



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

General Information Sheet

24th IAU 100Km World Championships
"Under the Patronage of the IAAF"

19th IAU 100km European Championships
"Under the Patronage of the EA"

WMA 100Km World Championships

GIBRALTAR,
November 7th, 2010



GENERAL INFORMATION SHEET



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1.0 WELCOME

Gibraltar is an Overseas Territory of the United Kingdom situated in the south of the Iberian Peninsula.



More information : www.gibraltar.gov.gi



2.0 NATIONAL ATHLETICS FEDERATION

CONTACTDETAILS NATIONAL ATHLETICS FEDERATION

Country GIBRALTAR
Name GIBRALTAR Amateur Athletics Association
Address 6E RIESLING, VINEYARDS, GIBRALTAR

Tel. +350 2007 4915
Fax +350 2004 2398
E-mail francar@gibtelecom.net
Website www.gaa.com

President Mr. Frank Carreras



3.0 LOCAL ORGANIZING COMMITTEE (LOC)

CONTACTDETAILS LOC

Gibraltar Sports and Leisure Authority

E-mail vicstad@gibtelecom.net Website www.gibraltargov.gi
joe.hernandez@gsla.gi

PRESIDENT

The Hon Edwin J Reyes, Minister for Sport and Leisure

Tel. +350 2007 8256
E-mail vicstad@gibtelecom.net

SECRETARY

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DIRECTOR OF COMMUNICATIONS

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DIRECTOR OF TRANSPORTATION

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4.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

WEBSITE: www.iau-ultramarathon.org

IAU GENERAL SECRETARY

Name Hilary Walker
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DIRECTOR OF COMMUNICATIONS

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5.0 WORLD MASTERS ATHLETICS (WMA)

VICE PRESIDENT NON STADIA (and WMA liason for this competition)



Name Brian Keaveney
Mob +1 416 605 84 78
E-mail masters@sympatico.ca



SECRETARY



Name Winston Thomas
Tel. +44 1442 275 805
E-mail winston.thomas1@virgin.net



6.0 GENERAL COMPETITION INFORMATION



MIAUC **IAU 100KM World Championships**
IAU 100KM European Championships

Date **November 7th, 2010**
Start time **06:30 Hr**
Max. time **11 hrs**

Course **ROAD**

Short description of the course:

Start from Port area on main road (asphalt), stay on main roads turning north and then south follow city walls into industrial estate, up a small hill and turn north on main road, then down a short hill and onto main road, then turn to go south and repeat most of the route seven times. Finish line at end of 300m straight. See course map Page 7. Further details of the course will be provide in the Technical Documents which will be made available at a later date

Profile Total of + meters **10m**
Total of - meters **10m**

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.

Every country can send up to 9 men and 9 women to compete in this MIAUC.

