



GENERAL INFORMATION SHEET

XXXIII IAU 100km World Championships

Ames, A Coruña (ESP)

September 20th, 2026





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WELCOME BY THE IAU PRESIDENT



Dear Friends,

I would like to welcome you to the IAU 100km World Championships in Ames, Spain

100km is one of our key events and it is exciting to see that the race has made it back to Spain again after the last time they hosted the event in Loz Alcazares in 2016.

I want to take this opportunity to thank Real Federación Española de Atletismo (RFEA) for their continued support to bringing IAU championships to the country.

Their support to the Spanish National Ultrarunning team is also truly remarkable.

Ames is a historical site with deep roots in religion and culture. I wanted to thank Mayor Blas Garcia Pineiro and members of the Ames Council for hosting this event. The attendees will be amazed by the beauty of the location combined with historical significance of the region.

I would also like to extend my appreciation to Club Ecodeporte and Paco Rico for working diligently to organize these championships. The LOC has years of experience and I am confident that the event will go forward with extreme attention to technical details.

I welcome the athletes and federations to these championships in Ames. I can assure you will have an outstanding experience and take memories back home that will last a lifetime. Bienvenido a Ames!

Nadeem Khan
IAU President

WELCOME BY WMA PRESIDENT



On behalf of World Masters Athletics, it is my great pleasure to warmly welcome all athletes to the 2026 IAU & WMA 100K World Championships in Ames, Spain. To stand on the start line of a 100-kilometer World Championship requires extraordinary courage, discipline, and passion. Each of you represents not only your country, but the very spirit of masters athletics — the belief that excellence, resilience, and ambition do not diminish with age. My sincere gratitude goes to the IAU, the Spanish Athletics Federation and the Ames Local Organizing Committee for their dedication in bringing this event to life. Our partnership with the International Association of Ultrarunners makes this championship especially meaningful, bringing together the global ultrarunning and masters communities in celebration of endurance at its highest level. We are truly honored to share this event with you — whether you are returning to compete again or experiencing this remarkable challenge for the first time.

I wish you strong legs, steady minds, and the deep satisfaction that comes from pushing your limits among friends who understand the journey. May this championship create lasting memories, new friendships, and moments of pride that will stay with you long after you cross the finish line.

With admiration and best wishes,

Margit Jungmann
President, World Masters Athletics

WELCOME BY RFEA PRESIDENT



Dear friends,

It is a great honour and a true pleasure for me, as President of the Royal Spanish Athletics Federation, to warmly welcome you to the IAU 100 km World Championships, which will take place on 26 September 2026 in Ames, A Coruña.

Spain is proud to host this prestigious global event, which brings together the very best ultra-distance runners from all over the world and represents the highest expression of endurance, commitment and sporting excellence. Hosting the IAU 100 km World Championships once again confirms Spain's strong commitment to athletics and its proven capacity to organise world-class international competitions.

Ames and the province of A Coruña offer an exceptional setting for this Championship. The combination of outstanding natural landscapes, a strong sporting culture and the warmth and hospitality of its people will provide athletes, teams and officials with a unique and memorable experience. The course has been carefully designed to meet the highest technical standards, while also allowing participants to fully enjoy the character and beauty of this remarkable region.

Ultra-distance running continues to grow worldwide, attracting more athletes, fans and attention than ever before. Events such as this World Championship play a key role in the development of our sport, inspiring new generations of runners and reinforcing the values that define athletics: effort, perseverance, respect and fair play.

I would like to express my sincere gratitude to the International Association of Ultrarunners for the confidence placed in Spain and in the local Organising Committee. My thanks also go to the local and regional authorities, volunteers, sponsors and all those whose dedication and hard work are essential to making this Championship possible.

I wish all participating athletes the very best in their preparation and competition, and I am confident that the IAU 100 km World Championships Ames 2026 will be remembered as an outstanding sporting event, worthy of the history and prestige of our discipline.

I look forward to welcoming you all to Spain in September 2026.

Yours sincerely,

Raúl Chapado
President
Royal Spanish Athletics Federation



WELCOME BY AMES (A CORUÑA) MAYOR

The City Council of Ames and its citizenry are deeply honored to welcome athletes, coaches, families, and supporters from around the world to participate in the **IAU 100 km World Championships**, which will be held in our town on September 20, 2026. This event marks the first edition of a World Championship, making it a historic occasion both for international athletics and for our local community.

Ames is a young, dynamic, and constantly growing municipality, recognized as the town with the lowest average age in Galicia. Located within the metropolitan area of Santiago de Compostela, it combines modernity, quality of life, and a strong commitment to sport, sustainability, and community living.

We invite you to visit Monte de San Marcos, which offers a panoramic view over the entire Val da Maía, as well as the banks of the Sar and Tambre rivers—one of Galicia's main waterways. Ames stands out for its natural richness and diversity of flora and fauna. From an architectural perspective, its churches, stone crosses, mills, public washhouses, and emblematic bridges such as *Ponte Maceira* and *Ponte de Augapesada* are particularly noteworthy. In archaeological terms, the municipality preserves important remains such as the petroglyphs of A Peneda Negra and Monte Castelo.

O Milladoiro and Bertamiráns are the municipality's two main urban centers, both with a vibrant commercial and hospitality sector, reflecting a lively and welcoming town fully aligned with our motto: "In Ames, we have it all." We want you to come—but above all, we want you to return and spread the name of Ames throughout the world.

Events of this relevance and scale demonstrate Ames's ability to host top-level sporting competitions and to position itself at the forefront of international sport. For this reason, we would like to express our sincere gratitude to the institutions that, together with the City Council of Ames, make this championship possible: the *Xunta de Galicia*, the *Deputación da Coruña*, the *Real Federación Española de Atletismo*, the *Real Federación Galega de Atletismo*, and the International Association of Ultrarunners.

We wish all participants the greatest sporting success and hope that you find in Ames a welcoming, open, and energetic place where sport, innovation, nature, and hospitality go hand in hand.

Enjoy Ames!

Blas García Piñeiro
Ames (A Coruña) Mayor
Alcalde de Ames (A Coruña)

WELCOME BY LOC PRESIDENT



Friends of ultra-distance running, athletics and sport in general,

After many years working for the IAU I will have the great honor of being on the other side, the organizational side, that of the LOC, something that fills me with pride and excitement, because it has been many months of hard work, with difficult moments and special pressure to organise the IAU's oldest and most symbolic event, the 100 km World Championships, on time.

