



GENERAL INFORMATION SHEET

1st IAU 50km European Championships

Sotillo de la Adrada, Ávila (ESP)

October 8th, 2022

Ver 2022 (9 Jun)





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WELCOME BY THE IAU PRESIDENT



Friends!

It is my utmost pleasure to welcome you to the IAU 50km European Championships. This is a very marquee event for us in preparation for the 50km World Championships next year in South Africa.

50km is quickly becoming a very popular ultra event amongst the athletes. The popularity has been evident over the last couple of years when there have been several record-attempting (and breaking) events organized around the world. The World

Athletics (WA) has further appreciated the trend in the sport and has officially recognized the records for the 50km distance.

IAU had foreseen the potential in the distance and elevated it to the world championships standard in 2015. This was complemented by continental championships, such as this one, to bring the sport closer to the athletes. It has been truly a remarkable journey and exciting to witness the sport develop over the years. Thank you - to all of you for your continued support. I would like to thank Real Federación Española de Atletismo (RFEA) for their continued support of the sport of ultrarunning in Spain. I would also like to thank the local organizing committee and the officials at the City of Sotillo de la Adrada and members of Diputación de Avila (provincial government) who have worked very hard in putting these championships together.

Last but not least - an immense THANK YOU to our athletes and federations. It has been a tough two years. But you have continued to show resilience and courage - as has been customary of ultrarunners. It is a long time waiting but the time is now here to showcase your talents on the international stage.

I look forward to meeting each and every one of you. It will be outstanding to witness all of you proudly representing your respective nations in the European Championships.

Bienvenido a Sotillo de la Adrada (Avila)... Welcome to Sotillo de la Adrada (Avila)!

Nadeem Khan
IAU President

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IAU EC 50K, Sotillo de la Adrada, Ávila (ESP) 2022, General Information Sheet
International Association of Ultrarunners

Under the Patronage of the World athletics
6-8, Quai Antoine 1^{er}, 98000 MONACO www.iau-ultramarathon.org

WELCOME BY RFEA PRESIDENT



Dear friends:

As President of the Royal Spanish Athletics Federation it is a pleasure for me to welcome you to the IAU 50km. European Championships that will take place for the first time in Spain, in the town of Sotillo de la Adrada (Ávila) on 8 October 2022. I am fully convinced that this edition will exceed all expectations.

After a period of extraordinary difficulty caused by the viral pandemic that has been a huge challenge for society, and also for sport, we are looking forward to enjoying a unique event in a privileged natural environment.

Spain is a host country with an enormous and successful experience in organising the biggest international athletics events, with numerous European and World Championships in different athletics specialities organised in our country.

Ultra-distance running is in full growth and expansion, and many possibilities are opening up in the future for this demanding athletic speciality. Our sport is growing rapidly, athletes are reaching quotas never before achieved, attracting more and more new fans and increasing audiences.

Sotillo de la Adrada has the honour of becoming the first municipality in Spain to host this competition. This 1st edition of the European Championships will be one of the most important events in Europe in 2022, and the eyes of European athletics will be on Sotillo de la Adrada. A course that will run through a privileged environment of enormous natural wealth generating a unique and unforgettable competitive experience for athletes, coaches, spectators and visitors.

The heroic effort of the athletes, mixed with the spectacular natural scenery and the drama of exciting sporting battles, will not only delight athletics fans. This event will also serve to promote the image and tourist potential of the province internationally, as well as its rich heritage and history, making it a dynamic element for the province of Ávila.

I would like to take this opportunity to thank the IAU for the trust placed in me, and also to thank all those who have made this event possible, for their hard work, dedication and support since these championships were awarded to Sotillo de la Adrada, with special mention for the local authorities.

I would also like to highlight the generous collaboration of a group of passionate volunteers who, without their invaluable help, this event would not be possible. I would also like to highlight the key role played by the media in giving this event international visibility and bringing it to millions of fans in other countries.

My warmest greetings to all the participants, organisers and fans who will attend this Championship and who I am sure will enjoy an experience that will remain in their memories for the rest of their lives.

Raúl Chapado Serrano
President of the RFEA

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WELCOME BY PRESIDENT DIPUTACIÓN PROVINCIAL DE ÁVILA



GREETINGS EUROPEAN 50 KM CHAMPIONSHIPS

An appointment to enjoy the best athletics at our own home.

Dear friends:

Sotillo de la Adrada is going to become, on the 8th of October, the European capital of ultra-distance running, with the celebration of the European Championships promoted by the International Association of Ultrarunners (IAU).

It will do so thanks to the dynamism of what is one of the most thriving municipalities of the province of Ávila, the organisational capacity of its City Council and the intense and loyal collaboration of the Provincial Council, which I am honoured to preside.

Sport, with its powerful capacity for public projection, is an excellent vehicle for transmitting values with which the province of Ávila feels fully identified.

feels fully identified with. Perseverance, the capacity for sacrifice, comradeship, respect for the companionship, respect for rules and opponents and the desire to excel are some of these values are some of them.

For the Diputación de Ávila it is an honour to be part of this historic event for Sotillo de la Adrada. Its local and provincial, economic, sporting and social impact will be great, social and sporting, will be great, but the main objective we have, both the people of Sotillo and all the people from Avila, is that the participants from the different countries who come to meet us feel at home and experience a day of competition that lives up to their expectations.

