

2nd January 2025

**AFI ULTRA, MOUNTAIN AND TRAIL RUNNING POLICY
WORLD / CONTINENTAL AREA CHAMPIONSHIPS 2025**

1. Introduction. The Athletics Federation of India has been involved in the sport of Ultra and Trail Running since 2017, with the first Indian trail running team being sent for the Trail World Championships. Since then, Indian athletes are taking the sport of ultra and trail running forward on the global platform. The International Association of Ultrarunners (IAU) operates under the patronage of 'World Athletics' [formerly known as 'International Association of Athletics Federation' (IAAF)], and holds major competitions at the World and Continental level. Recently, under the aegis of the World Athletics, the IAU, International Trail Running Association (ITRA) and World Mountain Running Association (WMRA) have collaborated to bring together mountain and trail running events under event 'World Mountain and Trail Running Championships'. The Athletics Federation of India (AFI) in its endeavour to promote the sport of ultra, trail and mountain running, continues to send teams for these championships. It is the objective of the AFI to enhance competitiveness in the sport, and send a 'strong team' to represent the country. The Selection Policy and Race Specific Benchmark as decided by AFI for the year 2025 is given herein.

2. World and Asia & Oceania Championships. The upcoming World and Asia & Oceania Championships are:

- (a) World Mountain & Trail Running Championships (WMTRC2025) - 25 September 2025 to 30 September 2025 Canfranc-Pirineos, Spain. (Annexure A).
- (b) 2025 IAU 24 Hour World Championships - 18th and 19th October 2025 Albi, France (Annexure B)
- (c) 2025 IAU 50K World Championships – 7th December 2025 India (Annexure C)

3. Invitation of Applications. The AFI Ultra Running Committee will announce the invitation of applications at the earliest. It will be the endeavor of the committee to open the application process at least four months before the date of the Championships, for minimum period of three weeks for athletes to fill in and submit the same. The online application link will be posted on <https://indianathletics.in>

4. Criteria for recognizing races and race results for selecting athletes for World and Asia & Oceania Championships. Refer Annexure F

5. Selection Process and Expenditure for Participation. Refer Annexure E & F

6. Selection Committee. Selection Committee appointed by the AFI will be responsible for the selection process. Mr. Adille J Sumariwalla, President AFI is the Appellate Authority.

7. Additional Information and queries. The AFI Ultra Running Committee may be contacted at: ultramarathon@indianathletics.in



Sandeep Mehta
Secretary
Athletics Federation of India

Annexure 'A'

WORLD MOUNTAIN & TRAIL RUNNING CHAMPIONSHIPS

25 SEPTEMBER 2025 to 28 SEPTEMBER 2025 – CANFRANC-PIRINEOS, SPAIN

1. World Mountain & Trail Running Championships is to be held from 25th to 28th September 2025 at Canfranc-Pirineos, Spain.

2. Online applications will open on 25 April 2025 to 25 May 2025.

3. Race Specific Benchmark. Athletes should have achieved the following standards within the qualifying period.

EVENT DESCRIPTION (Dist / Elev Gain/Loss) GENDER RACE SPECIFIC BENCH-MARK

Short trail race – Men and Women 44.5 Km

+ 3700 m

MEN DISTANCE CATEGORY: Mara-thon or 50 Km Trail with similar elevation gain or loss in qualify-ing race with minimum ITRA RACE SCORE of 700

WOMEN DISTANCE CATEGORY: Mara-thon or 50 Km Trail with similar elevation gain or loss in qualify-ing race with minimum ITRA RACE SCORE of 550

Long trail race - Men and Women

82 Km

+ 5700 **MEN DISTANCE CATEGORY:** 50 mile or 100 Km Trail with similar elevation gain or loss in qualify-ing race with minimum ITRA RACE SCORE of 700

WOMEN DISTANCE CATEGORY: 50 mile or 100 Km Trail with similar elevation gain or loss in qualify-ing race with minimum ITRA RACE SCORE of 550

Please refer to <https://itra.run/find-a-runner> for the ITRA Race Score

EVENT DESCRIPTION (Dist / Elev Gain/Loss) GENDER RACE SPECIFIC BENCH-MARK

Vertical Uphill - Men and Women 6.5 km

+ 986 m **MEN Distance Category:** 5.5 Km + 1000 m in minimum time 55 minutes OR 10 K race category with minimum + 800 m eleva-tion gain or loss with minimum ITRA RACE SCORE of 700

WOMEN Distance Category: 5.5 Km + 1000 m in minimum time 1 hour 10 minutes OR 10 K race cate-gory with minimum + 800 m elevation gain or loss with min-imum ITRA RACE score of 550

Mountain Classic (Up and Down) - Men and Women

15 Km

+ 820 **MEN DISTANCE CATEGORY:** Half marathon with minimum similar elevation gain or loss with min-imum ITRA RACE SCORE of 700

WOMEN DISTANCE CATEGORY: Half marathon with minimum similar elevation gain or loss with min-imum ITRA RACE SCORE of 550

Please refer to <https://itra.run/find-a-runner> for the ITRA Race Score and Timing

4. Qualifying Period. The qualifying period is from 01 May 2024 to 25 May 2025.

5. Athletes meeting the set criteria would be considered.

(a) Mountain Races: Upto 04 Men and 04 Women for each event.

