athle.fr](mailto: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 FFA will then send a visa invitation letter and will assist with visa issuance procedures.

## 10 ACCREDITATION

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### 10.1 Principle

All connected to the World Championships will carry accreditation. It will state name, nationality and category: ATHLETE, TEAM OFFICIALS, ADDITIONAL CREW, ORGANISATION, VIP, MEDICAL, VOLUNTEER.

**10.2 TEAM OFFICIALS:** their number by delegation is limited and is based on the number of participating runners:

1 to 6 runners	3 team officials
7 to 12 runners	6 team officials
13 to 18 runners	9 team officials

**10.3 ADDITIONAL CREW** are accompanying person, above the number of Team Officials, entered by their federations on the FEF.

- . they will get accommodation and meals at the cost of the Federation (the LOC will do its best to accommodate these people in the same hotel as the team itself).

. the additional crew will have access to the free public transportation, the LOC transportation but will not have access to the infield in the stadium.

. during the Opening Ceremony, the additional crew will not be allowed to parade with the team but will be allowed to attend the formal ceremony, seating in the upper rows of the Théâtre des Cordeliers

- 10.4** Accreditation cards will be handed out at the end of the accreditation procedure at the OMEPS.

## **11 MEDICAL & ANTI DOPING CONTROL**

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### **11.1 Medical**

The safety and welfare of competitors is of paramount importance to the Medical Team. In accordance with rule 53.1 of the IAAF Competition Rules, each Federation agrees to submit the following information surrounding its runners:

- a. Any medical history and or pathology - in particular those which may increase their risk during exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests for or use of medicines subject to a Therapeutic Usage Exemption(TUE).
- d. Accept to answer any request the Medical Team may make based on the information submitted in order to discuss the runner's ability or not to participate in the competition.
- e. Accept that, under rule 144 of the IAAF Competition Rules, the Medical Team decision on participation before or during the race is final.

### **11.2 LOC Support**

The LOC will provide a doctor permanently on site as well as the Red Cross of Toulouse + a team of podologists + four physiotherapists.

Teams will also be able to use a rest room located in the OMEPS building

### **11.3 Anti Doping Controls**

Testing during the Championships will be carried out in accordance with the IAAF Rules and French law, through the leadership of the French NADO called AFLD. Teams who need a doping control (at their cost) for the ratification of a national record have to indicate it in the FEF.

## **12 TRANSPORT**

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### **12.1 Travel of the delegations**

The teams can reach Albi:

- . by road: from Toulouse follow the Motorway A68 (80km) – exit 17  
from the North : 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 only official airport of the competition is **Toulouse Blagnac**

### **12.2 Transfers from Toulouse Airport**

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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 by person - one way. The delegations who are interested to benefit from this service have to indicate it on the PEF and FEF.

This service will operate

. on the way in (Toulouse/Albi): from Wednesday to Friday

. on the way out (Albi/Toulouse): on Sunday and Monday

Possibility organising this service from Monday on specific request on the FEF transportation sheet under GIS conditions

### **12.3 Local transportation**

The LOC will organise the transportation for the delegations staying in the official hotels, 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.

IMPORTANT: Access to the public transportation will be free of charge for all accredited person. Special passes will be made available for these people and distributed during the accreditation procedure or at the hotel for the teams arriving before lunch time on Wednesday.

## **13 ACCOMMODATION**

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### **13.1 Principle**

With the exception of the “quota athletes” (cf 13.3), the costs of the accommodation of the teams in Albi is the responsibility of the travelling teams.

The coordination of the accommodation is in the hand of Albi Congress”, the official body of the City of Albi who acted as such in 2016. Only the teams using the IAU PEF/FEF process to request accommodation can access the hotel bookings reserved by the Albi Congress for the event.

This rather small city does not have hotels with great capacities but a lot of small units. Nevertheless, the needed beds have been secured in the following hotels divided in three groups A, B and C.

The rates (an average price between the hotels of the same category) are different. Teams will have to indicate in which category they would like to be accommodated. The LOC will do its best to implement the wishes.

The LOC will decide on the allocation by hotel, once the FEF will have been received.

As for the previous IAU championships (European 2016), breakfasts are taken in the hotels but all lunches and dinners will be taken in the Pavillon d’Honneur at the event venue. These meals will take into account the specific needs of the runners and will include rice and pasta.

The situation of the teams coming earlier as lunch time on the Wednesday 23rd or leaving later than the breakfast of the Monday 28th will be studied on a case by case basis.

