

GENERAL INFORMATION SHEET

IAU 100KM Asia and Oceania Championship



Bangkok, Thailand
22nd – 23rd November 2025

Version 1.1
June 27th 2025



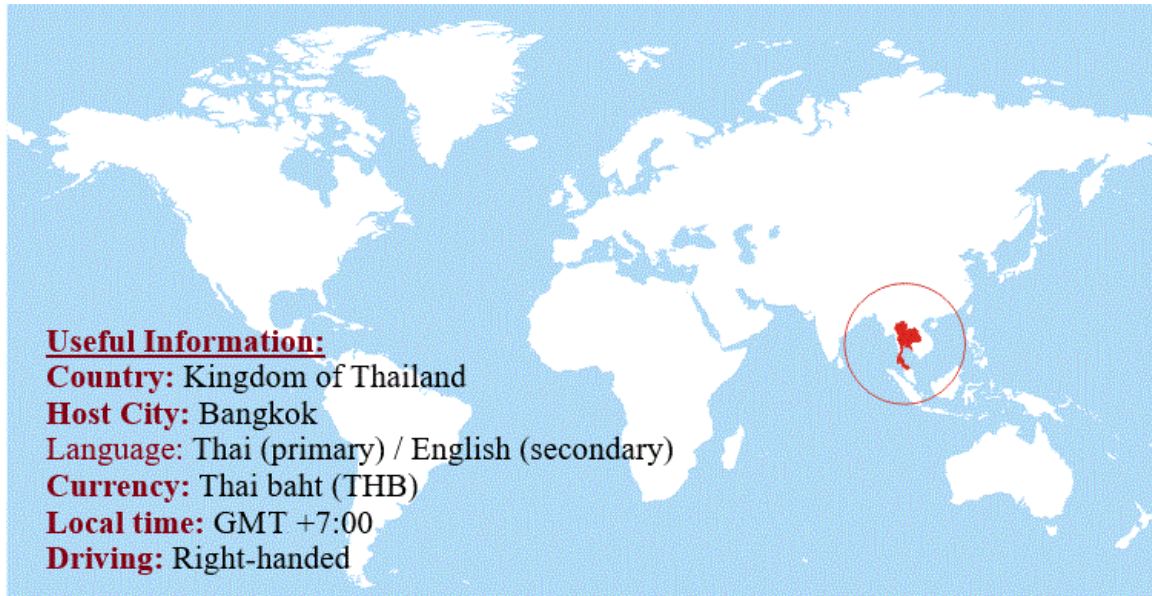


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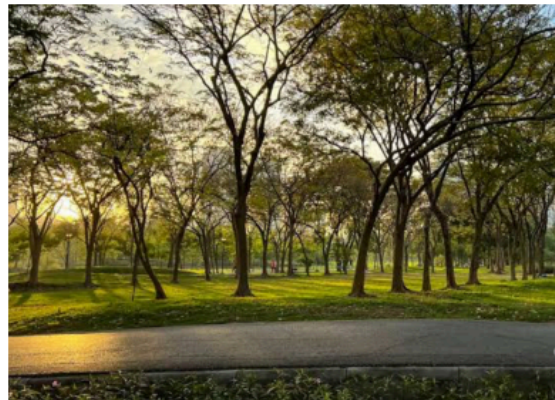
1. THAILAND ON THE WORLD MAP

Thailand is located in Southeast Asia, known for its rich culture, stunning landscapes, and hospitality. Bangkok, the capital city, is a major hub for transportation, culture, and business. The city is well connected to global destinations with direct flights from Europe, the Middle East, and Asia.



BANGKOK

Wachirabenchatat Park (Rot Fai Park), the venue for the IAU 100KM Asia & Oceania Championships 2025, is a renowned recreational area known for its beautiful running paths and green scenery.



2. WELCOME

Welcome to the IAU 100KM Asia & Oceania Championships 2025 in Bangkok, Thailand. We are honored to host athletes, officials, and ultrarunning enthusiasts from across the region.

