

**IAU ASIA&OCEANIA
CHAMPIONSHIP
JAPAN 2026**

General Information Sheet

Hirosaki, Japan

23-24 May 2026

Hirosaki city Athletic Park





Contents

1 WELCOME	1
2 JAPAN ULTRARUNNERS ASSOCIATION (JUA).....	3
3 LOCAL ORGANISING COMMITTEE (LOC)	4
4 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)	5
5 GENERAL COMPETITION INFORMATION.....	6
6 PRELIMINARY ENTRY FORM (PEF) AND FINAL ENTRY FORM (FEF)	10
7 VISA	10
8 TRAVEL TO HIROSAKI.....	11
9 ACCOMMODATION	12
10 THE TRAVELGRANTS AND WILDCARDS	15
11 TECHNICAL MEETING / OUTFIT MEETING.....	16
12 INSURANCE AND INDEMNITIES.....	16
13 WEATHER CONDITIONS.....	17
14 TOURISTIC INFORMATION.....	17

[1] WELCOME

On behalf of Hirosaki, the city of castles, cherry blossoms, and apples, I would like to welcome all of the officials and athletes from around the world to the 2026 IAU 24-hour Asia – Oceania Championship. We are honored to host such an event.

Having first held the 24-hour ultramarathon in 2022, Hirosaki is thankful for the high regard given to its past achievements and privileged to host this championship, the first of its kind in Japan.

We are pleased to bring together world-class athletes here in Hirosaki and believe this event will contribute significantly not only to the promotion and development of sports in our city, but also to the creation of a rich and vibrant community. Furthermore, we hope that through this event, more people will have the opportunity to experience the charm of Hirosaki.



Seeing the determined expressions on the faces of the athletes here today, I can sense the conviction for the 24 hours ahead. It is my sincere wish that you remain in good health, prevent injury, and fully demonstrate the efforts of your training, while safely completing the race. I cannot help but hope that the tradition of the Hirosaki 24-hour ultramarathon will continue.

Hirosaki City, the gateway to the Shirakami-Sanchi World Heritage Site, boasts numerous specialties and attractions, such as the historic Hirosaki Castle, which preserves the atmosphere of the feudal era, and buildings showcasing western-style architecture from the Meiji and Taisho eras. Modern Showa-era buildings are also showcased, most notably those designed by Kunio Maekawa. Further charms include the magnificent Mount Iwaki and other natural wonders, splendid hot springs, and a variety of local cuisine. We sincerely hope you will take this opportunity to experience the wonders of Hirosaki firsthand.

Finally, please allow me to extend my deepest gratitude to all those who assisted in organizing this event. I welcome you all with the wish of success for this competition and the best of luck to all the participants.

Hiroshi Sakurada

Mayor of Hirosaki



Dear Friends,

Kon' nichiwa!

I would like to welcome you to the IAU 24Hr Asia and Oceania Championships in Hirosaki, Japan.

This race site has been the inception of several of the top Japanese 24hr runners. I have had the opportunity to visit the race in 2024 and 2025. The warm hospitality, topnotch organization, and the picturesque location will be a treat for all participating athletes.

Mayor Hiroshi Sakurada has been an integral part of this event. I want to thank him and Hirosaki city for opening up the city to us and being our gracious host during our stay in their beautiful cherry blossom city.

I would also like to thank the Japan Association of Athletics Federation (JAAF) and the Japan Ultra Association (JUA) for bringing this edition of the championships to Japan. Their continued support for the athletes and the sport itself has been absolutely outstanding.

Mr. Makoto Tateyama and the NPO Sports Aid Japan are the local organizing committee of this event. I would like to thank Mr. Tateyama, the Sports Aid staff and volunteers who have worked very hard to make this unforgettable championship.

I welcome the athletes and federations from our Asia & Oceania region to these championships in Hirosaki. I can assure you will have an outstanding experience and take memories back home that will last a lifetime.

Arigato and Hirosaki e Youkoso!

