



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

General Information Sheet

15th IAU 24-Hour World Championships



ALBI, FRANCE 18th & 19th OCTOBER 2025

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IAU World Championships 24H Albi 2025 - General Information Sheet International Association of Ultrarunners Under the Patronage of the International Association of Athletics Federations 17, rue Princesse Florestine – 98000 – MONACO - www.iau-ultramarathon.org

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1. WELCOME

We would like to thank the IAU for the confidence it has placed in us once again by awarding us the organisation of the 24-hour World Championships in October 2025.

After the European Championships in 2016 and the World Championships in 2019, we will be delighted, once again, to welcome to Albi the athletes and all the delegation members.

Supported by the French Athletics Federation (FFA), the city of Albi, the department, the region and various partners, the local organising committee will also be able to count on the commitment of Albigensian hoteliers to ensure their professionalism for providing accommodation for all the delegations, officials, jury and all the other players involved in this exceptional competition.

Once again, our teams of volunteers will be working hard to offer the best possible welcome and to ensure the best possible race conditions.

The sports department, conference management, communications and other departments have all worked with us to ensure that the competition is a complete success.

Above and beyond the exceptional sporting performances, this competition must be spectacular, a great moment of sharing and respect.

We wish all the athletes involved every success in this event and a very pleasant stay in our magnificent city of Albi for all the delegations.

`Giving up in a competition under the pretext that you can't finish first is incompatible with the very spirit of sport.'

Eric Tabarly

Le Président Didier THIRIOT



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Dear Friends,

I would like to welcome you to the IAU 24-Hour World Championships in Albi, France.

Albi has hosted several of our World and Continental Championships. It is our pleasure to bring back our world event to the city again.

I would like to take this opportunity to thank the President of the French Athletics Federation (Fédération Française d'Athlétisme (FFA)), Jean Gracia who has always been a strong supporter of ultrarunning. France has been very

strong in the sport and this has been evident in the high calibre performances by the national athletes on the world stage.

Didier Thiriot and his team at Albi have worked really hard on not only developing a successful bid to acquire these championships but also on promoting them as we get closer to the event date. I know Didier and his team will continue to work hard on displaying a world-class event for all the participants.

The whole event will be highlighted by the participation of the community of volunteers. This has become a cornerstone of this race and has so fondly been remembered over the years.

I welcome the federations and athletes from around the globe to join us at the world championships as we celebrate our sport of ultrarunning in France. It will truly be a global celebration of ultrarunning!

On se voit à Albi ! (See you in Albi!)

Nadeem Khan – President – IAU



Dear Athletes,

We are thrilled to invite you to the beautiful city of Albi for the **24th World Masters Ultra Running Championships 2025**. This year, those master athletes nominated for the **International Association of Ultrarunning (IAU)** 24H competition can be ranked in both, the IAU competition and the Masters competition in each category. We hope most of you register for the Masters categories.

Albi, known as 'La Ville Rouge' (The Red City), is a UNESCO World Heritage site that boasts the largest brick-built cathedral in the world, the stunning Sainte-Cécile Cathedral. As you explore the city, you'll be captivated by its unique architectural treasures, vibrant colours, and rich history. Don't miss the chance to visit the Toulouse-Lautrec Museum, which houses the largest public collection of works by the famous painter Henri de Toulouse-Lautrec, a native of Albi.

We extend our heartfelt thanks to the IAU and the Albi Local Organizing Committee for their invaluable support and dedication in making this event possible. Their efforts have ensured that this championship will be a memorable experience for all participants.

At World Masters Athletics (WMA), our mission is to **promote premier athletic events for athletes 35 and over, fostering active, healthy competition, global camaraderie, and a celebratory spirit**. This championship is an opportunity to push your limits, connect with fellow athletes, and be part of a truly global sporting community.

We look forward to welcoming you to Albi and celebrating your achievements on this extraordinary stage!

On behalf of the WMA Council,

Margit Jungmann

WMA President

CONTACT DETAILS:

Address: Tel.: Email: Website:

FÉDÉRATION FRANCAISE D'ATHLÉTISME

33, avenue Pierre de Coubertin - 75013 PARIS CEDEX 0033 (0)1 53 80 70 00 <u>international@athle.org</u> <u>http://www.athle.fr</u>

3. LOCAL ORGANISING COMMITTEE (LOC)

CONTACT DETAILS:

Email: Website:

President: Tel.: Email:

Treasurer: Tel.: Email:

Secretary: Tel.:

Email:

Communications and Press: Tel.: Email:

Accommodation: Tel.:

Transport: Tel.: Email:

Email:

Race Director: Tel.:

Medical Director: Tel.: Email:

Protocol: Tel.: Email: ALBI24HEURES – Registered FFA, N° Club 81060 info@albi24h http://www.albi24h.com

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SERRES Susan 0033 (0) 6 30 86 74 19 suepaul@orange.fr

THIRIOT Didier 0033 (0)7 87 78 77 23 didier.thiriot2@orange.fr

CLÉMENT Émilie, Townhall Albi 0033 (0)5 63 49 10 81 – mobile 0033 (0)6 71 06 78 10 <u>emilie.clement@mairie-albi.fr</u>

ORDRONNEAU Alain 0033 (0)6 38 35 02 86 ordralna@free.fr

FATHER Alain 0033 (0)7 87 78 77 23

Dr TARDO-DINO Pierre-Emmanuel 0033 (0)6 08 73 91 65 peirba@gmail.com

DAUZAN Marie-Ange 0033 (0) 6 08 06 86 76 m.ange.fages@orange.fr **CONTACT DETAILS:** Email: Website:

President: Tel.: Email:

Vice-President, Director - Protocol and Finances: Tel.: Email:

General Secretary: Tel.: Email:

Director of Competition: Tel.: Email:

Director of Planning: Tel.: Email:

Director of Communications: Tel. mobile: Email:

Director of Marketing and Global Development: Tel.: Email:

Area Representatives:

Europe

Representative: Email:

<u>Africa</u>

Representative: Email:

<u>America</u>

Representative: Email:

Asia & Oceania

Representative: Email: info@iau-ultramarathon.org www.iau-ultramarathon.org

Nadeem KHAN (CAN) 001 716 392 6657 nadeem.khan@iau-ultramarathon.org

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IAU World Championships 24H Albi 2025 - General Information Sheet International Association of Ultrarunners Under the Patronage of the International Association of Athletics Federations 17, rue Princesse Florestine – 98000 – MONACO - www.iau-ultramarathon.org CONTACT DETAILS:

Email: Website:

President : Email:

Executive Vice President: Email:

Vice President of Competition: Email:

Treasurer: Email:

World Athletics Representative: Email:

Secretary: Email: info@world-masters-athletics.org https://world-masters-athletics.org/

Margit JUNGMANN (GER) Margit.Jungmann@world-masters-athletics.org

Lynne SCHICKERT (AUS) lynne.4@bigpond.com

Alan BELL (GBR) alan.bellstart@btinternet.com

Colleen BARNEY (USA) Colleen.Barney@world-masters-athletics.org

Antti PIHLAKOSKI (FIN) antti.pihlakoski@cm.worldathletics.org

Juan ORDONEZ (MEX) secretary@world-masters-athletics.org

6.1 Event Address:

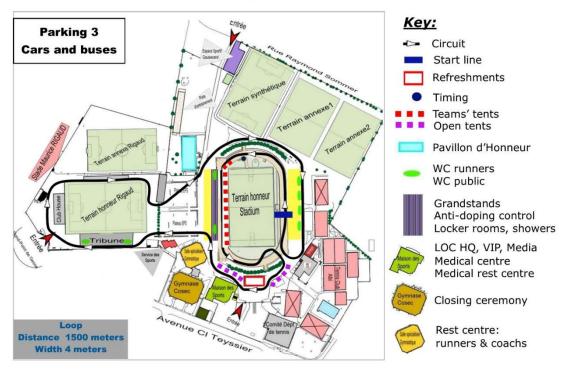
Stade Municipal, 283, avenue du Colonel Teyssier, 81000 - Albi

6.2 General Programme:

| Wednesday, 15 th October: | All day | Arrival of the first teams. |
|--------------------------------------|-----------------------|--|
| | 7 pm - 8 pm | Dinner at competition site 'Pavillon d'Honneur'. |
| Thursday, 16th October: | All day | Arrival of the teams. |
| | 12 pm - 2 pm | Lunch at competition site 'Pavillon d'Honneur'. |
| | 7 pm - 8 pm | Dinner at competition site 'Pavillon d'Honneur'. |
| Friday, 17th October: | All day | Arrival of the last teams. |
| | 9 am – 11 am | IAU congress (Salle du Pignié near the cathedral) |
| | 11 am – 12 pm | Press conference (venue to be announced at a later date) |
| | 12 pm - 2 pm | Lunch at competition site 'Pavillon d'Honneur'. |
| | 1.45 pm | Delegation outfit controls. |
| | | Salle du Pignié, 7, boulevard Roger Salengro, 81000 – Albi. |
| | 3.15 pm | Technical meeting – Salle du Pignié. |
| | 5 pm | Opening Ceremony - Theatre des Cordeliers. |
| | 7.15 pm | Pasta Party at the 'Pavillon d'Honneur'. |
| Saturday, 18th October: | 10 am | Race start. |
| Sunday, 19th October: | 10 am | Race finish. |
| | 12.30 pm | Awards Ceremony – Gymnasium (competition site). |
| | 2 pm | Final gala banquet – 'Pavillon d'Honneur'. |
| | Return to Blagnac for | those teams concerned. |
| Monday, 20th October | Morning: | Return to Toulouse Blagnac airport for the delegations who reserved. |

6.3 The Course:

| 1. | Running surface: | 1,500 m: bitumen 1,050 m and tartan track 450 m. |
|-----|---------------------------------|--|
| 2. | Minimum width: | 4 m. |
| 3. | Start line: | On the track opposite the personal refreshment tents. |
| 4. | Total elevation of the circuit: | Less than 1 metre |
| 5. | Refreshment stations: | In the delegation tents zone, straight line and bend. |
| 6. | Tents: | Up to 10 persons 1 tent 3 m x 3 m: more than 10 persons 2 tents 3 m x 3 m. |
| 7. | General Services: | In the marquee opposite the main entrance to the stadium. |
| 8. | Race Direction: | In the 'Maison des Sports' room located on the side of the circuit. |
| 9. | Medical facilities: | in the 'Maison des Sports' room located on the side of the circuit. |
| 10. | Rest Area: | In a room for approximately 50 people near the circuit. Camp beds will be |
| | | provided, but delegations must bring their own blankets or sleeping bags. |
| 11. | Snack bar: | Water, soda, beer, coffee, tea, sandwiches, French fries, pancakes, etc., will |
| | | be available within the stadium. |