We look forward to seeing you on the 8th October in the streets of Sotillo de la Adrada, receive my warmest greetings,

Carlos García González

President of the Provincial Council of Ávila

Presidente de la Diputación Provincial de Ávila

WELCOME BY SOTILLO DE LA ADRADA MAJOR



Sotillo de la Adrada, its Town Hall and its citizens, feel deeply honoured about can receive all the athletes, coaches and spectators who are going to assist to IAU 50Km. European Championships that will be celebrated in our town on 8 th October 2022, which will be the first edition of a continental championship in this modality and category.

A small town in the province of Ávila who hopes that you will all enjoy these days between us and that you will live an unforgettable experience in a privileged natural environment and in a community who fights every day against the adversity that represents in the 21st century the depopulation of the rural areas of our continent.

Events of this level and magnitude come to recognise our capacity to be present at the vanguard of sport and for this reason we would like to show our greetings to our partners in

this objective: Diputación de Ávila, RFEA, IAU and Sport Clubs Ecodeporte and Trail Hispania.

Throughout history, sport, and more specifically athletics, has treasured some of the most beautiful qualities of human beings: effort, the capacity for sacrifice, companionship, the desire to excel, honesty, exemplarity, humility, etc..., qualities that are always present in the great champions and that is why, in these times of war and disease that we are living in Europe, the message that this Championship sends to all our countries is more important than ever: there must be no differences that separate us to such an extent that makes it impossible for us to live together.

There is nothing more beautiful and more sacred than life, and life is only worth living when it is shared.

We hope and wish that this Championships will be an example that Europe is much more than an amount of countries and that all athletes will feel like at home and achieve their personal and sporting objectives, in an environment of competition and fellowship.

I am sure that this Championships is going to be a great success and it will be so because of two factors: the first one, because of the extraordinary quality of all the competitors and the second one, because of the great illusion and work that all of us will bring to make it so.

Welcome to Sotillo!

Juan Pablo Martín Martín
Sotillo de la Adrada Mayor
Alcalde de Sotillo de la Adrada

WELCOME BY LOC PRESIDENT



Friends of ultra-distance running, athletics and sport in general,

For many years my place has been on the other side of the organisations, representing the IAU, as Project Coordinator, Technical Delegate or simply as supervisor of the part that at that time corresponded to me according to my role as Director.

Now I will have the great honour of being on the other side, the organisational, that of the LOC, something that makes me very proud and excited, because it has been a hard work of many months, with very bad moments and stops caused by the pandemic...

Finally, we have managed to bring to this beautiful and endearing town of Sotillo de la Adrada this I European Championship 50K, with a very special goal, to claim the importance of the rural world, that world sometimes forgotten, and that with events of the category of the one that concerns us, no doubt, at least for a while, will go to the forefront of international ultra-distance, national athletics and regional sporting events of all kinds.

Therefore, my deepest and most sincere thanks first of all to the Diputación de Ávila, with its President Carlos García at the head, magnificently supported by the Deputy of Culture and Sports Eduardo Duque. With their support and willingness, they encouraged us and supported us financially to give wings to this beautiful project.

My thanks also to the IAU, for their confidence in the viability of the event, to the RFEA, for their unconditional support, and of course, to the Ecodeporte and Trail Hispania Clubs, whose members have supported the sacrifice and work of this Championship in a completely altruistic way.

I leave for the end, perhaps the most important link of all this chain that has brought the I European Championship 50K to Avila, the Municipal Corporation of Sotillo de la Adrada, with Juan Pablo Martín, his Mayor at the head, Mariví González, Deputy Mayor and Cristina Díaz, Councillor for sports and a thousand other things, who have worked so closely with me. It has been and is very special for me to have worked side by side with them and the blind trust that they placed in me and in the project from the first moment that I hope not to disappoint.

I am very much looking forward to this championship, as I said before, vindicating the rural world, its life, its people, the region and that all our visitors from so many far and near countries of the continent can enjoy this Championship so endearing, and undoubtedly unforgettable.

Welcome to Sotillo de la Adrada, Welcome to the beautiful and special Avila Rural !

Francisco Sánchez Rico
LOC President



2.- Contacts

2.1 DIPUTACIÓN DE AVILA

President: GARCÍA GONZALEZ, Carlos

Diputado de Cultura y Deportes: DUQUE PINDADO, Eduardo

2.2 SOTILLO DE LA ADRADA COUNCIL

Mayor: MARTÍN MARTÍN, Juan Pablo

Vice-Mayor: GONZÁLEZ BLÁZQUEZ, María Victoria

Sport Council: DÍAZ SÁNCHEZ-FUENTES, Cristina

2.3 RFEA

President: CHAPADO SERRANO, Raúl

+34 915 48 24 23

rfea@rfea.es



2.4 LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS: CLUB ECODEPORTE

E-mail: info@clubecodeporte.com

Web: www.clubecodeporte.com

Web evento: www.challengeultra.org

President LOC: SÁNCHEZ RICO, Francisco

+34 616 50 8228

paco.rico@clubecodeporte.com

President Club Ecodeporte and Technical Director: SÁNCHEZ CARBONELL, Alejandro

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President Club Trail Hispania: JIMENEZ MARTÍN, Carmen Yolanda

