

PENCAMPWRIAETHAU RHEDEG
MYNYDD Y BYD



SEPTEMBER 2015

Betws-y-Coed, North Wales

TEAM MANUAL

Principal Partner



a DB company | un o gwmnïau DB





CONTENTS

- 1. EVENT PROGRAMME**
- 2. ARRIVALS**
- 3. GENERAL INFORMATION**
- 4. ACCREDITATION**
- 5. EVENT INFORMATION AND ADMINISTRATION**
- 6. ACCOMMODATION**
 - 6.1 Costs and WMRA Quota*
- 7. TRANSPORT**
 - 7.1 Airport Transfers*
 - 7.2 Event transport*
- 7.2 Event Transfers**
- 8. COMPETITION REGULATIONS**
 - 8.1 Participation*
 - 8.2 Scoring*
- 9. TECHNICAL INFORMATION**
 - 9.1 Course Information*
 - 9.2 Course Visit*
 - 9.3 Technical information Centre*
 - 9.4 Technical Meeting*
 - 9.5 Competition Numbers*
- 10. COMPETITION PROCEDURE**
 - 10.1 Call room procedures*
 - 10.2 Starter commands*
 - 10.3 Refreshment stations*
 - 10.4 Timing*
 - 10.5 Baggage*
 - 10.6 Protests and Appeals*
 - 10.7 Doping Control*
- 11. INTERNATIONAL MOUNTAIN RUNNING COACHES FORUM**
- 12. MEDICAL SERVICES**
- 13. SECURITY**
- 14. CEREMONIES**
 - 14.1 Opening ceremony*
 - 14.2 Flower ceremony*
 - 14.3 Closing and victory ceremony*
 - 14.4 Closing banquet*
- 15. DEPARTURE**
- 16. ORGANISATION STRUCTURE AND LOCAL CONTACT DETAILS**
- 17. APPENDICES**

1. EVENT PROGRAMME

DATE	EVENT	LOCATION	TIME
Tuesday 15th September			
15.09.15	Elite athlete school visits	TBC	TBC
15.09.15	Berghaus film screening and talk with Steve Birkinshaw	Memorial Hall, Betws-y-Coed	18:00-20:00
15.09.15-18.09.15	World Championships Registration open	St George's Hotel, Llandudno	All Day
Wednesday 16th September			
16.09.15	Arrival of non-European teams	Manchester Airport	All Day
16.09.15	Elite athlete school visits	TBC	TBC
16.09.15	Open Race 2: Moel Siabod (up only)	Siabod Café, Capel Curig	16:00
16.09.15	Siabod Café film screening and talk	Siabod Café, Capel Curig	18:00-20:00
Thursday 17th September			
17.09.15	Arrival of European Teams	Manchester Airport	All Day
17.09.15	Elite athlete school visits	TBC	TBC
17.09.15	Course inspection (non-European elite)	Betws-y-Coed Green	08:30-12:30
17.09.15	Salomon film screening and talk	Memorial Hall, Betws-y-Coed	18:00-20:00
17.09.15	International Mountain Running Coaches Forum	St George's Hotel, Llandudno	19:00-21:00
Friday 18th September			
18.09.15	Course inspection	Betws-y-Coed Green	08:30-12:30
18.09.15	WMRA Congress	St George's Hotel, Llandudno	09:00-12:30
18.09.15	World Mountain Running Championships opening ceremony	Venue Cymru, Llandudno	13:30-14:30
18.09.15	Press conference and TV interviews	Venue Cymru, Llandudno	14:30-15:30
18.09.15	Technical meeting	St George's Hotel, Llandudno	15:30-17:00
18.09.15	VIP Reception	St George's Hotel, Llandudno	18:00
Saturday 19th September			
19.09.15	British and Irish Junior International	Betws-y-Coed, Green	09:00-11:00
19.09.15	World Mountain Running Championships Junior Women	Betws-y-Coed, Green	11:15
19.09.15	Junior Men	Betws-y-Coed, Green	12:00
19.09.15	Senior Women	Betws-y-Coed, Green	13:00
19.09.15	Senior Men	Betws-y-Coed, Green	14:00
19.09.15	Open Race 3: World Championship course (8km/10km loop)	Betws-y-Coed Green	15:00
19.09.15	World Mountain Running Championship Closing Ceremony	Venue Cymru, Llandudno	19:30
Sunday 20th September			
20.09.15	Social run	Royal Oak Hotel, Betws-y-Coed	10:30am
20.09.15	Team departures	Llandudno	All day

2. ARRIVALS

By Air

Manchester Airport is the nearest airport for the World Mountain Running Championships.

