



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

**I.A.U. EXECUTIVE COUNCIL
REPORT TO CONGRESS**
(reference period : December 2014 – October 2016)

LOS ALCÁZARES - SPAIN
26 November 2016



1. Introduction

Back in 2004, now 12 years ago, the then newly elected Executive Council put forward a number of strategic targets to turn the IAU structure into a modern and flexible organisation, capable of adapting easily to new circumstances whilst continuing its main aim to support ultradistance runners in their sport and provide top level competition. Since transparency should be one of the characteristics of our organisation, we consider it as one of our important duties to report our members about the progress that has been made, the shortcomings we have experienced and the goals we still want to achieve.

2. Content of this report

- Consolidation and implementation of the goals we did put forward in 2014
- Membership: state of affairs
- Considerations to improve the quality of our Major IAU Competitions (MIAUCs)
- Sanctioning of trail as an official branch of athletics
- Forthcoming MIAUCs
- Future bids
- Updates from IAU portfolios
- Remaining and strengthening our position as valuable partner in the athletic family
- Objectives and challenges for the future years

3. Consolidation and implementation of the goals we did put forward in 2014

In the last report to Congress we gave ourselves a number of goals for implementation as early as we could.

Amongst others we have consolidated the following tasks:

- Getting the Arbitration Panel in place
- Reviewing the various guidelines
- Updating the different Event Organization Agreements
- Bringing into effect the alternation of the 100 km and 24H World and Continental Championships
- Implementing the measures to reduce the organizational cost of our MIAUCs
- Implementing the revisions to the IAU labelling system.

4. Membership: state of affairs

At the time of our last report for 2014, our membership numbers stood at 77. Of these there were 70 IAAF Member Federations which are affiliated to the IAU and 7 are National Ultrarunning Associations (Australia, Canada, South Korea, Mongolia, Mexico, Philippines and Serbia). Since then the greatest growth in our influence has lain in the Americas where the interest in the Trail Championships has led to new memberships from Venezuela and Peru. European representation has very recently been augmented by the new membership from San Marino. This brings us to a new total of 83 member federations

- Current Representation by continent:

Europe	40 IAU Members
Africa	18 IAU Members
Asia	13 IAU Members



Americas 10 IAU Members
Oceania 2 IAU Members

In line with the policy of the IAAF regarding a strong anti-doping stance, the IAU has also suspended the membership of the Russian Federation so that Russian athletes and teams are not invited to our Major IAU Championships until the IAAF reinstates the Russian Athletic Federation as an IAAF Member Federation.

5. Considerations to improve the quality of our Major IAU Competitions (MIAUCs)

You will remember that after the cancellations we had in 2012 and 2013 we have taken a number of measures to avoid this kind of inconvenience. We can now proudly say that we have successfully presented our stakeholders with a full set of excellent competitions in 2015 as there were the 100 km WC in Winschoten, the 50 km WC in Doha, the Trail WC in Annecy and last but not least, the 24H WC in Turin. The approach for the latter was pretty smooth but eventually we landed in the eye of the storm when the race director was taken to jail, a couple of weeks before the competition, leaving behind him a decapitated LOC. We owe an awful lot of thanks to FIDAL and IUTA who came to our support at the eleventh hour, saving not only the competition but turning it into a huge success.

Doha provided us with the opportunity to host the first ever IAU 50 km World Championship (in succession of the 50 km World Trophy) and Winschoten, the "Old Faithful" was reliable as always.

The World Trail WC in Annecy was a great event which, at the demand of the athletes, made us decide to have this competition from 2016 onwards on an annual basis. It was also our first – at that time still informal – cooperation with ITRA

At the time of writing, (the report is written before the 2016 MIAUCs are taken place) we can say that this year's competitions are progressing well with their preparations, Attendance is reaching record levels so that we are looking forward to another set of very successful events.

6. Sanctioning trail as an official branch of athletics

At the occasion of the annual session of the IAAF Road Running Commission in April 2013 in Prague, we tried to catch the attention of the IAAF about the rapidly increase of interest for trail running which was booming worldwide. The message – not to ignore this phenomenon at the risk of "missing the train" as has been done many years before when road races started to gain popularity – was picked up by the Commission and transferred to the IAAF Executive Council who took it to Congress for an adaptation of the constitution.

So, the result that during the IAAF Congress in Beijing in August 2015, trail running has been added as an official branch of athletics can be considered as a success point for the IAU.

In the meantime, the International Trail Running Association (ITRA) has been created by Michel Poletti to monitor the development of trail running and to look after the particular interests of this discipline.

ITRA has got its place under the IAAF umbrella, along with the IAU, WMRA and WMA and the IAAF has established a working group to explore this, for them, new area with the aim to define appropriate rules, regulations and guidelines. In 2015 the first trail rules were established under IAAF Rule 252 and these will be developed further.



