



General Information Sheet
IAU 100K EUROPEAN CHAMPIONSHIPS 2013
BELVES (FRA)
April 27th, 2013

Vs130215



GENERAL INFORMATION SHEET



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1.0 NATIONAL ATHLETICS FEDERATION

CONTACT DETAILS NATIONAL ATHLETICS FEDERATION



Country France
Name FFA
Address 33 avenue Pierre de Coubertin
75640 Paris Cedex 13
Tel. (+33) 1 53 80 70 11
Fax (+33) 1 45 81 40 30
E-mail belves2013@athle.fr
Website www.athle.fr



2.0 LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS LOC

Club Club Athlétique Belvésois
E-mail 100kmbelves@free.fr

PRESIDENT **Jean-Pierre Sinico**
Speaks the following languages: FRA
Tel. (+33) 6 48 05 17 18
E-mail jpsinico@wanadoo.fr

RACE DIRECTOR **Alain Father**
Speaks the following languages: FRA
Tel. (+33) 6 30 37 64 27
E-mail alain.father@orange.fr

PROTOCOL Claudine Lebarbier
Speaks the following languages: FRA, ESP
Tel. (+33) 6 83 38 03 76
E-mail claudine.lebarbier@free.fr

TRANSPORT & ACCOMMODATION Martine Lefloc'h
Speaks the following languages: FRA, ENG
Tel. (+33) 6 30 87 30
E-mail Martine100km@orange.fr

COMMUNICATION Christophe Harrichoury
Speaks the following languages: FRA
Tel. (+33) 6 78 01 39 28
E-mail c.harrichoury@dordogne.fr



3.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

WEBSITE: www.iau-ultramarathon.org



IAU PRESIDENT

Name Dirk Strumane (*languages: DUTCH-ENG-FRA- ESP*)
Tel. +32 57 36 69 45
E-mail president@iau-ultramarathon.org
Skype dirk-strumane

IAU SECRETARY

Name Hilary Walker (*languages: ENG-FRA*)
Mobile +44 7884 473336
E-mail secretary@iau-ultramarathon.org
Skype hilary-walker

VICE PRESIDENT & DIRECTOR OF COMPETITIONS

Name Liesbeth Jansen (*languages: DUTCH-ENG-GER*)
Tel. +31 59 7432972
Mobile +31 62 2490053
E-mail liesbeth.Jansen@iau-ultramarathon.org
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DIRECTOR OF ORGANISATIONS & TRAVELGRANT INFORMATION

Name Jan Vandendriessche (*languages: DUTCH-ENG-FRA*)
Tel. +32 59 27 60 43
Mobile +32 495 26 78 84
E-mail jan.vandendriessche@iau-ultramarathon.org
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DIRECTOR OF COMMUNICATIONS & ANNOUNCER

Name Nadeem Khan (*languages: ENG*)
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DIRECTOR OF PROTOCOL

Name Norman Wilson (*languages: ENG*)
Tel. +44 1452 722720
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EUROPEAN REPRESENTATIVE & DEPUTY DIRECTOR OF PROTOCOL

Name **Paco Rico** (*languages: ESP-ENG-FRA- ITA*)

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

DIRECTOR OF MARKETING

Name **Richard Donovan** (*languages: ENG*)

E-mail richard.donovan@iau-ultramarathon.org



4.0 GENERAL COMPETITION INFORMATION

MIAUC IAU 100K European Championships

Date April 27th 2013

Start time 08h00

Max. time 15H

Course Road

Short description of the course:

This is a 100 kilometres course.

This is a round trip between Belves and Sarlat in the Dordogne's Valley passing at the feet of five castles (Beynac, Montfort, Castelnaud, Fayrac, Les Milandes).

Competition **Men's individual competition**
Women's individual competition
Men's Team Competition
Women's Team competition

Only athletes and teams official entered by their National Federation can compete in this MIAUC.