A free transfer service for the teams will be provided from this airport to Llandudno on Wednesday 16th and Thursday 17th September only. The transfer time is approximately 1 hour 30 minutes.

The free return service will operate to Manchester Airport on Sunday 20th September.

All teams will need to submit a preliminary entry form (PEF) and then a final entry form (FEF). The PEF should include final details of your team's travel plans.

By Road

Llandudno is the location official team accommodation and can be accessed via The A55 coastal 'Expressway' links in seamlessly with the motorway network from the North West. From the Midlands and South of England use the M6, M5 and M1. For a scenic route from the Midlands take the A5 via Shrewsbury and Llangollen.

Betws-y-Coed (the location of all competitions) is situated on the junction of the A470/A5 trunk roads. The village has direct access from the North West via the M56 and A55 Expressway. The A5 connects Betws-Y-Coed to the Midlands and the motorways linking North Wales to the South of England.

By Train

Trains on the main line from Chester and Manchester stop at Llandudno Junction where you then take a short train to Llandudno where the team accommodation is based.

Insurance

All participating teams will be responsible for providing their own travel insurance for the duration of their stay in the UK.

Visas

Visas will be processed as and when required by the UK Visa and Immigration Office. Applications will be facilitated through British Athletics.

3. GENERAL INFORMATION

Welcome To Wales

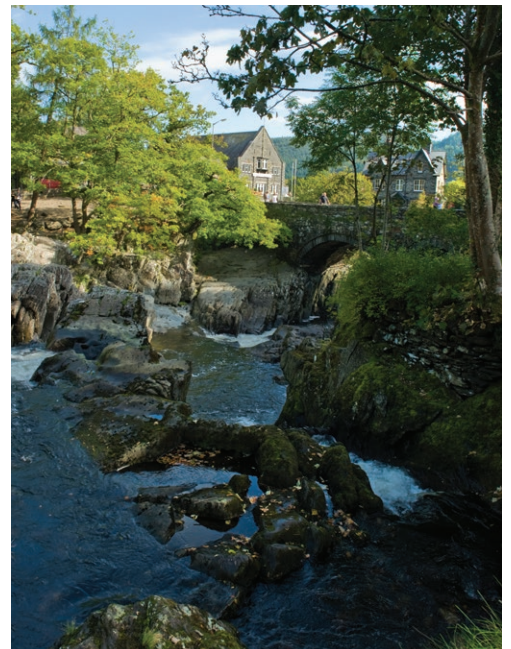
Wales is a place of natural drama; from the country's beaches to walking its mountain ranges. The nation's history is told through its ancient monuments and museums. While the bold 21st century Wales is there for everyone to enjoy on a short break in one of Wales' cities, to explore or get active in this wonderful natural playground is a brilliant opportunity.

Visitors to the World Mountain Running Championships in Wales will have access to the many possibilities as outlined. Above all though, this is about sport, and the wonderful sport of mountain running, and where better than amongst some of the most dramatic scenery, terrain and vistas that the UK has to offer.

Llandudno, situated less than 20 miles away from Betws-Y-Coed, the location for much of the week-long activity, offers ample accommodation opportunities and a pleasant base to explore Snowdonia and the surrounding North Wales countryside.



Betws-y-Coed



Betws-y-Coed

Llandudno

The town is known as the "Queen of the Welsh Resorts" which reflects the superbly maintained Victorian buildings which line its promenade. Nestled between the two headlands of the Great Orme and Little Orme, Llandudno began to be developed in 1857 as a holiday destination for wealthy Victorians. It has been voted the 3rd best UK destination by Trip Advisor and still boasts the longest Victorian pier in Wales. Llandudno plays host to the opening and closing ceremony for the World Championships.

Betws-y-Coed

Easily accessible from Llandudno by train, Betws-y-Coed is the base for the world championship races, as well as hosting the previous weekend world masters mountain running championships.