Our excellent relations with ITRA have turned into a partnership as this year's Trail World Championship in Portugal has been approached as a real joint venture between the two bodies. The IAU have dealt with the relations with the Member Federations and the monitoring of the entries whereas ITRA are taking care of the technical aspects and public communications.

An important decision which has been agreed with ITRA is that from 2017 we will alternate the distance for the Trail World Championship in a three year cycle, varying from short distance (50 km in Badia Prataglia) over middle distance (+/- 80 km in Penyagolosa) to long distance (over 100 km).

7. Forthcoming MIAUCs

2016 - IAU European 24h Championships, Albi France 22/23rd October. 24 countries, 180 athletes

2016 - Trail World Championships, Trans Pereda - Gerês, Portugal 29th October. 38 - countries 240 athletes

2016 - IAU 50K World Championships, Doha, Qatar. 11th November. 20 countries 72 athletes.

2016 - IAU Asian & Oceania 24h Championships, Kaohsiung, Chinese Taipei, 6 countries 26 athletes

2016 - IAU 100K Championships, Los Alcázares, Spain, 27th November. 30 countries 181 athletes

Confirmed for 2017

2017 - Trail World Championships, Badia Prataglia, Italy 10th June

2017 - IAU 24H World Championships, Belfast, Northern Ireland. 1st/2nd July

2017 - IAU 50K World Championships, Doha, Qatar. November.

Confirmed for 2018

2018 - Trail World Championships Penyagolosa, Spain.

Confirmed for 2019

2019 - IAU 24H World Championships, Irdning, Austria. 29/30th June.

8. Future bids and already allocated MIAUCs

We are happy to have next year's World Championships in place but we still have to fill in the 100 km Continental Championships. Apart from the already allocated World Championships for 2017 (Trail) and 2019 (24H) we are currently dealing with some strong contenders which are preparing bids for World and/or Continental Championships.

Furthermore, we don't exclude the "return" of the Commonwealth Championships (the Commonwealth Mountain and Ultradistance Running Championships in a joint agreement with WMRA) in the near future.

9. Updates from IAU portfolios

Competition and Organisation of MIAUCs

Call Zone As IAU we decided to start with a CALL ZONE procedure just before the start of any MIAUC. Entering the Call Zone the runners will be checked if :

- They are wearing their race numbers correctly,
- They are wearing the agreed outfit,
- They don't wear any forbidden devices



Outfit Meeting. In order to avoid any problem with accepted or non-accepted outfit questions during the MIAUC's it was decided to start with an OUTFIT Meeting which should take place before the Technical meeting.

All outfits should be inspected and if any 'other' outfit should be allowed it should be mentioned during the Technical meeting so also the other countries are aware of it.

Reducing the number of free accommodation nights. In order to help the LOC's of our future MIAUC's to reduce the enormous accommodation costs it was decided to reduce the number of free accommodation from 2x 3 athletes for 3nights to 2x 2 nights.

Communications.

Maintained IAU contributions to the IAAF websites and magazines with regular contributions to e-magazines around the world. Some 14 members of the Newsagent Commission provide connections with local news outlets.

During the Major IAU competitions, media relationships have been established with interviews and reports advertising the event and the athletes. Online and live streaming, including Twitter feeds, of the competitions in liaison with the local organising committees have provided the wider global audience with up to date news as the competitions progress.

At some of the major competitions (Winschoten & Doha), school trip and events with the local community have helped promote the sport to wider audiences.

There is ongoing work on the IAU website to improve and update the site and enhance the timeliness and variety of contributions. This will continue over the next year.

Recognition for Athletic Performances and Support.

The IAU Athletes of the Year have been established and awarded for a number of years. However, in addition, the new IAU Awards Committee will be awarding the first citations for the IAU Career awards at this Congress for their outstanding contribution to the sport of ultrarunning and the longevity of their time in the sport.

Medical Report

We have maintained anti-doping tests at all our championships and have extended it to our IAU Gold Label races. Tests so far at our championships has shown us to be a "clean" sport. Athletes and team management have also benefitted from visits to the Aspetar facilities in Doha and Medical conference on injury prevention and recovery

IAU Labelling System

In 2015, we implemented the revised IAU labelling system. The basic structure with gold, silver and bronze labels remained the same. However, we reinforced the requirements for course measurements and verifying the accuracy of the results. We removed the costs of silver and gold labels so that all label applications are free. Gold and Silver labels require a technical observer at the race who reports back and Gold labelled races need Doping tests. There is now a separate label for trail races which can't reach the same level of course measurement accuracy as road races.