Each country can send 9 men and 9 women who can compete in this MIAUC

Open Race 100K (race registration: 35 Euros)

Limited runners : NO

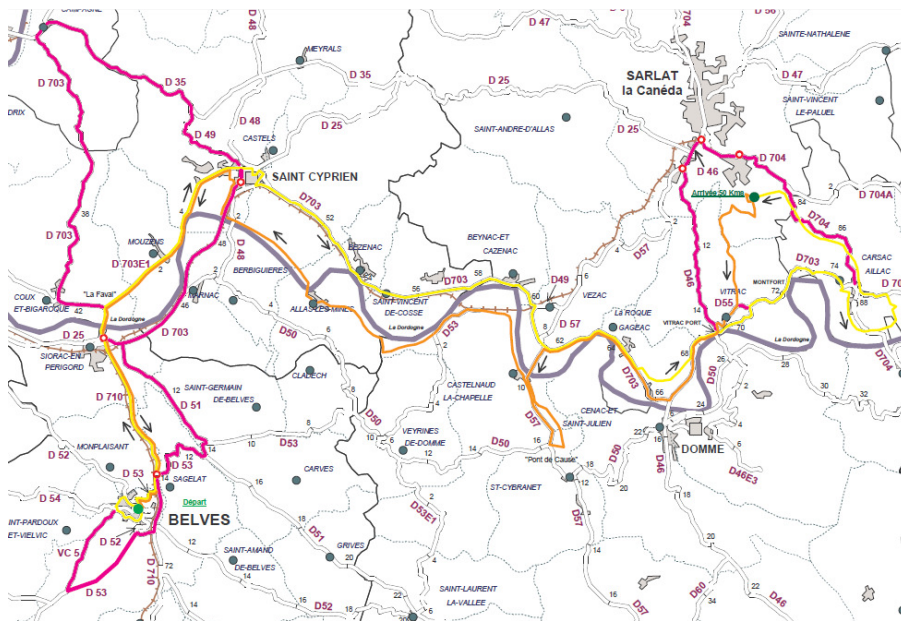
Same course

Start: 08h00 max. 18H

Other races 50 Km race (race registration: 30 Euros)

Start: 08h30

COURSE



Yellow : first 50K (and course of the 50K race)

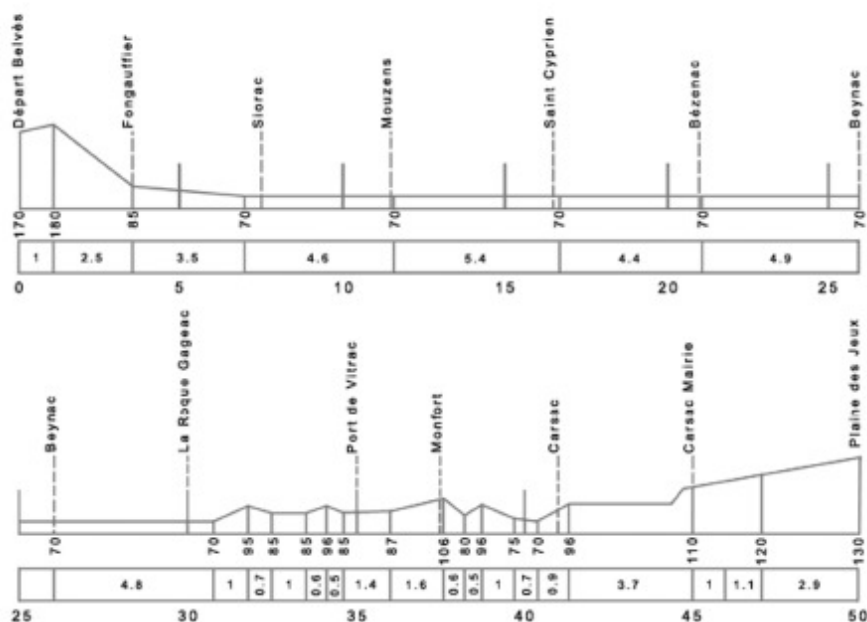
Orange : return 100Km

Red : diversions for traffic (cars)