Nadeem Khan

President, IAU



[2] JAPAN ULTRARUNNERS ASSOCIATION (JUA)

Address: #3F, 1-36-2 Shinjuku, Shinjuku City, Tokyo

160-0022 Japan

website: <https://www.jua-org.jp/info/>

Kenji Okiyama info@jua-org.jp

Representative Director



[3] LOCAL ORGANISING COMMITTEE (LOC)

Organizer: **NPO Sports Aid Japan (SAJ)**

Address: 1221 Asuwa, Moroyama Town, Iruma County, Saitama
350-0455 Japan

E-mail: hirosaki24@sportsaid-japan.org

website: <https://sportsaid-japan.org>



Makoto Tateyama tateyama@sportsaid-japan.org

Representative Director

Co-organizer: **Hirosaki City**

Address: 1-1 Kamishiroganecho, Hirosaki City, Aomori
036-8551 Japan

Website: <https://www.city.hirosaki.aomori.jp/index.html>



Hiroshi Sakurada

Honorary President

(Mayor of Hirosaki City)

Makoto Tateyama

Event Director, Race Director

Keishun Yoshida

General Secretary, Treasurer

Yuzuru Takatsu

Hospitality Director

Tomohiro Tozaki

Protocol Director

Wataru Saito

Accommodation & Transport Director

Sadako Fujiwara

Medical Director

Kenichi Yanagisawa

Design & Publications Director

Hidenori Shinzawa

Media Director

[4] INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

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

E-mail: info@iau-ultramarathon.org

Website: <https://iau-ultramarathon.org>

IAU PRESIDENT

Name: Nadeem Khan

E-mail: nadeem.khan@iau-ultramarathon.org

Mobile: +1 716 392 6657

IAU DIRECTOR OF COMMUNICATION

Name: John O'Regan

E-mail: John.OREgan@iau-ultramarathon.org

Mobile: +353 87 987 1256

IAU VICE PRESIDENT

Name: Jacek Bedkowski

E-mail: jacek.bedkowski@iau-ultramarathon.org

Mobile: +41 762 691 250

IAU DIRECTOR OF ORGANIZATIONS

Name: Francisco Sanchez-Rico

E-mail: paco.rico@iau-ultramarathon.org

IAU TREASURER, PROTOCOL, PROJECT COORDINATOR

Name: Robert Boyce

E-mail: robert.boyce@iau-ultramarathon.org

Mobile: +61 417 557 902

IAU DIRECTOR OF COMPETITION

Name: André Mingneau

E-mail: Andre.Mingneau@iau-ultramarathon.org

IAU GENERAL SECRETARY

Name: Hilary Walker

E-mail: secretary@iau-ultramarathon.org

Mobile: +44 7884 473 336

IAU Area Representative

Asia & Oceania

TECHNICAL COORDINATOR

Name: Frank Kuo

E-Mail: Frank.Kuo@iau-ultramarathon.org

[5] GENERAL COMPETITION INFORMATION

EVENT NAME:

2026 IAU 24H Asia and Oceania Championships

EVENT DATE:

Friday 22 May 2026:	14:00 – 15:30	Opening Ceremony
Saturday 23 May 2026:	12:00 (p.m.)	Race Start
Sunday 24 May 2026:	12:00 (p.m.)	Race Finish
Sunday 24 May 2026:	17:00 – 19:00	Closing Ceremony