Open race **NO**

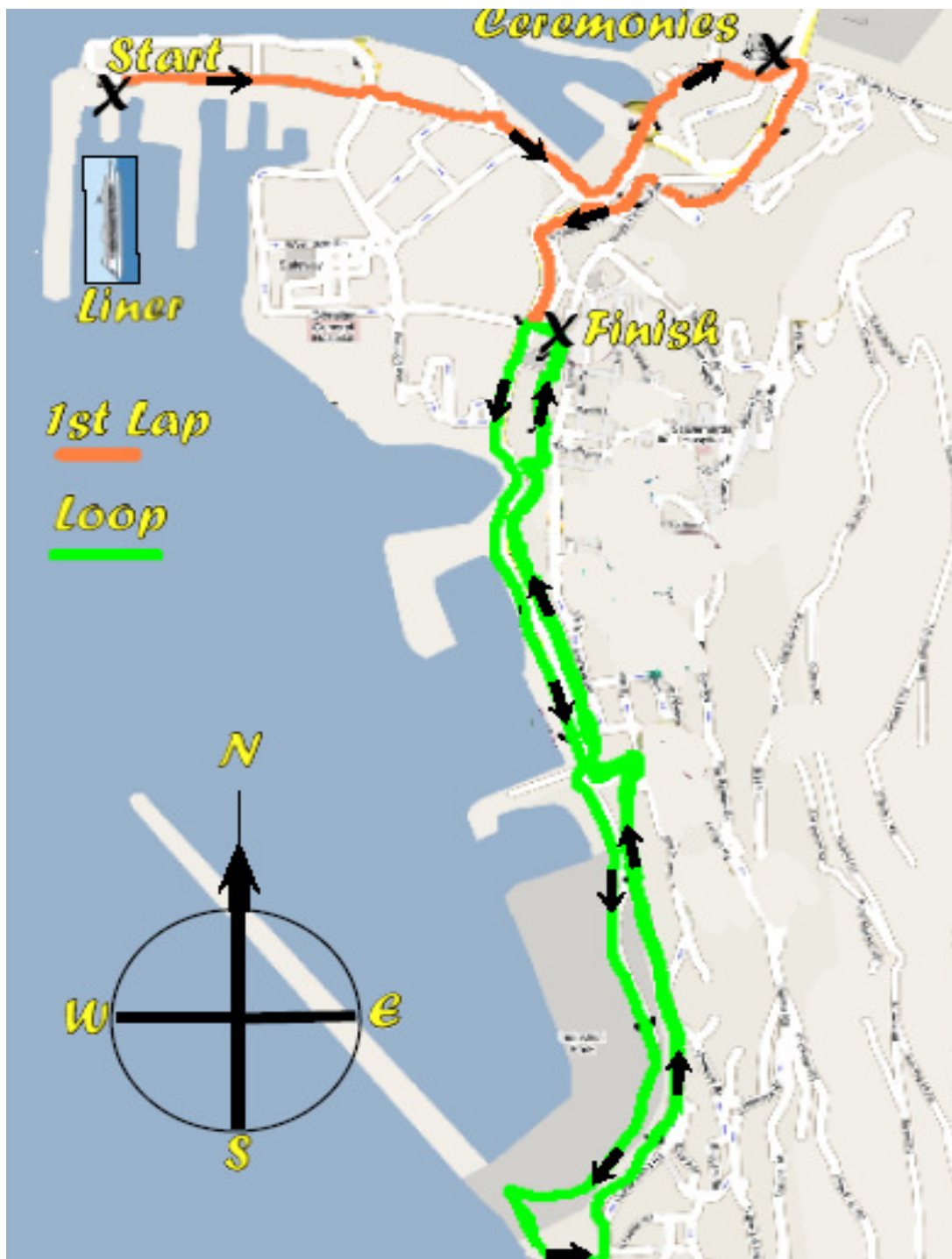
Other races ***WMA 100 KM World Championships***

This year the event will not only be the IAU 100 km World Championships and the IAU 100km European Championships but will also include the WMA 100 km World Championships for the various age groups.

Athletes wishing to take part in the WMA competition need to ensure that they correctly observe the WMA entry procedure (including payment of the appropriate entry fee). PEFs and FEFs will be available through the GAAA's website dedicated to this event.

Members of the National Teams who are entered by their National Federation for the IAU Championships and who want also to take part in the WMA competition should send a separate email to inform the LOC. Those athletes must also pay the normal entry fee for this WMA competition and use the WMA entry procedure as well as the FEF for the IAU competitions.

RACE COURSE





7.0 PRELIMINARY (PEF) AND FINAL INFORMATION (FEF) FORMS

The PEF's and FEF's should be completed and sent, **before the DEADLINES.**



DEADLINE PEF's : August 20th

DEADLINE FEF's : September 17th



All forms must be sent by fax and/or in digital format to:

IAAF Name : Pierre Weiss
E-mail : pierre@hq.iaaf.org
Fax : +377 93 15 95 15

MF Name : GAAA
E-mail : francar@gibtelecom.net

LOC Name : Gibraltar Sports and Leisure Authority
E-mail : vicstad@gibtelecom.net
Fax : +350 2004 2749

IAU Name : Hilary Walker, IAU Secretary
E-mail : secretary@iau-ultramarathon.org

WMA Through GAAA website

Preliminary entry form

Each Federation will be asked to send in the expected numbers of male and female athletes, officials and other supporters, together with details of how the costs will be paid.

