



Team MANUAL

Deputación DA CORUÑA XUNTA DE GALICIA Concello de AMES

IAU WORLD CHAMPIONSHIP 100K AMES 2026

CAMPIONATO DO MUNDO DE 100 KM. ABSOLUTO E MÁSTER
19 E 20 DE SETEMBRO 2026

SÁBADO 19	DOMINGO 20
16.30 h Desfile de bandeiras	08.30 h Início da proba
Concello-Parque Ameneiral	20.00 h Fin da proba
17.00 h Ceremonia de apertura	20.30 h Entrega de premios e cerimonia de clausura

WORLD ATHLETICS IAU BEYOND THE MARATHON WORLD MASTERS ATHLETICS RFEA ATLETISMO Federación Galega de Atletismo ECO DEPORTE GADIS BJ TRAINERS Xacobeo 2027

Hotels:

Hostel - Hotel Monte do Gozo	Hotel Faranda - Los Tilos	Hotel Santiago Apostol	Hotel Scala
VEN	ISL	AUT	GBR
LBN	IRL	FRA	BRA
ESP	ITA	DEN	CAN
SUI	SWE	GER	HUN
ROU	CRO	JPN	FIN
UKR	AUS	ARG	LTU
SLO	NED		SRB
POL			USA
BEL			AZE
CZE			LAT
MEX			MGL
NOR			
EST			
TPE			
IND			
KUW			
NZL			
HKG			

Transport / Shuttles:



Thursday 17th SEP			
From	To	Time	Remarks
Airport - Train Station	Hotels	From 07,00 to 23,30 h.	Arrival of delegations
Friday 18th SEP			
From	To	Time	Remarks
Airport - Train Station	Hotels	From 06,00 to 23,59 h.	Arrival of delegations
Hotel Scala	Hotel - Hostel Monte do Gozo	17,30 h.	Medical Conference
Hotel Faranda - Los Tilos	Hotel - Hostel Monte do Gozo	18,00 h.	Medical Conference
Hotel - Hostel Monte do Gozo	Hotel Scala and Faranda Los Tilos	20,00 h.	Return to the Hotels
Saturday 19th SEP			
Hotel Scala	Town Hall Ames	09,30 h.	Press Conference and Technical Meeting
Hotel - Hostel Monte do Gozo	Town Hall Ames	09,30 h.	Press Conference and Technical Meeting
Hotel Santiago Apostol	Town Hall Ames	09,30 h.	Press Conference and Technical Meeting
Hotel Faranda los Tilos	Town Hall Ames	09,15 h.	Press Conference and Technical Meeting
Town Hall Ames	Hotels	13,00 h.	Return to the Hotels
Hotel Scala	Town Hall Ames	16,15 h.	Flag Parade and Openning Ceremony
Hotel - Hostel Monte do Gozo	Town Hall Ames	16,15 h.	Flag Parade and Openning Ceremony
Hotel Santiago Apostol	Town Hall Ames	16,15 h.	Flag Parade and Openning Ceremony
Hotel Faranda los Tilos	Town Hall Ames	16,15 h.	Flag Parade and Openning Ceremony
Town Park Ames	Hotels	18,30 h.	Return to the Hotels
Sunday 20th SEP			
Hotel Scala	Town Hall Ames	6,40 h.	Transport to Competition Area
Hotel - Hostel Monte do Gozo	Town Hall Ames	6,40 h.	Transport to Competition Area
Hotel Santiago Apostol	Town Hall Ames	6,40 h.	Transport to Competition Area
Hotel Faranda los Tilos	Town Hall Ames	6,40 h.	Transport to Competition Area
Town Hall Ames	Hotels	From 15,30 to 19,00 h.	Return to the Hotels
Hotel Scala	Town Park Ames	19,45 h.	Closing and Awards Ceremony
Hotel - Hostel Monte do Gozo	Town Park Ames	19,45 h.	Closing and Awards Ceremony
Hotel Santiago Apostol	Town Park Ames	19,45 h.	Closing and Awards Ceremony
Hotel Faranda los Tilos	Town Park Ames	19,45 h.	Closing and Awards Ceremony
Town Park Ames	Hotels	22,15 h.	Return to the Hotels
Monday 21st SEP			
Hotels	Airport - Train Station	From 04,00 to 21,00 h.	Return Home

Meal Times (1) :