The picturesque mountain resort of Betws-y-Coed, recently declared the official "gateway village to Snowdonia". Set amongst woods and riverbanks on the edge of this internationally renowned area of outstanding natural beauty, there is an abundance of outdoor activities to pursue in the area and consequently you will always find a variety of outdoor enthusiasts enjoying some time in the village which has a wonderful alpine feel. Betws y Coed has been consistently popular since Victorian times.

It was a hub of artistic activity during the 1800s and became known as the first artists' colony in Britain. The village's many attractions include the 14th century church of St Michael's, the famous Swallow Falls, railway museum and a range of unique shops. This magical setting has a distinctly Alpine feel enhanced by the dense Gwydyr Forest surrounding Betws-y-Coed.

4. ACCREDITATION

Upon arrival in Llandudno, accreditation for all team members can be collected from the accreditation and event information desk at the St. George's Hotel (www.stgeorgeswales.co.uk).

Accreditation must be worn at all times by team members. Accreditation will allow access to the competition venue, team hotel and transportation.

Lost accreditation should be reported as soon as possible so that a replacement can be provided. Teams can collect their accreditation between the following times:

Wed 16th: 12 noon-8pm

Thurs 17th: 8am-8pm

Friday 18th: 8am-8pm

5. EVENT INFORMATION

The Event Information and Accreditation desk will be based in a downstairs suite in the St George's Hotel, Llandudno.

All teams should report here upon arrival for their information packs and at any other time in order to ask any questions about the event and organisation.

6. ACCOMMODATION

Accommodation for all teams will be arranged in the beautiful town of Llandudno, the largest coastal resort in Wales. Accommodation is in a range of hotels throughout Llandudno although all are within easy walking distance of the HQ.

The St. George's Hotel (www.stgeorgeswales.co.uk) on the promenade will serve as the Championship base hotel and HQ where the Event Information and accreditation office will also be located alongside the International Mountain Running Coaches Forum.

Accommodation is full board (including a packed lunch). Additional rooms for friends and family can be booked via the local Tourist Information Centre +44 1492 577577 or llandudnotic@conwy.gov.uk.

The opening and closing ceremonies will be held in Venue Cymru, the only purpose built theatre, conference and exhibition venue in Wales which is also conveniently located on the promenade, a short walk from the hotel.

6.1 Costs and WMRA Quota

The LOC pays for the accommodation and the meals as follows:

- Non-European teams: from Wednesday 16th September (dinner) until Sunday 20th September (breakfast).

- European teams: from Thursday 17th September (dinner) until Sunday 20th September (breakfast)

The same applies to officials within the following limits:

Teams of 1 to 5 Athletes: 1 Official

Teams of 6 to 10 Athletes: 2 Officials

Teams of 11 to 17 Athletes: 3 Officials

Any other person coming with the team to the WMRC must also be indicated along with the names of the team members. The accommodation costs per person per day are:

Half or full-board double/triple room £60.00. All payments must be made before the arrival, according to

LOC communications. Transfer from and to Manchester International airport will be free.

6.3 International Travels / Travel Grant

Teams are responsible for organising and paying for their travel.

Following its policy, the WMRA (with the financial support of the IAAF) will provide a travel grant for which each invited team will receive individually the proposed amount and its conditions.

The refund of the travel grant will be done, on site, in cash, to the team leader (unless a Federation specifically requests the relevant amount to be sent by bank transfer) by a WMRA representative.

If a Member Federation has not paid its 2015 Affiliation Fee to the WMRA, the fee amount will be deducted from the travel grant.

7. TRANSPORT

7.1 Airport Transfers

A free airport transfer service will be provided between Manchester Airport and Llandudno according to the flight schedules submitted by all teams.

Further information will be available at the Event Information desk at the St George's Hotel during the week.

7.2 Event Transport

Transport between the event location in Betws-y-Coed and the team accommodation in Llandudno will be provided by the local organising committee throughout the week.

A full timetable and detail on pickup and drop-off locations will be provided in due course to all teams. It will also be displayed throughout the week at the Event Information desk at the St George's Hotel.

8. COMPETITION REGULATIONS

8.1 Participation

Every WMRA member may enter one team for each event.

Size of the teams:

- Senior Men race: no more than six athletes.
- Senior Women and Junior Men races: no more than four athletes.
- Junior Women race: no more than three athletes.