Circuit World Championships 24H ALBI 2025

7. MEETING POINT - CENTRAL OFFICE OF THE LOC

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

 CLÉMENT Émilie:
 Tel.: 0033 (0)5 63 49 10 81 - Mobile 0033 (0)6 71 06 78 10

 Email:
 emilie.clement@mairie-albi.fr

SERRES Susan: Tel: 0033 (0)6 30 86 74 19

TEAMS' WELCOME, REGISTRATION CONTROLS AND ACCREDITATION PROCEDURE

Will be organised within the stadium:

- 1. Wednesday, 15th October: 12 pm to 7 pm
- 2. Thursday, 16th October: 10 am to 12 pm & 2 pm to 7 pm
- 3. Friday, 17th October: 10 am to 12 pm & 2 pm to 7 pm

The opening hours may change depending on the arrival information of the teams.

COMPETITIONS

8.1 IAU 24H World Championships:

Preliminary Entries

Deadline: 31st July 2025, midnight French time

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

The form must be sent via email to:

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

Final Entries

Deadline: 1st September 2025, 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, gender, 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 the six athletes who will contribute to the team ranking. This ranking is based on the sum of the kilometres of the three best runners out of/among the six.

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. The deadline for this replacement is 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.

4 titles will be awarded:

- 1. Men's individual.
- 2. Women's individual.
- 3. Men's Team.
- 4. Women's Team.

Only athletes and teams officially registered by their National Federation will count for the teams' results.

Each country may enter up to 9 men and 9 women, but only 6 men and 6 women will be selected for the team ranking by adding the kilometres of the 3 best men's results and 3 best women's results (no mixed ranking), from the 6 athletes initially indicated. The other 3 athletes, not selected for the team competition, will only take part in the individual championships.

During the awards ceremony, IAU medals will be awarded to 6 athletes and 1 official per team.

Maximum Number of Team Officials:

Size of the Team

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

The race START and FINISH is at the:

Municipal Stadium (Stade Municipal), 283, avenue du Colonel Teyssier, 81000 - Albi.

Refreshment areas:

- National team tents on the track.
- Common refreshment area at the end of the tartan track.

Main refreshments menu:

| Refreshments provided by the 24-Hour organisers | | | | | |
|--|---|---|--|--|--|
| Liquids | Solids | Others | | | |
| Still water Sparkling water Fruit juices: orange, apple. Coca-Cola Coffee Tea Milk Chocolate milk | Mashed potatoes (instant) With grated cheese, With ham Rice Pasta Rice pudding (sweet) Vegetable soup Broth with noodles | Fresh fruits: apples, oranges, bananas. Fruit salade Dried fruit mix Dried apricots Crackers TUC (salted) Biscuits Prunes Gingerbread Fruit jelly gums Cheese spread Chocolate | | | |

8.2 WMA 24H World Championships (age categories in 5-year increments)

2 prizes will be awarded:

- 1. Individual Competition Women
- 2. Individual Competition Men

During the ceremony, gold, silver and bronze medals will be awarded to the top 3 men and top 3 women in each category.

WMA ENTRY - Entry Requirements and Procedure for WMA only

Entry Conditions

The WMA competition is reserved for athletes already selected to participate by their National Organisation in the IAU 24-hour competition.

No 'OPEN Masters' race.

Athletes who are already registered for the IAU 24H World Championships as part of a national delegation and who wish to be eligible for the WMA 24H World Championships must additionally register as described above on the website no later than **15th September 2025** and pay the applicable fees.

The WMA World Championships will be staged in accordance with the World Athletics Rules and Regulations.

During the championships, each athlete will represent a country, and each country has a National Athletics Organisation that is a member of the WMA.

Note: If you are unable to locate your National Organisation, please email the WMA Secretary at: <u>secretary@world-masters-athlétics.org</u>.

Entry Requirements

The WMA Championships are open only to men and women over the age of 35 years (born on or before the 18th October 1990).

Submission of an entry means that the athlete agrees to follow the rules established by the WMA and the technical and organisational committees.

The registration fee is €50 (excluding transfer costs).

The closing date for registration is the **15th September 2025**.

Age Groups

Men and women 35 years of age: born from 19th October 1985 to 18th October 1990 Men and women 40 years of age: born from 19th October 1980 to 18th October 1985 Men and women 45 years of age: born from 19th October 1975 to 18th October 1980 Men and women 50 years of age: born from 19th October 1970 to 18th October 1975 Men and women 55 years of age born from 19th October 1965 to 18th October 1970 Men and women 60 years of age or older: born from 19th October 1960/55

GENERAL ENTRY INFORMATION

Athletes must complete the registration form and send it to: <u>didier.thiriot2@orange.fr</u> and <u>secretary@world-</u> <u>masters-athletics.org</u>

The registration form is also available on the Albi 24-hour website: <u>https://www.albi24h.fr/</u>

Payment by bank transfer only to:

Albi24heures

IBAN FR76 1780 7006 1175 4193 4348 028

BIC CCBPFRPPTL

As this competition is open only to athletes who have already been registered by their National Organisation for the IAU competition, the LOC will only check that the information given on the WMA registration form corresponds to that specified in the PEF and FEF.