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(b) Trail races: Upto 06 Men and 06 Women for each event.

Annexure 'B'

**2025 IAU 24 HOUR WORLD CHAMPIONSHIP
18TH AND 19TH OCTOBER 2025– ALBI, FRANCE**

1. The 2025 IAU 24 Hour World Championships is to be held on 18th and 19th October at Albi, France.

2. Online applications will be open from 1st April 2025 till 30 April 2025.

3. Race Specific Benchmark. Athletes should have achieved the following standards in a 24 Hour Race within the qualifying period.

Men : 225 Km

Women : 180 Km

Note 1: In case of a tie between the applicants meeting the set criteria, the selection of the athletes would be solely at the discretion of the selection committee.

4. Qualifying Period. The qualifying period is from 5th April 2024 to last date for submission of the on line application (tentatively 30 April 2025)

5. A maximum of 06 men and 06 women meeting the set criteria would be considered.

6. Athletes must note the criteria for recognizing races and race results for selecting athletes for World and Asia & Oceania Championships given at Annexure D.

Annexure 'C'

**2025 IAU 50 Km World Championship
7TH DECEMBER 2025 – INDIA**

1. The 2025 IAU 50 Km World Championships is to be held on 7th December, 2025 at India.

2. Online applications will open at least four months before the date of Championships. (August 1st, 2025 till August 31st, 2025)

3. Race Specific Benchmark. Athletes should have achieved the following standards in a Full marathon (42.195 KM) Race within the qualifying period which is TBD to last date for submission of the on-line application (August 31st, 2025)

Men : 2:45 h

Women : 3:00 h

Note 1: In case of a tie between the applicants meeting the set criteria, the selection of the athletes would be solely at the discretion of the selection committee.

4. Qualifying Period. The qualifying period is from August 31st, 2024 to August 31st, 2025 (or the last date of submission of the online application)

5. A maximum of 06 men and 06 women meeting the set criteria would be considered.

6. Athletes must note the criteria for recognizing races and race results for selecting athletes for World and Asia & Oceania Championships given at Annexure D.

Annexure 'D'

CRITERIA FOR RECOGNISING RACES AND RACE RESULTS FOR SELECTING ATHLETES FOR WORLD AND ASIA & OCEANIA CHAMPIONSHIPS

Introduction

1. The Ultra, Mountain and Trail Running Committee of Athletics Federation of India seeks to promote the healthy growth of the sport of ultra, mountain and trail running across the country. Race organisers provide a platform for the athletes to perform across the various disciplines of the sport of ultra, mountain and trail running. In the process the athletes could meet standards which would enable them participate at international championships. While all ultra and trail distances or races provide a training platform to athletes, only a few races and distances are considered as qualifier races for selection to international championships. Towards ensuring that results of qualifier races are genuine and international guidelines are being followed, AFI would endeavor to send observers to the AFI affiliated races that are held in India.

2. Selection criteria, qualifier races and qualifying period for selection of athletes to the World or Asia & Oceania Championship in the category of 24 Hour, 100 Km, 50Km and Mountain and Trail are announced and published from time to time for the year by AFI on its web page. Criteria for 'race recognition' and 'race result recognition' are given in the paragraphs below.

3. Races affiliated to National / International Sports Federations; and International Races. This category would include results of qualifier races, held during the qualification period at:

(a) World / Asia & Oceania Championships conducted under the aegis of WA, IAU, WMRA and ITRA.

(b) AFI affiliated ultra and mountain & trail races.

(c) Races abroad which are affiliated to Athletics / Sports Federation of that country.

(d) An International race which is not affiliated to the recognised Athletics or Sports Federation of that country but is an established race and has been organised as an annual race over the previous

three years.

4. Indian Races. This category would include results of qualifier races, held during the qualification period. Indian races affiliated to the AFI and meeting the following criteria would be considered as a qualifier:

(a) The race should have been announced (on race web page / social media) at least 90 days prior to date of the race.

(b) In case of a road race, the course is to be measured by a certified course measurer and de-tails of the course should be made public (on race web page / social media / email to participants) at least one month before the race date. In case of a stadium event, a certificate from the District/ State Sports Authority / Stadium authority certifying the length of the track with lane wise details, is to be shared with AFI at time of getting affiliation and produced to the AFI observers. The race is to be run on exactly the same course for which the measurement has been carried out.