Finally, we have managed to bring the 33rd World 100 km Championships to this beautiful and charming municipality of Ames, in A Coruña, with a very special goal: to highlight the importance of the municipalities of Galicia, and in this case Ames, in the shadow of Santiago de Compostela, which, with events of the caliber of this one, will undoubtedly, at least for a time, move to the forefront of world ultra-distance running, national athletics, and regional sporting events of all kinds.

Therefore, my sincere and deepest gratitude goes first and foremost to the “Deputación da Coruña”, whose support and goodwill encouraged us and provided us with financial backing to give wings to this wonderful project. Without the Provincial Council (Deputación da Coruña), it would not have been possible to organise this Championship.

My thanks also go to the IAU for its confidence in the viability of the event, to the RFEA for its unconditional support, to the Galician Athletics Federation for its outstanding role in opening many doors for us, and, of course, to the Ecodeporte Club, whose members have supported us on previous occasions and will support this Championship with their sacrifice and hard work, in a totally altruistic way.

I leave until almost the end what is perhaps the most important link in this whole chain that has brought the 33rd World 100 km Championships to Ames: the City Council, with Blas García, its mayor, at the helm, and his entire magnificent team. The close collaboration with them will undoubtedly be the cornerstone of the Championships' success.

I am really looking forward to this championship, as I said before, promoting the City Council of Ames, its life, its people, the region, and ensuring that all our visitors from so many countries near and far can enjoy this charming and undoubtedly unforgettable Championship.

Welcome to Ames, World Capital of Ultradistance 2026!!!

PACO RICO

LOC President

XXXIII IAU WC 100K 2026, AMES (A CORUÑA)



2.- Contacts

2.1 AMES (A CORUÑA) COUNCIL

Mayor: GARCÍA PIÑEIRO, Blas

Vice-Mayor: SEÑORÍS RODRIGUEZ, Susana

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President: CHAPADO SERRANO, Raúl

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rfea@rfea.es

2.3 Galician Athletics Federation (Regional)

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presidente@atletismo.gal

2.4 LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS: CLUB ECODEPORTE

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Web evento: <https://www.wc100k-ames.com/>

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TECHNICAL DELEGATE

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IAU EUROPEAN REPRESENTATIVE

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Mobile: +41 79 536 83 38



4.- CONTACT DETAILS WMA:

Email: info@world-masters-athletics.org

Website: <https://world-masters-athletics.org/>

President : Margit JUNGMAHN (GER)

Email: Margit.Jungmann@world-masters-athletics.org

WMA VICE PRESIDENT COMPETITION: ALAN BELLSTART

Email: Alan.bellstart@btinternet.com

5. GENERAL INFORMATION



Country	 Spain
• Autonomous Community	 Galicia
• Province	A Coruña
• Region	Santiago de Compostela
• Judicial district	Santiago de Compostela
Location	 42°52'N 8°39'W
• Altitude	63 m
Surface	80.04 km ²
Parishes	11
Population	33,276 inhabitants (2025)
• Density	415.74 inhabitants/km ²
Demonym	Mahian ¹]
Zip code	15220, 15228, 15229, 15864, 15870, 15895
Mayor (2021)	Blas García Piñeiro (PSdeG-PSOE)
Website	www.concellodeames.gal ↗

Ames covers an area of 94 km² and has 116 population centers and 11 parishes. The population distribution shows a high concentration in the centers of [Bertamiráns](#) and [O Milladoiro](#) ³ which in 2022 had 22,231 inhabitants, equivalent to 69.22% of the total population of the municipality.

Climate [[edit](#)]

Ames' climate is characterized by mild winters and hot summers due to its location in a valley. Rainfall is concentrated mainly from October to May. The average annual temperature is 14°C (57°F). December, the coldest month, has an average temperature of 8°C (46°F), while July, the warmest month, has an average temperature of 21°C (70°F).

The average annual rainfall is estimated at 1791 mm. 40% of the rainfall occurs in winter. ³]

Communications

The transport network is part of the metropolitan transport network. The main lines are Santiago-Bertamirás, with lines and branches to Brión, Negreira, Noia, and Muros. The Santiago-Milladoiro line offers extensive service, with an average frequency of less than 15 minutes, and branches to Biduido and parts of the municipality of Teo. Within Santiago de Compostela's urban transport system, there is a line to Ortoño. There is also a line connecting the towns of Bertamirás and O Milladoiro, although it only makes three trips per day.

The nearest airport is Lavacolla in Santiago de Compostela, a 20–25-minute drive away. The nearest train station is also in Santiago de Compostela, a 10–15-minute drive away. Both Bertamirás and O Milladoiro have taxi services.

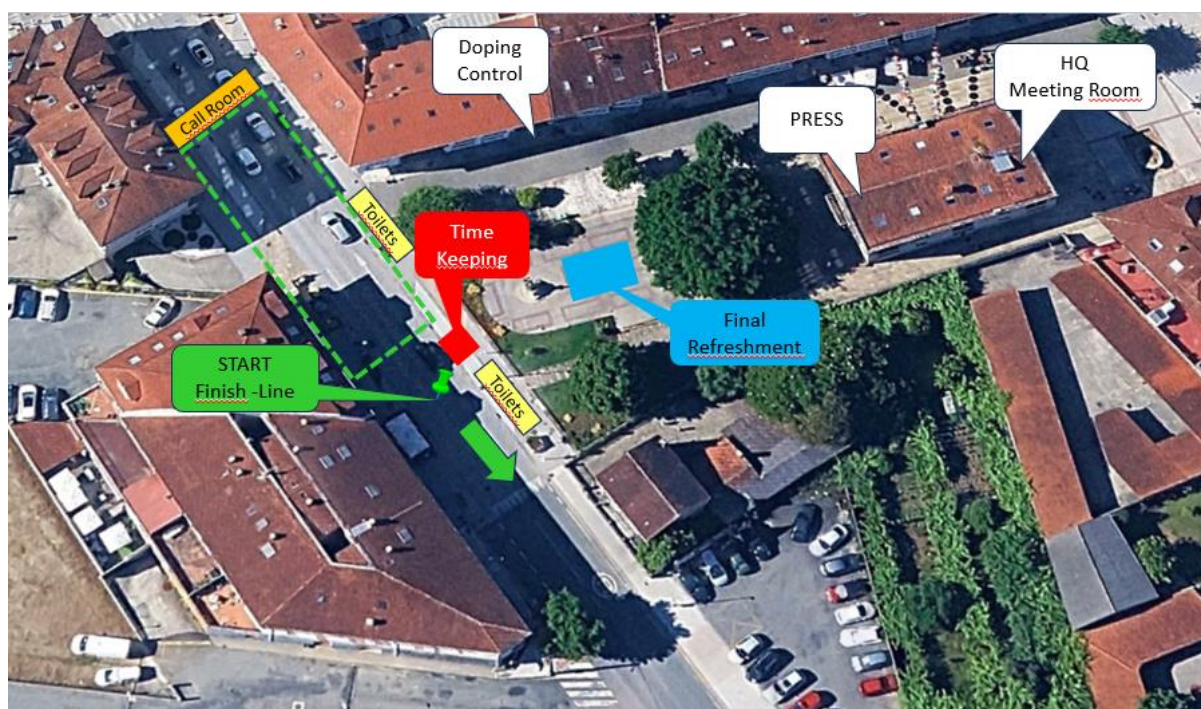
6. COMPETITION INFORMATION

- . Date: 20th September 2026
- . Start time: 08:30 AM
- . Finish time: 20:00 PM
- . Race venue: Ames, A Coruña (Spain)