8.3 Invited Delegations (to be verified by the IAU)

As of the 8th January 2025, the IAU members are (and are invited to send delegations):

Europe: Albania (ALB) – Andorra (AND) – Austria (AUT) – Belgium (BEL) – Bulgaria (BUL) – Croatia (CRO) – Czech Republic (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) – Luxembourg (LUX) – Y.R.A Macedonia (MKD) – Monaco (MON) – Netherlands (NL) – Norway (NOR) – Poland (POL) – Portugal (POR) - Romania (ROU) – 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) – Congo (COD) - Comoros (COM) – Cape Verde (CPV) – Gambia (GAM) – Kenya (KEN) – Lesotho (LES) – Madagascar (MAD) – Namibia (NAM) – Niger (NIG) – South Africa (RSA) – Sierra Leone (SLE) – Tunisia (TUN) – Zimbabwe (ZIM)

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

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

South America: Argentina (ARG) – Brazil (BRA) – Ecuador (ECU) – Peru (PER) – Uruguay (URU)

Oceania: Australia (AUS) - New Zealand (NZL)

8.4 Preliminary Entries

Deadline: 31st July 2025, midnight French time

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

The form must be sent via email to:

FFA/LOC: <u>international@athle.fr</u>

IAU: <u>secretary@iau-ultramarathon.org</u>

8.5 Final Entries

Deadline: 1st September 2025, midnight French time

Each Federation must send the forms provided by IAU. The FEF shall include the list of the runners with names, date of birth, gender, 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 will contribute to the team scoring. The final ranking is 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 authorised to substitute one athlete entered in the FEF who is not able to compete. The deadline for this replacement is 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.

Travel Grant information/receipts will be scheduled with the Delegations on the occasion of the Outfit Meeting (Friday the 17th October at 2 pm at the Salle Pignié).

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

| | Α | В | С | Team | |
|--------|-----|-----|-----|------|---|
| Zone 1 | 240 | 180 | 120 | 240 | 15h flight between the capital of the LOC and the IAU MF country |
| Zone 2 | 192 | 144 | 96 | 192 | 9h flight between the capital of the LOC and the IAU MF country |
| Zone 3 | 144 | 108 | 72 | 144 | 4h flight between the capital of the LOC and the IAU MF country |
| Zone 4 | 96 | 72 | 48 | 96 | 4h flight between the capital of the LOC and the IAU MF country |

| | A | | С | |
|-------------|---------|---------|---------|--|
| Men >240 km | | >220 km | >200 km | |
| Women | >220 km | >200 km | >180 km | |

* Flight times are calculated from one point to another and may not correspond to the actual duration of the flight.

The team travel allowance is paid for a maximum of one men's and one women's team (minimum 3 athletes per team). The individual allowance is paid for a maximum of 3 men and 3 women per country. These allowances are all cumulative.

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

Information concerning the provisional travel allowance (PTA) will be sent by email to the contact person mentioned on the entry form two weeks before the race. The provisional travel allowance must be signed, bank details confirmed and returned to <u>robert.boyce@iau-ultramarathon.org</u> before the championships. At the start of the race, there will be a check of the athletes who have taken the start. If any athletes on the PTA list do not start, the amount of the travel allowance will be adjusted. Final payments will be made after the event by the confirmed athletes who have started.

The provisional travel grant invoice will be given 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 the athletes who are on the Travel Grant form did not start the amount of the Travel Grant will be changed.

If a delegation sends a full team, it will receive a basic team grant (TG). **Additionally**, teams will receive the individual grants (IG) per athlete as a team member. Delegations sending only individual athletes will see the TG adjusted accordingly.

Nearer to the race date, a list of the delegation runners who belong to category A, B or C will be published on the IAU website: www.iau-ultramarathon.org.

Use of Wildcards

The introduction of WILDCARDS (repacements) allows an athlete with 'only' a C level (or less) to be upgraded to a B-level for this MIAUC event.

At each MIAUC a maximum of 2 wildcards may be used (1 man and 1 women).

This regulation gives each delegation the opportunity to allow potential 'B-athletes' to participate even when certain situations make 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 this particular MIAUC event.

If you require further information concerning these subjects, please contact the IAU Director of Finance Robert BOYCE at: robert.boyce@iau-ultramarathon.org).

10. VISA

Any foreign visitor wishing to visit France must 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 an additional French visa.

The following countries require visas to enter France

| Europe: | Romania (ROU) and Turkey (TUR), Serbia (SRB) et Ukraine (UKR) if the passport is not biometric |
|----------------|---|
| Africa: | Algeria (ALG), Angola (ANG), Burundi (BDI), Cameroon (CMR), Congo-Brazzaville (CGO), Democratic Republic of the Congo (COD), Comoros (COM), Cape-Verde (CPV), Gambia (GAM), Kenya (KEN), Lesotho (LES), Madagascar (MAD), Namiba (NAM), Niger (NIG), South Africa (RSA), Sierra Leone (SLE), Tunisia (TUN) et Zimbabwe (ZIM) |
| Asia: | India (IND), Kyrgyzstan (KGZ), Lebanon (LBN), Mongolia (MGL), Nepal (NEP), Philippines (PHI), Qatar (QAT), Saudi Arabia (SAU), Sri Lanka (SRI) and Chinese Taipei (TPE) |
| South America: | Ecuador (ECU) |

Countries requiring visas to enter France must obtain them from:

- 1. the French Embassy or Consulate in their country,
- 2. from an Embassy or Consulate from another 'Schengen country' in their country,
- 3. for Gambia, at the French Embassy in Senegal Lesotho at the General Consulate in South Africa Sierra Leone at the French Embassy in Guinea.

