



IAU
LABELLING
of
ULTRARACES
(vs 091125)

IAU Labelling System

International Association of Ultrarunners
Under the Patronage of the International Association of Athletics Federations
17, Rue Princesse Florestine, 98000 MONACO www.iau-ultramarathon.org



1. TARGET GROUP

- 1.1 IAU Technical Committee
- 1.2 IAU Record Committee
- 1.3 National Federations, the organizers of ultraraces
 - ❖ for a Golden IAU Label
 - ❖ for a Silver IAU label
 - ❖ for a Bronze IAU label

2. DEFINITION OF “THE FAMILY OF ULTRARACES”

2.1 Classical and popular ultraraces

- ❖ Races longer than the marathon distance
- ❖ Races run on a track or on a road
- ❖ Races run on an official distance or non official distance.

2.2 Trail ultraraces

- ❖ Races longer than the marathon distance
- ❖ Races run on an official distance or not
- ❖ Races run for the largest parts on trails and nature paths

2.3 Mountain ultraraces

- ❖ Races longer than the marathon distance
- ❖ Races run on an official distance or not
- ❖ Races with a very high difference in altitude
 - Minimum 500m of cumulated positive difference in altitude
 - Minimum 300m difference in altitude between the highest and lowest point on the course.
- ❖ Races run on road or trail

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3. DEFINITION

3.1 The **IAU quality labels for ultraraces** are property of the IAU and can be adapted by simple decision of the IAU Executive Council (IAU.EC) whenever it may be necessary.

3.2 The IAU will officially recognize following labels for the next ultraraces:

Golden IAU label	- OD Road & Track races
Silver IAU label	- NOD Road & Track races
Bronze IAU label	- Trail races
	- Mountain races

OD = Official distance (the distances in which MIAUC are held: 100K, 24H, 50K)

NOD = Non Official Distance (6H, 12H, 48H, ...)

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4. GOLDEN IAU LABEL

- 4.1 The **Golden IAU label** can be given to OD and NOD road and track races as well as to Trail and Mountain races.
- 4.2 The period of reference will be between 1st January and 31st December of the following year, the Labels will be awarded preferably in December-January. For the following years, the applications will be taken as soon as race organisers send them in after the previous race.
- 4.3 The minimal conditions are:
- The organisation must be affiliated to its National Athletic Federation or must, in the case where its federation doesn't recognise ultra races or at least this specific race distance, organise the event together with an official club of the Federation.
 - The organisation exists at least 3 years. As proof of evidence, the organisers will send the results of the last 3 years if the race didn't had at least a Silver Label the year before.
 - At least 5 athletes (mixed: men and women) ranked on an International Level (**see appendix 1**) in one of the competitions of the last 3 years.
 - Races within races are separate races and should require separate applications.
 - In case of official intermediate timekeeping in a labelled race the organiser should also apply for a free extra BRONZE Label for this intermediate results.
 - Anti-doping control must be accepted by the organisation following the demands of the IAU.
 - The course of the Official Distance races (100K, 24H, 50K) must be measured by an official IAAF/AIMS measurer following the IAAF rules (Jones counter).
 - Races with an **AIMS label** receive automatically a BRONZE IAU Label without any further requirements like application forms. No fee is required for the Bronze Label, but it is still for Silver and Gold.
 - The races with an official measured course and recognised by their National Federation receives a free BRONZE IAU Label, only when the requested application forms are sent, by E-mail in digital format (see appendix 6), to the IAU secretary. No fee is required for the Bronze Label, but it is still for Silver and Gold.
 - **For Trail and Mountain races :** The measurement of the course must be done as correct as possible and the difference between the suggested distance and the real distance may not exceed 5%. GPS measurements would be accepted for trail and mountain races.
 - For the races run over other distances, the measurement can be done by an official indicated by the National Federation.
 - The validity of the measurement may not exceed 5 years even when the course is not changed from the original course. Exception : the official measured track courses. The expenses for the measurement will be paid by the organisation.
 - The organisation engages themselves to provide the official results of the race within 1 week to the IAU. This must be done by E-mail in digital format as an Exel-file (see appendix 5).
 - The organisation will follow the IAU technical and organisational guidelines for MIAUC.
 - In case of a World Record or World Best Performance, the organisation engages themselves to use the standards described under the guidelines of the IAU Record Committee.