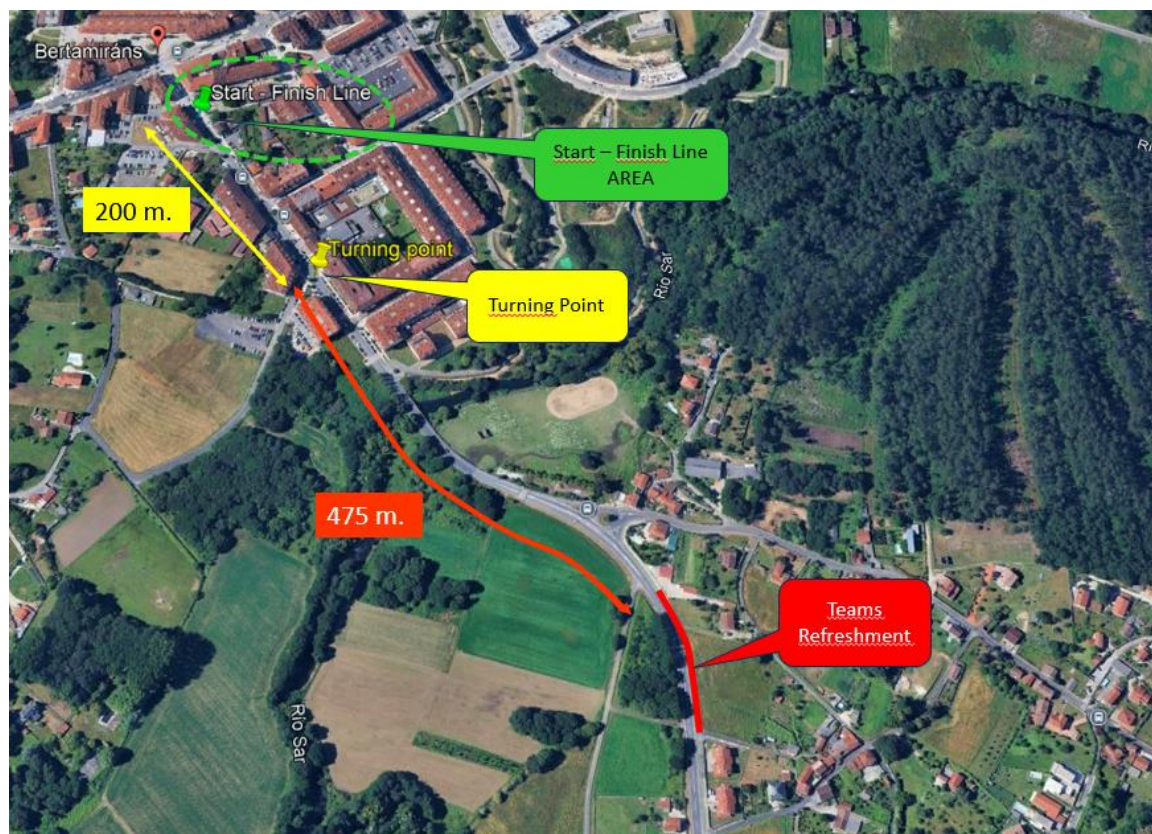
Course

- . Distance: 100K
- . Laps: 1 lap of 4.8K, 19 laps of 5Km. and two transition sections of 100 metres
- . Surface: Fully paved
- . Width: 3.00 meters in the narrowest areas
- . Start line: In front of Ames Town Council (6 metres wide)
- . Elevation: 30 metres lowest point and 38 metres highest point of the circuit.
- . Delegation tents: outside the track, (Km. 0.7 Approx.)
- . Aid station: (full refreshments, Km. 0.7)
- . WC/Toilettes: for the runners: Start – Finish Line, Turning Point and Aid Station
- . Medical facilities: “Start – Finish Line” close to Town Council
- . Massages: “Start – Finish Line” close to Town Council

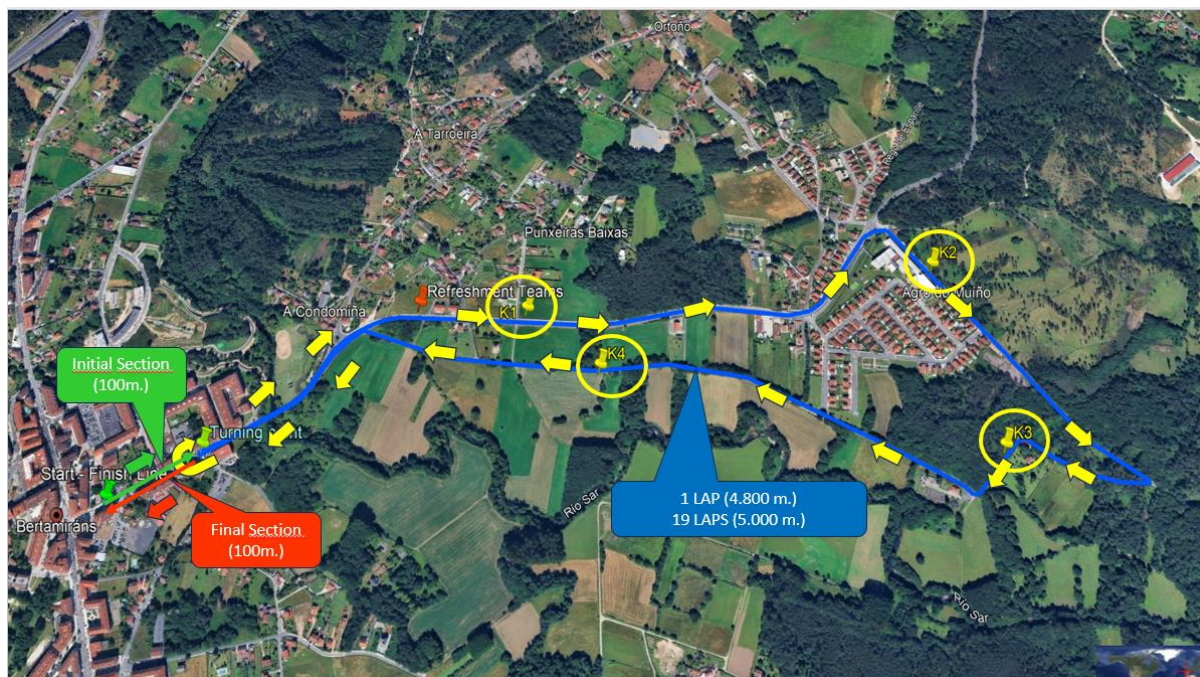
MAP 1 (START – FINISH LINE)