Upon request of the federations, a letter of invitation will be issued to make it easier to obtain visas. Please send your request as soon as possible to <u>international@athle.fr</u> with the following information:

- surname and first name (identical to those given in the passport),
- date of birth,
- gender,
- passport number and expiry date,
- function (athlete or official).

11. ACCREDITATION

Accreditation badges will be prepared before the event, based on the information provided by the federation member in the FEF.

No changes will be accepted after the registration deadline, except in the event of last-minute injury or illness of one of the team members.

Accreditation badges will be distributed when the teams arrive.

All persons connected to the World Championships must carry accreditation. The accreditation will state name, nationality and function:

ATHLETE, TEAM OFFICIAL, ADDITIONAL CREW, ORGANISATION, VIP, MEDICAL, VOLUNTEER, JURY, INTERPRETER.

TEAM OFFICIALS: their number is limited by delegation and is based on the number of participating athletes:

- 1. 1 to 6 athletes 3 team officials
- 2. 6 to 12 athletes 6 team officials
- 3. 13 to 18 athletes 9 team officials

ADDITIONAL CREW: are accompanying persons, above the number of athletes and team officials, entered by their federations on the FEF.

- 1. Accommodation and meals are at the cost of the concerned federation (the LOC will do its best to accommodate these people in the same hotel as their team).
- 2. Additional crew will have access to the free LOC transport (with presentation of their badge), but will not have access to the team stand on the track.
- 3. During the Opening Ceremony, the additional crew will be allowed to parade with their team, but on arrival at the 'Théatre des Cordeliers', they will be seated in the upper rows.

'Additionnal crew' accreditation cards will be given to the head of the delegation, who will be responsible for passing on all information to those concerned.

For the IAU 24-Hour World Championships, the local organising committee is committed to organising this event in a responsible and sustainable manner.

Choice of Venue

The competition venue at the Stadium is ideally located close to major transport links, with regular bus services into the city and easy access for pedestrians. Its location guarantees easy access for all users. In addition, a car park is available, offering a convenient parking solution for vehicles.

We will encourage the collective use of buses and mini-buses to limit the number of journeys.

Accommodation

The majority of our hotel partners are committed to an approach 'eco-friendly' promoting respect for the environment and energy savings.

Facilities Installation

When installing the facilities we will use the 'Goupil' electric vehicle provided by the sports department.

Modular stands that can be dismantled and reused will ensure the smooth running of all the refreshment posts.

Refreshment Posts/Catering - Meals

Agreements have been signed with our food suppliers to ensure that non-perishable food surpluses are taken back.

To avoid food waste, our teams will prepare the quantity of meals according to pre-established lists.

The various meals will be prepared and cooked on site by 2 professional chefs and their teams.

To minimise the impact of packaging, we will offer loose food items.

We will constantly assess the food stock required and adapt it as necessary.

To limit the volume of recyclable waste, we plan to provide 'Eco-cups', washed (as necessary) by our teams during the competition.

We will also be limiting the use of bottled mineral water to avoid the number of plastic bottles; a dedicated team will be responsible for filling and distributing water bottles filled with city tap water, which is regularly analysed and fit for consumption.

Specific and sufficient containers will be set up to ensure the selective sorting of waste.

Communication

Digital means of communication will be widely used to avoid the impact of paper documents. Recycled paper will be favoured for media communication which will be reduced as much as possible. We will also avoid the use of special papers - metallic in particular - and lamination. The safety and welfare of competitors is of paramount importance to the Medical Team.

All the regulations applicable to the medical question are reflected in the book 'WA MECHANICAL AIDS REGULATIONS' (approved by the WA Council on 10th March 2022 and in force from 25th March 2022):

https://worldathletics.org/about-iaaf/documents/book-of-rules

The organisers reserve the right to ask participants to sign a waiver at the registration controls.

13.1 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 Delegation agrees to submit the following information concerning its runners:

- 1. All medical history and or pathology in particular those that may increase risk during exercise.
- 2. The regular use of treatments and medications in the 15 days leading up to the race.
- 3. All requests for or use of medicines subject to a Therapeutic Usage Exemption (TUE).
- 4. Accepts 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.
- 5. Accepts that, under rule 144 of the IAAF Competition Rules, the Medical Team decision on participation before or during the race is final.

13.2 LOC Support

The LOC will have a doctor and nurse on site at all times, as well as first aiders and a team of chiropodists and physiotherapists.

13.3 Anti-Doping Controls

Testing during the Championships will be carried out in accordance with the World Athletics Regulations and French law, by the National Anti-Doping Organisation 'Agence Française de Lutte contre le Dopage (AFLD)'.

Teams who need anti-doping controls (at their cost), for the ratification of a national record must indicate it in the FEF.

14. TRANSPORT

13.1 Transport of the Delegations

The LOC teams will meet you on arrival of your flight at the Toulouse Blagnac airport, the official airport chosen by the LOC.

If the Toulouse-Albi and return journeys have been booked on the FEF document, and if the flight details have been sent to us, our teams will direct you to the bus or minibus taking you to Albi.

The cost will be €20 per person per journey, to be booked on the FEF and will be charged on the same invoice.

Depending on arrival times in Albi, delegation members will be taken either to the competition venue (course) or to the hotels for those who have booked the hotels selected by the organisers.

This service will be available:

- For arrivals (Toulouse Albi) from Wednesday to Friday morning.
- For departures (Albi Toulouse) Sunday and Monday morning.