Ages:

- Junior races: can participate athletes born in 1996 – 1997 – 1998 – 1999.
- Senior races: can participate athletes born in 1997 and before (junior athletes cannot compete in both races: they shall run either junior or senior race).

Citizenship:

It is reminded that the WMRA Regulations for this competition (clause 4.1.4) say: "WMRA Members shall be



represented only by citizens of the country the affiliated member represents [...] Exceptions are accepted for the teams representing a country with less than 50,000 inhabitants and at the condition that these athletes can prove that they are resident in the country for at least 5 years at the date of the competition”.

8.2 Scoring

Each race shall be scored separately.

There will be:

- A classification for the Junior Women Race (2 fastest athletes counted).
- A classification for the Senior Women Race (3 fastest athletes counted).
- A classification for the Junior Men Race (3 fastest athletes counted).
- A classification for the Senior Men Race (4 fastest athletes counted).

Teams shall be classified according to their scores: the winner of the race gets one point, the second gets two points and so on. In each race the Team with the lowest score will be declared the winner.

A tie shall be decided in favour of the team whose last scoring athlete finishes nearest to the first place.

No adjustments to teams' places shall be made in respect of non-scoring team members.

8.3 Competition Entry Procedures

Preliminary entries shall be sent, in electronic format, to pierre@iaaf.org and to the LOC (alun.pritchard@conwy.gov.uk) by 19 July 2015 (3 months in advance); in preliminary entries form (PEF) the number of the team members and provisional information about the travel shall be indicated.

Final entries shall be sent, in electronic format to pierre@iaaf.org and to the LOC (alun.pritchard@conwy.gov.uk) by 2 September 2015 (17 days prior to WMRC day); the final entries form (FEF) shall indicate the names of the athletes, their year of birth and their nationality, the names of officials and their gender.

Final Confirmation: Team Leaders must confirm the names of the competitors already entered who will actually take part to the competition. Forms for the final confirmation will be distributed to each team during accreditation.

These forms must be completed and returned to the Competition Information Desk (St George's Hotel) immediately or no later than 12:00 on Friday, 18 September 2015.

9. TECHNICAL INFORMATION

9.1 Course Information

- Lap: 4.2km
- Initial part: 0.35km
- Finish part: 0.15km
- Elevation gain: 239m per lap
- Lowest point: 20m (at start); Highest point: 255m (1.95km)

Laps Per Race

Race	Initial + Final part	Laps	Total Distance	Height Difference
Men	0,35km + 0,15km	3 x 4.2km	13km	+/- 750m
Women & Junior Men	2 x 4.2km	0,35km + 0,15km	8.9km	+/- 500m
Junior Women	0,35km + 0,15km	1 x 4.2km	4.7km	+/- 250m

A course map is provided in the appendix section of this team manual.

9.2 Course Visit

A course inspection will be held on Thursday 17th September for all non-European athletes at **8.30am-12.30pm**. A further course inspection will be held on Friday 18th September for all European athletes at **8.30am-12.30pm**.

Athletes and team members will have access to the competition venue and race course for training (public roads closed only on competition day).

9.3 Technical Information Centre

For any technical questions in the lead up to race day, the Event Information desk at the St George's Hotel, Llandudno will be able to answer any questions teams may have about the event.

For the event, an additional event information tent will be found on Betws-y-Coed Green for any last minute technical questions.

9.4 Technical Meeting

A technical meeting will be held on Friday 18th September at the St. George's Hotel, Llandudno at 3.30pm – 5pm.

The meeting will be held in English and it is important that all teams are represented at the technical meeting. There should be no more than 2 persons from each team present (plus an interpreter if necessary).

The Technical Meeting will be attended by:

- WMRA Technical Delegate
- Doping Control Delegate
- Jury of Appeal
- Representatives of the Organising Committee
- National Competition Officials
- TIC Manager

The preliminary agenda of the Technical Meeting includes:

- Welcome by the WMRA representative (TD)
- Welcome by LOC Representative
- Presentation of the International Officials
- Presentation of the Competition Officials
- Information by the Technical Delegate
- Answering of questions submitted in writing by Federations

9.5 Competition Numbers

Each competitor receives 2 competition bibs (according to IAAF Rule 143, the bibs shall be worn front and back of competition suit).