Meal Times for Thursday 17th and Friday 18 th			
Hotel	Brekfast	Lunch	Dinner
Hotel - Hostel Monte do Gozo	07,00 h. - 10,30 h.	13,00 h. 14,30 h.	20,00 - 21,30 h.
Hotel Santiago Apostol	07,30 h. - 10,30 h.	13,00 h. 16,00 h.	20,00 - 23,00 h.
Hotel Faranda Los Tilos	07,00 h. - 10,00 h.	13,00 - 15,00 h.	20,00 - 22,00 h.
Hotel Scala	07,00 h. - 10,30 h.	13,00 - 15,00 h.	20,00 - 23,00 h.
Meal Times for Saturday 19 th			
Hotel	Brekfast	Lunch	Dinner
Hotel - Hostel Monte do Gozo	07,00 h. - 10,30 h.	13,00 h. 14,30 h.	20,00 - 21,30 h.
Hotel Santiago Apostol	08,00 h. - 11,00 h.	13,00 h. 16,00 h.	20,00 - 23,00 h.
Hotel Faranda Los Tilos	07,30 h. - 10,30 h.	13,00 - 15,00 h.	20,00 - 22,00 h.
Hotel Scala	07,00 h. - 10,30 h.	13,00 - 15,00 h.	20,00 - 23,00 h.
Meal Times for Sunday 20 th			
Hotel	Brekfast	Lunch	Dinner
Hotel - Hostel Monte do Gozo	06,00 h.	16,00 h. - 19,00 h.	22,30 h.- 23,30 h.
Hotel Santiago Apostol	06,00 h.	16,00 h. - 19,00 h.	22,30 h.- 23,59 h.
Hotel Faranda Los Tilos	06,00 h.	16,00 h. - 19,15 h.	22,15 h.- 23,00 h.
Hotel Scala	06,00 h.	15,00 h. - 19,00 h.	22,30 h.- 23,59 h.
Meal Times for Thursday 17th and Friday 18 th			
Hotel	Brekfast	Lunch	Dinner
Hotel - Hostel Monte do Gozo	07,00 h. - 10,30 h.	13,00 h. 14,30 h.	20,00 - 21,30 h.
Hotel Santiago Apostol	07,30 h. - 10,30 h.	13,00 h. 16,00 h.	20,00 - 23,00 h.
Hotel Faranda Los Tilos	07,00 h. - 10,00 h.	13,00 - 15,00 h.	20,00 - 22,00 h.
Hotel Scala	07,00 h. - 10,30 h.	13,00 - 15,00 h.	20,00 - 23,00 h.



Meals Sunday 20th :