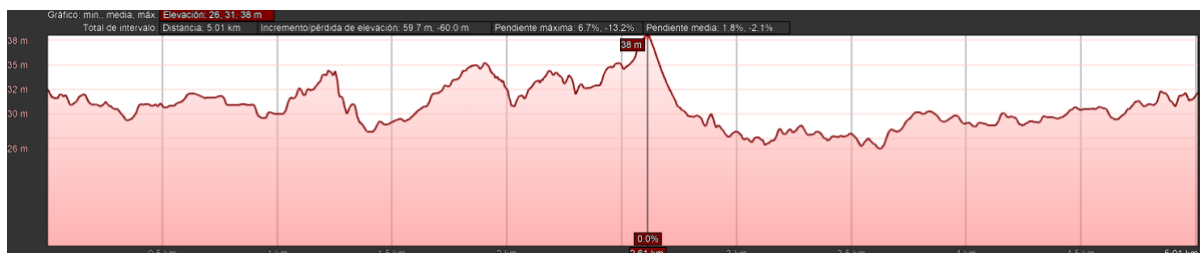
MAP 2 (Distances)



MAP 3 (LAPs)



Elevation Profile



7. ENTRIES - PRELIMINARY ENTRY FORM (PEF) and FINAL ENTRY FORM (FEF)

7.1 IAU Competition

. Four titles will be awarded:

- Men's individual
- Women's individual
- Men's Team
- Women's Team

Only athletes and teams officially registered by their National Federation will count for the teams results. Each Country can enter up to 9 men and 9 women

For the team results, each Country can enter up to 6 per team

The delegations will be ranked according to the accumulative time of their three best athletes indicated by Federations for the Team results.



During the Awards Ceremony, IAU medals will be awarded to up to six athletes and one team manager per team. Masters awards in the age categories listed below (7.4).

7.2 Preliminary Entries (PEF)

Please note that the registration for this championship will be done via World Athletics Event Entry System. WMA athletes will be registered using the WMA system.

Deadline: **June 30st 2026** midnight CET (Spanish time)

Each Federation enters its data into the WA event entry system for the preliminary entries when after the opening date of June 1st. These entries will include the number of athletes and officials, additional crew and supporters, date of arrival / departure as well as the required number of rooms for specific nights and any transport requests.

Please note that, due to hotel requirements, accommodation will be booked based on the information provided in the PEF, and all invoices will be issued accordingly.

If Teams are requesting Hostel accommodation then it must be noted in the PEF

All payments for accommodation and transport must be made no later than August 01st in order to secure bookings for each Federation.

Please also note that travel and accommodation arrangements are dependent on this information being finalised in the entry system by the cut-off date and invoices being paid by the Federation on time. The PEF will be open from June 01st.

Note: Payment of Invoices must be made by July 31st. This must be done prior to completing the FEF.

7.3 Final Entries (FEF)

Please note that entire registration for this championship will be done via the World Athletics Event Entry System

Deadline: **August 31st 2026** (midnight Spanish time)

The WA EES will open for federations to enter their FEF details from August 1st. All federations need to pay their accommodation invoice before entering their FEF details. Each Federation must enter the full list of the Athletes (with names, date of birth, sex, and personal bests), of the Officials, of the additional Crew and Supporters. Also, each Federation must enter their arrival and departure times, flight numbers, train or bus times and request for transfers.

It is reminded that up to 9 runners can be entered for both races (men and women) but, before the Technical Meeting, the delegations must indicate who are the six athletes who can contribute to the team results.

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IAU 100 Km. WC Ames, A Coruña (ESP) 2026, General Information Sheet

International Association of Ultrarunners

Under the Patronage of the World athletics

6-8, Quai Antoine 1^{er}, 98000 MONACO www.iau-ultramarathon.org



7.4 WMA 100Km World Championships (age categories in 5-year increments)

Entry Requirements and Procedure for WMA only.

General Rules

The 2026 World Masters Athletics 100 km Championships in Ames (A Coruña), Spain, will be held under the regulations of World Athletics as modified for Masters by World Masters Athletics (“WMA”) via their Competition Rules and any other special rules specified for this competition.

During the Championships, each athlete will represent a country, and each country has a National Masters Athletics Organisation that is a member of WMA (“National Organisation”). Note: if you are unable to locate your National Organization, please email the WMA Secretary at secretary@world-masters-athletics.org

Eligibility Requirements

The Championships are open only to men and women aged 35 and over (born on or before 20th September 1991) who are physically fit. Entering the Championships does not require any specific level of performance; however, the race will have a closing time of 11 hours and 30 minutes.

An athlete must be a citizen of the country they represent or must have been a resident of that country for a minimum of three years. If an athlete has represented a different country at a previous WMA World Championship or Regional Championship, they must have change-of-allegiance paperwork on file with WMA at least 30 days before the registration deadline.

All athletes must meet the requirements of WMA and their National Organisation, and their registration must be accepted by their National Organisation in order to be eligible to participate in the Championships. It is each athlete’s responsibility to ensure that they understand and meet all requirements prior to registering. A National Organisation has the right to reject registrations from athletes it considers ineligible or who do not meet its requirements. Submission of a registration signifies that the athlete agrees to follow the rules laid down by WMA and the technical and organising committees. WMA also reserves the right to reject registrations from athletes it considers ineligible or who do not meet its requirements.