The numbers shall be worn according to IAAF Rule 143. The competition numbers may not be cut, bent or covered in any way.

The teams will be provided with the competition numbers immediately after the Technical Meeting. These numbers will contain a chip for timing purposes.

10. COMPETITION PROCEDURE

10.1 Call Room Procedures

All athletes must report to the call room at least 10 minutes before the start. Competition clothing will be checked at the call room, please refer to IAAF Advertising Rules.

There will be a control to check that the numbers with timing chips are secure on each runner.

Call room opens	Call Room Closes	Start Time	Category
10:50	11:05	11:15	Junior women
11:30	11:50	12:00	Junior men
12:30	12:50	13:00	Senior women
13:30	13:50	14:00	Senior men

10.2 Starter Commands

All instructions will be given in English. The command is "On your marks!" followed by a shot from the starter's gun.

10.3 Refreshment Stations

There will be 2 refreshment stations on the course lap. This will be presented on a map during the technical meeting.

Personal refreshments are possible. They must be handed over by team officials in restricted areas near the refreshment stations only. An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

10.4 Timing

The official time will be detected by judges. Judges will be supported by an electronic service operated by TDL services: chips within each runners' number will detect athletes' start, split and arrival times. The results will be made available via the WMRA procedures both at the finish line and at the Event Information desk at the St George's Hotel, Llandudno.

10.5 Luggage

Runners shall leave their luggage in their own bags. There will be a secure area near the start/finish for these to be left during the period of their race.

10.6 Protests and Appeals

Protests will be processed in accordance with IAAF Rule 146. In the first instance, protests must be made orally to the Finish Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3).

If such a protest is rejected, a written appeal, to the Jury of Appeal, signed by responsible representative of the athlete must be lodged at the Event Information desk near the start line on Betws-y-Coed Green.

Together with the appeal, a deposit of €75.00 must be paid. If the protest is successful, the deposit will be returned. The jury's decision will be published in writing at the Event Information desk.

10.7 Doping Control

Doping Control shall be conducted in accordance with IAAF Anti-Doping Regulations under the supervision of the Doping Control Delegate. Both urine and/or blood samples may be collected immediately before and during the Championships.

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the Doping Control Delegate. In addition, the selection



of further athletes may be ordered at the discretion of the Doping Control Delegate. Athletes selected for doping control shall be notified by accredited Doping Control Officers or chaperones; the selected athletes will be required to sign a confirmation of notification.

Athletes who are to be tested may invite a Team Official (and an interpreter, if required) to accompany them to the Doping Control Station (DCS). All athletes should ensure that they have official photo identification (e.g. a passport, identity card or photo driving licence) with them at the competition venue for formal identification. (Rob- this last sentence is not needed if the official accreditations are athlete-specific and include a photo)

Athletes should report immediately to the DCS unless there are valid, permitted reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the Championships.

11. INTERNATIONAL MOUNTAIN RUNNING COACHES FORUM

17th September 7-9pm St Georges Hotel

Welsh Athletics and England Athletics are delighted to host the 1st International Mountain Running Coaches Forum.

Endorsed by the WMRA, this two-hour event will provide an opportunity for international coaches to come together to listen to two stimulus presentations followed by time to share thoughts and ideas.

Attendance at the event is free and light refreshments will be provided. In order to ensure the interactive nature of the forum places are limited and will be allocated on a first come first served registration basis, with a maximum of 2 places per country - those interested should register their interest with **Tom Marley - tom.marley@welshathletics.org** as soon as possible.

Stimulus presentations will be given by:

Nancy Hobbs – Adapting technique for optimal ascending and descending

Nancy Hobbs has been running trails and directing running events since the mid-80s and her articles and photographs about the sport have been published in magazines including Runner's World, Running Times, Trail Runner, and Ultrarunner.

She is currently a national trail running examiner (<http://www.examiner.com/trail-running-in-national/nancy-hobbs>).

She is the founder and executive director of the American Trail Running Association, a council member of the World Mountain Running Association, manager of the US Mountain Running Team, and chairperson of the USATF Mountain Ultra Trail Council. She was inducted into the Colorado Running Hall of Fame in 2013. She lives in Colorado Springs, where she is still a very active runner, last winning bronze in the world masters in 2013.

