



**5 NOV 2023 - HYDERABAD**

**2023 IAU World 50K Championships  
Incorporating  
WMA 50km World Championships**

**IAU General Information Sheet**

**Hyderabad, India  
05 November 2023**

Version 2023-08-07  
please check for an eventually updated version.

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## 1 WELCOME MESSAGES

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Dear Friends,

It is with great pleasure I welcome you to the IAU 50km World Championships in Hyderabad India. This year's event promises to be an exciting one!

Though India has organized two continental championships – 100km and 24Hr Asia & Oceania Championships, the 50km distance completes the gamete of major IAU championship disciplines. This also happens to be the first time that any of the IAU world editions are taking place in India elevating that level of enthusiasm and exhilaration for the global ultrarunning crowd.

Adille Sumariwalla, President of Athletics Federation of India (AFI) has been a strong advocate and supporter of ultrarunning. I would like to thank him for his continued dedication to the sport.

I know the local organizing committee led by Nagaraj Adiga of NEB Sports have been working very hard on ensuring that these championships are successful, and I want to thank the team for their continued work on this edition's event.

This is our inaugural partnership with the World Masters Athletics (WMA) in the 50km event. I am very encouraged to work closely with Margit Jungmann, President of the WMA in ensuring that all our ultra world championships have a Master's category.

I would like to take this opportunity to wish you all the very best as you embark on this 50km journey across the streets of the beautiful city of Hyderabad. Run proud for your nation and achieve personal bests on race day.

See you all in Hyderabad!



***Nadeem KHAN***

President of International Association of Ultrarunners



Welcome to the World Masters 50k World Championships 2023. A team of very committed ultrarunning organizers is inviting masters' athletes to participate in the World 50k World Championships in the prestigious city of Hyderabad.

These championships are a win-win situation for the athletes and our organisations: IAU is responsible for the Ultra distance competitions throughout the world, and WMA is responsible for world masters' competitions in athletics. We are proud of our successful cooperation.

I thank President Adille Sumariwalla of the Athletics Federation of India, the Asian IAU Area Representative Nagaraj Adiga and the Hyderabad LOC for the invitation to the Ultra running family. Thank you for the strong commitment. Congratulations to India to be for the first time in the history the host of this event. Participants and guests will be glad to discover your vibrant city and the hospitality of India.

On behalf of World Masters Athletics Council, I welcome you to Hyderabad as participant or official in this 50k World Championships 2023. Enjoy athletics, friendship and new experiences in the Ultra running Athletics family! Stay healthy.



*Margit JUNGSMANN*  
**President of World Masters Athletics**



It gives me great pleasure to welcome you to India!

It is a privilege for me to be, as President of the Athletics Federation of India, the host of the IAU 50KM World Championships 2023 ever organized in India. It is a historic moment, and I am glad that we will be able to mark it through one of the youngest and most dynamic athletic disciplines: ***ultrarunning***.

We must not forget that this championship would have never been accomplished without the help and implication of the Ministry of Sports and Youth, Telangana Government. All of them were excited and enthusiastic to organize this world championship and support every step of the organization.

To the best ultrarunners of the moment: Welcome and may you have a great race! I hope that you will spend wonderful days in Hyderabad, marked by friendship and sportsmanship!

*Adille Sumariwalla, President of the Athletics Federation of India*



It gives me great pleasure to welcome you in City of Pearls Hyderabad, the town that combines the most interesting and beautiful things India has to offer!

the IAU 50KM World Championships 2023 another feather in our cap. We, at NEB Sports have been organizing sports events for over a decade and enjoy the sportsmanship we see at events. I assure you of a great experience as you compete in your respective categories.