Final entry form

With the final entry form, each Federation will send the **final** list with the names of their athletes, dates of birth, sex and current personal bests for 100K 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.



8.0 VISA

Any foreign visitor wishing to visit GIBRALTAR should have a valid passport
a Participants travelling through UK

In the case of participants travelling to Gibraltar via the United Kingdom, currently the only direct air link, **visas are required** for nationals from the following countries:-



Afghanistan	Ghana	Peru
Albania	Guinea	Palestinian Auth.
Algeria	Guinea Bissau	Philippines
Angola	Guyana	Qatar
Armenia	Haiti	Russia
Azerbaijan	India	Rwanda
Bahrain	Indonesia	Sao Tome & Principe
Bangladesh	Iran	Saudi Arabia
Belarus	Iraq	Senegal
Benin	Ivory Coast	Serbia
Bhutan	Jamaica	Sierra Leone
Bosnia-Herzegovina	Jordan	Somalia
Burkina Faso	Kazakhstan	South Africa*
Burma (Myanmar)	Kenya	Sri Lanka
Burundi	Korea (Dem. People's Rep)	Sudan
Cambodia	Kosovo	Surinam
Cameron	Kuwait	Syria
Cape Verde	Kyrgyzstan	Tajikistan
Central African Republic	Laos	Tanzania
Chad	Lebanon	Thailand
China-Peoples Republic of	Liberia	Togo
Colombia	Libya	Tunisia
Comoros	Macedonia	Turkey
Congo-Democratic Rep. Of	Madagascar	Turkmenistan
Cuba	Malawi	Uganda
Cyprus, northern part of	Mali	Ukraine
Djibouti	Mauritania	United Arab Emirates
Dominican Republic	Moldova	Uzbekistan
Ecuador	Mongolia	Vatican City (serv. & emergency passports only)
Egypt	Montenegro	Vietnam
Equatorial Guinea	Morocco	Yemen
Eritrea	Mozambique	Zambia
Ethiopia	Nepal	Zimbabwe
Fiji	Niger	
Gabon	Nigeria	
Gambia	Oman	
Georgia	Pakistan	



(IN ANY CASE IT IS RECOMMENDED THAT, IF IN DOUBT AS TO VISA REQUIREMENTS, CONTACT BE MADE EITHER WITH THE NEAREST BRITISH EMBASSY OR CONSULATE OR WITH THE LOC, WELL IN ADVANCE.)



b) Participants traveling through Spain



In the case of participants traveling to Gibraltar via Spain it is necessary to acquire not only the VISA for Gibraltar, as per above but also a Schengen multi-entry VISA, for which you would need the nearest Spanish Embassy or consulate.



NOTE: The above information regarding VISA requirements is accurate at the time of publication but may have changed since that date.



9.0 TRAVEL INFORMATION & TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)

Gibraltar Airport is serviced by the following airlines on a daily basis:



British Airways – from London Heathrow
Easyjet – from London Gatwick
Monarch – from London Luton



The nearby airports in Spain, within a travel distance by car of approximately 2 1/2 hours are:



Malaga – serviced by most airlines – 1 ½ hours distance
Jerez - serviced by a number of airlines – 1 ½ hours distance
Seville – serviced by a number of airlines – 2 ½ hours distance

Travel from these Spanish airports to the Shuttle Service Desk at the Gibraltar Airport is available in Spain through public services (not rail) or may be arranged directly with a Gibraltar Travel Operator.