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guillermo.urdiales@gmail.com

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solesmo@hotmail.com



3.- Contacts IAU

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IAU VICE PRESIDENT, PROTOCOL

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Mobile: +61 417 557 902

IAU GENERAL SECRETARY

Name: Hilary WALKER (GBR)

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Mobile: +44 7884 473 336

IAU DIRECTOR OF COMPETITION, PROJECT COORDINATOR

Name: Diana AMZA (ROM)

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Mobile: +40 721 719 831

IAU DIRECTOR OF COMMUNICATION

Name: Jacek BEDKOWSKI (POL)

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TECHNICAL DELEGATE

Name: Tamás MOLNAR (HUN)

E-mail: molnar.atomsport@gmail.com

Mobile: +36 207 774 513

4. GENERAL INFORMATION

Sotillo de la Adrada

Ávila – Castilla / León - SPAIN



Flag



Coat or Arms



Local View



Location of Sotillo de la Adrada



- The competition will be conducted in: Sotillo de la Adrada (Ávila) – Castilla y León – Spain
- 4653 inhabitants (2020) Altitude: 635 m.
- Distance from Sotillo de la Adrada to Madrid Adolfo Suarez Airport: 96 Km.
- Travel time from the airport to the accommodation by Bus: 90 min. approx.

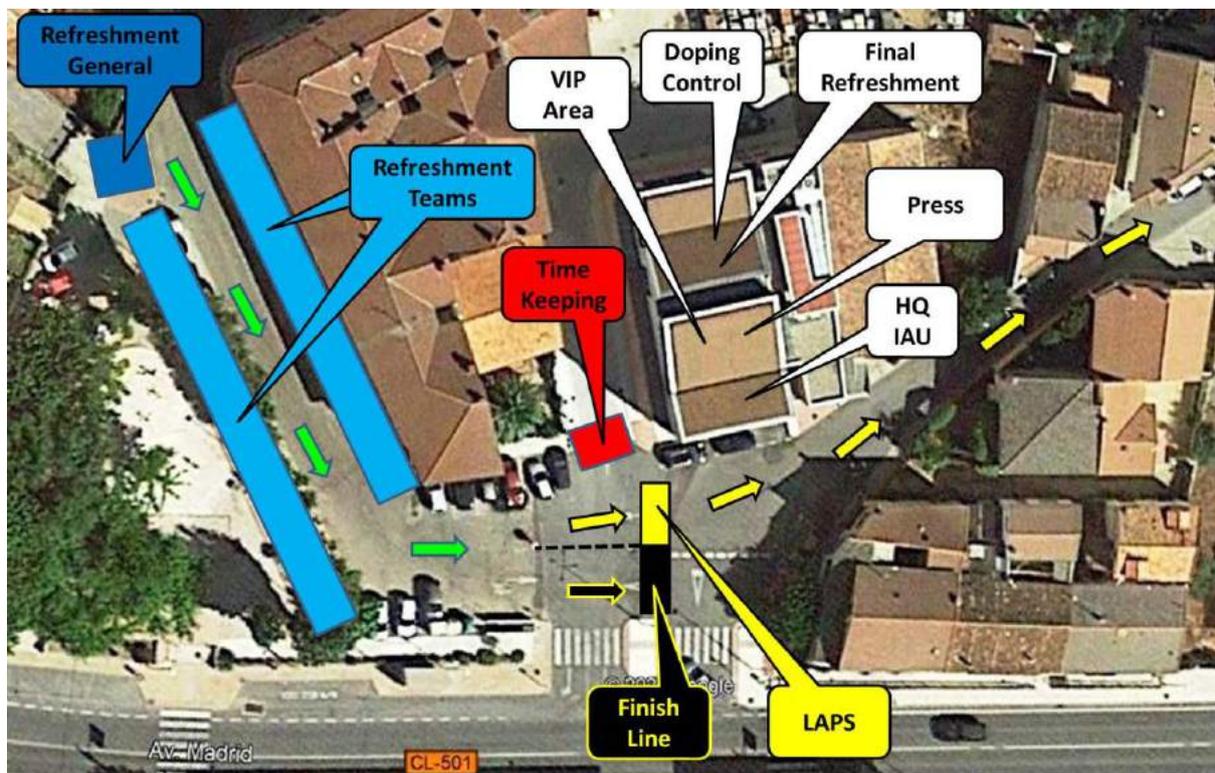
5. COMPETITION INFORMATION

- . Date: 8th October 2022
- . Start time: 09:00 AM
- . Finish time: 15:00 AM
- . Race venue: Sotillo de la Adrada, Ávila (Spain)

Course

- . Distance: 50K
- . Laps: 10 laps of 5Km.
- . Surface: Fully paved
- . Width: 3.50 meters in the narrowest areas
- . Start line: In front of “La Pasada Cultural Centre” (8 metres wide)
- . Elevation: 641 metres lowest point and 660 metres highest point of the circuit.
- . Delegation tents: outside the track, near the “La Pasada Cultural Centre”
- . Aid station: Near “La Pasada Cultural Centre” (full refreshments) and km. 2,5 (water only)
- . WC/Toilettes: for the runners: “La Pasada Cultural Centre” and km. 2,5
- . Medical facilities: “La Pasada Cultural Centre”
- . Massages: “La Pasada Cultural Centre”