Steve Vernon – Transition of endurance training for mountain running success

Steve Vernon is an 8 times English National Cross Country medallist. He has represented Great Britain in the mountains, including 5th at the European Championships in 2013, leading the British men to team silver and at cross country multiple times over the last 15 years.

His focus is now on coaching elite athletes and his current athletes are some of Britain's best endurance runners across a variety of surfaces and events.

Steve lives in the Peak District in Derbyshire and works as an Elite Performance Manager for New Balance.

12. MEDICAL SERVICES

Physio and massages services will be available to teams on Thursday 17th and Friday 18th as well as post-race

on Saturday the 19th. These will be provided at the St George's Hotel, Llandudno. A pre-sign-up sheet will from the Event Information desk.

Medical cover will also be provided at the St George's Hotel in the lead-up to race day and on Betws-y-Coed Green during the event day.

13. SECURITY

A member of security staff will be on site in the vicinity of the athletes area at all times. This is in addition to members of staff present on the day.

It is advised that no personal belongings are left unattended unless placed in the secure bag storage areas provided.

14. CEREMONIES

14.1 Opening Ceremony

The opening ceremony will be held in Venue Cymru, Llandudno on Friday 18th September at 13:30-14:30.

All team members are welcome to attend the opening ceremony. All are asked to wear their official team clothing. Further details on the ceremony will be given upon arrival.

14.2 Flower Ceremony

The flower ceremony will take place after the arrival of the third runner in each category. Medallists in individual races will be invited to the podium in the finish area and will be presented flowers.

14.3 Victory and Closing Ceremony

The Victory and Closing Ceremony will take place in Venue Cymru, Llandudno on Saturday 19th September at 19:30.

All medallists (team and individual) must wear their official team clothing for the ceremonies. They will be invited to sit close to the awards stage to ensure smooth protocol. No flags in the hands of athletes will be allowed during the prize ceremony.

14.4 Closing Banquet

Dinner will be provided for all of those attending the closing ceremony. A bar will also be in operation and entertainment will follow the formal proceedings.

15. DEPARTURE

Teams will be asked to provide full travel details in the final entry forms. Teams will also receive a departure form, which should be completed and returned to the Event Information desk at the St George's Hotel at least

24 hours before departure, especially if there are any changes to the preliminary confirmed details.

Departure times of the shuttle buses from the hotel will also be displayed at the Event Information desk. All outstanding fees, charges and possible other expenses must be settled before departure.

16. ORGANISATION STRUCTURE AND LOCAL CONTACT DETAILS

16.1 IAAF

President: Lamine DIACK (SEN)
General Secretary: Essar GABRIEL (FRA)
IAAF President's Delegate for WMRA relationships: Pierre WEISS (FRA)

16.2. WMRA Council

President: Bruno GOZZELINO (ITA)
Acting Secretary: Pierre Weiss (FRA)
Treasurer: Nancy HOBBS (USA)
Council member: Andrzej PUCHACZ (POL)
Council member: Wolfgang MUNZEL (GER)
Council member: Erhan BASOGLU (TUR)
Council member: Tomo ŠARF (SLO)
Women reserved position: Galia PUHALEVA (BUL)
WMRA Honorary member: Pierre WEISS (FRA)
WMRA Honorary member: Raimondo BALICCO (ITA)

16.3. WMRA Delegates

WMRA Organisational Delegate: Galia PUHALEVA (BUL)
WMRA Technical Delegate: Tomo ŠARF (SLO)

Jury of Appeal to be appointed at technical meeting

16.4. Local Organising Committee

Rachel Gill: LOC Chair
Alun Pritchard: LOC Project Manager
David Evans: Welsh Government Major Events
Matthew Newman: Operational Delivery
Annabelle Mason: Operational Delivery
Steve Brace: Operational Delivery
Arwel Lewis: Operational Delivery
Sarah Rowell: WMRA Representative
Rob Logan: British Athletics
Matt Ward: Event Marketing and Communication

For questions about the World Mountain Running Championships, please email events@conwy.gov.uk. We aim to respond to all queries within 2 days of receipt.