Do make time to visit local attractions as Hyderabad has a lot to offer to tourists be it pubs, parks, local markets (specially known for Pearls and Colorful Bangles), shopping, temples and more – and if you have time, please try to visit some of the many beautiful sites in our vast country

*Nagaraj Adiga, Race Director and CMD, NEB Sports*

*Area Representative Asia & Oceania – IAU*

*Chairman, Ultra & Trail Running, Selection Committee - AFI*



## 2 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

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### **IAU Council**

Postal Address: 6-8, Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex

E-mail: [info@iau-ultramarathon.org](mailto:info@iau-ultramarathon.org)

Website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

### **President**

**Nadeem KHAN (CAN)**

E-mail: [nadeem.khan@iau-ultramarathon.org](mailto:nadeem.khan@iau-ultramarathon.org)

Tel: +1 716 392 6657

### **Director of Technical Operations**

**Francisco SANCHEZ-RICO (ESP)**

E-mail: [paco.rico@iau-ultramarathon.org](mailto:paco.rico@iau-ultramarathon.org)

Tel: +34 616 50 82 28

### **Vice President**

**Robert BOYCE (AUS)**

E-mail: [robert.boyce@iau-ultramarathon.org](mailto:robert.boyce@iau-ultramarathon.org)

### **Director of Protocol and Finances**

**Robert BOYCE (AUS)**

E-mail: [robert.boyce@iau-ultramarathon.org](mailto:robert.boyce@iau-ultramarathon.org)

### **General Secretary**

**Hilary WALKER (GBR)**

E-mail: [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

Tel: +44 7884 473 336

### **Director of Competition**

**Diana AMZA (ROU)**

E-mail: [diana.amza@iau-ultramarathon.org](mailto:diana.amza@iau-ultramarathon.org)

Tel: +40 721 719 831

### **Director of Communications**

**Jacek BEDKOWSKI (POL)**

E-mail: [jacek.bedkowski@iau-ultramarathon.org](mailto:jacek.bedkowski@iau-ultramarathon.org)

Tel: +41 762 691 250

### **Director of Marketing and Global Development**

**Hilmy Aboud SAID (COM)**

E-mail: [hilmy.aboud.said@iau-ultramarathon.org](mailto:hilmy.aboud.said@iau-ultramarathon.org)

### **IAU Area Representatives**

#### **Africa Representative**

**Solomon OGBA (NGR)**

E-mail: [solomon.ogba@iau-ultramarathon.org](mailto:solomon.ogba@iau-ultramarathon.org)

#### **Asia & Oceania Representative**

**Nagaraj ADIGA (IND)**

E-mail: [nagaraj.adiga@iau-ultramarathon.org](mailto:nagaraj.adiga@iau-ultramarathon.org)

#### **America Representative**

**Arturo Fabian Campanini LOPEZ (ARG)**

E-mail: [fabian.campanini@iau-ultramarathon.org](mailto:fabian.campanini@iau-ultramarathon.org)

#### **Europe Representative**

**Gregorio ZUCCHINALI (ITA)**

E-mail: [gregorio.zucchinali@iau-ultramarathon.org](mailto:gregorio.zucchinali@iau-ultramarathon.org)

### 3 WORLD MASTERS ATHLETICS (WMA)

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#### **WMA Council**

E-mail: [admin@world-masters-athletics.com](mailto:admin@world-masters-athletics.com)

Website: <https://world-masters-athletics.org/>

#### **President**

**Margit JUNGSMANN (GER)**

E-mail: [margit-jungmann@web.de](mailto:margit-jungmann@web.de)

#### **Executive Vice President**

**Lynne SCHICKERT (AUS)**

E-mail: [lynne.4@bigpond.com](mailto:lynne.4@bigpond.com)

#### **Vice President of Competition**

**Alan BELL**

Tel: +44 (0)7741316951

#### **Treasurer**

**Jean THOMAS (FRA)**

E-mail: [thomasjean@wanadoo.fr](mailto:thomasjean@wanadoo.fr)

#### **World Athletics Representative**

**Antti PIHLAKOSKI (FIN)**

E-mail: [antti.pihlakoski@sul.fi](mailto:antti.pihlakoski@sul.fi)

#### **Secretary**

**Juan ORDONEZ (MEX)**

E-mail: [secretary@world-masters-athletics.org](mailto:secretary@world-masters-athletics.org)