MAP 1 (START – FINISH LINE)

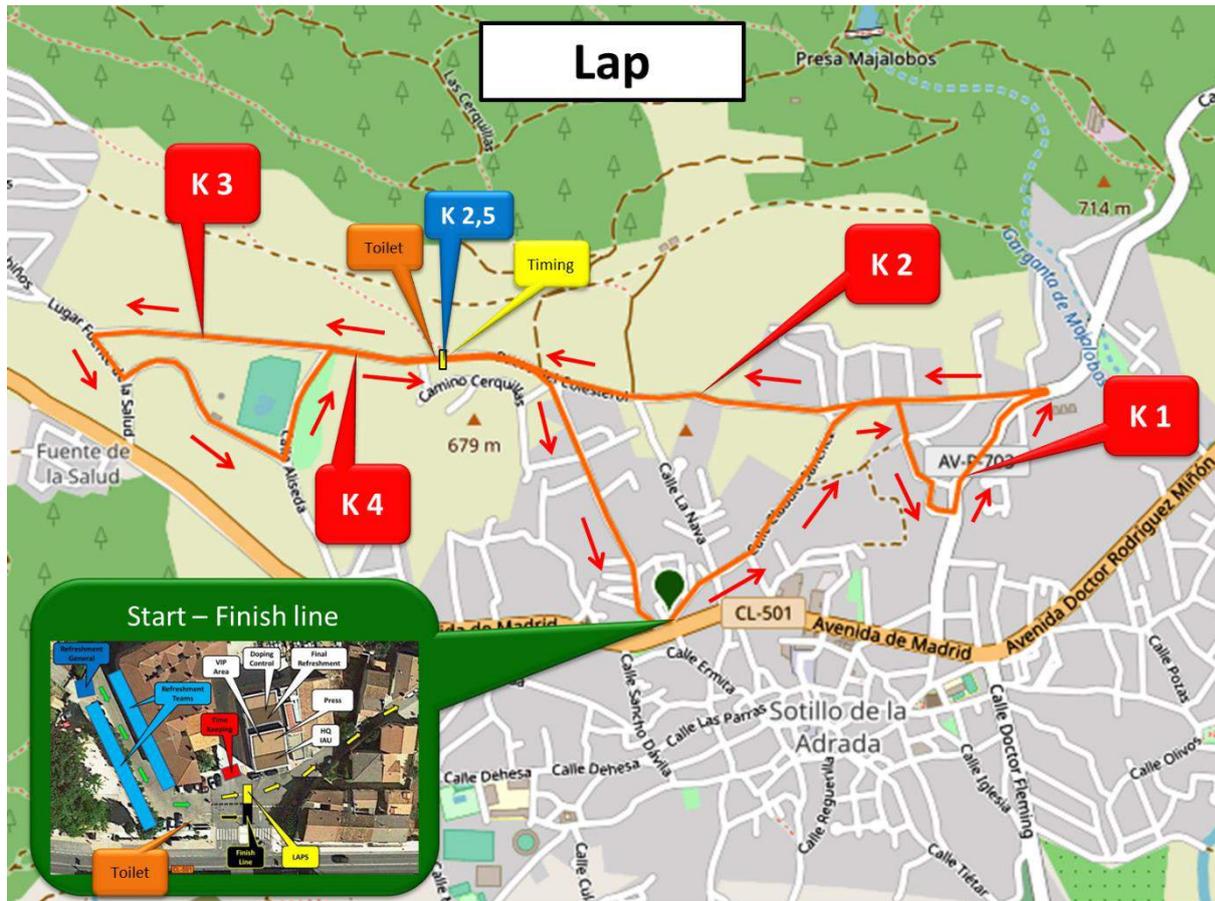


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MAP 2 (LAP 5K)



6. ENTRIES - PRELIMINARY FORM (PEF) and FINAL FORM (FEF)

6.1 Competition

. Four 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 team results, every Country can enter up to 6 per team

. The delegations will be ranked according to accumulative time of their three best athletes indicated by Federations for the Team results.

. During the Awards Ceremony, IAU medals will be given up to 6 athletes and 1 team manager by team



6.2 Preliminary Entries (PEF)

Deadline: **July 22th 2022** (midnight spanish time)

Each Federation must send the form provided by IAU including mainly the number of their Athletes and Officials and the additional Crew and Supporters.

The form must be sent, by e-mail to:

RFEA: rfea@rfea.es

LOC: info@clubecodeporte.com and secretary50k@gmail.com

IAU: secretary@iau-ultramarathon.org and diana.amza@iau-ultramarathon.org

6.3 Final Entries (FEF)

Deadline: **August 23th 2022** (midnight spanish time)

Each Federation must send the form provided by IAU. These FEF shall include the list of the Athletes (with names, date of birth, sex, and personal bests), of the Officials, of the additional Crew and Supporters.

On these FEF, each Federation 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, required number of transports to be provided.

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.

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 results.

