



IAU 50K Trophy 2009



Regulation:

- ⇒ The **IAU 50K Trophy Final Race** will be run in **GIBRALTAR**
- ⇒ Date: **Autumn 2009.**
- ⇒ Who can participate?
 - All runners officially entered by their National Athletics Federation
 - No restriction of the number of athletes
- ⇒ The winner of the race (M and W) wins also the IAU 50KTrophy 2009
- ⇒ **TRAVEL GRANTS**
 - **Only for a maximum of 40 runners** who took part in at least one of the **PRE-RACES.**
 - If they won the race in at least 3h20' (M) or 3h50' (W)
 - If they belong to the best runners who ran the qualification time: 3h20' (M) or 3h50' (W)
 - The distribution of these travel grants will be done on the same base as for the other MIAUC's. (see <http://www.iau.org.tw/upload/download/1132001302.pdf>)
 - T-A athletes (A-athletes for the IAU 50K Trophy):
 - Winners in the Qualifying Time (3h20-M or 3h50-W)
 - Additional runners who ran at least
 - 3h05' (M)
 - 3h35' (W)
 - T-B athletes
 - Runners who ran at least
 - 3h10' (M)
 - 3h40' (W)
 - T-C athletes
 - Runners who ran at least
 - 3h15' (M)
 - 3h45' (W)
 - T-D athletes
 - Runners who ran at least
 - 3h20' (M)
 - 3h50' (W)
 - The definition of the Travel zones remains the same as for the other MIAUC's:
 - Zone 1 (Z1): more than 9 hours flying
 - Zone 2 (Z2): between 4 hours and maximum 9 hours flying
 - Zone 3 (Z3): maximum 4 hours flying



⇒ **ACCOMMODATION**



- **FREE accommodation** (on full board base), **only for a maximum of 40 runners** who took part in one of the selection races
 - If they won the race in at least 3h20' (M) or 3h50 (W)
 - If they belong to the best runners who ran the qualification time: 3h20' (M) or 3h50 (W)
- 3 nights for Z3 athletes, 4 nights for Z2 athletes and 5 nights for Z1 athletes.

⇒ **PRE-RACES**



- ONLY **IAU LABELLED RACES** can serve as PRE-RACE
- maximum 20 selection races (selected by the IAU)
- will pay **100€ as participating-fee**, at least 5 weeks prior to their race
 - will get free advertisement space on the IAU website for at least 5 weeks.
 - will get "silver-label"-space in the new "IAU RESULTS BOOK"