### 4 LOCAL ORGANISING COMMITTEE (LOC)

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	Name	E-mail	Telephone number
LOC President	Pullela Gopichand	<a href="mailto:contact@nebsports.in">contact@nebsports.in</a>	+919206265087
Race Director	Nagaraj Adiga	<a href="mailto:adiga@nebsports.in">adiga@nebsports.in</a>	+99845244844
Communication Director	Cauvery Adiga	<a href="mailto:ultrarunning@nebsports.in">ultrarunning@nebsports.in</a>	+919206265087
Accommodation & Transport Director	Sunanda Umesh Poojari	<a href="mailto:suna.s@nebsports.in">suna.s@nebsports.in</a> <a href="mailto:umesh@nebsports.in">umesh@nebsports.in</a>	+919148574031 +919900249105
Treasurer	Umesh Poojari	<a href="mailto:umesh@nebsports.in">umesh@nebsports.in</a>	+919900249105
Medical Director	Reeth Abraham	<a href="mailto:reeth@nebsports.in">reeth@nebsports.in</a>	+919206265087
VIP Hospitality	Umesh Poojari	<a href="mailto:umesh@nebsports.in">umesh@nebsports.in</a>	+919206265087
Technical Director	Sunil Shetty	<a href="mailto:Sunil.shetty@nebsports.in">Sunil.shetty@nebsports.in</a>	+919833966208
Accreditation	Reeth Abraham	<a href="mailto:reeth@nebsports.in">reeth@nebsports.in</a>	+919206265087





## ATHLETICS FEDERATION OF INDIA

### Office Bearers

S.NO	NAME	POST	E-MAIL
01	Mr.Adille J Sumariwalla	President	president@indianathletics.in
02	Mr. Ravinder Chaudhry	Secretary General	secretary@indianathletics.in
03	Dr. Madhukant Pathak	Treasurer	treasurer@indianathletics.in

## 5 GENERAL RACE INFORMATION

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**Race Date** November 05, 2023

**Start Time** At 07:00 am, November 05, 2023

**Finish Time** At 01:00 pm November 05, 2023

**Race Venue** People's Plaza, Hyderabad

**The Course** 10Km Loop

**Competitions** I. IAU 50K World Championships  
II. WMA 50K World Championships  
III. Open Race

**Aid Station** National Teams tents at the Start/Finish point.

**(Refreshment)** LOC Aid Station will be located along the route.

LOC Aid Station will contain: Local hot dishes, Fresh Fruits, Bread, Sandwich, Biscuits, Chocolate, Coffee, Tea, Water, Energy Drink, Colas...

\*Athletes are obliged to carry and use their own reusable cup; there are no separate cups at the aid stations.

**MAP OF THE COURSE**



**Route Map**  
1 Loop : 10 Km

**Venue**  
People's Plaza,  
Necklace Road



## 6 IAU 50K WORLD CHAMPIONSHIPS

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### Competition

IAU World 50K Championships have 4 competitions:

- A. Men's individual Competition
- B. Women's individual Competition
- C. Men's Team Competition
- D. Women's Team competition

### Eligibility

The IAU 50K WC are only for the athletes and the team official entered by IAU Member Federations. Only athletes and teams officially registered by their National Federation will count for the Championships teams' result. Every Country can send **9 men and 9 women** with a maximum number of officials according to team number (1-6 athletes: 3 officials, 7-12 athletes: 6 officials, 13-18 athletes: 9 officials).

For the individual results, it will only rank the performances(km) of the athletes in each delegation. For the teams' results, only 6 per team, the delegation will be ranked according to the addition of the performances(km) of their 3 best athletes in the team. During the Award Ceremony, IAU medals will be given to **6 athletes and the team leader**. **Team leader must confirm the names of these 6 athletes who will be ranked in the team competition before the Technical Meeting (at the Outfit Meeting).**

### IAU Member Federations List

As of August 8<sup>th</sup> 2023 , updated from IAU Website; these members are invited to send delegations.