There are bus services from Malaga Bus Station (take bus from Malaga airport to Malaga bus station) to La Linea Bus Station which is 5 mins walk from the border with Gibraltar. Times to be found at <http://www.gomarbella.com/costadelsolbuses/malagabusstation.pdf> - or are there better links??

**Airport – Gibraltar Airport,
Winston Churchill Avenue, Gibraltar**

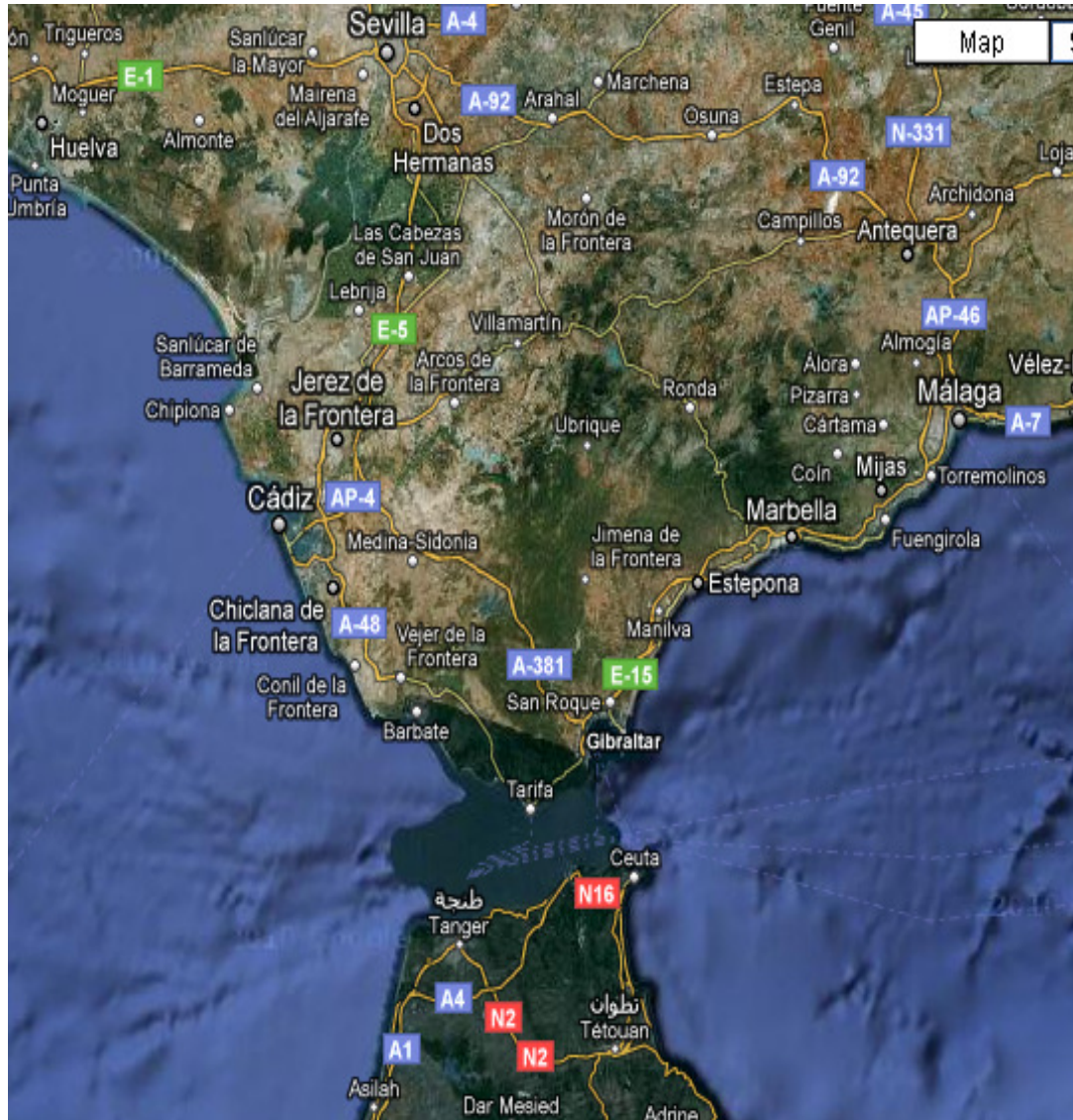
Distance to Athletes Village – 2kms (10 minutes)

A **reception desk** will be available at the **Shuttle Service Point**, situated at the Gibraltar Airport, which is 100m away from the Gibraltar/Spain land Frontier.. This will be clearly signposted.