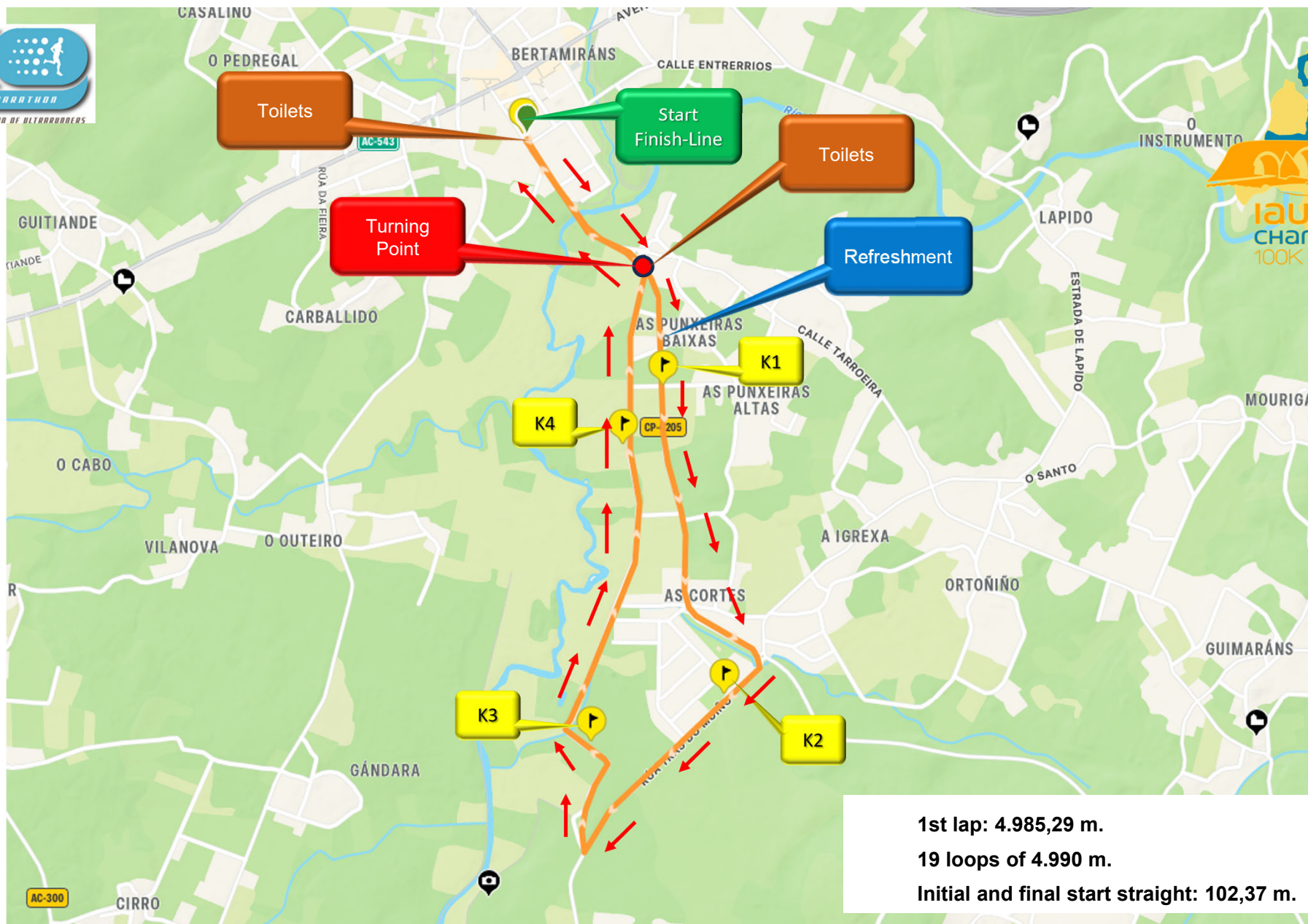


Sunday 20th.

- At the end of the competition, at the finish line, sandwiches will be provided for the athletes.
- At the hotels, between 16:00h and 19:00h, a cold catering service will be available to all guests. (No exceptions: all guests, whether athletes or not, must adhere to the same schedule.)
- Dinner will take place upon returning to the hotels, following the Closing and Awards Ceremony—approximately 22:15h – 22:30h. (No exceptions: all guests, whether athletes or not, must adhere to the same schedule.)

➤ THE COURSE

- **1st lap: 4,985.29 m.**
- **19 loops of 4,990 m.** (Signposted at kilometres 1, 2, 3 and 4)
- **Initial and final start straight: 102.37 m.**
- Well marshalled
- Ice available at the main aid station (if temperatures are high)
- Intermediate water station (if temperatures are high)
- No dangerous sections
- Traffic free
 - With exception of emergency vehicles and official organisation vehicles.



Course and time measurement:

- Kilometre marks at every 1 Km (Lap of 4,990 m.)
- Timekeeping at kilometre 0 of the 4,990-metre circuit and the second in...
- MYLAPS System
- 2 Transponders, one in each shoe
- At the end of the race, the Team Managers must hand over the shoe transponders at the finish line to the assistant responsible for the LOC Transponders.
- The deposit will then be refunded.

Transponders :



IMPORTANT:

IAU COMPETITION:

Before the Technical Meeting (Saturday 19th, 11:00h – 12:00h. in Town Hall Ames) the Delegation Outfit Meeting Will take place where the Heads of Delegations will collect race numbers and transponders. A deposit of **€20 per chip (€40 per participant)** must be paid; this will be refunded at the end of the competition, once the team leader has returned their team's transponders.

WMA (only) COMPETITORS

Race numbers, transponders and commemorative T-shirts must be collected exclusively on Saturday 19th between 10.00h and 13.30h at Ames Town Hall. A deposit of **€20 per chip (€40 per participant)** must be paid; this will be refunded at the end of the competition at the finish line to the assistant responsible for the LOC Transponders.

ATHLETES REGISTERED IN BOTH COMPETITIONS :

The race numbers, transponders and commemorative T-shirts for athletes registered for both competitions (IAU and WMA) will be handed over to the heads of delegations along with the rest of the race numbers and transponders for the IAU competition.

BIB Numbers :



IAU Competition MALE
1 - 150



IAU - WMA Competition FEMALE
401 - 450



IAU Competition FEMALE
201 - 299



WMA Competition MALE
501 - 599



IAU - WMA Competition MALE
301 - 399



WMA Competition FEMALE
601 - 650

Refreshment zone (1)

- One big station in the loop after Start / Finish line
- Tents (3 x 3 mtrs) with 1 table and 2 chairs
- One rubbish bin for every 5 tents. Please use them and don't leave rubbish lying around. It should be collected by volunteers.