Albania, Algeria, Andorra, Angola, Argentina, Australia, Austria, Azerbaijan, Burundi, Belgium, Belarus\*, Bolivia, Bosnia - Herzegovina, Brazil, Brunei, Bulgaria, Cambodia, Canada, Cameroon, Chile, Comoros, Congo(Brazzav), Congo(DR), Colombia, Cape Verde Islands, Costa Rica, Croatia, Czech Republic, Denmark, Ecuador, Spain, Estonia, Finland, France, Gambia, Great Britain, Germany, Gibraltar, Greece, Guatemala, Hong Kong, Hungary, Ireland, Iceland, India, Israel, Italy, Japan, Jordan, Kenya, Kyrgyzstan, South Korea, Latvia, Lesotho, Lithuania, Luxembourg, Mexico, Madagascar, Mauritius, Mongolia, Former Yugoslav Republic of Macedonia, Monaco, Namibia, Netherlands, Nepal, Niger, Nigeria, Norway, New Zealand, Paraguay, Peru, Philippines, Poland, Portugal, Qatar, Romania, South Africa, Russia\*, Sierre Leone, San Marino, Serbia, Sri Lanka, Switzerland, Slovakia, Slovenia, Sweden, Sudan, Tunisia, Turkey, Chinese Taipei, Ukraine, Uruguay, United States, Venezuela, Zambia, Zimbabwe  
\*Federations currently banned.



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

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### **Preliminary Entry Form**

Each Federation must send the form provided by IAU. In order to book the accommodation, each Federation will send a list with numbers of athletes, officials, and other team member, and likely dates of travel and accommodation requirements

### **Final Entry Form**

Each Federation must send the forms provided by IAU. With the final entry form, each Federation will send the **final list** with the names of the athletes, dates of birth, sex and curriculum vitae or personal bests, and inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight No.), the requirement about accommodation (number of rooms, number of nights, number of meals) and other special note (vegetarian...) to be provided. Also, the LOC would like to collect the photo of each athlete for promotional use so please provide the athletes' photos when sending the FEF as well.

**Please note that the travel and accommodation offer made by the LOC are conditional on the prompt return of the entry forms within the deadlines.**

**Deadline PEF: 15 September 2023**

**Deadline FEF: 10 October 2023**

The PEF/FEF must be **sent in digital format via email** before the deadline.

LOC: [ultrarunning@nebsports.in](mailto:ultrarunning@nebsports.in)

IAU: [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

Subject: "2023 IAU 50K\_WC PEF/FEF -Federation Code"

### **WMA Entry**

The information of WMA 50K World Championships, please check the GIS announced by WMA.

Athletes who are already entered in the IAU Championships as part of a national delegations and who wish to be eligible for placing in the WMA Championships must in addition also register on the website before midnight **October 10, 2023 – 24:00 Indian Standard Time (GMT+5.30)**; and pay the extra entry fee **USD\$100**.

Registration Form: <https://www.simplyregister.net/register/?e=124669>

Registration Status: <https://www.simplyregister.net/status/?e=124669>

The team leader of National Delegation should: mark this athlete in the WMA column in the IAU FEF; and inform the LOC to check this online registration in the FEF email.

## 8 TRAVEL GRANTS AND THE USE OF WILDCARDS (rev)

Travel Grant information/receipts will be scheduled with the Delegations on the occasion of the Outfit Meeting. 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	240	180	120	240	>15h flying between the capital of LOC and IAU MF country
Zone 2	192	144	96	192	>9h flying between the capital of LOC and IAU MF country
Zone 3	144	108	72	144	> 4h flying between the capital of LOC and IAU MF country
Zone 4	96	72	48	96	< 4h flying between the capital of LOC and IAU MF country

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

\*Flying times are calculated point to point and may not reflect the actual time taken.

Team-Grant are paid for maximum one male and one female team, (minimum 3 runners/team). Individual-Grant are paid for maximum 3 men and 3 women per country. All these grants are cumulative.

**The 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](mailto: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.

### **Use of Wildcards**

WILDCARDS mean that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAUC competition. At every MIAUC a maximum of 2 wildcards (one man and one women) will be given automatically.

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](mailto:robert.boyce@iau-ultramarathon.org)



## 9 ACCREDITATION

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Throughout the event, the central office of the LOC will be located at the Green Park Hotel, Hyderabad, the accreditation procedure will also be organized there. The accreditation service hours depend on the arrival data of the teams.