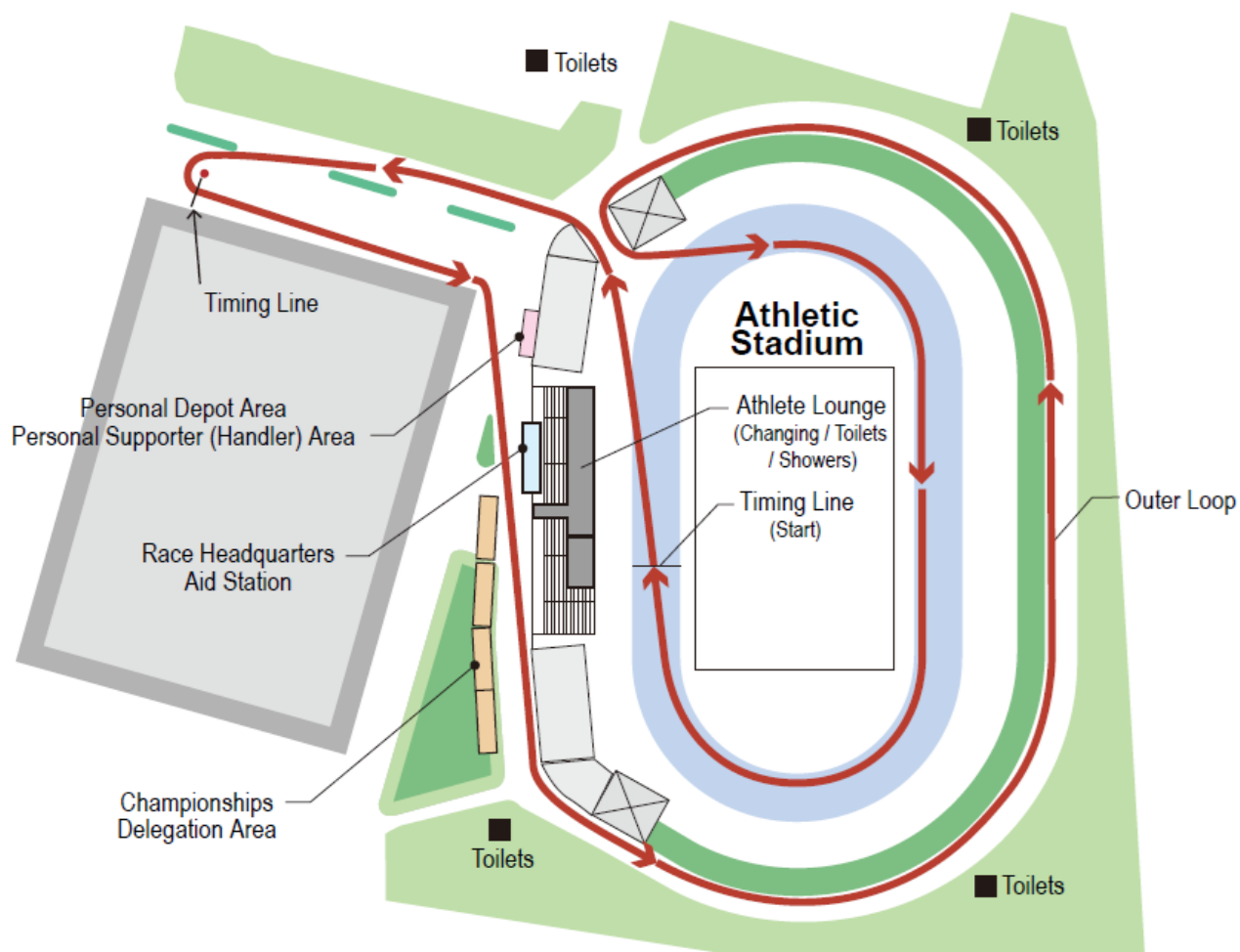
COURSE:

Course Type: 400 m track + 850 m outside-stadium loop

Elevation: Nearly flat throughout

Average Width: 5.3 m

Minimum Width: 4.0 m





IAU COMPETITION:

Men's individual competition

Women's individual competition

Men's team competition

Women's team competition

The IAU 24H Championships are only for Asia and Oceania athletes and the team official entered by IAU Member Asia and Oceania Federations.

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 teams results, only 6 per team, the delegation will be ranked according to the addition of the performances (km) of their best 3 athletes from the team.

The Team Leader must confirm the names of the 6 athletes who will be ranked in the competition before the Technical Meeting (at the Outfit Meeting).

