





IAU Asia & Oceania General Information Sheet

Canberra, Australia
5 – 7 April 2024
Australian Institute of Sport, Canberra





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WFI COMF

On behalf of the Local Organising Committee, I would like to invite all the Asian and Oceania Federation 24H runners to race at the IAU 24H Asian and Oceania Championships which will be held in Canberra, Australia from the 5-7 April, 2024.

Since 1987, when the Australian Ultra Runners Association was formed, Australia has had a long and deep seeded passion for the sport of ultra running. We have been involved with World Championship 24H events since inception of this format in 1990. The inaugural 24H Asian and Oceania Championships were held in Kaohsiung, Taiwan in 2016 where Australia secured team gold medals in both the men's and women's.

It has been the dream and desire of many an Australian ultra runner to host an IAU Championship Event on our home soil, where we can welcome the world's best runners to race in our beautiful country and join us in the same appreciation we have for the sport of ultra running. Australia has always strived to make a positive contribution with our international teams and involvement with the IAU. Hosting a championship event follows that path set by our rich ultra running history.

The race will be held in Canberra at the Australian Institute of Sport's Track & Field Centre- arguably Australia's best 400m track for runners, spectators and world's best performances. The track (all weather MONDO synthetic track) is of IAAF Certification allowing for any World Records that are broken throughout an event to be recognized. Canberra's historically low temperature and humidity environment provide runners with the ideal conditions to reach their full 24H distance potential.

Canberra, Australia's capital city, punches far above its weight. Well-known museums and historical sites are just the beginning. Dig a little deeper to find bustling brewpubs, hidden gems, quiet nature and family-friendly attractions. We understand that traveling to Australia is a long way, therefore for runners we're providing the best facilities for them, and for those exploring before and after the event – an Australian location that offers the best of our country.

It's Australia's, AURA's and my honour to invite you to race here and finally enjoy us hosting an IAU Championship. The 2024 24H Asian and Oceania Championships Local Organizing Committee wish you the very best stay and great success to all the athletes.

Aussie, Aussie, Aussie!!!

Matthew Eckford

Race Director, LOC





Dear Friends

I would like to welcome you to the IAU 24 Hour Asia and Oceania Championships in Canberra, Australia.

Australia has been a strong force of ultrarunning both on the regional and global level for quite some time. This is the first time that Australia will be hosting a major IAU competition. It continues without global goal of organizing championships in areas where we haven't been before.

I want to take this opportunity to congratulate Simone Hayes, President of Australian Ultrarunning Association for being a staunch supporter for Australian and global ultrarunning. I am sure this is a crowning achievement for Simone bringing these championships home.

Matt Eckford has worked really hard on not only developing a successful bid to acquire these championships but also on developing them as we get closer to the event date. I know he and his team will continue to work hard on displaying a world-class event for the Asia and Oceania ultrarunners.

I welcome the federations and athletes from Asia and Oceania to join us as this historical event as we celebrate our sport of ultrarunning in the Down Under. It will be truly a regional celebration of ultrarunning!

I echo our hosts chants – Aussie Aussie Aussie! Oi Oi Oi!

Nadeem Khan

President, IAU





2. LOCAL ORGANISING COMMITTEE (LOC)

Australian Ultra Runners Association (AURA)

Simone Hayes: president@aura.asn.au

President





Matthew Eckford RACE DIRECTOR

Email: matthew.eckford@aura.asn.au



PRIMARY CONTACT FOR ALL EVENT, TRAVEL AND ACCOMMODATION QUESTIONS

Event Management, Travel and Logistics Visabel Pty Ltd

Vickii Cotter: vickii@visabel.com.au

Event Producer

Emma Clarke: emma@visabel.com.au

Event Coordinator, Travel and Accommodation

Khi Fulthorpe: khi@visabel.com.au

Operations Manager

General Questions: <u>info@visabel.com.au</u>





INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU) 3.