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- The organisation will publish in all forms of communication the official IAU label logo (letters, website, posters, results, press map, etc...).
- 4.4 The official application for this IAU label must be done by using the official IAU-Label papers which can be asked by the IAU or found on the IAU website. This forms and additional evidence such as course measurements, results of the last three years and evidence of approval by the National Athletics Federation MUST be sent in digital format (see appendix 6).
- 4.5 Payment by bank transfer only – cheques not acceptable
- 4.6 The official application can be done by an “official third party”, e.g. an National Ultramarathon Organisation, but should also include all necessary documents and financial requirements.

5. SILVER IAU LABEL

- 5.1 The Silver IAU Label can be given to OD and NOD road and track races as well as to Trail and Mountain races.
- 5.2 The period of reference will be between 1st January and 31st December of the following year, the Labels will be awarded preferably in December-January. For the following years, the applications will be taken as soon as race organisers send them in after the previous race.
- 5.3 The minimal conditions are :
- The organisation must be affiliated to its National Athletic Federation or must, in the case where its federation doesn't recognise ultra races or at least this specific race distance, organise the event together with an official club of the Federation.
 - The organisation exists at least 2 years. As proof of evidence, the organisers will send the results of the last 2 years if the race didn't had at least a Silver Label the year before.
 - At least 5 athletes (mixed: men and women) ranked on a National Level (**see appendix 1**) in one of the competitions of the last 3 years.
 - Races within races are separate races and should require separate applications.
 - In case of official intermediate timekeeping in a labelled race the organiser should also apply for a free extra BRONZE Label for this intermediate results.
 - The measurement of the course must be done at least by an official measurer indicated by the National Federation.
 - Races with an **AIMS label** receives automatic a BRONZE IAU Label without any further requirements like application forms. No fee is required for the Bronze Label, but it is still for Silver and Gold.
 - The races with an official measured course and recognised by their National Federation receives a free BRONZE IAU Label, only when the requested application forms are sent, by E-mail in digital format (see appendix 6), to the IAU secretary. No fee is required for the Bronze Label, but it is still for Silver and Gold.
 - **For Trail and Mountain races :** The measurement of the course must be done as correct as possible and the difference between the suggested distance and the real distance may not exceed 5%. GPS measurements would be accepted for trail and mountain races.
 - The validity of the measurement may not exceed 5 years even when the course is not changed from the original course. Exception : the official measured track courses. The expenses for the measurement will be paid by the organisation.

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- The organisation engages themselves to provide the official results of the race within 1 week to the IAU. This must be done by E-mail in digital format as an Excell-file(see appendix 5).
- The organisation will follow the IAU technical and organisational guidelines for MIAUC.
- In case of a World Record or World Best Performance, the organisation engages themselves to use the standards described under the guidelines of the IAU Record Committee.
- The organisation will publish in all forms of communication the official IAU label logo (letters, website, posters, results, press map, etc...).

5.4 The official application for this IAU label must be done by using the official IAU-Label papers which can be asked by the IAU or found on the IAU website. This forms and additional evidence such as course measurements, results of the last three years and evidence of approval by the National Athletics Federation MUST be sent in digital format (see appendix 6).

5.5 Payment by bank transfer only – cheques not acceptable

5.6 The official application can be done by an “official third party”, e.g. an National Ultramarathon Organisation, but should also include all necessary documents and financial requirements.

6. BRONZE IAU LABEL

6.1 The Bronze IAU Label can be given to OD and NOD road and track races as well as to Trail and Mountain races.

6.2 The period of reference will be between 1st January and 31st December of the following year, the Labels will be awarded preferably in December-January. For the following years, the applications will be taken as soon as race organisers send them in after the previous race.