In 2015, with the new requirement the numbers of IAU labelled races were only slightly reduced from 2014 at 230 (250 in 2014) and for 2016, we currently have 245 IAU label applications with 200 bronze, 12 silver and 2 gold. These numbers exclude our five Major IAU Championships this year. Over the eight years that we have been awarding IAU labels, some 700 races have been labelled. Future improvements include simplifying the on-line application process and combining with the application for the on-line calendar as well as reviewing and strengthening the scheme further.



Statistics and World (Age) Records.

The WBP's (track, road, indoor) are now amalgamated into WBP's on any surface. We had decided in Monaco, after careful consideration of the relevant statistics, that it was right to amalgamate the world best performances on track, road and indoors, with the best performance being the absolute best performance and recognized as such. The "surface" is probably less of a contributing factor in securing a good performance than many other factors in an event. This has started in 2015 while the performance lists for 2014 and before have been "frozen" but still available on the website.

As the 100 km is the only MIAUC distance which is endorsed by the IAAF, they logically only sanction 'World Records' over 100 km. We have asked the IAAF to be entitled to use the term "IAU World Record" for our other disciplines but the reply is still under consideration.

10. Area Representative Updates.

Asia,

The number of IAU Member Federations in Asia has continued to increase and now numbers 13 with 2 Oceania Federations. However the number of countries with ultradistance races have also continued to mount with some considerable encouragement by interaction with the local IAU representative especially in China, Taiwan, Hong Kong, Malaysia and Mongolia. The first IAU Asian and Oceania 24H championships is in final stages of preparation at the time of writing and will have taken place by Congress. The 2nd 50K World Championships will also have taken place.

Africa,

Growth in Africa has been from 2 countries in 2008 (South Africa and Namibia) to 4 in 2012 (with the addition of Zimbabwe and Kenya) to 18 in 2016. African countries have also started attending the World Championships, with Kenya winning the men's team in 2015 at the IAU 50km World Championships and taking positions 2-4. With the growth in Africa we have moved Oceania together with Asia.

We have also managed to bring some of the biggest ultradistance races on board, with the label system, with the Two Oceans Marathon being the biggest labelled event in the world. We still await Comrades Marathon, the biggest ultradistance race to join at some stage in the future.

Sadly enough we also have to mention the passing away of Chet Sainsbury, the former race director for Two Oceans, who took the race from about 1000 runners to where it is now as a Gold Label race with 10 000+ participants.

Americas,

During the last 4 years, the Americas have increased their membership by 30% with the addition of Costa Rica, Peru, and Venezuela, making the Americas now 10 members. It is anticipated that these new federations will be sending runners to the 2016 trail championships for their debut appearance.

Although we did not find hosts for continental championships, we are getting closer to offering both the 100K and 24 hour Americas Continental Championship and see that happening in 2017 and 2018 respectively. Most of our countries now offer national



ultrarunning championships which assist in team selection for world championship events.

The Americas continue to see their teams placing in world competition with the United States appearing on the podium in all the 24H and 100K world championships since (and including) 2012,

Communications have been going out to all the Americas federations on a regular basis updating them of IAU news as well as seeking their opinions of issues which concern them. With the help of IAU colleagues as well as an interpreter in Portuguese, we have been able to assemble pertinent documents in these languages to assist in the translation of information to those America federations where these languages are their dominant written and spoken word.

We continue to actively encourage all races to strive to meet the IAU label. To that end there has been an increase of labelled races in the Americas from 32 in 2012 to 65 in 2015 (using full years of data). We will continue to push for races to receive the IAU label as it lends credibility and consistency in the reporting of results and the accuracy of the course in measurements and operations.

The future brings great opportunity for the Americas. Among the priorities, we will continue to encourage increasing the Americas membership with new federations to the IAU, increase participation with Americas countries and athletes in IAU world championships, find venues to host continental 100K and 24H championships, provide better means to communicate through social media as well as an improved website providing opportunity to update the world on Americas activities and events, and seeking marketing opportunities and representatives to enhance the IAU within the Americas as well as globally.

Europe,

Our ultimate aim is to increase the number of IAU members in Europe to that of the IAAF numbers. We have now reached 40 with the latest addition of San Marino this year.

A key priority has been to reach for new MIAUC organisers in the region for our key World and European competitions: Trail, 100Km and 24H. So, in the two last years we are negotiated and signed the contract of some nine new WC or EC Championships in Europe namely:

- 2015: WC & EC 24H Turin (ITA), WC Trail Annecy (FRA) and WC & EC 100K Winschoten (NED)
- 2016; EC 24H Albi (FRA) WC Trail Geres (POR) and WC 100K Los Alcázares (ESP)
- 2017: WC 24H Belfast (GBR & NI) and WC Trail Badia-Prataglia (ITA)
- 2018: WC Trail Penyagolosa (ESP)
- 2019: WC 24H Irdning (AUT).