A **shuttle bus service** will be available to the accommodation and/or Accreditation Centre (if separate). If the shuttle service is required before the Athletes Village is available the service will be provided to the first place of accommodation and from there to the Athletes Village, and return as required.

A **reception desk** will operate at the Athletes Village

LOCATION MAP





10.0 ACCOMMODATION

ATHLETES VILLAGE (AV)



Additional information about the AV:

All the delegations will be accommodated in the **MV Princess Danae (a Cruise Liner)** <http://www.caribbean-cruise-lines.com/Cruise-Ships/MV-Princess-Danae.html> to be docked in Gibraltar for 3 nights from **5th November** (arrival) until **8th November** (departure). The earlier the return of the FEF, the greater the chance that all persons of your delegation will be accommodated in the preferred rooms etc.

The Organizing Committee will offer:

- a **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
 - o for a maximum of **4 nights** for delegations who should fly maximum <9 h
 - o for a maximum of **5 nights** for delegations who should fly minimum 9 h

Accommodation for the 4th and 5th nights will be in another location and NOT the Cruise Liner.

The accommodation on the cruise liner is **ONLY available for the nights of 5th, 6th and 7th November and** may be available for other athletes and members of the Official Delegation above the numbers below for those three nights.

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

The LOC can offer accommodation for the rest of the delegation but is not obliged to do it. In that case they will provide these delegations with a list with all available accommodations in the area. **Will WMA athletes also be able to stay on the AV?**

Accommodation for delegations in the AV : **This will be on a full board basis only.**

Most, if not all, the accommodation will only be available in twin/double rooms and will be charged at a rate of £70.00 (sterling) per person per night (p.p.p.n.)

Single occupancy will be at a rate of £80.00 (p.p.p.n.)

In the event that it may be necessary to have to provide triple or quadruple rooms, at the LOC's discretion, a reduction of £10ppn will be allowed.

Extra nights, outside the Athletes Village, in 2 or 3 star accommodation will be charged at the rate of £50 pppn, **IS this still full board?**

On a first come first in basis, it will be possible to accommodate a number of participants requiring extra nights at the Gibraltar Retreat Centre, which will be charged at £30 pppn.

Is this still full board? Most of the accommodation is only available in twin/double rooms. Single occupancy will be charged a supplement of £20 pppn.

It is not possible to use this (which?) location to accommodate extra supporters !!



The cancellation policy (For Official accommodation only)

- free of charge until October 8th
- maximum 50% charge (**) from October 9th to October 24th
- maximum 100% charge (**) after October 24th



(**) this charge will be based on the costs for B&B accommodation.



All accommodation costs should be paid on arrival
(=before the payment of the Travel Grants)



This can be done:

- By Bank Transfer at least one week prior to the race.
Bank Transfer will be accepted only in Sterling.
All fees derived from the bank transfer will be paid by the sender.
 - **Bank account: 47529296**
 - **Sort Code: 60-60-60**
 - **IBAN code: G192NWBK060606047529296**
 - **SWIFT BIC: RBOGIGI**

- **Cash: Sterling only**

At current rates £1 = \$1.50 = 1.20 € approximately

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 necessary an timetable of the shuttle busses.