Athletes will be mainly accommodated in twin/triple rooms and the teams' officials in single rooms

Additional persons of the teams (not entered in the FEF) needing accommodation can contact Albi Congress: Emilie CLEMENT : [emilie.clement@albicongres.fr](mailto:emilie.clement@albicongres.fr) without the guarantee to be accommodated in the same hotel as the team.

### **13.2 List of the hotels**

The hotels having agreed to accommodate the teams is

#### **Category A:**

##### **Ibis Budget**

16 rue Castelginest – 81000 Albi

+33 8 92 68 40 16

<http://www.accordhotels.com/fr/hotel-5602-ibis-budget-albi-centre/index.shtml>

##### **Ibis Budget Terssac**

Zone Albipole – 30 Chemin de Jean Thomas – 81150 Terssac

+33 8 92 70 76 44

<https://www.accorhotels.com/fr/hotel-9780-ibis-budget-albi-terrsac/index.shtml#origin=accorhotels>

#### **Category B**

##### **Ibis Style Albi Centre**

48 Place Jean Jaurès – 81000 Albi

+33 5 63 43 20 20

<http://www.accordhotels.com/fr/hotel-9887-ibis-styles-albi-centre-le-theatro/index/shtml>

##### **Hôtel Ibis Centre**

16 avenue Gambetta

+33 5 63 43 03 03

<http://www.accordhotels.com/fr/hotel-5914-albi/index.shtml>

##### **Grand Hôtel d'Orléans (facing the railway station)**

1 Place Stalingrad – 81000 Albi

+33 5 63 54 16 56

<http://www.hotel-orleans-albi.com/>

##### **Hôtel Le Vigan**

16 Place du Vigan – 81000 Albi

+33 5 63 43 31 31

<http://www.hotelvigan.com/>

##### **Hôtel Campanile**

4 avenue du Maréchal de Lattre de Tassigny – 81000 Albi

+33 5 63 47 18 80

<http://www.campanile.com/fr/hotels/campanile-albi-centre>

##### **Hôtel Cantepeau**

9 rue Cantepeau – 81000 Albi

+33 5 63 60 75 80

<http://www.hotel-cantepeau-albi.com/>

**Hôtel Lapérouse**

19-21 Place Lapérouse – 81000 Albi  
+33 5 63 54 69 22  
<http://www.hotel-laperouse.com/>

**Hôtel Les Pasteliers**

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

**Comfort Hotel**

Rue de Bourdès – 81000 Albi  
+33 5 63 47 27 00  
<https://www.choicehotels.fr/fr/comfort-hotel-albi-albi-hotel-fr023>

**Hotel Le Rialto**

5 rue de la Baute – 81000 Albi  
+33 5 63 49 76 60  
<http://www.hotelrialtoalbi.com/>

**Category C**

**Hotel Mercure**

41 bis rue Porta – 81000 Albi  
+33 5 63 47 66 66  
<https://www.accorhotels.com/gb/hotel-1211-mercure-albi-bastides-hotel/index.shtml#origin=mercure>

**Hotel Chiffre**

50 rue Séré de Rivières – 8100 Albi  
+33 5 63 48 58 48  
<http://www.hotelchiffre.com/>

**13.3 Free Accommodation**

The LOC will pay for 2 male athletes and 2 female athletes sharing a twin room for a number of nights depending to the length of the travel to come to Albi. See below

The LOC's financial support is valid only for the teams who stay in an official hotel (see 13.2).

The accommodation grant is under the condition that the entry forms are returned before the cut-off dates.

**Official Period ( will check final lists)**

. from Lunch of 25 October until breakfast 28 October included: ALB - ALG – AND - AUT – BIH - BEL – BLR – BUL - CRO – CZE – DEN – ESP – EST – FIN – FRA – GBR – GER – GIB - GRE – HUN – IRL – ISL – ISR - ITA – LAT – LBN - LTU – LUX – MKD – MON - NED – NOR – POL – POR – RUS (!) – SLO - SMR - SRB – SUI – SVK – SWE – TUN - TUR

. from Lunch of 24 October until breakfast 28 October included : ANG – BDI – BRU- CMR - CGO – COD - COM – JOR - KEN – NGR - NIG – QAT - SLE – UKR – ZAM.