We are increasing the number of ultradistance races to have IAU labels and this has included the new IAU Trail label which is a specific one and is increasingly recognised by competitive trails as the official one. We have successfully introduced the European trail to our member countries so that after negotiations with LOCs in this discipline, the Trail World Championships of the years 2015, 2016, 2017 and 2018 have been held or will be held in Europe.



11. Maintaining and strengthening our position as valuable partner in the athletic family

The importance of an international governing body is somehow measured by the number of countries they represent. When the "new style" council was elected in 2004 the IAU had 38 members. In the past years this number has increased to 83 and we continue our efforts to convince more Federations to join the IAU. This should generate opportunities for talented athletes from more countries to take part in our major ultradistance events.

This evolution is greatly appreciated by the IAAF and we are fortunate to be able to rely on an excellent working relation with the IAAF staff members. We have gained our place in the IAAF Family which is reflected in being given the opportunity to attend a number of functions such as their biannual Congresses and the working sessions of the Road Running Commission.

The IAAF is currently undergoing an urgent and comprehensive reform program under the guidance of the new President, Sebastian Coe. A completely renewed Constitution will be presented to a special Congress in December and it is expected that from 1.01.2017 a "new style" IAAF will come into operation. Gradually we will have to experience the impact this will have on our relationship but at present we are given the feeling that we will be able to contribute to this "process of change".

Similarly, as with the IAAF, we have developed an excellent relationship with European Athletics. We can proudly say that we are a respected partner of the "European Athletics Family", we are entitled to organize our European Championships 'under the patronage of EA' and since this year we also receive a financial contribution for our European Championships.

Furthermore, we have formal agreements with the World Masters Association (WMA) for the 100 km World Championships and with the International Trail Running Association (ITRA) for the Trail World Championships.

These arrangements are periodically evaluated and updated and we are happy to say that all this is done with a lot of goodwill in an atmosphere of mutual understanding.

In closing we need to add that we have a very collegial relationship with our friends of the WMRA as well as with the staff, administration and officials of our Member Federations

12. Objectives and challenges for the future years

- Record Committee: we have to admit that the dysfunction of our Record Committee has this year been one of the major weaknesses and we have to apologize for the long delays in the ratification of WBPs and WABPs which has not been a good service to our athletes. Fortunately, we recently found 4 highly motivated members who have committed themselves to reinforce the operations of the Record Committee in the very near future
- Marketing: this has been on the list of "things to do" for a couple of years, so it is really time that we succeed to make a breakthrough in this area. We unanimously agreed about the urgent necessity to work out a marketing policy, starting with the creation of an appropriate portfolio. We need to work out a marketing strategy and an attractive marketing file and use this in an attempt to convert the ongoing negotiations with potential sponsors into real sponsorship



agreements in order to improve our own operations as well as to offer financial incentives to athletes from poorer countries to take part in our major competition.

- Develop trail and strengthen relationship with other athletic bodies: Determine our own position with respect to trail running and explore the opportunities with regard to the international governance of this branch
- Establish Continental Championships and strengthen the calendar timetable. Trying to get the Continental Championships 100 km and 24H in place in the various Areas
- Website updates / development; this is another of our ongoing issues and we are currently in the process of reviewing and updating the site. Hopefully with more automation to make it easier for our stakeholders to access for information and news.

13. Conclusions

During the past years we took a number of important decisions to implement our mission and the positive response we are receiving from our stakeholders reassures us that we are heading in the right direction. However, we acknowledge that there is still a long way to go and a lot of work to be done. We also have to be realistic with our targets as we are aware that it is increasingly difficult to 'seduce' both the media and potential sponsors to share our dreams and support our activities.

Being only a very small part of the IAAF Athletic Family, we nevertheless remain positive and enthusiastic and we hope we can continue to contribute to the benefit of the athletics world in general and distance running in particular.

I.A.U. EXECUTIVE COUNCIL 2012 - 2016

Dirk STRUMANE	BEL	President
Liesbeth JANSEN	NED	Vice-President Treasurer
Hilary WALKER	GBR	General Secretary
Jan VANDENDRIESSCHE	BEL	Director of Organisations Director of Competitions
Nadeem KHAN	CAN	Director of Communication Chairman Medical Committee
Francisco SANCHEZ-RICO*	ESP	Director of Protocol Chairman Trail Commission
Jürgen SCHOCH*	GER	Director of Statistics Chairman of the Record Committee Resigned in 2016



* Appointed as “ex officio” by Executive Council in 2013 after Director resignations.

Area Representatives

Francisco SANCHEZ-RICO	ESP	Europe
Lin GENTLING	USA	The Americas
James EVANS	RSA	Africa and Oceania
Bokjin PARK	KOR	Asia

Honorary Members

Malcolm CAMPBELL	GBR	Honorary Life President
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Soto ROJAS	ESP	Honorary Life Member
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