Age Groups

Individual events are divided into age groups as shown below:

Men & Women 35 Born from 21 September 1986 to 20 September 1991
Men & Women 40 Born from 21 September 1981 to 20 September 1986
Men & Women 45 Born from 21 September 1976 to 20 September 1981
Men & Women 50 Born from 21 September 1971 to 20 September 1976
Men & Women 55 Born from 21 September 1966 to 20 September 1971
Men & Women 60 Born from 21 September 1961 to 20 September 1966
Men & Women 65 Born from 21 September 1956 to 20 September 1961
Men & Women 70 Born from 21 September 1951 to 20 September 1956
Men & Women 75 Born from 21 September 1946 to 20 September 1951
Men & Women 80 Born from 21 September 1941 to 20 September 1946
Men & Women 85 Born from 21 September 1936 to 20 September 1941
Men & Women 90 Born from 21 September 1931 to 20 September 1936
Men & Women 95 Born from 21 September 1926 to 20 September 1931
Men & Women 100+: Born on or before 20 September 1931

General Entry Information

Entry into the Championships consists of two main parts:

1. Registration

Athletes may register online only. All registrations must include full payment to be considered valid. The registration deadline is September 01st 2026.
No registrations will be accepted after the registration deadline.

Details will be provided on the WMA website.

<https://world-masters-athletics.org/championships/>

Country specific team fee varies by country.

2. Validation

All registrations are subject to validation by each athlete's National Organisation. National Organisations will confirm the athlete's date of birth, citizenship and/or residential qualifications, and other relevant requirements. After an athlete's registration has been validated, its status will display as "accepted" on the list of registrations on the Championships website. National Organisations may also reject registrations of athletes whom they consider ineligible or who do not meet their requirements.

Validation is a manual process that each National Organisation completes, so there will be some time (days or weeks) between when an athlete submits their registration and when it is validated. Athletes who have questions about the status of their registration or about the requirements for their country should contact their National Organisation. For athletes who represent a country that is not a WMA Member Country, their registrations will be subject to the approval of the WMA Council.

Registration Fees

- Registration Fee: 60 Euro (excluding transfer costs and gestion registration costs of external company SimplyRegister)

No refunds are available. All fees are registration fees, not participation fees, and will not be refunded for any reason.

National Organization Requirements

WMA requires that each National Organisation validate all of its country's registrations electronically via the online entry system. WMA will accept only those athletes whose registrations have been validated by National Organisations. Payment is required at the time registrations are submitted. If for some reason a National Organisation is unable to pay online, it must request an exemption from WMA. If the exemption is granted, the National Organisation will be provided with details about how to pay offline. The National Organisation will still be required to input registrations into the online entry system and to validate its registrations electronically. All registrations must be submitted online and paid no later than September 01st 2026. Any registrations for which WMA has not received payment by this deadline will be cancelled, and those athletes will be ineligible to compete. No exceptions will be allowed. In addition, all registrations must be validated before September 5th 2026. Any registrations that have not been validated by this deadline may be rejected, and those athletes will be ineligible to compete.

National Organisations will receive communications regarding the entry process prior to the start of registration. National Organisations that do not receive these communications should contact the WMA Secretary.

III. PARTICIPATING IN BOTH IAU AND WMA 100 KM WORLD CHAMPIONSHIPS

Athletes who are already entered in the IAU 100 km World Championships as part of a national delegations and who wish to be eligible for placing in the WMA 100 km World Championships must in addition also register as described above on the website no later than 01st September 2026 and pay the applicable fees (validate before 5th September).

8. TRANSPORTATION PLAN

8.1 Travel of the delegations

The official airport of the competition is SANTIAGO DE COMPOSTELA, Santiago-Rosalía de Castro Airport, (SCQ).

The nearest train station is Santiago de Compostela Station.

The LOC will provide two helpdesks, one in the Airport and one in the Train Station. From both locations, the LOC will provide shuttles to the official competition hotels.

8.2 Transport from Airport and Train Station to the Hotels

For the teams arriving at Airport and Train Station, the LOC can organise the transfers (by buses or mini buses) at the cost of €25 per person (round trip).

The journey time between Santiago-Rosalía de Castro Airport and the accommodations is about 30 minutes, and between the train station and the accommodations, about 20 minutes.

The maximum waiting time at airport or train station will be two hours.

The delegations who are interested in benefitting from this service must indicate it in the Event Entry System (WA).

From Airport and Train Station to the Hotels: **from Thursday 17th to Saturday 19th.**

From the Hotels to Airport and Train Station: **Sunday 20th and Monday 21st.**

8.3 Local transportation

The LOC will organise the following transportations:

FREE (for the runners, team officials, crew and supporters, officially registered for the IAU WC 100K and staying in the hotels booked by the LOC)

- from the Hotels for the Opening Ceremony (round-trip)
- from the Hotels for the Award Ceremony (round-trip)
- from the Hotels for the race (round-trip)

IMPORTANT: Access to LOC transportation will be available only to the IAU Championships accredited persons.

9. ACCOMMODATION and MEALS

9.1 Introduction

With the exception of the “quota athletes” (cf 9.3), the costs of the accommodation of the teams in the province of A Coruña is the responsibility of the travelling teams.

The coordination of the accommodation is in the hand of the LOC.

All delegations are responsible for the entries and requests for accommodation made in the World Athletics Event Entry System at both the preliminary and final entry stages.

9.2 Delegation (Athletes and Team Officials)

The delegations will be accommodated in hotels in the province of A Coruña, with two levels of comforts and facilities.

All the hotels will be located in villages close to Ames (Bertamirans) and at distances from the Competition Zone between 10 and 15 km.

IMPORTANT: Accommodation allocation for the National Federations will be made according to the date that the Federations fix their Accommodation requirements in the Event Entry System.

In the event that accommodation at a specific price is sold out, the LOC reserves the right to re-accommodate teams in other accommodation, with priority given to those teams that submit their reservation documentation and make payment for accommodation first.

Accommodation details are fixed with the issue and payment of invoices and no refunds are possible.

PRICES

All prices include FULL BOARD and free transport between accommodation and Championship meals/activities. All meals will be served at the respective hotels where the delegations are staying, except for Sunday dinner, which will take place in Bertamirans (Ames) after the Closing and Awards Ceremony.