We aim to provide an exceptional championship experience, upholding the spirit of competition, unity, and athletic excellence. On behalf of the Local Organising Committee and the Thai athletics community, we warmly welcome you to our nation.

Message from the Athletics Association of Thailand

Dear Everyone,

It is our great honor and privilege to welcome all athletes, team officials, and guests to the IAU 100KM Asia & Oceania Championships 2025 in Bangkok, Thailand.

Hosting this prestigious continental championship reflects our commitment to promoting excellence in ultrarunning and building unity across nations through sport.

With the strong collaboration between the IAU, the Athletics Association of Thailand, and our dedicated Local Organizing Committee, we will ensure a world-class competition, full of fairness, friendship, and unforgettable memories.

On behalf of the Athletics Association of Thailand, I wish all participants a safe journey and an inspiring race experience in the heart of Bangkok.



Police Major General Surapong Ariyamongkol
Secretary General, Athletics Association of Thailand

Message from the IAU President

Dear Friends,

Sawadee Krub!

I would like to welcome you to the IAU 100km Asia and Oceania Championships in Bangkok, Thailand.

The Ultra Park Run Thailand has hosted several outstanding editions of their annual event. The growth and development of the sport in the country has been truly amazing to witness. Athletes and Federations will be impressed and amazed by the caliber of event that they will see firsthand at the occasion of the IAU Continental Championships.

I want to congratulate and thank the Athletic Association of Thailand. President Pol. Gen. Chaktip Chaijinda and Secretary General Police Major General Surapong Ariyamongkol have been huge supporters of ultrarunning. I am confident that these championships will further expand the growth of the sport in South East Asia.

I would also like to thank Dr. Manus Nonuch, Mr. Somnuk Ittisaksakul and the team from Ultra Park Run Thailand for hosting these championships and giving our athletes in the region the opportunity to run on the continental stage.

I welcome the federations and athletes from Asia and Oceania to join us in Thailand as we host the IAU 100km Asia and Oceania Championships



Nadeem Khan

President, International Association of Ultrarunners

3. LOCAL ORGANIZING COMMITTEE (LOC)

Organizer: Ultra Park Run Thailand / Pro Color Lab Co., Ltd.

Supported by: Miracle of Life Foundation and Athletic Association of Thailand (AAT) Address: 35 Soi Ratchada Niwet, Pracharat Bamphen Rd., Samsen Nok, Huai Khwang, Bangkok 10310, Thailand

Tel: +662 691 6041,2

Fax: +662 274 2626

Website: www.ultraparkrun.com

	Name	E-mail
President	Dr. Manus Nonuch	-
Race Director	Somnuk Ittisaksakul	race.uprt@gmail.com
Communication Director	Miss Sureerat Sudpairak	com.uprt@gmail.com
Transport Coordinator	Pongsak Chanthunyagarn	transport.uprt@gmail.com
Medical Director	Dr.Patima Puttaphaisan	medical.uprt@gmail.com
VIP Hospitality	Miss Sirithip Sudpairak	hospitality.uprt@gmail.com
Technical Director	Pichit Karevachirapan	technical.uprt@gmail.com

4. ATHLETICS FEDERATION OF THAILAND (AAT)

Name	Position
Pol. Gen. Chaktip Chaijinda	President
Police Major General Surapong Ariyamongkol	Secretary General

Address: Thammasat University Sport Complex, Chiangrak Rd., Klongluang, Pathum-Thani 12121, Thailand

Tel: (662) 564-3322-5

Fax: (662) 564-3444, 564-3555

Email: aat@aat.or.th

Website: www.aat.or.th

5. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

IAU PRESIDENT

Name: Nadeem Khan
E-mail: nadeem.khan@iau-ultramarathon.org
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IAU VICE PRESIDENT, PROTOCOL

Name: Robert Boyce
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IAU GENERAL SECRETARY