6.3 The minimal conditions are:

- The organisation must be affiliated to its National Athletic Federation or must, in the case where its federation doesn't recognise ultra races or at least this specific race distance, organise the event together with an official club of the Federation.
- The measurement of the course must be done at least by an official measurer indicated by the National Federation.
- Races within races are separate races and should require separate applications.
- In case of official intermediate timekeeping in a labelled race the organiser should also apply for a free extra BRONZE Label for this intermediate results.
- The measurement of the course must be done at least by an official measurer indicated by the National Federation.
- Races with an **AIMS label** receives automatic a BRONZE IAU Label without any further requirements like application forms. No fee is required for the Bronze Label, but it is still for Silver and Gold.
- The races with an official measured course and recognised by their National Federation receives a free BRONZE IAU Label, only when the requested application forms and supporting evidence are sent, by E-mail in digital format (see appendix 6), to the IAU secretary. No fee is required for the Bronze Label, but it is still for Silver and Gold.
- **For Trail and Mountain races :** The measurement of the course must be done as correct as possible and the difference between the suggested distance and the real distance may not exceed 5%. GPS measurements would be accepted for trail and mountain races.

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- The validity of the measurement may not exceed 5 years even when the course is not changed from the original course. Exception : the official measured track courses. The expenses for the measurement will be paid by the organisation.
- The organisation engages themselves to provide the official results of the race within 1 week to the IAU. This must be done by E-mail in digital format as an Excell-file(see appendix 5).
- The organisation will follow the IAU technical and organisational guidelines for MIAUC.
- In case of a World Record or World Best Performance, the organisation engages themselves to use the standards described under the guidelines of the IAU Record Committee.
- The organisation will publish in all forms of communication the official IAU label logo (letters, website, posters, results, press map, etc...).

6.4 The official application for this IAU label must be done by using the official IAU-Label papers which can be asked by the IAU or found on the IAU website. This forms and additional evidence such as course measurements, results of the last three years and evidence of approval by the National Athletics Federation MUST be sent in digital format (see appendix 6).

6.5 The official application can be done by an "official third party", e.g. an National Ultramarathon Organisation, but should also include all necessary documents and financial requirements.

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7. PROCEDURE FOR ASKING A LABEL

- 7.1 The organizer fill in the application documents and provide the additional evidence required and send them back, **only in digital format** (see appendix 6), to :
- **The IAU General Secretary :** secretary@iau-ultramarathon.org
 - **The IAU Record Committee:** records@iau-ultramarathon.org
 - **The IAU Director of Organisations:** jan.vandendriessche@iau-ultramarathon.org

This should be done preferably before 1st of January for the Gold and Silver Applications and at least till the end of the Label-year.

- 7.2 Only completed dossiers will be taken into account, which means that they'll contain :
- a. The application of the organisation
 - b. The document of information (depending of the kind of race)
 - c. A proof of evidence of electronic transfer to the IAU bank account
 - d. A proof of evidence of the approval by the National Athletics Federation.
 - e. A complete result of the races, of the last two or three years (see 4.3 and 5.3), who didn't had an IAU Label before and who are applying for a Silver or Golden IAU Label.
 - f. **ALL in electronic format**

8. RANKING OF THE PERFORMANCES in IAU LABEL Races

- 8.1 Only the races which has an IAU Label will become part of the international Ranking List IF they are sent in the appropriate digital format (as an EXCELL-file, see appendix 5) by E-mail to the
- **The IAU General Secretary :** secretary@iau-ultramarathon.org
 - **The IAU Record Committee:** records@iau-ultramarathon.org
 - **The IAU Director of Organisations:** jan.vandendriessche@iau-ultramarathon.org

8.2 This ranking should be followed up by the Record Commission and published on the IAU website.

8.3 Only the performances in these IAU International Ranking list will be taken into account to define the Travel Grants for the elite runners when going to the Major IAU Competitions.