ACCOMMODATIONS

Prices per person (Include Full Board and Free transport between Hotels and Ames, Bertamirans, daily):

CATEGORY 2

Hotel – Hostel Monte do Gozo**

(100 rooms – 12 km. to Ames)

- | | |
|------------------------------|------------|
| • SINGLE ROOM | €119 / day |
| • DOUBLE ROOM | €91 / day |
| • TRIPLE ROOM (Bunk beds) | €83 / day |
| • QUADRUPLE ROOM (Bunk beds) | €79/ day |



CATEGORY 1

Hotel Scala (Padron)***

(100 rooms – 14 km. to Ames)

- | | |
|------------------|------------|
| • SINGLE ROOM | €130 / day |
| • DOUBLE ROOM | €108 / day |
| • TRIPLE ROOM | €100 / day |
| • QUADRUPLE ROOM | €94 / day |



Hotel Santiago Apostol***

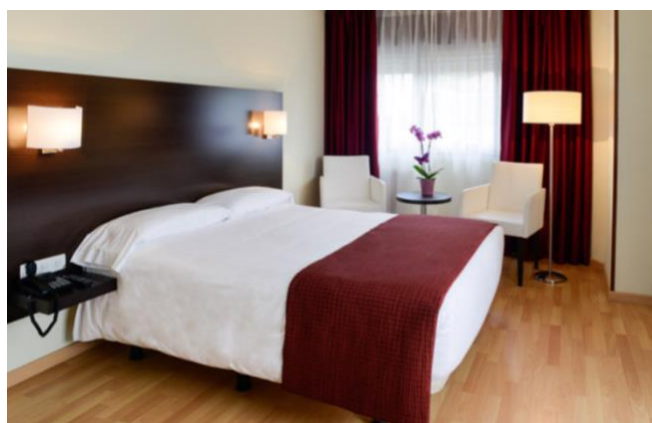
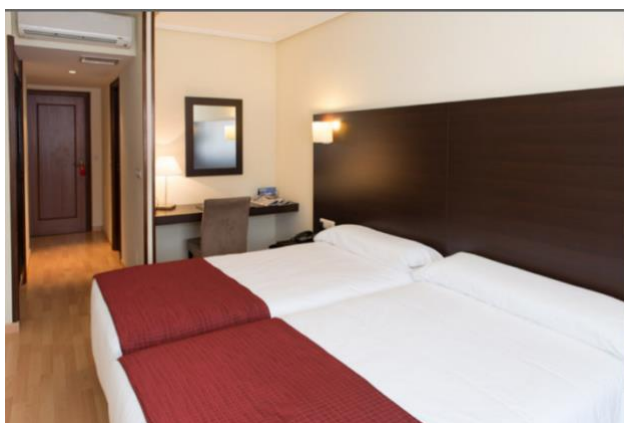
(40 rooms – 12 km. to Ames)

- SINGLE ROOM
- DOUBLE ROOM
- TRIPLE ROOM

€138 / day

€108 / day

€100 / day



Hotel Faranda Los Tilos****

(47 rooms – 14 km. to Ames)

- | | |
|---------------|------------|
| • SINGLE ROOM | €140 / day |
| • DOUBLE ROOM | €110 / day |
| • TRIPLE ROOM | €105 / day |



9.3 Free Accommodation

The LOC will offer full board accommodation, free of charge, for a maximum 2 male and 2 female athletes per delegation for 3 nights.

The LOC's financial support is valid only for the teams who stay in the official hotels in Full Board.

The accommodation grant is under the condition that the final entries are fixed by the cut off date and they compose the final booking details. Entries is considered as booking requests.

9.4 Hotels for Additional Crew and Supporters

The team can request the accommodation for Additional Crew and Supporters in the Event Entry System.

For the additional people needing accommodation, the LOC will try to accommodate them in the same accommodation as the athletes.

9.5 Payment

As soon as Federations have fixed their preliminary entries the LOC will send an invoice by July 15th 2026 for the accommodation and transportation of the Athletes, Officials and of Crew/Supporters.

The payment of the invoice is mandatory before **August 01st 2026**

Since the LOC must make full payment for reservations at the respective hotels by August 1st. 2026, accommodation registrations for teams that have not made payment by the deadline will be cancelled.

The payment of the invoice must be made to this bank accounts:
LOC (Club Deportivo Ecodeporte)

The account number, the IBAN code and the SWIFT code will be communicated in the invoices.

Teams must send proof of payment once the transfer has been made, no later than 1 August 2026, to the following email address: secretary@clubecodeporte.com

10. VISA REQUIREMENTS

Any foreign visitor wishing to visit Spain should be in possession of a valid passport or a valid identity card of the European Union. Holders of valid Schengen visas can freely enter Spain without additional Spanish Visa.

Please find below the information on the visa requirements for Spain.

The following countries require visas to enter Spain:

Africa: Algeria, Benin, Botswana, Burkina Faso, Burundi, Cameroon, Cape Verde, Central African Republic, Chad, Comoros, Congo, Democratic Republic of the Congo, Egypt, Equatorial Guinea, Eritrea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Ivory Coast, Kenya, Lesotho, Liberia, Libya, Madagascar, Malawi, Mali, Mauritania, Mauritius, Morocco, Mozambique, Namibia, Niger, Nigeria, Rwanda, Sao Tome and Principe, Senegal, Sierra Leone, Somalia, South Sudan, Sudan, Swaziland, Tanzania, Togo, Tunisia, Uganda, Zambia, Zimbabwe.

Asia: Afghanistan, Armenia, Azerbaijan, Bahrain, Bangladesh, Bhutan, Burma/Myanmar, Cambodia, China, India, Indonesia, Iran, Iraq, Israel/Palestinian Authority, Japan (not listed but noting none added), Jordan, Kazakhstan, Kuwait, Kyrgyzstan, Laos, Lebanon, Maldives, Mongolia, Nepal, North Korea, Oman, Pakistan, Philippines, Qatar, Saudi Arabia, Sri Lanka, Syria, Tajikistan, Thailand, Turkey, Turkmenistan, United Arab Emirates, Uzbekistan, Vietnam, Yemen.

Europe: Belarus, Russia.

North America (including Caribbean & Central America): Belize, Cuba, Dominican Republic, Haiti, Jamaica.

South America: Bolivia, Ecuador, Guyana, Suriname.

Oceania: Fiji, Mariana Islands, Nauru, Papua New Guinea, Vanuatu.

11. ACCREDITATION PROCEDURE

11.1 Principle

All those connected to the IAU/WMA Championships will carry accreditation. It will state Name, Nationality and Category: ATHLETE, TEAM OFFICIALS, ADDITIONAL CREW, ORGANISATION, MEDIA, VIP.

11.2 Team Officials

The number by delegation is limited and is based on the number of participating runners:

1 to 6 runners: 3 team officials

7 to 12 runners: 6 team officials

13 to 18 runners: 9 team officials

For the runners and officials, the accreditation cards will be handed out on to the respective hotels upon arrival of the delegations.

11.3 Additional Crew and Supporters

They are accompanying persons, beyond the number of Team Officials, entered by their Federations on the PEF and FEF. They will receive accommodation at the specific hotel rates. They will have access to LOC local transport for a fee of €25 per person (round trip). During the Opening Ceremony, additional crew members will not be allowed to parade with the team, but they will be allowed to attend the formal ceremony.