All other requests must be transmitted beforehand to: didier.thiriot2@orange.fr

Delegations that have only booked transport from Toulouse Blagnac Airport to Albi and back, but no accommodation, will only be dropped off at the competition venue.

14.2 Other Means of Transport from Toulouse Blagnac Airport

1. By train:

(Shuttle buses from Toulouse Blagnac airport to the Matabiau train station). See the map attached. From **Toulouse Matabiau** train station to the Albi Ville train station (a train almost every hour and a 1-hour journey), <u>https://www.thetrainline.com/fr</u>

2. By road:

You may rent vehicles at Toulouse Blagnac airport.

• From Toulouse take the A68 motorway (80 km). Leave at exit 17 (about 1 hour).

14.3 <u>'Intramural' Transport in Albi</u>

The LOC will organise the transport from the hotels to the Stadium for the competition, the meetings and ceremonies as well as for the lunches and dinners, for the teams that reserved on the FEF.

- Hotel to opening ceremony and return.
- Hotel to start of the race.
- End of the race to hotel.

Delegations who have not booked the hotels proposed by the LOC must organise their own transport.

Timetables will be distributed to teams on arrival and will be available in the hotels.

15.1 Principle

The LOC will offer free full-board accommodation for a maximum of 2 male athletes and 2 female athletes per delegation for a specified number of nights:

The duration of the free stay is as follows:

- For 3 nights' accommodation: from breakfast on Friday, 17th October to breakfast on Monday, 20th October.
- For 4 nights' accommodation: from lunch on Thursday, 16th October to breakfast on Monday, 20th October.
- For 5 nights' accommodation: from Wednesday, 15th October to breakfast on Monday, 20th October.

The LOC will organise with the City of Albi's Congress Management Department all accommodation for all delegations that have booked on the PEF and FEF and given their rooming lists.

The hotels in Albi have an average room capacity and, as for the 2019 World Championships, 10 hotels have joined us to offer you the best possible accommodation.

We propose 3 categories of hotels A, B and C.

The rates are set out below and in the specific document attached to the GIS.

Prices include full-board accommodation and shuttle bus service within the city centre.

Delegations that have not retained the full-board accommodation offered by the LOC will be unable to take advantage of the 'intramural' shuttle buses unless they group together at the pick-up point that will be indicated.

The delegations must indicate their category preference and the LOC will organise the allocation according to availability as and when bookings are received.

The invited athletes will be accommodated in twin rooms (two single beds), and other delegation members in twin, single or double rooms, subject to availability.

Additional persons accompanying the teams (not registered in the FEF), who require accommodation may contact <u>emilie.clement@mairie-albi.fr</u> but there is no guarantee that they will be accommodated in the same hotel as their team.

To avoid all mistakes, no bookings should be made directly to the hotels by the delegations or others.

As for the World Championships in 2019, breakfasts will be served in each hotel, but all lunches and dinners will be prepared and served by our teams in the 'Pavillon d'Honneur' at the event site.

These meals will take into account the specific needs of the athletes and will include rice and pasta and other prior requests.

15.2 List of Hotels

The hotels selected by the organisation are:

Category A:

CATEGORIE A // A CATEGORY

ABI

HOTEL IBIS BUDGET ALBI **



www.ibisbudgethotel.ibis.com 16 avenue Gambetta – 81 000 ALBI Wifi gratuit / Free wifi Réception 24/24 / 24h Reception desk

HOTEL IBIS BUDGET ALBI TERSSAC**



www.ibisbudgethotel.ibis.com 30 chemin de Jean Thomas Zone Albipôle- 81 000 ALBI Wifi gratuit / Free wifi Réception 24/24 / 24h Reception desk

Category B:

CATEGORIE B // B CATEGORY



HOTEL IBIS ALBI CENTRE***



www.ibis.com 16 avenue Gambetta – 81 000 ALBI Wifi gratuit / Free wifi Réception 24/24 / 24h Reception desk



GRAND HOTEL D'ORLÉANS***

www.hotel-orleans-albi.com Place Stalingrad- 81 000 ALBI Wifi gratuit / Free wifi Réception 24/24 / 24h Reception desk Piscine extérieure / Outdoor pool

HOTEL LES PASTELIERS**



www.hotellespasteliers.com 3 rue Honoré de Balzac- 81 000 ALBI Wifi gratuit / Free wifi

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CATEGORIE B // B CATEGORY

HOTEL B&B***





www.choicehotels.fr/fr023 Rue de Bourdès- 81 000 ALBI Wifi gratuit / Free wifi

HOTEL CAMPANILE ALBI CENTRE***

4 avenue Lattre de Tassigny– 81 000 ALBI Wifi gratuit / Free wifi Réception 24/24 / 24h Reception desk

HOTEL IBIS STYLES ALBI CENTRE LE THEATRO***



www.ibis.accorhotels.com 48 place Jean-Jaurès – 81 000 ALBI Wifi gratuit / Free wifi Réception 24/24 / 24h Reception desk Salle de fitness, sauna / Fitness room, sauna

Category C:

CATEGORIE C // C CATEGORY



alai

HOTEL SAINT ANTOINE***



https://hotel-saint-antoine-albi.com/ 17, rue Saint Antoine - 81 000 ALBI Wifi gratuit / Free wifi