Accreditation badges will be prepared in advance of the event, based on the information provided by the Member Federation in the FEF.

No changes will be accepted after the final entry deadline.

Accreditation badges will be handed out on the team's arrival.

### **Team Leaders WhatsApp Groups**

A WhatsApp group including all Member Federations' team leaders will be created, to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the organizing committee via this group.



## 10 SUSTAINABLE DEVELOPMENT IN WORLD CHAMPIONSHIPS

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The LOC of IAU 50K World Championship has set out to establish a new model for the world championship, pledging to deliver this more responsible and sustainable event.

The LoC will pledge minimal use of paper and plastic and responsible disposal of event wastage. Participants are requested to use re-usable containers/bottles during the race.

## 11 VISA

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Any foreign visitor wishing to visit India should have a valid passport.

For more detailed information on Visa requirements, please access the following link:

<https://indianvisaonline.gov.in/>

Details of countries whose citizens can get a Visa on Arrival is on following link:

<https://www.tourism-of-india.com/tourist-visa-on-arrival-in-india.html>

## 12 Travel & TRANSPORTATION

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### **Transfers From and To Airport**

Travel to and from the airport will be arranged at no extra cost for those staying at the official accommodation for the race and the booking will be made while submitting the FEF. Teams should meet the LOC staff who will be waiting for them at the arrival area of the airport. The return transportation to airport after race will be arranged about 3 hours before the airplane takes off. The transportation schedule will be given out after arrival.

### **Local Transportation**

The LOC will organize the transportation for the athletes staying in the official accommodation, from and to the race venue for the competition on the race day: 2-3 hours before start, and 1-1.5 hours after finish. The final schedule will be announced at the technical meeting.

During the race, there will be a shuttle service between the venue and the accommodation.

For any other local travel participants can use a local taxi that can be arranged by LoC on request. The charges for this will be borne by participants directly.

## 13 ACCOMMODATION & MEALS

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### Accommodation

#### **Green Park Hyderabad**

Greenlands, Begumpet, 500016 Hyderabad, India  
<http://www.hotelgreenpark.com/hyderabad/>



The LOC is covering the cost of **Standard Twin Room** for 2 male and 2 female athletes **Full-Board** for certain nights during the duration of their stay in official accommodation.

For 4> hours flying between the capital of LOC and IAU MF country: 4 nights.

For < 4h flying between the capital of LOC and IAU MF country: 3 nights.

Any additional nights, non-quota athletes and team officials will charge the price as above table.

The duration of the free stay is:

- For 3 nights' accommodation: - from Lunch on 03 Nov until Breakfast on 06 Nov
- For 4 nights' accommodation: - from Lunch on 02 Nov until Breakfast on 06 Nov.





The Hotel is 7 km from the racecourse.

Rooms come with a satellite TV, a minibar, a safety deposit box, and a private bathroom.

Hotel rates per person include breakfast, lunch, and dinner.

✓ SINGLE ROOM – 200 USD/ night

✓ TWIN ROOM – 150 USD/ person/night

### MEALS

Everyday breakfast, lunch and dinner are served at hotel.

➤ Breakfast: 6:00 – 10:00

➤ Lunch: 13:00 - 15:00

➤ Dinner: 19:00 - 21:00

On race day, refreshments will be served on the course.

### Room Facilities

TV, separate bathroom and toilet, toiletries, air dryer, closet, dressing table, high quality duvet, telephone, mineral water, coffee and tea, air-conditioner, floor water dispenser, public area Wi-Fi.

\*For the ambition of sustainability, we recommend you bring and use your own toiletries and flip-flops, to avoid small, packaged toiletries waste and dispense with disposable bathing slippers.

### Front Desk Services

Lockers, ATM on site, Baggage Storage, Tour Desk, Currency Exchange (USD-NTD), Cleaning Services, extra charge service (e.g., Laundry.... have to be paid directly to hotel by the team)

### Payment Procedure

An accommodation invoice will be sent to each Federation detailing the amount they owe based on their final entries. The Federation are kindly requested to pay the outstanding amount in USD by bank transfer at the latest by 20 October **2023**.