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IAU DIRECTOR OF COMMUNICATION

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IAU DIRECTOR OF MARKETING AND GLOBAL DEVELOPMENT

Name: Hilmy Abound Said
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6. GENERAL COMPETITION INFORMATION

Event Name: IAU 100KM Asia & Oceania Championships 2025

Event Type: Continental Championship

Location: Wachirabenchathat Park (Rot Fai Park), Bangkok, Thailand

Start Date & Time: Saturday, 22nd November 2025 at 22:00

Finish: Sunday, 23rd November 2025 at 10:00 (cutoff 12 hours for Championship)

Course: 4 km loop, 25 loops (100 km total).

Certified by: World Athletics (Certificate Number: THA2023/357)

IAU Competitions:

- Individual competition - Women
- Individual competition - Men
- Team competition – Women
- Team competition – Men

Open event:

- Individual competition - Women
- Individual competition - Men

IAU 100 KM ASIA AND OCEANIA CHAMPIONSHIPS

Only athletes and team's official entered by their National Federation can compete in the 2025 IAU 100KM Asia and Oceania Championships. Every Country can send a maximum of 9 men and 9 women who can compete in this Continental Championship. However, only 6 men and 6 women can run in the team event. The remaining athletes will participate in the individual championships only.

PRELIMINARY ENTRY FORM (PEF) AND FINAL ENTRY FORM (FEF)

DEADLINE FOR PRELIMINARY ENTRY FORM (PEF): **August 1st 2025**

Every country can send 9 men and 9 women athletes and can nominate one non-travelling reserve for each team in case of late withdrawal. For the teams' results, the delegations will be ranked according to the addition of the

performances of their 3 best athletes.

Maximum number of officials:

- 1-6 athletes - 3 officials
- 7-12 athletes - 6 officials
- 13-18 athletes – 9 officials

DEADLINE FOR FINAL ENTRY FORM (FEF): **October 1st 2025**

With the final entry form, each Federation will send the final list with the names of their athletes, dates of birth, gender and their personal bests. Each Federation will also inform the LOC about arrival and departure times, flight numbers, train or bus times, required number of rooms and their typology and required number of nights.

LOC: ultrarparkrun.com

IAU: secretary@iau-ultramarathon.org

COMPETITION

The START and the FINISH of the competition is in Wachirabenchatat Park (Rot Fai Park), Bangkok, Thailand.

The course is 4 km loop and it will be run 25 time. The course was officially measured and certified by World Athletics (Certificate Number: THA2023/357). The LOC will provide security at the venue for the participants and officials. Course map is provided below.

OPEN RACE

In addition to the championship race, an Open 100KM Event will be held for Men and Women.

Event Name: Ultra Park Run Open 100KM / 50KM / 24H / 12H / 6H

- Entry Fee: €80, €40, €85, €70, €40*
- Registration: Registration: Managed by LOC via local platform (not IAU system)*
- Participants can register online at www.ultraparkrun.com*
- Accommodation: Open participants can stay at The Quarter Ladprao by UHG at the same rates as championship athletes, subject to availability.*

Prizes will be awarded to the Top 3 Men and Women in the Open Event.

7. TRANSPORTATION PLAN FOR IAU CHAMPIONSHIPS

Travel to and from the airport will be arranged at no extra cost for those staying at the official accommodation for the race and the booking will be made while submitting the FEF. The transportation schedule is provided below.

- Arrival Day (21 November): Free shuttle every 2 hours from airport to official hotel
- Race Day (22 November): Shuttle from hotel to race venue departs 20:00
- Post-Race: Shuttle service from venue back to hotel after race finish
- Departure Day (24 November): Free shuttle every 2 hours to airport

FREE TRANSFER

The LOC will manage the following transportation for the delegations:

- Hotel – Start line
- Finish line – Hotel

8. ACCOMMODATION AND MEALS FOR IAU CHAMPIONSHIPS

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

Free accommodation duration: From lunch on Friday, 21 November to breakfast on Monday, 24 November (3 nights). This includes full board (breakfast, lunch, and dinner) for athletes and team officials.