The forms must be sent, by e-mail, to:

RFEA: rfea@rfea.es

LOC: info@clubecodeporte.com and secretary50k@gmail.com

IAU: secretary@iau-ultramarathon.org and diana.amza@iau-ultramarathon.org

7. TRANSPORTATION PLAN

7.1 Travel of the delegations

The teams can reach SOTILLO DE LA ADRADA, ÁVILA:

The official airport of the competition is MADRID Adolfo Suarez Airport (with helpdesk)

The LOC will provide two helpdesks, one in Terminal 1 and one in Terminal 4. Delegations arriving at Terminal 1 should take the internal airport bus (15 min. frequency) to Terminal 4, from where the organisation's shuttles will depart to the official competition hotels.

7.2 Transport from Madrid Adolfo Suarez Airport to the Hotels

For the teams arriving by plane at Madrid Adolfo Suarez Airport, the LOC can organise the transfers (by buses or mini buses) at the cost of 10 Euros by person (one way).

The journey time between Madrid Adolfo Suarez Airport and the accommodation is about 90 minutes.

The maximum waiting time at Madrid airport will be two hours.

The delegations who are interested to benefit from this service have to indicate it on the PEF and FEF:

- . From Madrid Adolfo Suarez Airport to the Hotels: **from Wednesday 5th to Friday 7th**
- . From the Hotels to Adolfo Suarez Airport: **Sunday 9th and Monday 10th.**

7.3 Local transportation

The LOC will organise the following transportations:

FREE (for the runners, team officials, crew and supporters)

- from the Hotels for the Opening Ceremony (round-trip)
- from the Hotels for the Award Ceremony (round-trip)
- from the Hotels for the race (round-trip)
- from the Hotels for the Multipurpose Hall / *lunch-dinner* (round-trip)

IMPORTANT: the access to the LOC transportation will be available only for the accredited person.

8. ACCOMMODATION and MEALS

8.1 Introduction

With the exception of the “quota athletes” (cf 8.3), the costs of the accommodation of the teams in the province of Ávila is under the responsibility of the travelling teams.

The coordination of the accommodation is in the hand of the LOC.

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

There is no cancellation policy.

8.2 Delegation (Athletes and Team Officials)

The delegations will be accommodated in hotels and rural houses in the province of Avila, with similar comforts and facilities.

All the hotels and rural houses will be located in villages close to Sotillo de la Adrada and at distances from the Competition Zone between 9 and 35 km.

IMPORTANT: The allocation of the different accommodations for the national delegations will be made from less to more distance from the competition area, according to the order of entry in the General Secretariat of the LOC of the FEF.

PRICES

All prices include FULL BOARD and free transport between accommodation and Championship meals/activities. Breakfasts will take place in the respective hotels of the delegations, while lunches and dinners, as well as the Pasta Party will take place in the Multipurpose Pavilion (Edificio Multiusos) of Sotillo de la Adrada.



Prices per person (Include Full Board and Free transport between Hotels and Sotillo de la Adrada daily):

- SINGLE ROOM (or DOUBLE ROOM SINGLE USE) 95€ / day
- DOUBLE ROOM 77€ / day
- TRIPLE ROOM*** 67€ / day

*** (Depending on the accommodation, this type of room may not be available.)

Examples of accommodations (Pictures)

a. Hotel Trastamara (Piedralaves) 9Km. to Sotillo de la Adrada



b. Hotel Toros de Guisando (El Tiemblo) 25Km. to Sotillo de la Adrada



c. Hotel Dracos (Cebreros) 29 Km. to Sotillo de la Adrada



d. Nucleo Rural Valle de Iruelas (Las Cruceas) 35 Km. to Sotillo de la Adrada



8.3 Free Accommodation

The LOC will offer full board accommodation, free of charge, for a maximum 2 male and 2 female athletes per delegation for 3 nights.

The duration of the free stay is from the Dinner of Thursday until Lunch of Sunday.

The LOC's financial support is valid only for the teams who stay in the official hotels in Full Board.

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

The information included on the FEF are considered as booking requests.

8.4 Hotels for Additional Crew and Supporters

The team can request the accommodation for Additional Crew and Supporters **by PEF and by FEF**.

For the additional people needing accommodation, the LOC will try to accommodate them in the same accommodation as the athletes, but if this is not possible LOC has concluded agreements with the following Rural Resort: <https://www.valledeiruelas.com/alojamiento>

8.5 Payment

As soon as the LOC will have received the Final Entry Form (FEF), the LOC will send an invoice within August 25th 2022 for the accommodation and transportation of the Athletes, Officials and of Crew/Supporters.

The payment of the invoice is mandatory before **August 27th 2022**

There is no cancellation policy.

The payment of the invoice must be made to this bank accounts:

- Club Deportivo Ecodeporte
- Club Deportivo Trail Hispania

The account number, the IBAN code and the SWIFT code will be communicated in the invoices.

9. VISA REQUIREMENTS

Any foreign visitor wishing to visit Italy 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 Spain without additional Spanish Visa.

Please find below the information on the visa requirements for Spain.

The following countries require visas to enter Spain: Armenia, Azerbaijan, Belarus, Russia, Turkey.

Those federations should contact the RFEA (rfea@rfea.es) 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 Spain.