(c) The event is to be electronically timed with individual timing chips for each athlete.

(d) The results of all participants should be uploaded on the race web page / FB page within 3 days of conclusion of the race.

(e) Detailed lap wise timings of all participants of the qualifier race and result sheet is to be provided to the ultra and trail running committee within 3 days after completion of the race.

(f) Minimum 02 / 03 independent race observers will be detailed by the AFI Ultra, Mountain and Trail Running Committee.

(g) The trail race should have an accurate measurement of the elevation gain and loss along with the race being 80% on trail. The trail route should have a recorded gpx track using at least 3 different GPS units of excellent quality (preferable with an altimeter and barometer for higher accuracy) with the altitude calibrated before starting the recording. The recording should be set at 1 point every 10 meters to have the highest recording possible and not 1 point every X seconds. 90% of the gpx track should include altitude and time stamps. All three recordings must be done simultaneously and used to reach a near accurate distance and elevation measurement. The recordings must be made on foot and not through a bike/vehicle to have the highest accuracy

(h) ITRA evaluation is accepted for trail races as a proper evaluation.

(i) The results of races may not be considered if above criteria are not met or on account of complaints brought to the notice of the Committee by the appointed Observers

5. International Races. This category would include results of qualifier races, held during the qualification period. International races meeting the following criteria would be considered as a qualifier:

(a) The race should have been announced (on race web page / social media) at least 3 months prior to date of the race.

(b) The race should be an established race which has been organised as an annual race over the previous three years. (For example: To be considered as a 100 Km qualifier, XYZ 100 Km Ultra Race should have been organised as an annual event over the previous three years, the current year

being the 4th year of the race). (If event were not held in 2020 due to the pandemic, it should have been held for at least 3 of previous 4 years)

(c) There should at least 25 athletes (men and /or women) in a particular event who have finished the race. {For example in the XYZ 100 Km Ultra Race there should be at least 25 participants who have finished the 100 Km race}.

(d) The event is to be electronically timed with individual timing chips for each athlete.

(e) The final results of all participants should be available on the race web page. E-mail confirmation of an individual's results from race organisers will not be accepted.

(f) The trail race should have an accurate measurement of the elevation gain and loss along with the race being 80% on trail.

(g) ITRA evaluation is accepted for trail races as a proper evaluation

Annexure 'E'

SELECTION PROCESS

1. Only Indian Citizens will be considered.

2. Qualifying period. The qualifying period is usually one year from date of the event till the date announced for close of application. The athlete should have achieved the Race Specific Benchmark within the period as mentioned at the race specific annexure.

3. Race Results. The results of the races run by the athlete must be available on the website of the organizer as on the date of submission of the application. Results, which are made available after the last date for submission of the application, may not be considered. (Also please refer to Annexure E)

4. Selection Trails. No selection trials are planned. If however, planned an announcement will be made on the AFI Web site.

5. Participation in races after selection. Participation in races after selection will be solely at the discretion of the selection committee.

Annexure 'F'

EXPENDITURE FOR PARTICIPATION

All the mentioned Championships are athlete funded events. All expenditure towards the participation is to be borne by individual athletes. Details are as given:-

a. Athletics Federation of India will facilitate the participation of athletes who meet the selection

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criteria laid down in this document.

b. The selected athletes will have to bear cost of training, nutrition supplements, travel, visa, accommodation, and any other expenses related to these events. Athletes will be responsible for booking their flight tickets and processing their visa applications in time. AFI and the Local Organizing Committee of the event will provide documents required for processing the visa.

(c) Basic kitting requirements will be met by AFI. Any specific gear required for the race would need to be procured by the athletes.

(d) Although the IAU / LOC may provide free boarding and lodging for up to 02 Men and 02 Women athletes (or as decided by IAU), the cost for accommodation will be shared among all athletes (men and women) selected and all athletes will be required to pay for accommodation equally. Accommodation payments will be done through AFI.

(e) Selected athletes will be required to make a deposit in INR with the AFI towards accommodation. This amount will be decided on the basis of accommodation costs as specified by the LOC. The amount will be specified for each event separately. Athletes will be required to give their willingness to fund their participation in the event at the time of submission of the application form and make the necessary deposit on time. Failure to make the accommodation deposit on time will result in withdrawal of the athlete's entry.

(f) If an athlete withdraws his / her name and is unable to proceed for the event once the final payments have been done by the AFI, the refund of payment made on account of accommodation will be subject to the same being refunded by the LOC and other expenditure incurred in the process.

(g) If the Championship attracts a sponsor, in which the travel and accommodation is either fully or largely paid by the sponsor, then the athlete would be required to abide by certain conditions laid down by the AFI to meet the requirements of the sponsor. Details would be intimated at the appropriate stage.



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