OPEN RACE:

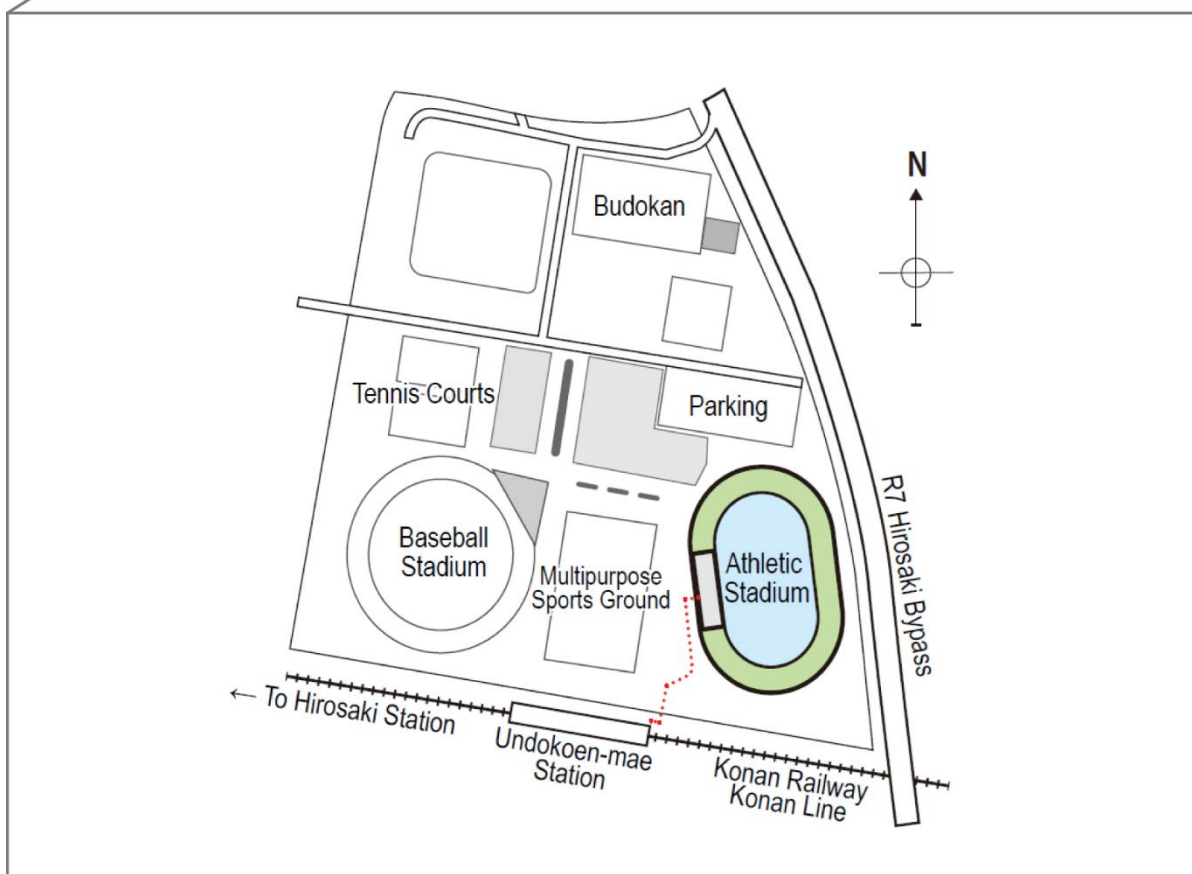
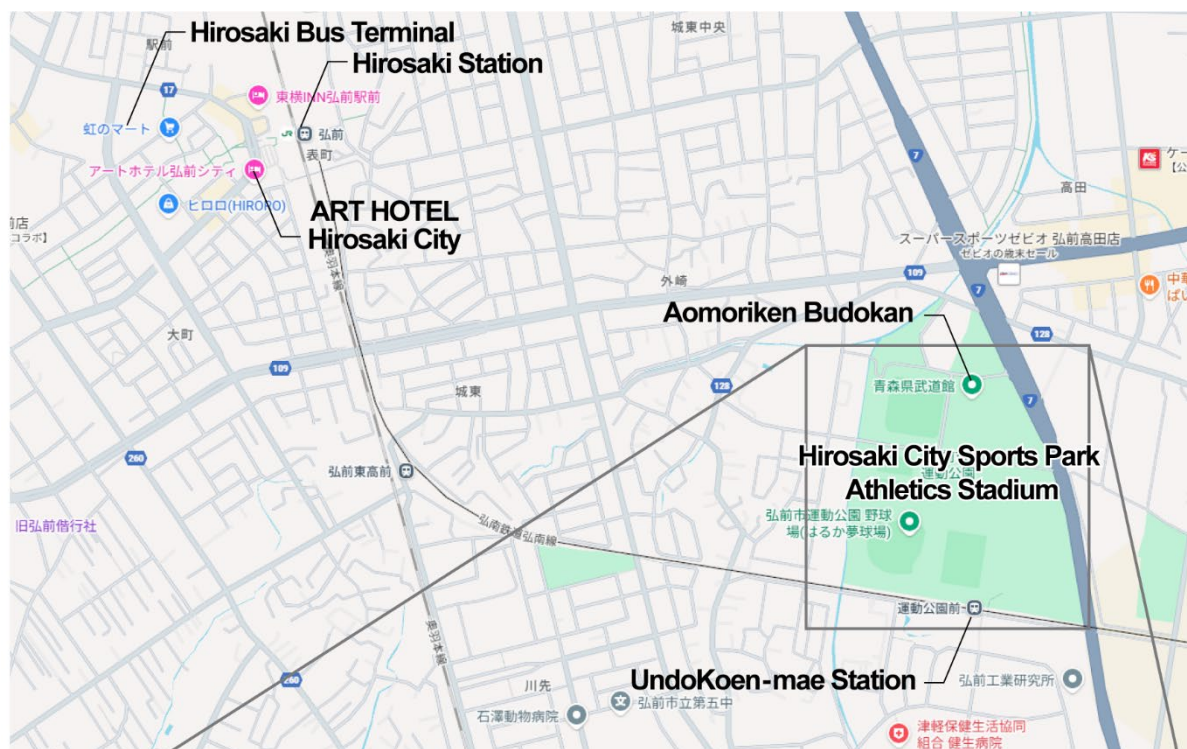
Men's individual competition