10. TRAVEL GRANTS AND THE USE OF WILDCARDS

An example of the allocated Travel Grants in euros for the National Athletics Federations for this MIAUC is as follows:

	A	B	C	Team
Zone 1	380€	285€	190€	380€
Zone 2	304€	228€	152€	304€
Zone 3	228€	171€	114€	228€
Zone 4	152€	114€	76€	152€

	A	B	C
Men	<3h00	<3h10	<3h20
Women	<3h30	<3h40	<3h50

TEAM-Grants are paid for maximum one male and one female team (minimum 3 runners/team). Individual-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 (PTG) information will be sent by email to the contact named in the PEF two weeks before the race. The provisional travel grant will need to be signed with bank details confirmed and returned to robert.boyce@iau-ultramarathon.org prior to the championships.

At the start of the race there will be a check of the athletes who have started. If athletes who are on the PTG information do not start the amount of TG will be changed. Final payment amounts will be made after the event from confirmed athletes who started.



- Zone 1 = +15h flying between capital LOC and capital IAU member country
- Zone 2 = +9h flying between capital LOC and capital IAU member country
- Zone 3 = +4h flying between capital LOC and capital IAU member country
- Zone 4 = <4h flying between capital LOC and capital IAU member country

WILDCARDS

WILDCARDS mean that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAU competition. At every MIAUC you can use a maximum of 2 wildcards (one man and one women). These WILDCARD athletes **must** be indicated on the Final Entry Form.

Travel Grant questions will be scheduled right before the technical meeting.

If you have any questions about this, please contact the IAU Director of Finance Robert Boyce: robert.boyce@iau-ultramarathon.org

11. ACCREDITATION PROCEDURE

11.1 Principle

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

11.2 Team Officials

The 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

For the runners and officials, the accreditation cards will be handed out on Friday 7 October at the Cultural Centre "La Pasada", before lunch.

Delegations scheduled to arrive before the 7th will be given their accreditations on the 6th at the Multipurpose Pavilion (Before Lunch or Dinner).

11.3 Additional Crew and Supporters

They are accompanying person, above the number of Team Officials, entered by their Federations on the PEF and FEF.

They will get accommodation at the specific costs of the Hotels.

They will have access to the local transport of LOC, for a FEE of a 10 Euros by person (one way).

During the Opening Ceremony, the additional crew will not be allowed to parade with the team, but will allowed to attend the formal ceremony,

12. TECHNICAL MEETING

It will be held in “La Pasada” Cultural Centre

The Technical meeting will be conducted in English and will be chaired by the IAU Project Coordinator, with the help of the IAU Technical Delegate and one member of LOC Technical Staff).

All team delegations will receive, with the accreditations, the Technical Meeting presentation, with the specific information about the event and recommendations for this MIAUC rules.



Technical Meeting (Centro Cultural La Pasada)

Provisional agenda

- Opening: 14:00
- 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: Opening and Award Ceremonies
- Answering of questions submitted in writing by the delegations

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International Association of Ultrarunners

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6-8, Quai Antoine 1^{er}, 98000 MONACO www.iau-ultramarathon.org

Outfit Meeting

The Outfit Meeting will be held on the same place of the Technical Meeting, starting at 15:00 on Friday 7th October.

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.

Bibs, chips, commemorative T-shirt: will be handed over to the teams on the same place of the Technical Meeting, starting at 15:00 on Friday 7. There will be 2 sets of bibs (front + back as well) and two chips.

The chips shall be placed one in each ankle or shoe.

The loss of the chips will have a cost of 15€. A commemorative T-shirt for each participant will be given to the Team Manager of the team upon delivery of the respective chips.

13. OPENING CEREMONY

The opening ceremony will present all the Federations, Friday afternoon, 7th Octobre, with their flags. All federations are expected to participate in the opening ceremony and wear their federation outfit.

All athletes must be present at 16:20 near the Holy Trinity Parish Church for the parade.

At 16:30 the parade will begin from the Holy Trinity Parish Church to Town Hall Square of Sotillo de la Adrada

At 17:00 the Opening ceremony will begin in Town Hall Square of Sotillo de la Adrada

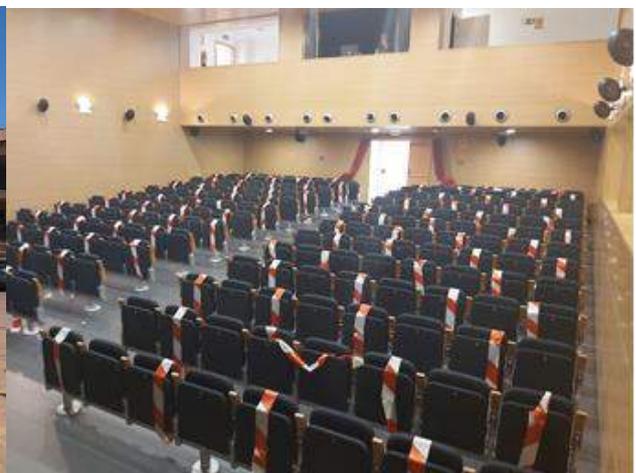
At 18:30 the Pasta Party will take place in the Multipurpose Pavilion of Sotillo de la Adrada (900 metres from the Town Hall Square).

At 20:00 the Buses will leave from the the Multipurpose Pavilion to the Hotels.

(**) The Town Hall Square is outdoors. In case of bad weather, the ceremony will take place at the “Centro Cultural la Pasada” in Sotillo de la Adrada (Close to the Town Hall Square)



Opening Ceremony “Plan A”



Opening Ceremony “Plan B”

14. CLOSING CEREMONY

The Awards Ceremony will take place on Saturday 8th Octobre at 19:00, in Town Hall Square of Sotillo de la Adrada (same site of the Opening Ceremony).