. from Lunch of Wednesday 23 October until breakfast 28 October included: ARG – AUS – BOL - BRA –CAM - CAN – CPV – CRC – ECU - GUA - HKG - IND – JPN – KGZ – KOR - LES – MAD -MRI - MEX – MGL - NAM – NEP - NZL – PER - PHI – RSA – SRI - TPE – URU – USA – VEN – ZIM

#### 13.4 Rates (full board as described above, by person)

	SINGLE	TWIN	TRIPLE
Category A	75 Euros	55 Euros	50 Euros
Category B	85 Euros	65 Euros	60 Euros
Category C	115 Euros	80 Euros	65 Euros

Additional lunch, dinner, pasta party and Final Banquet: 15 Euros

All team delegations are responsible for the entries and requests for accommodation made by the FEF.

The information included on the FEF are considered as booking requests. They will be the basis of the accommodation invoice (one by delegation) which has to be paid before arrival; any cancellation after the sending of the FEF cannot be taken into consideration. If this invoice is not paid before arrival, the booking will become null and void.

## 14 TECHNICAL MEETING

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It will be held in the Salle du Pignié on Friday 25 October at 15H30.

It will be conducted in English and chaired by the IAU Technical Delegate, Hilary Walker

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 of questions submitted in writing by the delegations

All team delegations will receive prior to their arrival, the Team Manual with all the Technical Guidelines / rules specific for this MIAUC. The last page of this brochure will be used to write down all your questions regarding this event. These questions have to be handed over at latest on Friday noon at the LOC welcome desk located in the OMEPS Building.

Only questions submitted in writing by the team delegations will be dealt with together with any subsequent clarifications.

**The Outfit Meeting** will be held on the same place starting at 14H00 on Friday 25.

This meeting is mandatory for all delegations to send one member with examples of team apparel.

Its purpose:

- . To confirm the size and names of the team delegations.
- . To present the National competition shirt for inspection.
- . To receive the race numbers.
- . To receive indicative travel grants (final travel grant will be sent after the championships)

**Note :** the **bibs** and the chips will be handed over to the teams during the registration process on arrival at the OMEPS. There will be 4 sets of bibs (front + back as well as a second set as reserve or change)

## 15. WEATHER CONDITIONS

Past weather conditions <b>26 October</b>								
	Temperature		Humidity		Rain		Sun	Wind
	min	max	Min	max	quantity	Duration	Duration	Max speed
	°C	°C	%	%	mm	h:min	h:min	km/h
2014	6,8	23,2	45	98	0	0h00min	9h46min	13
2015	9,4	20,8	54	95	0	0h00min	4h29min	54
2016	16,2	21,6	73	99	0,8	2h07min	3h08min	31
2017	9,9	27,6	25	92	0	0h00min	8h19min	17
2018	13	19	42	79	1	0h30min	5h35min	9

Past weather conditions <b>27 october</b>								
	Temperature		Humidity		Rain		Sun	Wind
	min	max	Min	max	quantity	Duration	Duration	Max speed
	°C	°C	%	%	mm	h:min	h:min	km/h
2014	7,5	22,9	45	97	0	0h00min	9h35min	26
2015	15,2	23,0	54	87	2,0	1h44min	2h26min	51
2016	10,5	17,1	73	99	0	0h00min	4h59min	20
2017	9,6	16,8	25	93	0,4	1h10min	0h0min	3
2018	9	12	65	92	6	1h00min	3h45min	16

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 websites which gives the forecast at D-10 :

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IAU WC 24H Albi 2019, General Information Sheet

International Association of Ultrarunners  
 Under the Patronage of the International Association of Athletics Federations  
 6-8, Quai Antoine 1<sup>er</sup>, 98000 MONACO [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

## 16 TOURIST INFORMATION

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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 13<sup>th</sup> 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.

## 17 OPEN RACE

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In addition to the runners of the IAU Championships, there will be a limited number (around 40) of runners allowed to take part to the competition. There will not be a WMA Championships at this event.

The applicants must

- . register via the LOC website: [www.albi24h.com](http://www.albi24h.com) before 31 July
- . prove that they have achieved a minimum of 200km for a man and 180km for a woman
- . pay an entry fee of 90 € (this entry fee will give access to an equipped tent, the pasta party and final banquet)

In the first days of August, the LOC will finalise the list of the accepted athletes and inform the runners.

Those who would need accommodation have to contact : Clement Emilie, Albi Congrès: + 33 5 63 49 10 81 - Mobile +33 6 66 77 90 96 - [emilie.clement@albicongres.fr](mailto:emilie.clement@albicongres.fr) or Tocchio Lydia +33 5 63 49 15 75