Accommodation for extra supporters :

Bristol Hotel – 8/10 Cathedral Hotel – Tel. 00350 200076800 – www.bristolhotel.gi

Caleta Hotel – Catalan Bay – Tel. 00350 20076501 – reservations@caletahotel.gi

Cannon Hotel – 9 Cannon Lane – Tel. 0034 20051711 – Fax 20051789

O’Callaghan Elliott Hotel – 2 Governor’s Parade – 00350 20070500 – Elliott@ocallaghanhotels.com

Queens Hotel – 1 Boyd Street PO Box 99 – Tel. 00350 20074000 – www.queenshotel.gi

Rock Hotel – 3 Europa Road – Tel. 00350 20073000 – www.rockhotelgibraltar.com

FOOD & FOOD SCHEDULE

In general:

ALL meals in the AV, on board the Cruise Liner MV Princess Danae, including Breakfast. For the nights spent in alternative accommodation prior/after the stay in the Athletes Village meals will be arranged, for those entitled to Full Board, by the LOC at the accommodation or suitable venue.

During the race meals will be provided for athletes at the feeding stations and for coaches, delegates etc at the hospitality area adjacent to the Finish Line.

The **PASTA PARTY is FREE** for all athletes entered by their National Athletics Federation and is scheduled at : Saturday 6th November from 7:00 pm to 9:00 pm at MV Princess Danae (Athletes’ Village).



11.0 TECHNICAL MEETING

Place MV Princess Danae (Athletes Village)
Day Saturday November 6th 2010
Time 2 pm till 3 pm



All teams will receive, the day of arrival, a brochure with all the Technical guidelines/rules specific for this MIAUC

12.0 PAYMENT OF THE TRAVELGRANTS

The payment of the Travel Grants is scheduled right after the TECHNICAL MEETING, see details under point 10.0.(Technical Meeting).

13.0 OPENING CEREMONY

Place Tercentenary Sports Hall, Bayside Sports Centre
Day Saturday, November 6th 2010.
Time 5pm (gathering of delegations at 4.30 pm for the beginning of the Ceremony)
Transport The transport of delegations will be assured by the LOC

Followed by the PASTA-PARTY at the Athletes village (MV Princess Danae)

14.0 IAU CONGRESS

A suitable venue will be provided by the LOC, within the Athletes Village, for the IAU Congress. This will be held at 10am on Saturday, November 6th.

15.0 RACE INFO

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

16.0 CLOSING CEREMONY

Place Tercentenary Sports Hall, Bayside Sports Centre
Day Sunday, November 7th 2010
Time 08:30 pm
Transport Will be organized by the LOC from the AV as from 7:45 pm and back to the AV after the Ceremony.

Info A CELEBRATION drink and dinner will FINISH the ceremony at the Athletes Village (MV Princess Danae), at approx 10pm



17.0 WEATHER CONDITIONS

The average weather conditions in the past 5 years:



Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
16°C	16°C	17°C	19°C	21°C	24°C	27°C	27°C	26°C	22°C	19°C	16°C
10°C	11°C	11°C	12°C	14°C	17°C	19°C	20°C	19°C	16°C	13°C	11°C

18.0 GENERAL TIME SCHEDULE OF THIS MIAUC

Thursday, Friday and Saturday arrival of the delegations

Saturday, November 6th

10.00 am : IAU Congress in AV

2:00 pm : technical meeting and payment of the travel grants in AV

4:30 pm : opening ceremony and parade of delegations;

5:00 pm : official ceremony in Tercentenary Sports Hall, Bayside Sports Centre

7:00 pm : Pasta Party in MV Princess Danae

(Transport will be provided to and from the AV)

Sunday, November 7th

06.30 am – Race starts from outside Athletes Village, Waterport Road, North Mole

6.30 pm : end of the course at Reclamation Road (under American War Memorial)

8.00 pm : closing ceremony at Tercentenary Sports Hall, Bayside Sports Centre

(Transport will be provided to and from the AV)

19.0 TOURIST INFORMATION

Tourist documentations will be available on welcome desk in Athletes Village site and in Tourist Office near the competition site