IAU Council

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F-mail: info@iau-ultramarathon.org Website: www.iau-ultramarathon.org

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ultramarathon.org





4. GENERAL EVENT INFORMATION

ITEM	DETAIL		
EVENT NAME:	IAU 24H Asia & Oceania Championship 2024		
Friday 5 April 2024: Pre-Event Ceremony and Entertainment EVENT DATE: Saturday 6 April 2024: Event Day Sunday 7 April 2024: Event Day			
Friday 5 April 2024: 17:00 (Opening Ceremony) Saturday 6 April 2024: 09:00 Australian Eastern Standard Time (UTC+10) Sunday 7 April 2024: 09:00 Australian Eastern Standard Time (UTC+10) Sunday 7 April 2024: 17:00 (Closing Ceremony)			
LOCATION:	Australian Institute of Sport (AIS) Track and Field Centre 6 Masterman Street Bruce ACT 2617		
TRACK:	The all-weather 400m, 8 lane track (MONDO synthetic track) is of IAAF Certification allowing for any World Records that are broken throughout an event to be recognised.		





COMPETITIONS:	1. IAU 24H Asian and Oceania Championship 2. Australian 24 Hour Track Invitational (2024 AURA National 24H Championships)					
REGISTRATION:	For teams participating in the IAU 24H Asian and Oceania Championships please complete the Preliminary Entry Form . For those participating in the Australian 24 Hour Track Invitational (2024 AURA National 24H Championships) please email: Race Director Matthew Eckford					
PATRON SERVICES:	Team tents will be located around the track. Food and Beverage will be available on site as well as for purchase for spectators. Entertainment will be provided for spectators. Toilets with handwash facilities are available on site and will be further supplemented with sanitizer stations around the site. First Aid is located on site in the designated First Aid room. Security will be on site.					
EVENT PARKING:	Bus Transfers Participants in the 24H Asian and Oceania Championship will be transferred to the event site via shuttle bus. 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. Parking There are three main parking areas for visitors. Their locations are: • Car park 3- located adjacent to the Track and Field facility; in front of Canberra Stadium and at the end of Battye Street. This car park can accommodate buses. • Car park 4- located adjacent to the playing fields located on Masterman Street. • Car park 5- located across from the AIS Arena and at the corner of Leverrier Street and Battye Street. This car park can accommodate buses. Public transport To reach the campus by public transport you need to catch the number R9 bus from the Belconnen Town Centre. If you are arriving from the City, catch the R1 to Dickson then the R9. For full timetable information, please visit the Transport Canberra Bus website.					







GENERAL PROGRAM

COURSE

DATE	TIME	ACTIVITY	LOCATION
04/04/24	24 All day Arrival of teams		
	7am-9am	7am-9am Breakfast <i>A</i>	
	12pm-2pm	Lunch	Abode & Alivio
	6pm-8pm	Dinner	Abode & Alivio
05/04/24	7am-9am	Breakfast	Abode & Alivio
	12pm-2pm Lunch		Abode & Alivio
	3pm-3:30pm Outfit Meeting & TG		AIS Track
		Confirmation	
	3:30pm-4:30pm	Technical Meeting	AIS Track
	5pm – 7pm	Opening Ceremony and	AIS Track
		Dinner	
06/04/24 9am Start of Race		Start of Race	AIS Track
	12pm-2pm Lunch AIS		AIS Track
	6pm-8pm	Dinner	AIS Track





07/04/24	9am	Finish of Race	AIS Track
	12pm-2pm	Lunch	Abode & Alivio
	5pm – 8pm	Awards & Closing	
		Ceremony	
08/04/24	All day	Departure of teams	

OUTFIT MEETING	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 distributed at the meeting. The team leader is responsible for collecting the chips from athletes after the race and returning.		
TECHNICAL Each Team may be represented by a maximum of two people. MEETING			
	The LOC provide public liability insurance and medical cover for the race on site. 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 and during the event itself.		
INSURANCE	A person who 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 event.		
	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 Sport Integrity Australia for the male and female individual podium.		
	Teams can have additional doping controls conducted for their own record ratification purposes at their own cost.		





5. IAU 24H CHAMPIONSHIPS

Competition

IAU 24H Asian and Oceania Championships has 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 24H Championships are only for Asia and Oceania athletes and the team official entered by IAU Member Asia and Oceania 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 best three (3) athletes from the team. During the Award Ceremony, IAU medals will be given to 6 athletes. The Team Leader must confirm the names of the six (6) athletes who will be ranked in the competition before the Technical Meeting (at the Outfit Meeting).

IAU Member Federations are invited to send their team of delegates.





6. ENTRIES – PRELIMINARY (PEF) AND FINAL (FEF) ENTRY FORMS

Preliminary Entry Form

Please complete the Preliminary Entry Form. This will assist us organise accommodation and travel arrangements in advance of the event.