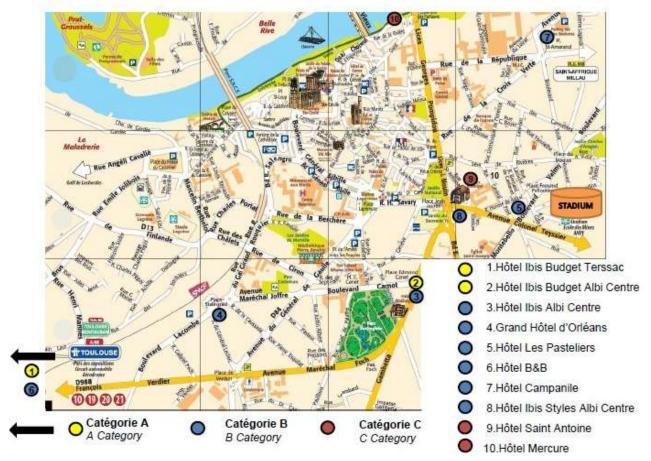
HOTEL MERCURE****



www.lavermicellerie-hotelmercure.com 41 bis rue Porta- 81 000 ALBI Wifi gratuit / Free wifi Réception 24/24 / 24h Reception desk

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15.3 Accommodation Free of Charge

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

Financial support by the LOC is valid only for the teams staying in the official hotels (see 13.2). **The accommodation grant is allocated under the condition that the entry forms are returned before the cut-off dates.**

15.4 Official Dates

From lunch on **Friday, 17th October to breakfast on 20th October included**: ALB - ALG – AND - AUT – BEL – 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 – SAU - SLO - SMR - SRB – SUI – SVK – SWE – TUN – TUR

From lunch on **Thursday, 16th October to breakfast on 20th October included:** ANG – BDI – BRU - CGO – COD - COM – JOR - KEN – NGR - NIG – QAT - SLE – UKR

From lunch on **Wednesday, 15th October to breakfast on 20th October included:** ARG – AUS – BOL - BRA – CAN – CPV – CRC – ECU - GUA - HKG - IND – JPN – KGZ – KOR - LES – MAD - MEX – MGL - NAM – NEP - NZL – PER - PHI – RSA – SRI - TPE – URU – USA – VEN – ZIM

15.1 Cost of Accommodation (per night / per person)

| Le pass journalier comprend par personne: | Day pass including per person: |
|---|---|
| . L'hébergement | . Accomodation |
| .Le petit-déjeuner | Breakfast |
| .Les repas (déjeuner et dîner) | .Meals (lunch and diner) |
| .Les transferts hôtel >< Stadium d'Albi | .Bus transfers to/from hotel >< Stadium d'A |
| PASS JOURNALIER CATEGORIE A: | A CATEGORY DAY PASS: |
| Hébergement en chambre single: 95€ | Single room : 95€ |
| Hébergement en chambre twin ou double: 70 € | Twin or double room: 70 € |
| Hébergement en chambre triple: 65€ | Triple room : 65€ |
| PASS JOURNALIER CATEGORIE B: | B CATEGORY DAY PASS: |
| Hébergement en chambre single: 105€ | Single room: 105€ |
| Hébergement en chambre twin ou double: 85€ | Twin room or double room: 85€ |
| Hébergement en chambre triple: 75€ | Triple Room : 75€ |
| PASS JOURNALIER CATEGORIE C: | PASS JOURNALIER C CATEGORY: |
| Hébergement en chambre single: 140€ | Single: 140€ |
| Hébergement en chambre twin ou double: 956 | Twin room or double double: 95€ |

Breakfasts will be served in the respective hotels.

• Breakfasts: 6.30 am to 9.30 am.

Lunches, dinners, the Pasta Party and the closing gala meal can be arranged for accompanying persons, depending on availability, at a cost of €15.

The information entered on the FEF by each federation is considered to be a booking request. It will be the basis for drawing up the accommodation invoice (one per delegation) and transport from Toulouse Blagnac airport to Albi and back, which must be paid before arrival in Albi; any cancellation after sending the FEF will not be taken into account. If this invoice is not paid before arrival in Albi, the booking will be declared null and void.

This meeting will be held in:

Salle du Pignié 7, boulevard Roger Salengro, 81000 - Albi (next to the cathedral)

Friday, 17th October at 1.45 pm – outfit control

It is mandatory for all delegations to send a member to present their team's official uniform:

- 1. To confirm the number and the names of team delegations,
- 2. to present the national competition jersey for inspection.

Friday, 3.15 pm start of the technical meeting

This meeting will be conducted in English and chaired by the IAU Technical Delegate: Competition Director & Technical Coordinator: André MINGNEAU

16.1 Provisional Agenda

- Opening.
- Presentation of the International Officials.
- Presentation of the Competition Officials.
- Information regarding technical matters.
- The course.
- The start.
- Refreshments (aid stations and personal refreshments).
- The finish.
- Information regarding medical and anti-doping matters.
- Information regarding logistical matters.
- Information regarding protocol matters.
- Award ceremonies.
- Replies to questions submitted in writing by the delegations.

All team delegations will receive prior to their arrival, the 'Team Manual' containing all the Technical Guidelines - specific rules for this MIAUC. The last page of this manual can be used to write down all questions regarding this event. These questions are to be transmitted no later than Friday, 17th October at the LOC welcome desk located in the 'Maison des Sports' building.

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

Note: Bibs and chips will be distributed to teams during the registration procedure at the 'Maison des Sports'. There will be a set of 4 bibs (1 for the front and 1 for the back and a second set in reserve or for exchange if needed).