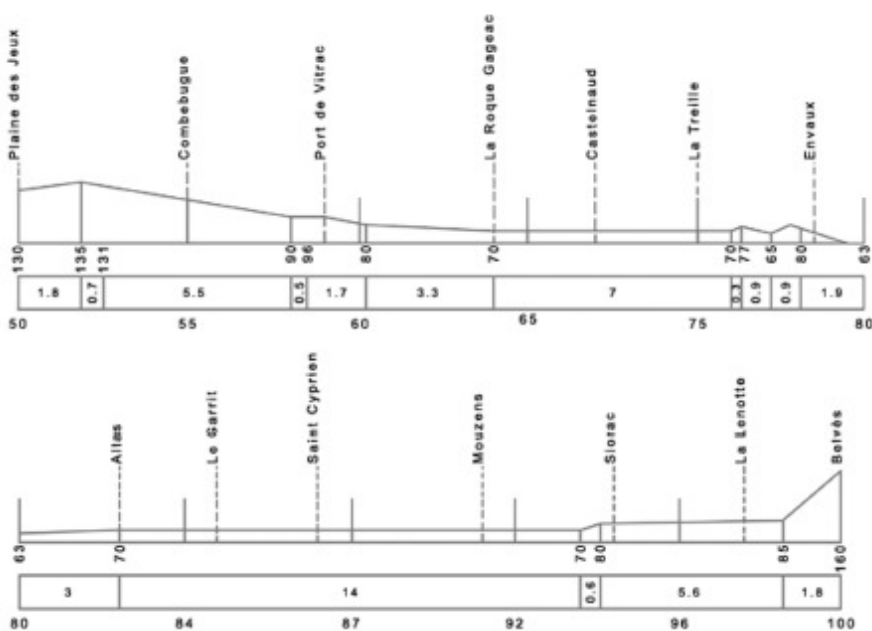
Profile

Total ascent : 253 m
Total descent : 260 m

ALLER BELVES – SARLAT



RETOUR SARLAT – BELVES



Refreshment zones



Refreshment zones	km	Horaires
Siorac en Perigord	8	8H30 – 9H25
Mouzens	11	8H40 – 10h00
Saint Cyprien	16	9H00 – 10H50
Bezenac « Lucco »	20	9H15 – 11H35
Beynac	25	9H35 – 12H30
La Roque Gageac – Ecoles	31	10H00 – 13H30
Vitrac – Port	35	10H15 – 14H15
Monfort	37	10H25 – 14H40
Carsac – salle des fêtes	40	10H35 – 15H10
Carsac - Mairie	45	10H55 – 16H00
Sarlat – Plaine des jeux	50	11H15 – 17H00
Vitrac – Combelongue	55	11H30 – 17H50
La Roque Gageac – Camping	58	11H45 – 18H20
La Roque Gageac – Ecoles	62	12H00 – 19H05
Castelnaud - Camping	67	12H20 – 20H00
Castelnaud – Tournepique	71	12H35 – 21H40
Les Milandes	76	12H55 – 21H35
Allas les mines	81	12H55 – 22H30
Le Garrit	85	13H30 – 23H10
Mouzens	90	13H50 – 00H05
Siorac en Perigord	94	14H05 – 00H45
Fongauffier	98	14H20 – 01H30



5.0 CENTRAL MEETING POINT – HEAD QUARTER LOC

During the entire MIAUC, the HEADQUARTERS of the LOC will be posted on:



***Moulin de la Pique
Lieu-dit de la Pique
24170 BELVES***



LOC HOTLINE's

HOTLINE ACCOMMODATION & TRANSPORTATION :

*Name Martine Le Floc'h
Tel (+33) 6 30 87 07 30*

HOTLINE COMPETITION :

*Name Alain Father
Tel (+33) 6 30 37 64 27*





6.0 PRELIMINARY ENTRY FORM (PEF) AND FINAL ENTRY FORM (FEF)

The PEF and FEF for each federation should be completed and sent **by the DEADLINE date**.