17. APPENDICES

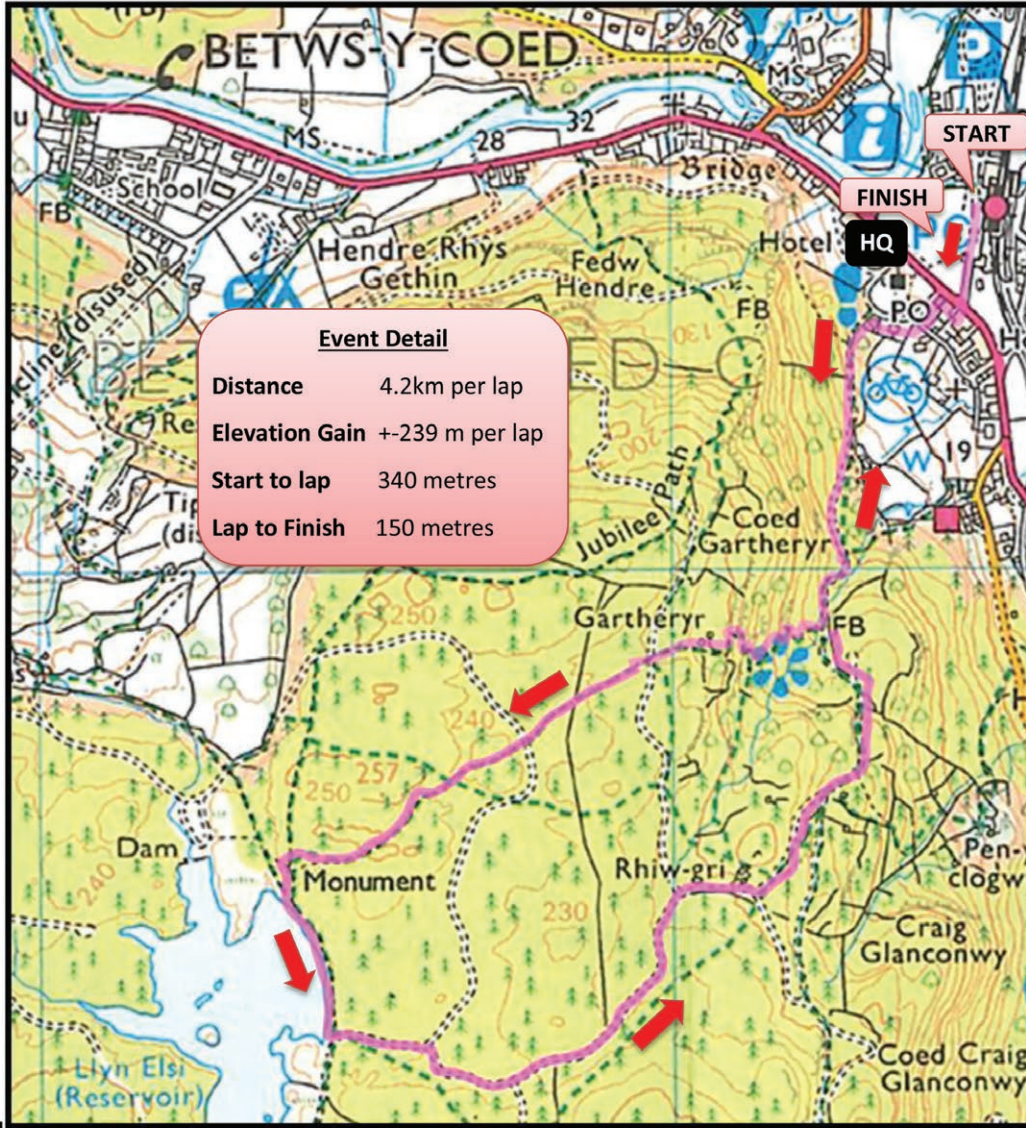
APPENDIX 1: COURSE MAP

World Mountain Running Championships Course 2015

Timetable – Saturday 19th September 2015



RACE	TIME	AGE GROUP	Laps	Distance
4	11:15	Junior Women	1 Lap	4.7 km
5	13:00	Junior Men	2 Laps	8.9 km
6	12:00	Senior Women	2 Laps	8.9 km
7	14:00	Senior Men	3 Laps	13 km
8	15:00	Open Race	Women 2 Laps & Men 3 Laps	(as above)



PENCAMPWRIAETHAU RHEDEG
Mynydd y Byd



www.wmrcwales.org

Principal Partner