Final Entry Form

Each Federation must complete and submit the final entry form. This form will be the **final list** of the athletes (including date of birth, pre-exiting medical conditions, gender and personal bests) as well as all travelling delegates information in relation to travel arrangements (including arrival and departure times, flight No, accommodation, number of rooms, number of nights, number of meals) and dietary any requirements.

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

Submission Dates

Please complete the PEF and FEF by the following dates:

PEF: December 23rd, 2023 FEF: January 31st, 2024

The PEF/FEF must be lodged electronically via the form link listed above. Please contact: info@visabel.com.au for any assistance.

Payment Procedure

An accommodation invoice will be sent to each Federation detailing the amount they owe based on their final entries. Federations are kindly requested to pay the outstanding amount in AUD by online credit card or bank transfer.

Cancellation policy

Please note that 40% of the deposit will be refunded for cancellation before 01 March, 2024. Any cancellation/no-show in accommodation after 01 March, 2024, will be fully (100%) charged to the Federation.





7. TRAVEL GRANTS AND WILDCARDS

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

	Α	В		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€
	Α		В		C
Men	>2401	(M	>2	220KM	>200KM
Women	>220h	(M	>2	00KM	>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.

- 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

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

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 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





8. ACCREDITATION

Event accreditation will be prepared in advance and will be based on the information in the Final Entry Form.

Accreditation details including location of pick up will be provided closer to the event.

9. FVFNT COMMUNICATION

An app will be available for download on all participants mobile phones. Official event communication and general event details will be provided and updated in the app.

In addition, an informal whatsapp chat group will be provided for participants who wish to communicate informally with each other.

10. ENTERING AND LEAVING AUSTRALIA

Please visit the Department of Home Affairs for visa details and advice on entering and leaving Australia: https://www.homeaffairs.gov.au/covid19/entering-and-leaving-australia

Australia requires a Visa for entry and has very strict biosecurity requirements.

Please ensure you review the Visit and tourism section of the Department of Home Affairs.

11. TRAVEL TO CANBERRA

Most international flights fly into Sydney or Melbourne with a connecting flight on to Canberra Airport. Shuttle buses from Canberra airport to your accommodation will be running for the event. If you prefer to make your own arrangements and catch a taxi or UBER, there are taxis and UBER facilities at the airport upon arrival. If you are staying on in Canberra for a longer duration, hire car facilities are also available at the airport.

Transfers From and To Airport

Travel to and from Canberra airport will be arranged at no extra cost for those staying at the official accommodation for the race and transfers will be finalised once the FEF is provided.

Upon arrival, teams will meet the LOC transfer staff who will wait for them at the arrival area of Canberra airport. The returning transfers to Canberra airport after the race will be arranged prior to departure and the LOC team will finalise this with you once your final travel details have been provided to us. Teams will receive an event handbook which contains details on Airport transfers closer to the event date.





12. ACCOMMODATION

There is a selection of properties close to the event venue where teams will be staying. Please indicate which property you would prefer in your PEF to assist us with planning.

Check-in / Check-out

Transfers to and from the airport to your hotel will be organised and the LOC will take care of communicating your check-in times (subject to availability) to your accommodation provider. For organising purposes, please inform the LOC well in advance of your travel plans.

Meals

Breakfast, lunch and dinner will take place at each property. Please indicate food restrictions/dietary requirements of the athletes within the final entry form notice. The meals served are only provided to the accredited team members (athletes and officials) who are booked officially by FEF and are wearing a lanyard/or have a food voucher.

Property Option One: ABODE HOTEL

Located in Canberra's north-west, Abode Belconnen offers 152 stylishly appointed self-contained, apartment style rooms perfect for guests traveling for work or leisure.

Abode Belconnen is just a short walk to a major shopping precinct, parks, nature walks and Lake Ginninderra. Guests also have access to the onsite restaurant, No.10 Restaurant + Bar, open for breakfast, lunch, and dinner. Abode is a 7-minute drive to the race venue.