DEADLINE PEF : 9-03-2013

DEADLINE FEF : 1-04-2013



All forms must be sent in digital format to both:

LOC Name : **Jean-Pierre Sinico – Director of LOC**
E-mail : jpsinico@wanadoo.fr

IAU Name : **Hilary Walker – IAU General Secretary**
E-mail : secretary@iau-ultramarathon.org

FFA Name : **Jean Gracia – General Director**
E-mail : International@athle.org



Preliminary Entry Form (PEF)

Each Federation should send a list with the number of athletes, officials and crew members. They will inform also about the way the Travel Grant should be paid. i.e. whether by bank transfer or by cash on site and to whom..

Final Entry Form (FEF)

Each Federation will send the **final** list with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided)

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

7.0 VISA

Passports should be valid at least 6 months after the end of the competition.

The following countries require visas to enter : Albania ALB, Armenia ARM, Azerbaijan AZE, Belarus BLR, Bosnia-Herzegovina BIH, Georgia GEO, F.Y.R. Macedonia MKD, Montenegro MNE, Russia RUS, Serbia SRB, Turkey TUR, Ukraine UKR.

Participants who require a visa should contact the LOC to obtain a special invitation letter by sending an e-mail to international@athle.fr or a fax to +33.1.45.81.40.30 with the following information :

- Full name (first name and family name as shown in passport)
- Gender
- Date of birth
- Home address
- Passport Number and Passport Expiry Date (passports should be valid at least 6 months after the end of the competition)
- Function in the Team (athlete or official)

Please be aware that visa applications require a minimum of 4 weeks working days to be processed.

8.0 TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)



Airport	Name	BORDEAUX MERIGNAC AIRPORT
	Place	BORDEAUX

"Welcome desk" at the airport and transfer to BELVES by bus:

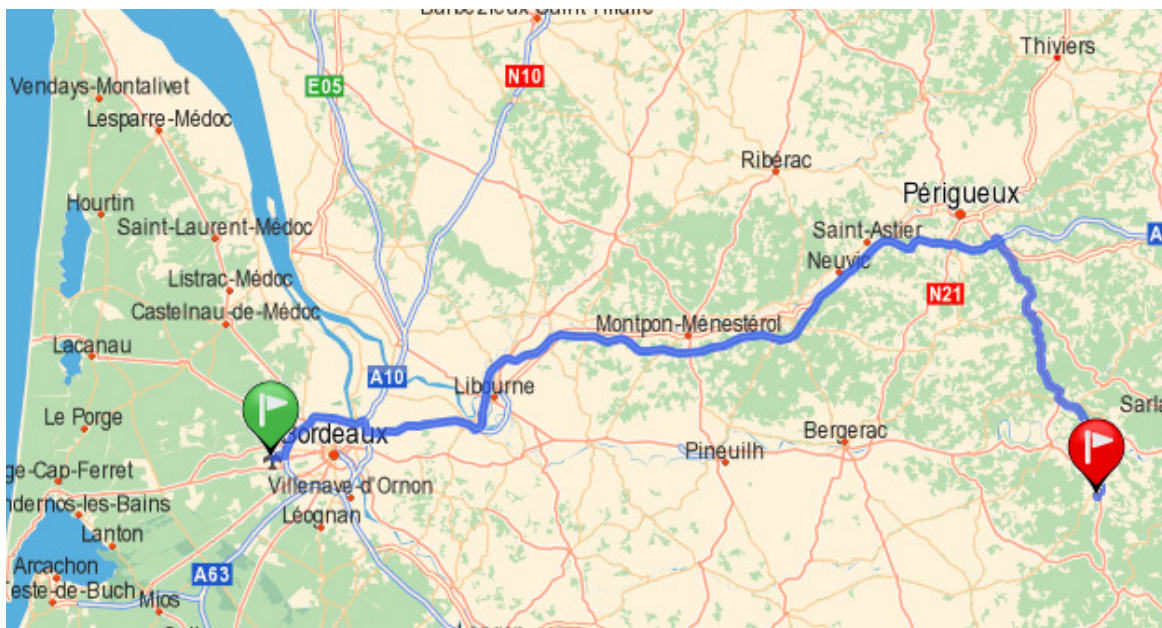
- > approximately 200km
- > from 2:30 hours to 3:00 depending on traffic

The LOC will provide a free shuttle service from BELVES. The departures times of the shuttle are going to be arranged based on the arrival of the delegations.