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APPENDIX 1

International and National Level

	100K		24H		6H		50K		56K	
	M	W	M	W	M	W	M	W	M	W
INT	7:00:00	8:30:00	240	220	89	76	3:03:00	3:35:00	3:28:00	4:05:00
NAT	8:00:00	9:30:00	200	180	80	69	3:25:00	3:58:00	3:54:00	4:32:00
	50 Mile		90K		100Mile		12H		48H	
	M	W	M	W	M	W	M	W	M	W
INT	5:56:00	6:59:00	6:07:00	7:19:00	13:38:00	16:35:00	139	128	360	330
NAT	6:44:00	7:46:00	6:58:00	8:13:00	15:45:00	18:36:00	117	105	300	270

IN= International Level, N= National Level

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APPENDIX 2

Application fees for an IAU Label

Golden IAU label	200 EURO
Silver IAU label	100 EURO
Bronze IAU label	FREE

Application fees should be paid by bank transfer on the IAU bank account :

IAU, International Association of Ultrarunners
Vaartstraat 28, B-8470 Gistel (BEL)

ING 380-0152209-87

IBAN: BE67 3800 1522 0987

BIC Code: BBRUBEBB

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APPENDIX 3

Application form for recognition of an IAU label (vs091115)

This document can be downloaded from the IAU website (see download menu)

Labelled before?	PLACE + name of the race	Country	Distance	DATE	Label	email
NO					BRONZE	
Kind of race : ROAD						
Local Organising Club(LOC) :					License number:	
Or name of the co-organising Club :					License number:	
Presented by Mr/Mrs (name, first name, function) :						
Address:		Postcode	Place	Tel.nr.		website
<p>Application for: IAU BRONZE LABEL (FREE) ← click and make your choice</p> <p>The LOC transfers to the IAU Bank account (possible related bank costs should be paid by the LOC) (IAU, "International Association of Ultrarunners", ING 380-0152209-87 IBAN: BE67 3800 1522 0987 BIC Code: BBRUBEBB) the total amount of : NONE EURO ← click and make your choice</p>						
Registration number of Official Measurement Certificate: (year of measurement):						
<i>A digital copy of the Official Measurement Certificate will be added only if this is a new course measurement)</i>						
This race is official recognized by the National Athletic Federation . (The necessary documents to prove this will be send in digital format to the IAU Secretary)						
The LOC will respect the IAU Labelling Guidelines.						
This application form is sent in <u>digital form</u> to the IAU Secretary: secretary@iau-ultramarathon.org (Preferably before end of December to get a Silver or Golden IAU label)						
Date :						

DON'T FORGET ! Extra electronic attachments sent by E-mail to the IAU Secretary :

1. Digital copy of the evidence of approval by the National Athletic Federation.
2. Digital copy of the official measurement of the course.
3. If applying for a Silver or Golden Label, the required official results (see 4.3 and 5.3 of the IAU Labelling Guidelines) will be added in electronic version if the previous edition didn't had at least a SILVER IAU label.

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APPENDIX 4

Renewal of the IAU Labelling

Every year ALL labels must be renewed.

There are two **RENEWAL FORMS** available on the download section of the IAU website:

1. A very simple one if nothing of the race information changed (LOC details, course measurement, approval by the National Federation, etc...)
2. Another RENEWAL file is available when only a few details changed

In all other cases (and when you doubt) the normal application form should be used

APPENDIX 5

Translations

Some documents are translated.

In French (*):

- The IAU Labelling FILE
- The normal Application form
- The renewal forms
- a special form for FFA-labelled races

**with thanks to Roger Bonnifait and Christophe Antoine*

In German (*):

- The IAU Labelling FILE

**with thanks to Wolfgang*

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APPENDIX 6

Instructions for completing Race Results for inclusion in IAU World Ranking Lists

To be able to collect the results of your race for :

- Making the official ranking lists of the IAU for all recognized ultradistance races
- Making a database with all official results
- The calculation of the Travel Grants for the elite runners when invited to the Major IAU Competitions (e.g. WC100K, WC24H, ...)

The organizer must send his full results to :

- **The IAU General Secretary :** secretary@iau-ultramarathon.org
- **The IAU Record Committee:** records@iau-ultramarathon.org
- **The IAU Director of Organisations:** jan.vandendriessche@iau-ultramarathon.org

General Instructions:

1. When forwarding race results it is essential that they presented in a standard format, using Microsoft **Excel**, Font Type – Arial – Size 10, in English, page formatted to Landscape, to ensure accurate, and early inclusion into the World Rankings.
2. Performances for measured distance races such as 12 hr., 24 hr., etc. should be shown in Kilometres to three decimal places (i.e. – 123.456). Commas should not be used. Cell should be formatted to general, or as a number. Numbers written as text cannot be sorted correctly.
3. Performances for timed events such as 50Km, 100Km, etc. should be shown in hours, minutes & seconds to two decimal places, and separated by a colon (i.e. – 09:45:15).
4. Surname should commence with the first letter in upper case, and all remaining letters in lower case. In the instance of a double-barrelled name (Smith-Brown) the first letter of each name should be upper case.
5. First name should follow the same format.
6. Gender should be shown as M for male, and F for Female.
7. Date of Birth should be written numerically in the format day, month, year, with the year shown in full (i.e. – 01/01/2008).
8. Race surface should be stated. I for Indoors. R for Road. T for Track.
9. Country name should be abbreviated to three upper case letters in an internationally recognised format, i.e. GBR – Great Britain. ESP – Spain, RUS – Russia, etc.
10. Date should be in the format day, month, year, with the year shown in full (i.e. – 01/01/2008).

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11. Location should be presented as location, country (i.e – Madrid, Spain).
12. Race Results are to be forwarded to the I.A.U. no more than 2 weeks after the race, in the above format.

**RESULT FORMAT IAU RESULTS
EXCELL FILE !**

Rank	Perf.	Name	First Name	Gender	DOB	Country	Surface R=Road T= Track I= Indoor	Date	Location
1	203.450	Smith	John	M	19/12/1960	GBR	R	25/07/2007	London, UK

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APPENDIX 7

Digital format ??

To save a lot of administration work and the related costs the organisers who apply for an IAU label are obliged to send ALL INFORMATION in DIGITAL FORMAT.

What is allowed ?

1. APPLICATION FORMS

ONLY as WORD-file !

- i. Download the application form in Word-format, fill it in by using your computer and send it back

2. EVIDENCE OF COURSE MEASUREMENT

- a. WORD, PDF or EXCELL file
 - i. When the evidence of Course Measurement was received as Word, PDF or EXCELL file, it can be send in the same format to the IAU.
- b. PDF-file
 - i. Make a scan, save it as PDF-file and send it back.
- c. JPG/ JPEG of BMP-file
 - i. Print out the application form, fill it in manual, make a scan, save it as JPG/ JPEG or BMP-file and send it back.
 - ii. Print out the application form, fill it in manual, make a digital picture of it (at least 2 megapixel) and send it back

3. APPROVAL OF THE NATIONAL FEDERATION

- a. PDF-file
 - i. Make a scan, save it as PDF-file and send it back.
- b. JPG/ JPEG of BMP-file
 - i. Print out the application form, fill it in manual, make a scan, save it as JPG/ JPEG or BMP-file and send it back.
 - ii. Print out the application form, fill it in manual, make a digital picture of it (at least 2 megapixel) and send it back

4. RESULTS OF THE PREVIOUS YEARS

(Only if necessary for the application for SILVER or GOLD, see p.4.3 and 5.3)

- a. As an EXCELL-file
- b. PDF-file
 - i. Make a scan, save it as PDF-file and send it back.
- c. JPG/ JPEG of BMP-file
 - i. Make a scan, save it as JPG/ JPEG or BMP-file and send it back.
 - ii. Make a digital picture of it (at least 2 megapixel) and send it back

5. RESULTS OF THE LABELLED RACE

- a. Only results send as an EXCELL-file will be accepted (see appendix 5)

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What's new in the latest versions of the IAU Labelling System ?