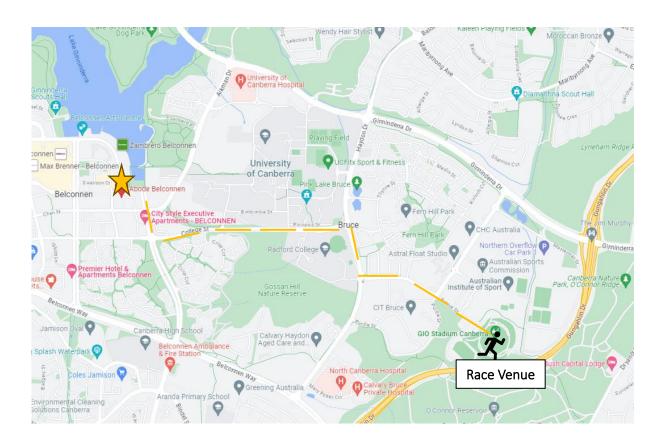
Address: 3 Grazier Lane, Belconnen Canberra, ACT 2617

Telephone: (02) 6220 0355

Website: https://abodehotels.com.au/hotels/belconnen/



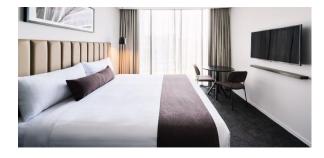




King Studio Rooms

Stylishly appointed King Studios feature a king bed or two king singles, kitchenette, tea and coffee facilities, refrigerator, cook top, microwave, dishwasher, flat screen TV with STAYCAST streaming, washer, dryer and Ideology bathroom amenities. Please note: some King Studios are wheelchair accessible.

Number of	Room Type	Bedding	Price per night
Rooms			
40	King Studio	1 x King Bed	\$420 AUD (for 2 people) *\$390 AUD for one person
26	King Studio	2 x Single Beds	\$450 AUD (for 2 people)









Property Option Two: ALIVO TOURIST PARK

Alivio is located just 6 minutes' drive from the race venue, and within 13 minutes walking distance. Alivio is surrounded by some of Canberra's best beautiful green hills, with onsite pools, tennis court, basketball court and many other recreational activity stations Local bushwalking tracks can be found right outside your doorstep to enjoy at your leisure. Alivio is also located within 4km of Canberra's CBD, to enable you to enjoy all that Canberra has to offer.

Address: 20 Kunzea Street, O'Connor ACT 2902

Telephone: 02 6247 5466

Website: https://aliviogroup.com.au/explore-alivio/

Villas

The Alivio Villas are spacious, modern villas with varying sizes to accommodate between 2-6 people, containing a queen bed with additional single and bunk beds to suit individual needs.

Standard Villa features include: LED Television, Blu Ray Player, Bush Views, Complimentary Wi-Fi, Dining table and chairs, hair dryer, kitchenette, linen and towels, extra blankets, microwave, toaster, stove top, outdoor balcony, outdoor furniture setting, toaster, tea and coffee, air conditioning, lounge area, safe.

Cabins

The Alivio Cabins are a comfortable, budget friendly option within the park. Cabins sizes vary to accommodate between 2-6 people, all with 1 queen bed and additional beds to suit needs.

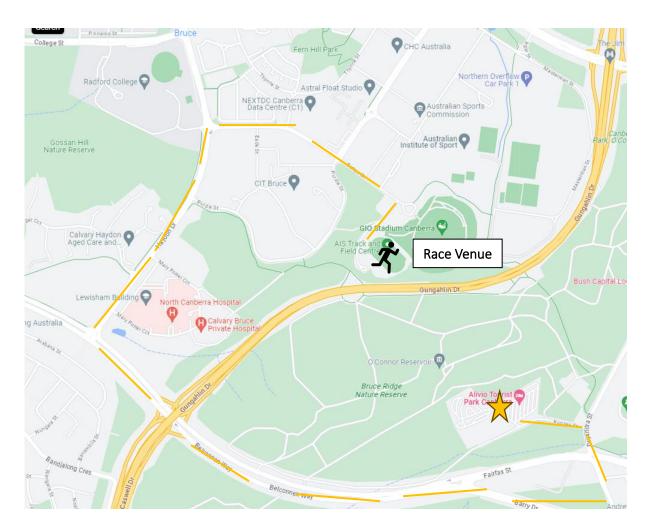
Standard Cabin features include LED Television, complimentary Wi-Fi, DVD Player, Kitchenette, dining table and chairs, lounge, Linen and towels, extra blankets, stove top, microwave, oven, toaster, tea and coffee, and air conditioning.

Prices (ALL PRICES ARE IN AUD)

Cabins	\$195 AUD per person, per night. 2-6 people (minimum \$390 AUD per night) *limited cabins available. If single room is required please advise us so we can assist with best options
Villas	\$275 AUD per person, per night. 2-6 people (minimum \$550 AUD per night)







Villa Photos



Cabin Photos