Athletes need to be prepared for all types of weather conditions and should take into account the possibility of rain and cold nights

Several websites provide forecasts at D-10, for example:

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

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

| Meteo in Albi for the last 7 years 18 th and 19 th October | | | | | | | | |
|---|--------------------|-----------|----------|----------|----------|-----------|----------|---------|
| 18-oct | 4 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 202 |
| | Time of Day | | | | - | | - | |
| - | 9 a.m. | 22.7 | 16 | 16 | 9.2 | 13.2 | 24.4 | 25. |
| | 12 p.m. | 25 | 19.6 | 18.4 | 15.4 | 20.4 | 24.4 | 26. |
| | 3 p.m. | 23.6 | 19.8 | 18.6 | 18.1 | 22.2 | 26.6 | 25. |
| | 6 p.m. | 21.3 | 16.4 | 15.7 | 10.5 | 14.6 | 20.8 | 20. |
| | 9 p.m. | 21.1 | 14.5 | 14.8 | 7.6 | 12.3 | 17.5 | 19, |
| | Rain | 0.4 m/m | 0 m/m | 0 m/m | 0 2 m/m | 0 m/m | 0 m/m | 0m/r |
| | Humidity - morning | 46 | 45 | 54 | 49 | 33 | 55 | 5 |
| | Humidity - evening | 66 | 82 | 95 | 83 | 99 | 92 | 6 |
| | Wind speed | 17.2 km/h | 2.7 km/h | 5.4 km/h | 3.4 km/h | 9 km/h | 8.8 km/h | 10. |
| 19-oct | 4 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 202 |
| | Time of Day | | | | | | | |
| | 9 a.m. | 14.9 | 14.9 | 14 | 12.6 | 17 | 22 | 20. |
| | 12 p.m. | 17.8 | 19.2 | 19.6 | 19.2 | 23.6 | 27.1 | 23 |
| | 3 p.m. | 17 | 22.6 | 22.4 | 18.7 | 22.5 | 25.3 | 24. |
| | 6 p.m. | 16.1 | 17.4 | 16.8 | 13.8 | 17.4 | 22.1 | 2 |
| | 9 p.m. | 14.9 | 14.7 | 14.5 | 10 | 13.6 | 20.8 | 17. |
| | Rain | 2m/m | 0.2 m/m | 0 m/m | 0 m/m | 0.2 m/m | 1.2 m/m | 2m/r |
| | Humidity - morning | 75 | 45 | 73 | 43 | 47 | 48 | 5 |
| | Humidity - evening | 95 | 87 | 92 | 81 | 96 | 90 | 8 |
| | Wind speed | 6.2 km/h | 2.4 km/h | 6 km/h | 9.6 km/h | 10.4 km/h | 11 km/h | 9.3 km/ |

18. TOURIST INFORMATION

Albi, the Episcopal City, is one of the world's most important Cultural Heritage sites. Since 2010, the UNESCO World Heritage Committee has recognised the exceptional universal value of the Albigensian site, visited by more than 800,000 people each year.

The Episcopal City is structured around 2 medieval fortresses: 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 today housing the Toulouse-Lautrec Museum containing the largest public collection of the artist's work.

There are four medieval districts surrounding 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 the collegiate church and cloister, a remarkable group of buildings dating from the 12th century, combining both Romanesque and Gothic architecture, and **The Combes and the banks of the River Tarn** with the Old Bridge, dating back to 1040 key to commercial prosperity of the city in the Middle Ages.

In addition to the athletes participating in the IAU Championships, there will be a limited number (40) of athletes authorised to participate in this competition.

The applicants must:

- 1. Register via the LOC website: <u>www.albi24h.fr</u> before the 20th July 2025.
- 2. Provide proof that they have achieved a minimum of 200 km for a man and 180 km for a woman in an officially measured competition.
- 3. Pay the entry fee of €120 (this entry fee gives access to an equipped tent, the Pasta Party and final banquet).

The LOC will inform the athletes who will be able to take part in the OPEN race, at the latest, the 10th September 2025.

Athletes participating in the OPEN competition and those accompanying them will be entitled to the same rates as those offered to the delegations, subject to availability. For further information, please contact:

didier.thiriot2@orange.fr or emilie.clement@mairie-albi.fr

20. TIMING

Sté Breizh Chrono, 18, rue du Bocage 35520 Chapelle les Fougerezt Email: <u>contact@breizhchrono.com</u> Equipment: IPICO transponder and timing chain (same system as in 2019)

21. REQUIREMENTS CONCERNING FOOTWEAR

The organisers reserve the right to seize and inspect the internal construction of any shoe suspected of not meeting these requirements (after the race). Seized shoes cannot be returned. If a shoe is seized, this is the form to use:

https://www.worldathletics.org/download/download?filename=e5b98347-3b59-4df5-84ffd0573519efe0.pdf&urlslug=Athlete%E2%80%99s%20Shoe%20Receipt%20Form%20%E2%80%93%20Sample

WA List:

https://certcheck.worldathletics.org

22. IMPORTANT DATES AND TIMES

Team meeting and confirmation of travel allowance: Friday, 17th October 1.45 pm Technical Meeting: Friday, 17th October at 3.15 pm Press conference: Friday, 17th October at 11 am Opening Ceremony: Friday, 17th October at 5 pm Awards ceremony and closing ceremony: Sunday, 19th October at 12.30 pm

We are extremely happy to welcome you to ALBI!

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