**\*Bank Transfer to the following account:**

**Axis Bank**

Name	NEB SPORTS ENTERTAINMENT PVT LTD
Branch	RICHMOND ROAD BANGALORE
Account Number	920020066345610
IFSC Code	UTIB0003095
Bank Name	Axis Bank
MICR CODE	560211073
Customer ID	879953195
swift Code	AXISINBB009

**Cancellation policy**

Any cancellation/no-show in accommodation after 10 October 2023, will be fully (100%) charged to the Federation.

**Check-in / Check-out**

As you will be shuttled to the accommodation, the LOC will take care of communicating your check-in times as much as possible (subject to availability). For organizing purposes, please inform the LOC well in advance of your travel plans. Check-out time: before 11:00 a.m.

## 14 GENERAL PROGRAMME

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Thurs 02 Nov	All day	Arrival of the teams
Friday 03 Nov	All day	Arrival of the teams
Saturday 04 Nov	14:00 – 15:00	Outfit meeting and Travel Grant Confirmation
	16:00 – 17:00	Technical Meeting
	18:00 – 19:00	Opening Ceremony
	19:00 – 20:00	Pasta Dinner
Sunday 05 Nov	07:00	Start of IAU 50K World Championships 2023
Sunday 05 Nov	13:00	Finish of IAU 50K World Championships 2023
Sunday 05 Nov	16:00	Awards and Closing Ceremony
Monday 06 Nov	All day	Departure of the teams

## 15 IMPORTANT PROGRAM INFORMATION

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### **Outfit Meeting & Travel Grant Confirmation**

This meeting is mandatory for all delegations. Team leaders need to present their national uniforms for inspection, and to confirm the athletes who are competing and be ranked. The bibs and the chips will be distributed at the meeting. There are 4 bib numbers and 2 systems of timing chips provided. The first timing chip is on the back of bib number tags. The second chip should be tied on the shoe or strap to the ankle, **and the team leader is responsible for collecting the chips from athletes after the race and returning as a team at the certificate pick-up area.**

### **Technical Meeting**

Saturday afternoon, November 4 between 14:00-15:00, Green Park Hotel.

The Meeting will be conducted in English. Each Team may be represented by a maximum of two people. **Any inquiries concerning the technical conduct of the Championships must be made in English to the LOC via following link latest by 09:00 on the day of the meeting.** These questions will be answered at the meeting.

### **Opening Ceremony & Welcome Dinner**

Saturday 04 November 18.00-21.00 Green Park Hotel

The Meeting point for all teams is at 17.30 at the Green Park Hotel Lobby. We ask you to be on time as we have a tight protocol for the opening ceremony. The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony and to wear their federation official team clothing.

### **IAU Award & Closing Ceremony**

Sunday 05 November 16.00-17.00 Green Park Hotel

Medalists must wear the Federation's official team clothing. Medalists, individuals, and teams will be arranged for seats in the front of the stage, please be on time and follow the guide on site.

### **Farewell Banquet**

Sunday 05 November 19.00-22.00 Green Park Hotel

## 16 WEATHER CONDITIONS

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

**Average weather conditions predicted:**  
**November** ▾ **2023** ▾

DAILY →

S	M	T	W	T	F	S
29	30	31	1	2	3	4
Hist. Avg. 30° 20°	Hist. Avg. 30° 20°	Hist. Avg. 30° 20°	Hist. Avg. 30° 19°	Hist. Avg. 30° 19°	Hist. Avg. 30° 19°	Hist. Avg. 30° 19°
5	6	7	8	9	10	11
Hist. Avg. 30° 19°	Hist. Avg. 30° 19°	Hist. Avg. 29° 19°	Hist. Avg. 29° 19°	Hist. Avg. 29° 18°	Hist. Avg. 29° 18°	Hist. Avg. 29° 18°

## 17 MEDICAL & INSURANCE

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### **Physiotherapy Services**

Physiotherapists will be at the competition venue during the race. There will be an open area at the venue for medical treatments. The service time will be announced on site.