12. TECHNICAL MEETING

- This will be held in “Pazo da Peregrina”, Bertamirans (Ames) Town Hall on Saturday 19th September.



Technical Meeting (Pazo da Peregrina)

The Technical meeting will be conducted in English and will be chaired by the IAU Project Coordinator, with the help of the IAU Technical Delegate and one member of LOC Technical Staff.

All team delegations will receive, by email, the Technical Meeting presentation, with the specific information about the event and recommendations for this MIAUC rules.

Provisional agenda

- Opening
- Presentation of the International Officials
- Presentation of the Competition Officials
- Information regarding technical matters: the course, the departure, the refreshment (stations and personal drinks), the finish
- Information regarding medical and anti-doping matters
- Information regarding logistical matters (and especially the local transportation + return to the airport)
- Information regarding protocol matters: Opening and Award Ceremonies
- Answering of questions submitted by the delegations

Outfit Meeting

The Outfit Meeting will be held on the same place of the Technical Meeting.

This meeting is mandatory for all delegations to send one member with examples of team apparel. Its purpose: To present the National competition shirt for inspection.

Bibs and chips: will be handed over to the teams at the same place as the Technical Meeting. There will be two bibs (front + back) and two chips. One in each shoe. Team representatives must pay a deposit of €30 per participant when collecting race numbers and chips. This amount will be refunded once the representative of each team returns their team's set of chips.

13. OPENING CEREMONY

The opening ceremony will present all the Federations with their flags on Saturday afternoon, 19th September. All federations are expected to participate in the opening ceremony and wear their federation outfits.

All athletes must be present at 16:20 near the Town Hall for the parade.

At 16:30, the parade will begin from Town Hall Square to the Town Park in Bertamiráns (Ames).

At 17:00, the opening ceremony will begin in the Town Park in Bertamiráns (Ames).

At 18:30, buses will depart from the Town Park to the hotels.

At 19:30, dinner will be served at the respective hotels of the delegations.



(**) The Town Park is outdoors. In case of bad weather, the ceremony will take place at the Sports Pavilion in Bertamirans (Ames), located 700 meters from Town Hall.



Opening and Closing - Awards Ceremony "Plan B"

14. CLOSING CEREMONY

The Closing and Awards Ceremony will take place on Sunday 20th September at 20:30, in Town Park of Bertamirans (Ames) (same site of the Opening Ceremony).

Four titles will be awarded:

- Men's individual
- Women's individual
- Men's Team
- Women's Team
- WMA Categories

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IAU 100 Km. WC Ames, A Coruña (ESP) 2026, General Information Sheet

International Association of Ultrarunners

Under the Patronage of the World athletics

6-8, Quai Antoine 1^{er}, 98000 MONACO www.iau-ultramarathon.org



During the Awards Ceremony, IAU medals will be given up to 6 athletes and 1 team manager by team.

Three men and three women for each category in the WMA competition

(**) The Town Park is outdoors. In case of bad weather, the ceremony will take place at the Sport Pavilion in Bertamirans (Ames) (700 m. to the Town Hall)

15. MEDICAL & ANTI DOPING CONTROL

15.1 Medical

The safety and welfare of competitors is of paramount importance to the Medical Team. In accordance with WA Competition Rules, each Federation agrees to submit the following information surrounding its runners:

- a. Any medical history and or pathology, in particular those which may increase their risk during the exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests for or use of medicines subject to a Therapeutic Usage Exemption (TUE).
- d. Accept to answer any request the Medical Team may make based on the information submitted in order to discuss the runner's ability or not to participate in the competition.
- e. Accept that, under rule 144 of the WA Competition Rules, the Medical Team decision on participation before or during the race is final.

15.2 LOC Support

The LOC will provide a doctor permanently on site (during the competition) as well as a team of physiotherapists and masseurs.

Medical and Anti-Doping Information

a. EMERGENCY NUMBER

For emergency and ambulance services dial 112

b. HOSPITALS AND DOCTORS

The LOC and also the hotel reception can help you to find the appropriate medical help if needed.

c. FIRST AID

First aid services will be provided by qualified first-aid staff along the competition route. They are skilled in case of emergency. Maps and signage indicating first aid locations will be present at the venue. Staff will offer basic first aid and transportation to a hospital if further care is deemed necessary.

d. MEDICAL INSURANCE

If you as an athlete or official have no health insurance covering out of country expenses under your private health plan or through coverage of your Athletic Member Federation you are personally responsible for all occurring costs. This includes all costs for ambulatory treatment, ambulance transport and in hospital care. All costs are subject to the rules for doctoral/hospital treatment and emergency transportation of the organizing country.

e. Anti-Doping / TUE's

For certain medical conditions athletes may apply for a Therapeutic Use Exemption (TUE) in order to use prohibited substances and methods under the World Anti-Doping Code (WADC). IAU does not provide TUEs therefore athletes have to inquire with their NATIONAL ANTI DOPING Organisation (NADO) on how to obtain a TUE. In some countries the NADO issues TUEs to non-pool athletes or will indicate to issuing a retroactive TUE if needed, in other countries they only require medical certificates, that meet the standards given by WADA¹ under the International Standard for Therapeutic Use Exemptions (ISTUE), in the event of a doping test. If a doping test is taken at one of the Major IAU Competition (MIAUCS) and you have a valid medical certificate, a retroactive TUE will either be issued through the testing body of the LOC if all standards outlined by the WADA Code have been met or by your NADO if indicated beforehand. The procedure is regulated for all athletes worldwide in the International Standard for Therapeutic Use Exemptions (ISTUE). Please acknowledge that it might take some time, usually the application date for a TUE of any NADO is not less than 30days before an event, before you receive the official document (TUE). It is advisable to ask ahead of time for the specifics of the procedure and how much time it will take to receive the TUE document. **You need to hand in a copy of the TUE or the Medical Certificate, whichever applies to you, with your registration at the championship. If you fail to hand in above mentioned documents with your registration, it is possible that a retroactive TUE cannot be issued and your competition result cannot be recognized.** IAU accepts all valid TUEs, issued by various organisations, or medical certificates without being liable for the documents meeting the WADA Code requirements.