Refreshment zone (2)

The following will be available at the LOC refreshment table which is placed after the Start/Finish line:

- Water (bottled), electrolyte drink and cola (Coke)
- fruits (orange and bananas) and biscuits.



Start procedure

There is a warm-up area behind the Call Room.

The Call Room will be open from 08:00h - 08:20h.

All team members should arrive together. They must first have their transponders checked and then proceed to the entrance of the Call Room. Men and women will be recorded separately.

WMA athletes have independent entrance.

No entry will be permitted after 8:20h.



Streaming

Youtube Channel: <https://www.youtube.com/@iaueuropeanchampionship50k42>

Opening Ceremony: <https://www.youtube.com/live/dQMpgSA-3Js?si=3mIN5lvK9pz2cznf>

Live Streaming: https://www.youtube.com/live/8pitRFsLwek?si=zj04pb2oe_OD9C_m

Results

Links for Results will be provided at the Technnical meeting and Social Media.

Course Reconnaissance

On Thursday 17th, Friday 18th and Saturday the 19th, teams wishing to do so may preview the race course and use the facilities at the **BJ Trainers Sport Center**, which include weight-training equipment, a stretching area, changing rooms with showers, and physiotherapy services (available at reduced rates).

The Sports Center is located on the race course, 200 meters from the Start/Finish line and 100 meters from the turnaround point.



Opening / Closing Ceremonies



Town Park Ames (Plan A)

Sport Centre Ames (Plan B)

Flag Parade & Opening Ceremony:
Saturday 19th, 16:30h.

Awards & Closing Ceremony:
Sunday 20th, 20:30h.

Date	Time	Activity Description	Location
Thursday, Sep 17th	Acc. to arr	Delegations' arrivals	Santiago Airport and Train Station
Friday, Sep 18th	Acc. to arr	Delegations' arrivals	Santiago Airport and Train Station
Friday, Sep 18th	18:30	Medical Conference (The Psychology of Ultra Endurance Performance)	Hotel Monte de Cozo
Saturday, Sep 19th	Acc. to arr	Delegations' arrivals	Santiago Airport and Train Station
Saturday, Sep 19th	10:00	Press Conference	Town Hall Ames
Saturday, Sep 19th	TBC	Bus departure from the Hotels to Town Hall (Team Managers)	Hotels to Town Hall Ames
Saturday, Sep 19th	11:00	Delegation Outfit Meeting and Bib-Tags delivery	Town Hall Ames
Saturday, Sep 19th	12:00	Technical Meeting	Town Hall Ames
Saturday, Sep 19th	16:30	Parade to the Opening Ceremony (200 metres)	From Town Hall to Town Park
Saturday, Sep 19th	17:00	Opening Ceremony	Town Park
Saturday, Sep 19th	18:30	Buses departure from Town Park to Hotels	Town Park to Hotels
Saturday, Sep 19th	19:00	Dinner	Respective hotels of the delegations
Sunday, Sep 20th	06:30 – 06:45	Buses departure from Hotels to Start-Finish Line Area	Hotels to Start-Finish Line Area
Sunday, Sep 20th	08:00	Gathering of the runners and chips control	Start – Finish Line Area
Sunday, Sep 20th	08:30	Start of the IAU and WMA 100K World Championships	Start – Finish Line Area
Sunday, Sep 20th	16:00 – 19:45	Transport athletes between competition area and hotels (round trip)	Competition Area ↔ Hotels
Sunday, Sep 20th	20:00	Finish Race	Start – Finish Line Area
Sunday, Sep 20th	20:30	Awards & Closing Ceremony	Town Park, Bertamirans – Ames
Sunday, Sep 20th	21:30	Dinner and Party	Town Park, Bertamirans – Ames
Sunday, Sep 20th	22:30 – 23:00	Buses departure from Town Park to Hotels	Town Park to Hotels
Monday, Sep 21st	Acc. to dep	Buses departures from Hotels to Santiago Airport and Train Station	Hotels to Santiago Airport and Train Station

IMPORTANT DATES

Medical Conference

The Psychology of Ultra-Endurance Performance



A lecture with
Dr Abel Nogueira López

Hotel – Hostel Monte do Gozo, Friday 18th, 18:30h.
Xacobeo Room