### **Medical**

The safety and welfare of competitors is of paramount importance to the Medical Team. In accordance with rule 53.1 of the 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 exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests form of 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.
- f. Any RTPCR/Vaccination Report will be as stipulated by the local government.

### **Insurance**

The LOC provide public liability insurance and medical cover for the race on site. Participating Member Federation are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from 2023 IAU 50KM Championships and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

A person who registers on the website or submits the entry form with the team means that he/she agrees and consents to accept medical treatment from the LOC or their medical personnel in the event that he/she is injured or otherwise becomes ill or incapacitated during the Championships. In the event of any emergency medical treatment or services provided to the person requiring the payment of fees, he/she agrees to pay these fees upon request.

### **Doping Controls**

The Anti-Doping Regulations of the World Anti-Doping Code of the World Anti-Doping Agency will be applied. Post-competition doping controls will be carried out in accordance with the WA Rules and by the India's National Anti-Doping Association (NADA).

Teams who need a doping control (at their cost about USD\$) for the ratification of a national record have to indicate it in the FEF.

Team leaders might like to keep a copy of athletes' passport for identification if asked by an official or if the athlete of the team is chosen for a doping test.

## 18 OPEN RACE

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In addition to the athletes of the IAU Championships, there will be a limited number of runners allowed to take part in the competition. Runners wishing to enter should.

- a. register by sending email to [ultrarunning@nebsports.in](mailto:ultrarunning@nebsports.in).
- b. pays an entry fee of USD\$.

The LOC will finalise and announced the list of the accepted participants.

### **Open Race - Registration Pack Distribution**

To proceed with the distribution procedure, open race participants please present the passport. The registration pack will include a total of 4 bib numbers for each athlete, pins, timing IC chip, and other information and souvenir the LOC will provide.

There will be 2 systems of timing chips provided. The first timing chip is on the back of bib number tags. The second chip should be tied on the shoe or strap to the ankle, [and this chip should be returned after the race at the certificate pick-up area with a deposit refunded.](#)

### **Overseas runners**

Registration Pack can be pick-up as follows:

### **Domestic runners**

### **Open Race - Award**

There are no age or team award of the open race. Medals will be given to first, second and third place individuals. Awards for open races will be given out at the race site about 1 hour after the race finished.

## 19 HOST INFORMATION

### INDIA ON THE WORLD MAP

India is the world's largest democracy known for its diverse culture and blend of spirituality and technology. Indian movies, music, and spiritual teachings are now getting quite popular across the globe.

It is the seventh-largest country by area, the most populous country in the world.



Though the country's population remains largely rural, India has three of the most populous and cosmopolitan cities in the world—Mumbai (Bombay), Kolkata (Calcutta), and Delhi. Three other cities—Bengaluru (Bangalore), Chennai (Madras), and Hyderabad—are among the world's fastest-growing high-technology centres, and most of the world's major information technology and software companies now have offices in India.

### HYDERABAD

Hyderabad is the capital and largest city of the Indian state of Telangana. It occupies 650 km<sup>2</sup> (250 sq mi) on the Deccan Plateau along the banks of the Musi River, in the northern part of Southern India. With an average altitude of 542 m (1,778 ft), much of Hyderabad is situated on hilly terrain around artificial lakes, including the Hussain Sagar lake, predating the city's founding, in the north of the city centre. According to the 2011 Census of India, Hyderabad is the fourth-most





populous city in India with a population of 6.9 million residents within the city limits, and has a population of 9.7 million residents in the metropolitan region, making it the sixth-most populous metropolitan area in India. With an output of US\$74 billion, Hyderabad has the fifth-largest urban economy in India.

### Things to do in Hyderabad.

Visit Golconda Fort, Witness the Qutb Shahi Tombs, Stroll around the Charminar, Visit Moula Ali Dargah, have fun at Ramoji Film City, Shop Around Laad Bazaar, Jungle Safari at Nehru Zoological Park, Do Go Karting in Runway 9 and many more. Do try the famous Hyderabadi Biryani if you think your stomach can hold up Indian Spices.