Women's individual competition

GENERAL PROGRAM:

21 May 2026		
All day	Arrival of teams	
17:30 – 22:00	Dinner	ART HOTEL Hirosaki City
22 May 2026		
6:30 – 10:00	Breakfast	ART HOTEL Hirosaki City
11:30 – 13:00	Lunch	ART HOTEL Hirosaki City
10:00 – 12:00	Outfit Meeting Technical Meeting	ART HOTEL Hirosaki City
14:00 – 15:30	Opening Ceremony	The Aomoriken Budokan
17:00 – 19:00	Pasta Party	ART HOTEL Hirosaki City
23 May 2026		
6:30 – 10:00	Breakfast	ART HOTEL Hirosaki City
12:00	Race Start	Hirosaki City Sports Park Athletics Stadium
24 May 2026		
12:00	Race Finish	Hirosaki City Sports Park Athletics Stadium
11:30 – 14:30	Lunch	ART HOTEL Hirosaki City
17:00 – 19:00	Closing Ceremony	ART HOTEL Hirosaki City
25 May 2026		
All day	Departure of teams	

VENUE MAP:



[6] PRELIMINARY ENTRY FORM (PEF) AND FINAL ENTRY FORM (FEF)

Each Federation must complete and submit the Preliminary Entry Form (PEF) and the Final Entry Form (FEF) by the deadlines indicated below.

DEADLINE PEF's: 28 February 2026

DEADLINE FEF's: 15 April 2026

All forms must be send by email:

IAU: secretary@iau-ultramarathon.org

LOC: hirosaki24@sportsaid-japan.org

PEF:

With the PEF, each Federation will submit preliminary information on the size of its delegation and the planned dates of arrival and departure.

This information is used by the LOC to estimate accommodation needs and overall logistics.

FEF:

With the FEF, each Federation will submit the final and detailed information of its delegation, including athlete and team staff details, accommodation requirements, and arrival and departure information.

[7] VISA

For detailed information regarding visas and guidance on entering or leaving Japan, please refer to the Ministry of Foreign Affairs of Japan website:

https://www.mofa.go.jp/j_info/visit/visa/index.html

[8] TRAVEL TO HIROSAKI

Travel to Tokyo:

Tokyo is well connected with major cities worldwide by international flights.