- Vs091125 Pt 4.1, 5.1, 6.1: The Bronze IAU Label can be given to OD and NOD road **and track** races as well as to Trail and Mountain races.
Pt 4.3 (7th): (100K, 24H) becomes (100K, 24H, 50K)
Pt 4.3 (14th) and pt 5.3 (12th): removing of: "Payment of the Label duties (by bank transfer only – cheques not acceptable)." This is also mentioned in pt 4.5 and 5.5
Some little lay-out changes
- Vs091115 Adjustments in pt. 4.3, 5.3 and 6.3.
- The organisation must be affiliated to its National Athletic Federation or must, in the case where its federation doesn't recognise ultra races or at least this specific race distance, organise the event together with an official club of the Federation.
 - **For Trail and Mountain races** : The measurement of the course must be done as correct as possible and the difference between the suggested distance and the real distance may not exceed 5%. GPS measurements would be accepted for trail and mountain races.
- Appendix 3. Correction of the Bank account details.
Appendix 6. Brief description of the 'general Instructions'
- Vs090406 Adjustment of the IAU email addresses (linked on the domain name iau-ultramarathon.org)
Adjustment of the IAU bank account
- Vs080115 7.1 Not necessary to apply the latest 10 days before a race. It must be done the latest till the end of the Label-year.
Appendix 3: a total new form (only 1 page anymore)
Appendix 4: is a new appendix telling more about the renewal-procedure.
Appendix 5: is a new appendix telling more about the available translations.
Appendix 6: is the previous appendix 5. Results should be sent in a little changed format.
Appendix 7: Digital. The applications forms **MUST** be sent in WORD-format.
- Vs070114 Removal of 4.2 and 5.2. The number of Golden and Silver IAU labels is not limited anymore
4.3 and 5.3 becomes 4.2 and 5.3 : first sentence is deleted because there is no limitation anymore of the number of Golden and Silver IAU labels.
4.3/5.3 and 6.3 :
- only if the National Federation doesn't recognise ultra races it is enough that the race is organised by an official Athletics Club of the Federation.
- intermediate timekeeping needs also an application for a free Bronze label
- Bronze Label becomes free but the application forms are still obliged !
- results can only be sent in digital format !!
- in case of a World Record or a World Best Performance, the standards of the Guidelines of the IAU Record Committee should be followed.
4.4, 5.4 and 6.4 : application forms **MUST** be sent in digital form.
7.1 The application forms are, besides to the IAU General Secretary, also sent to the IAU Record Committee and the IAU Director of Organisations.
8.1 Results must be sent in digital format and to the IAU Record Committee and the IAU Director of Organisations and the IAU General Secretary.
8.3 added : *for the elite runners when going to ..*
Appendix 1: only the International and National Level for the different disciplines

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- are kept, all the rest is removed.
Appendix 2 : Bronze Label becomes FREE but everything should be paid by electronic Bank transfer. (in a near future by Paypal)
Appendix 3 : Application Form. No cheques are allowed anymore.
Appendix 5 : The collected official results will also help to calculate the Travel Grants. Only results send in the appropriate EXCELL-format will be accepted !
Appendix 6 : A new appendix with some explanation what digital formats are allowed and a short manual how to "produce" them.
- Vs061103 Only some spelling corrections
Vs061102 Sportive Level Chart : round-up's and downs of the 50-mile performances.
Change of font to "Century Gothic"
The "**What's new - page**"
Vs061101 **Lay-out**

4.4, 5.4 and 6.4 :

The races with an International, national or regional FFA label receives automatic a BRONZE IAU Label. Nevertheless the application forms should be sent to the IAU secretary. No fee is required for the Bronze Label, but it is still for Silver and Gold.

The validity of the measurement may not exceed 5 years even when the course is not changed from the original course. **Exception : the official measured track courses.** The expenses for the measurement will be paid by the organisation.

4.7 The official application for this IAU label must be done by using the official IAU-Label papers which can be asked by the IAU or found on the IAU website. **This forms can be sent in digital format.**

7.3

....The address of the IAU secretary is : **Hilary Walker**, IAU General Secretary, 9 Rutland Mews South, London, SW7 1NZ, United Kingdom, **by Email:** [**hilary.walker@virgin.net**](mailto:hilary.walker@virgin.net) . **Electronic versions would be preferable** This should be done **preferably** before 1st of January for

7.4 Only completed dossiers will be taken in count, which means that they'll contain :

c. A cheque corresponding to the fee due for the IAU label grade (see appendix 2) or preferably evidence of electronic transfer to the IAU bank account

d. A complete result of the races who didn't had an IAU Label before and who are applying for a Silver or Golden IAU Label.

Appendix 1: A renewed Sportive Level Chart

Appendix 5: The organizer must send his full results to :

- **Hilary Walker**, IAU General Secretary, 9 Rutland Mews South, London, SW7 1NZ, United Kingdom

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