If you use substances or take medications that are not on WADA's current Prohibited List, the following applies: Please declare your substances and medications on the doping control form during a doping control.

www.wada-ama.org/sites/default/files/2025-12/2027_international_standard_for_therapeutic_use_exemptions_istue.pdf

The Athlete's TUE application shall be accompanied by a comprehensive medical history, including documentation from the original diagnosing physician(s) (where possible) and the results of all relevant examinations, laboratory investigations and imaging studies. The application form shall include a physician's signature (which may be electronic) in the designated area. [Comment to Article 6.5: The information submitted in relation to the diagnosis and treatment should be guided by the relevant ISTUE Guidelines - Medical Information for TUEs available on WADA's website.]

15.3 Doping Control

Testing during the Championships will be carried out in accordance with WA rules. Teams that require doping control (at their own cost) for the ratification of a national record must indicate this in the FEF.

The top three men and women, plus two additional athletes selected at random, are usually tested at IAU Championships. Further testing, including targeted testing, may be implemented by the IAU without additional notification.

By entering the event as an athlete, you automatically agree to be tested under the regulations of the WADA Code. In the case of a positive finding, you agree to follow the prescribed procedure. You acknowledge that you have the right to defend yourself and that there is a process to challenge the result and any sanctions.

16. WEATHER CONDITIONS

We present the data of the last 6 years, with daily temperature, rain, time and wind:

Year	Temperature	Rain	Time	Wind
2025- September 20	21 °/9°	3mm	 Light rainfall	10 Km/h
2024- September 20	23 °/12°	2.9mm	 Periods of light rain with thunderstorms in the region	8 km/h
2023- September 20	19 °/13°	22,8 mm	 Light rain	18 Km/h
2021- September 20	19 °/10°	0 mm	 Moderate fog	15 Km/h
2020- September 20	21 °/15°	0,6 mm	 Light rainfall	10 Km/h
2019- September 20	22 °/13°	4.3mm	 Light rainfall	10 Km/h

17. GENERAL TIME SCHEDULE

Thursday September 17th - Friday 18th September – Saturday September 19th.

Times: Delegations' arrivals (in Santiago Airport and Train Station)

Times: Buses departure for the Accommodation Hotels.

Saturday September 19th.

H 10:00 Press Conference (to Town Hall Ames)

H 13:45 Bus departure from the Hotels to the Pazo da Peregrina (Team Managers)

H 14:30 Delegation Outfit Meeting and Bib-Tags, delivery (Pazo da Peregrina)

H 15:15 Technical Meeting (Pazo da Peregrina)

H 16:30 Parade to the Opening Ceremony (From Town Hall to Town Park, 200 metres)

H 17:00 Opening ceremony (Town Park)

H 18:30 Buses will leave from the Town Park to the Hotels.

H 19:00 Dinner at the respective hotels of the delegations

Sunday 20th September

H 06:30 – 06:45 Buses departure from the Hotels to Start-Finish Line Area

H 08:00 Gathering of the runners and chips control (Start – Finish Line Area)

H 08:30 Start of the IAU and WMA 100K World Championships

H 16:00 – 19:45 Transport athletes between the competition area and hotels (round trip)

H 20:00 Finish Race

H 20:30 Awards & Closing Ceremony (Town Park, Bertamirans – Ames)

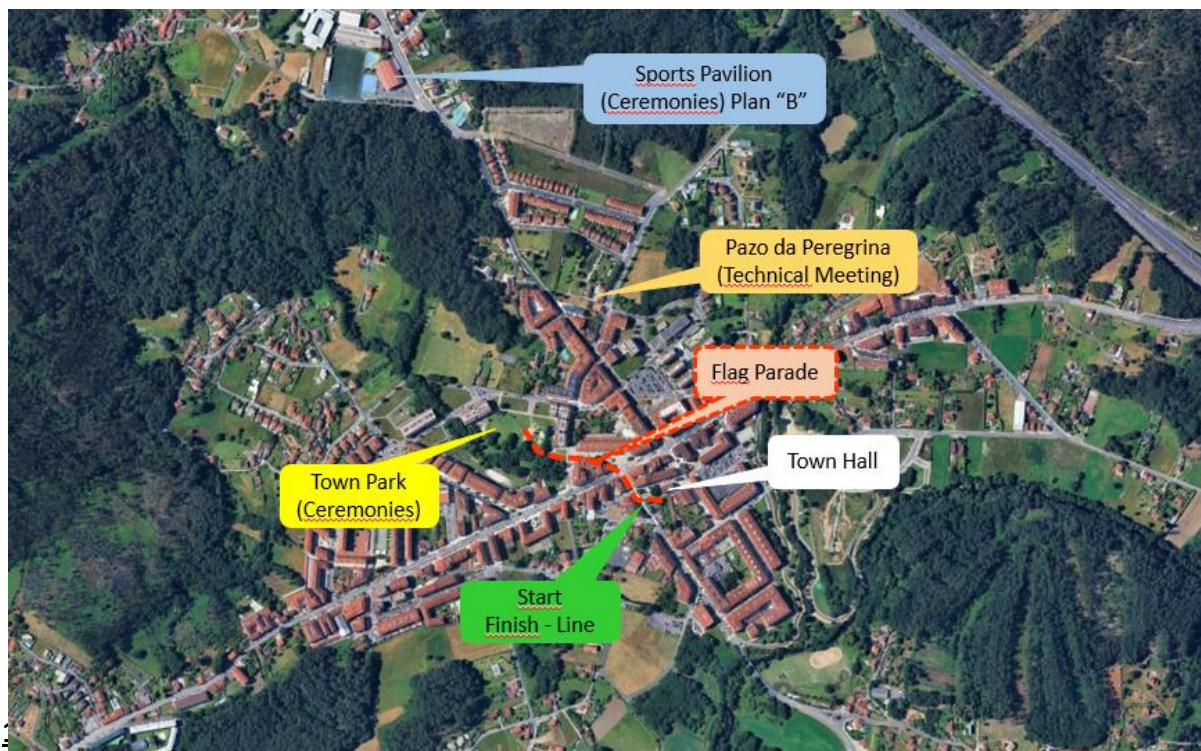
H 21:30 Dinner and Party (Town Park, Bertamirans – Ames)

H 22:30 – 23:00 Buses departure from Town Park to Hotels

Monday 21st September

Times: Buses departures from the Hotels to Santiago Airport and Train Station.

18. GENERAL MAP



Tourism in the province of A Coruña:

Visit the page: <https://turismo.dacoruna.gal/en>

Tourism in Way of St. James:

Visit the page: https://www.turismo.gal/que-facer/camino-de-santiago?langId=en_US

Tourism in Ames:

Visit the page: <https://www.concellodeames.gal/es/ames/turismo>

We are looking forward to welcoming you to Ames, A Coruña, in Spain!

The only place in the world where three routes of the Way of St James pass through.