Participants are expected to arrive at either Haneda Airport (HND) or Narita International Airport (NRT), which serve as the main gateways to Japan and provide multiple options for travel to Aomori and Hirosaki.

Travel from Tokyo to Hirosaki:

For participants arriving at Haneda Airport (HND)

- Option 1: By air and bus

Haneda Airport → Aomori Airport (domestic flight)

Aomori Airport → Hirosaki Bus Terminal (Konan Bus)

- Option 2: By rail

Haneda Airport → Tokyo Station (train or airport bus)

Tokyo Station → Shin-Aomori Station (Tohoku Shinkansen)

Shin-Aomori Station → Hirosaki Station (JR Ou Main Line)

For participants arriving at Narita International Airport (NRT)

- Option 1: Via Haneda Airport (air and bus)

Narita Airport → Haneda Airport (airport bus or train)

Haneda Airport → Aomori Airport (domestic flight)

Aomori Airport → Hirosaki Bus Terminal (Konan Bus)

- Option 2: By rail

Narita Airport → Tokyo Station (train or airport bus)

Tokyo Station → Shin-Aomori Station (Tohoku Shinkansen)

Shin-Aomori Station → Hirosaki Station (JR Ou Main Line)

Upon arrival at Hirosaki Station or Hirosaki Bus Terminal, event staff will be waiting to welcome you.

Reference websites:

For general travel information from Tokyo to Aomori / Hirosaki, please refer to the official websites below:

JR East (East Japan Railway Company) <https://www.jreast.co.jp/e/>

Shinkansen and local train services

Konan Bus <https://www.konanbus.com/airport/>

Airport bus services between Aomori Airport and Hirosaki Bus Terminal

[9] ACCOMMODATION

ART HOTEL Hirosaki City:

address: 1-1-2 Omachi, Hirosaki City, Aomori, 036-8004 Japan

TEL: +81-172-37-0700

Website: <https://iconia.co.jp/en-us/hotel-art-hotel-hirosaki-city-aomori/>

Additional information about the Hotel:

The Organizing Committee will offer free full board accommodation for a maximum of 2 male and 2 female athletes per delegation, for the following maximum number of nights, based on the flight time between capital cities:

- up to 4 hours: up to 3 nights
- over 4 hours to 9 hours: up to 4 nights
- 9 hours or more: up to 5 nights

The accommodation is available for the additional nights, assistants, and coaches.

The total amount of accommodation the LOC should take care of maximum 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation.

- Max. 3 officials when 1-6 athletes/delegation
- Max. 6 officials when 7-12 athletes/delegation
- Max. 9 officials when 13-18 athletes/delegation

Complimentary accommodation period:

- from dinner on 22 May until Breakfast on 25 May. (3 nights)
- from dinner on 21 May until Breakfast on 25 May. (4 nights)
- from dinner on 20 May until Breakfast on 25 May. (5 nights)

The cancellation policy:

Free of charge until 20 days before competition day

Up to 10 % charge from 19 to 14 days before competition day

Up to 50 % charge from 13 to 7 days before competition day

100% charge from 6 days before competition day

Check-in / Check-out:

Check-in: from 14:00

Check-out: until 11:00

	1 night + 3 meals (Dinner, Breakfast & Lunch buffet)					Available Rooms
	20/05/2026	21/05/2026	22/05/2026	23/05/2026	24/05/2026	
Standard Double Room (17 m ²) *Single occupancy	JPY 21,320	JPY 21,320	JPY 21,320	JPY 25,850	JPY 16,830	25R
Standard Twin Room (22 m ²) *Double occupancy	JPY 18,370	JPY 18,370	JPY 18,370	JPY 21,450	JPY 16,170	20R
Standard Triple Room (22 m ²) *Triple occupancy	JPY 15,710	JPY 15,710	JPY 15,710	JPY 18,260	JPY 14,410	15R