Four titles will be awarded:

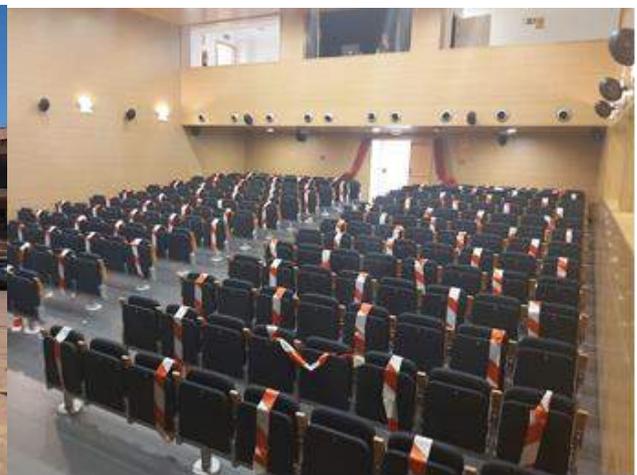
- Men's individual
- Women's individual
- Men's Team
- Women's Team

During the Awards Ceremony, IAU medals will be given up to 6 athletes and 1 team manager by team.

(**) The Town Hall Square is outdoors. In case of bad weather, the ceremony will take place at the "Centro Cultural la Pasada" in Sotillo de la Adrada (Closest to the Town Hall Square)



Closing Ceremony "Plan A"



Closing Ceremony "Plan B"

15. MEDICAL & ANTI DOPING CONTROL

15.1 Medical

The safety and welfare of competitors is of paramount importance to the Medical Team. In accordance with WA 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 the 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 WA Competition Rules, the Medical Team decision on participation before or during the race is final.

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15.2 LOC Support

The LOC will provide a doctor permanently on site as well as well a team of physiotherapists and masseurs.

15.3 Anti-Doping Control

Testing during the Championships will be carried out in accordance with the WA Rules. Teams who need a doping control (at their cost) for the ratification of a national record have to indicate it in the FEF.

16. WEATHER CONDITIONS

We present the data of the last 5 years, with daily temperature, humidity, pressure and rain:

LAST 5 YEARS	OCTOBER
Average temperature (°C)	14
Minimum temperature (°C)	9,5
Maximum temperature (°C)	18,5
Rainfall (mm.)	71
Humidity (%)	64
Rainy days in month	6

2016	08-oct	2017	08-oct	2018	08-oct
Average temperature (°C)	18,1	Average temperature (°C)	16,9	Average temperature (°C)	13,6
Minimum temperature (°C)	10,4	Minimum temperature (°C)	8,7	Minimum temperature (°C)	6,5
Maximum temperature (°C)	25,9	Maximum temperature (°C)	25,1	Maximum temperature (°C)	20,8
Humidity MAX (%)	42	Humidity MAX (%)	49	Humidity MAX (%)	74
Humidity MIN (%)	15	Humidity MIN (%)	18	Humidity MIN (%)	34
Rainfall (mm.)	0	Rainfall (mm.)	0	Rainfall (mm.)	0

2019	08-oct	2020	08-oct	2021	08-oct
Average temperature (°C)	16,4	Average temperature (°C)	17,7	Average temperature (°C)	15
Minimum temperature (°C)	8	Minimum temperature (°C)	11,2	Minimum temperature (°C)	10
Maximum temperature (°C)	24,8	Maximum temperature (°C)	24,3	Maximum temperature (°C)	21
Humidity MAX (%)	65	Humidity MAX (%)	85	Humidity MAX (%)	75
Humidity MIN (%)	27	Humidity MIN (%)	40	Humidity MIN (%)	35
Rainfall (mm.)	0	Rainfall (mm.)	0	Rainfall (mm.)	0

17. GENERAL TIME SCHEDULE

Wednesday 5th Octobre - Thursday 6th Octobre - Friday 7th Octobre

Times: Delegations' arrivals (in Madrid Adolfo Suarez Airport)

Times: Buses departure in direction to the Accomodations in Avila province

Thursday 6th Octobre

H 19:00 Buses departure from to the Accomodations to Multipurpose Pavilion (Dinner)

H 21:00 Buses departure from to the Multipurpose Pavilion to Hotels

Friday 7th Octobre

H 10:00 Press Conference (to La Pasada Cultural Centre)

H 12:00 Buses departure from the Hotels, to the Multipurpose Pavilion (Lunch)

H 14:00 Technical Meeting (La Pasada Cultural Centre)

H 15:00 Delegation Outfit Meeting and Travel Grant, (La Pasada Cultural Centre)

H 15:00 Bibs, Chips and T-shirts delivery, by LOC (La Pasada Cultural Centre)

H 16:30 Parade to the Opening Ceremony

H 17:00 Opening ceremony

H 18:30 the Pasta Party will take place in the Multipurpose Pavilion of Sotillo de la Adrada

H 20:00 the Buses will leave from the the Multipurpose Pavilion to the Hotels.