The free shuttle service will be organized also on Friday (for surveying the course and the opening ceremony) and Saturday (from the accommodation the race).

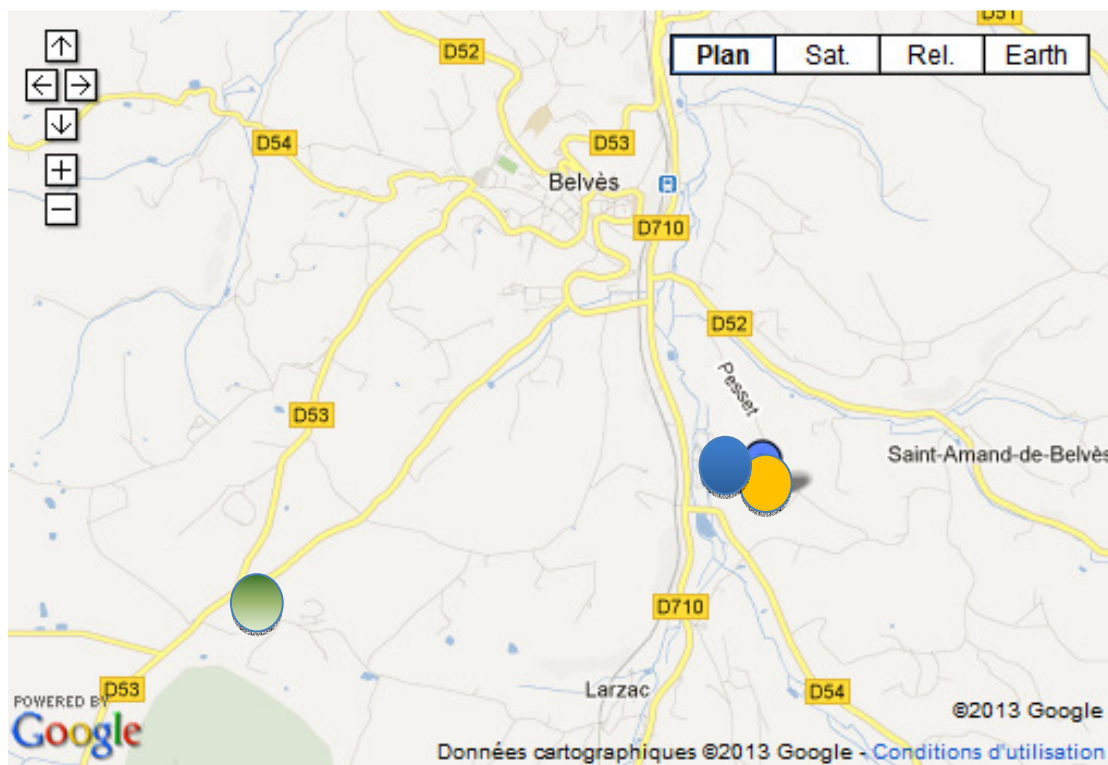
Even on the day of the departure on Sunday, there will be a free shuttle service from accommodation to Bordeaux Airport.