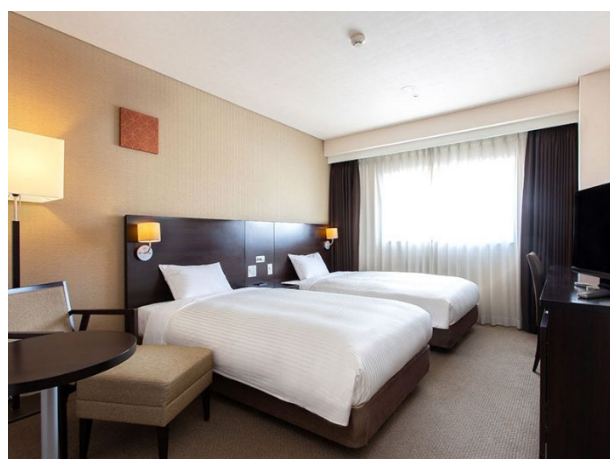
*Price per person

*All rooms are non-smoking

	1 night + 2 meals (Dinner & Breakfast buffet)					Available Rooms
	20/05/2026	21/05/2026	22/05/2026	23/05/2026	24/05/2026	
Standard Double Room (17 m ²) *Single occupancy	JPY 19,120	JPY 19,120	JPY 19,120	JPY 23,650	JPY 14,630	25R
Standard Twin Room (22 m ²) *Double occupancy	JPY 16,170	JPY 16,170	JPY 16,170	JPY 19,250	JPY 13,970	20R
Standard Triple Room (22 m ²) *Triple occupancy	JPY 13,510	JPY 13,510	JPY 13,510	JPY 16,060	JPY 12,210	15R

*Price per person

*All rooms are non-smoking



[10] THE TRAVELGRANTS AND WILDCARDS

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

	CAT A	CAT B	CAT C	Team Grant	Travel Time (flight time between the capital of LOC and IAU MF country)
Zone 1	€240	€180	€120	€240	>15h
Zone 2	€192	€144	€96	€192	15 to 9h
Zone 3	€144	€108	€72	€144	3 to 9h
Zone 4	€96	€72	€48	€96	< 3h

	CAT A	CAT B	CAT C
Men	>= 240km	>= 220km	>= 200km
Women	>= 220km	>= 200km	>= 180km

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.

Details on Travel Grants will be provided in the FEF.

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.

WILDCARDS:

WILDCARDS mean that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAUC. 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

[11] TECHNICAL MEETING / OUTFIT MEETING

Date & Time: 22 May, 10:00

Venue: ART HOTEL Hirosaki City

Attendance is mandatory. Up to 2 representatives per delegation must attend. The meeting will be conducted in English.

Questions, if any, should be sent to: hirosaki24@sportsaid-japan.org

No later than 2 days before the meeting and will be addressed during the meeting.

[12] INSURANCE AND INDEMNITIES

Participating Member Federations 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 Hirosaki Japan 2026 IAU 24 HR Asia-Oceania championships and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

Except in relation to gross negligence or willful misconduct of the organizer (LOC), the Participating Member Federations defends and holds harmless the organizer from and against any personal injury or material damages, losses and claims arising out of the participation at the Championships.

[13] WEATHER CONDITIONS

	Average Temperature (°C)	Maximum Temperature (°C)	Minimum Temperature (°C)	Humidity (%)	Precipitation (mm)	Average Wind Speed (m/s)	Sunshine Duration (h)
2025	11.7	16.6	6.5	83	0.0	2.0	10.0
2024	21.1	27.4	12.9	47	0.0	2.8	12.9
2023	13.2	19.8	7.2	73	0.0	1.9	3.9
2022	16.3	21.7	12.6	81	0.0	1.3	2.3
2021	15.2	19.6	12.7	93	5.0	1.2	0.0

[14] TOURISTIC INFORMATION

For general tourist information about Hirosaki and the surrounding area, the Hirosaki City Tourism Association provides comprehensive and up-to-date information.

Delegations and accompanying persons are welcome to refer to the following website and enjoy sightseeing during their stay in Hirosaki:

<https://www.hirosaki-kanko.or.jp/en/>