Saturday 8th Octobre

H 06:45 – 07:00 Buses departure from the Hotels to Start-Finish Line Area

H 08:30 Gathering of the runners and chips control (La Pasada Cultural Centre)

H 09:00 Start of the IAU European 50K Championships and Open race

H 12:30 Open Multipurpose Pavilion for Lunch

H 12:30 – 15:00 Shuttle from Finish Line to Multipurpose Pavilion (Lunch after race)

H 15:00 Finish Race

H 14:00 - 16:00 Buses departure From Multipurpose Pavilion to Hotels

H 18:00 Buses departure from the Hotels, to the location of the Closing Ceremony

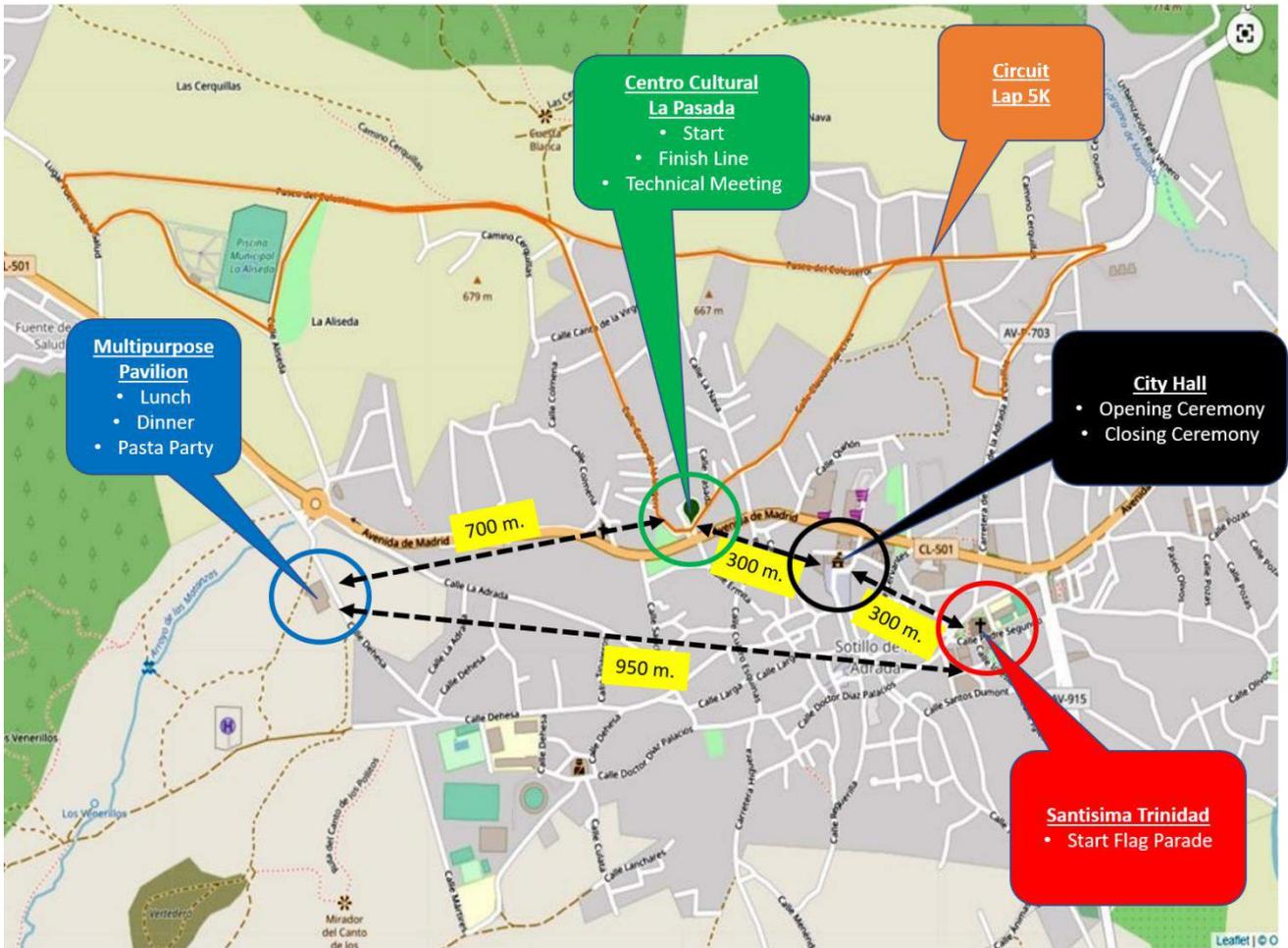
H 20:00 Dinner and Party (Multipurpose Pavilion)

H 22:00 – 23:00 Buses departure Multipurpose Pavilion to Hotels

Sunday 9th Octobre - Monday 10th Octobre

Times: Buses departures from the Hotels, to Madrid Adolfo Suarez Airport

18. GENERAL MAP - DISTANCES



19. OPEN RACE

In addition to the runners of the IAU 50K European Championships, there will be a limited number (50) of runners allowed to take part to the competition.

For info, register, etc...: <https://www.challengeultra.org/>

20. WHAT TO SEE, WHAT TO VISIT

Tourism in the province of Ávila:

Visit the page: <https://www.turismoavila.com/web/inicio/>

Tourism in Madrid:

Visit the page: <https://www.turismomadrid.es/en/>

We are looking forward to welcoming you to Sotillo de la Adrada and Ávila in Spain! The Great Rural Championship !