SHUTTLE COSTS for the extra persons : 60 EURO (for all the stay & airport transfer included)



9.0 ACCOMMODATION

ATHLETES VILLAGE (AV)



Le Moulin de la Pique (Lieu dit de la Pique – 24170 BELVES)



Les Hauts de Lastours (« Lastours » 24170 BELVES) :



Les Nauves (Bos Rouge - 24170 BELVES) :

Additional information about the AV:

The Local Organizing Committee (LOC) will offer:

- **full board accommodation**, free of charge,
- for **maximum 3 male and 3 female athletes** per delegation
 - o for a maximum of **3 nights** for delegations who should fly maximum 4 h (from capital to capital)
 - o for a maximum of **4 nights** for delegations who should fly maximum <9 h (from capital to capital)

The accommodation is available for additional nights for **assistants** and **coaches**.

The total amount of accommodation the LOC is required to cater for is a maximum 9 male and 9 female



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



The accommodation will be charged at these rates:

Bed : 15 € (in a mobil-home composed of a room with a double bed and a room with 2 bunk-beds or 2 twin beds)

Breakfast: 5 €

Meal : 15 €

Closing Banquet : 18€



It **IS** possible to use this location to accommodate extra **supporters**.



The cancellation policy:

- free of charge until 20 days before competition day (April 7th 2013)
- maximum 50% charge until 10 days before competition day (April 17th 2013)
- maximum 100% charge the last 9 days before competition day

On the day of arrival all teams will receive a detailed invoice of their accommodation costs.

Complaints, if any, must be made before Thursday 25th April 20:00h.

The accommodation costs should be paid at the occasion of the payment of the Travel Grants.

Upon arrival in the ATHLETES VILLAGE, each team leader will be given this General Information Sheet (GIS), a questionnaire for the Technical Meeting, the timetable of the MIAUC and if required a timetable of the shuttle busses.

FOOD & FOOD SCHEDULE

In general:

- *Dinner on Thursday, April 25th, 2013 and Friday, April 26th, 2013*
- *Lunch on Friday 26th, 2013*
- *Breakfast on Friday April 26th, Saturday April 27th, Sunday April 28th 2013*

The **PASTA PARTY is FREE** for all athletes entered by their National Athletics Federation and is scheduled Ceremony on "Place de la Liberté"

10.0 COURSE SURVEY

Time: 9h – 12h00 (FRIDAY) –just one person for a team

A bus service will be available from the accommodations. Departure will be communicated in the information flyer at arrival.



11.0 TECHNICAL MEETING



Place Club House CAB
Les Plaines
24170 BELVES

Day Friday April 26th 2013
Time 14:30

A bus service will be available from the accommodations. Departure will be communicated in the information flyer at arrival?
All teams will receive the day of their arrival a brochure with all the Technical guidelines / rules specific for this Championship.

12.0 PAYMENT OF THE TRAVELGRANTS

The payment of Travel Grants will be done on Friday morning.

13.0 OPENING CEREMONY

Place Place de la Liberté
Day Friday April 26th 2013
Time 16h45 (teams arrival)
17h00 (start ceremony)
Transport Organised by the LOC

Followed by the Welcome Cocktail and the PASTA-PARTY which starts at 18:30

14.0 RACE INFO

Specific details can be found in the brochure of the TECHNICAL MEETING
(IAU-appendix E: Technical meeting for the organisation of an MIAUC)

15.0 CLOSING CEREMONY

Place Place de la Brèche
Day Saturday April 27th 2013
Time 18:30
Transport Organised by the LOC

Followed by Closing Banquet

16.0 WEATHER CONDITIONS

The average weather conditions in the past 5 years:

Max. Temperature 26.2°C
Min. Temperature 8.2°C



17.0 GENERAL TIME SCHEDULE OF THIS MIAUC

Thursday, April 25th

Arrival of the first teams

Friday, April 26th

09h - 12h : Course Survey
10h30 : Payment of the Travel Grants
12h30 : Lunch
14h30 : Technical meeting
16h00 : Press Conference
17h00 : Opening Ceremony
18h00 : Welcome Cocktail
19h00 : Pasta-party – Place de la Brèche

Saturday, April 27th

08h00 : 100km European Championships Start
18h30 : Awards Ceremony
Time to be determined : Closing Banquet - Traditional Meal

Sunday, April 28th

Time to be determined : Breakfast
Airport return of the teams