HOTEL

Official Hotel: The Quarter Hotel by UHG, Bangkok

Address: 80 Soi Ladprao 4, Ladprao Road, Chom Phon, Chatuchak, Bangkok 10900

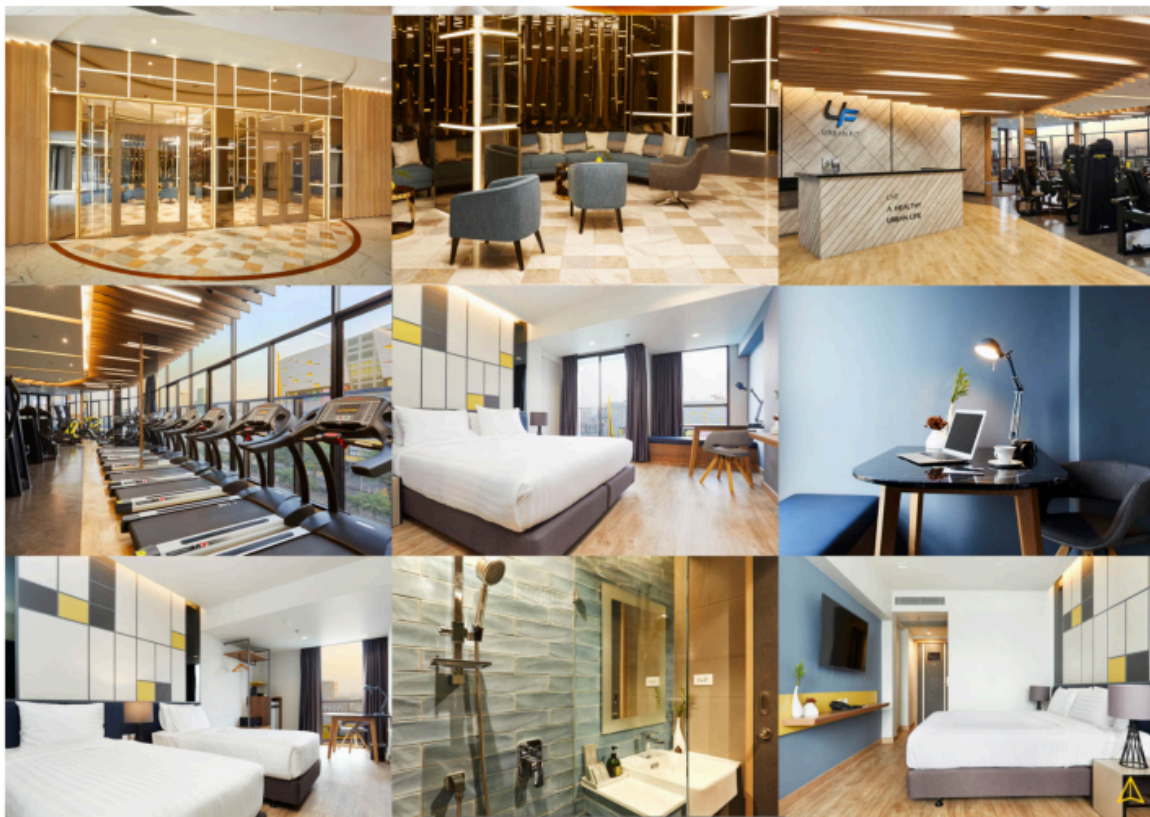
Tel: +66 (0) 2056 2999 **Fax:** +66 (0) 2032 3579

Room Types and Rates:

- Single Room: €150 per night
- Twin Room: €120 per person per night

Meals:

- Breakfast: 06:00–10:00
- Lunch: 13:00–15:00
- Dinner: 19:00–21:00



9. TRAVEL GRANTS AND THE USE OF WILDCARDS

Travel Grants are provided by the International Association of Ultrarunners (IAU) to support the travel costs of participating athletes. The grants are allocated based on travel zones, which are determined by the flying time between the athlete's home country capital and the host country's capital (Bangkok, Thailand)

Travel Grants are provided by the IAU to support the travel costs of participating athletes. The grants are allocated based on travel zones:

An example of Travel Grants in euros for the National Athletics Federations are as follows:

Zone	A	B	C	Team
Zone 1 (>15h flight)	€380	€285	€190	€380
Zone 2 (9–15h flight)	€304	€228	€152	€304
Zone 3 (4–9h flight)	€228	€171	€114	€228
Zone 4 (<4h flight)	€152	€114	€76	€152

Qualification Standards:

Category	A	B	C
Men	<7hr	<7hr30	<8hr
Women	<8hr30	<9hr	<9hr30

TEAM-Grants are paid for maximum one male and one female team, (minimum 3 runners/team). Grants are paid for maximum 3 men and 3 women/country. All these grants are cumulative.

TRAVEL GRANT WILL ONLY BE PAID BY BANK TRANSFER.

The provisional travel grant (PTG) information will be sent by email to the contact named in the PEF two weeks before the race. The provisional travel grant will need to be signed with bank details confirmed and returned to robert.boyce@iau-ultramarathon.org

At the start of the race there will be a last check of the athletes who have started. If athletes who are on the PTG information did not start the amount of TG will be changed.

Use of Wildcards

The introduction of WILDCARDS allows an athlete with 'only' a C level (or less) to be upgraded to a B-level for this MIAUC event. At each MIAUC a maximum of 2 wildcards may be used (1 man and 1 women). WILDCARDS will be automatically added to the PTG by the IAU.

Travel Grant questions will be scheduled right before the technical meeting.

10. VISA REQUIREMENTS

All foreign visitors wishing to enter Thailand must possess a valid passport.

- Visa on Arrival: Available for selected countries. For the full list and requirements, please visit: [Visa on Arrival Thailand](#)
- Standard Visa: Visitors from non-exempt countries must apply at the Thai Embassy or Consulate in their country.
- Supporting Documents:
 - o Invitation letter from the LOC
 - o Hotel booking confirmation
 - o Travel itinerary

The LOC will provide necessary support for visa applications if required.

11. ACCREDITATION PROCEDURE

Accreditation badges will be prepared in advance of the event, based of the information provided by the Member Federation in the Final Entry Form (FEF).

- Pickup Location: Main registration area at Swissôtel Bangkok Ratchada
- Required Documents:
 - o Passport or National ID
 - o Confirmation of participation from the Federation

Badges must be worn at all times for access to restricted areas.

12. MEDICAL

The safety and health of all athletes and officials are a priority.

- Medical Team: A fully equipped medical team will be present at the race venue.
- First Aid Stations: Placed every 2 km along the course and at the Start/Finish area.
- Doping Control: In accordance with World Athletics and IAU Anti-Doping Policy. All podium finishers and a minimum of two random athletes will be tested.

- Therapeutic Usage Exemption (TUE): Athletes requiring TUE must provide documentation upon arrival.
- Emergency Contact: Medical Emergency Hotline: +66 1234 5678

13. TIMING

Timing for the event will be managed with advanced Chip Timing Technology, ensuring precise and real-time monitoring.

- Timing Provider: Ultra Park Run Timing Systems
- Timing Mats: Located at the start, finish, and every 1 km checkpoint.
- Live Tracking: Real-time tracking available online during the event.

Athletes must wear their bib and timing chip at all times during the race.

14. WEATHER CONDITION

Athletes need to be prepared for all types of weather conditions and should take into account the possibility of rain.

Average weather conditions predicted:

16	17	18	19	20	21	22
Hist. Avg. 31° 22°	Hist. Avg. 31° 22°	Hist. Avg. 31° 22°	Hist. Avg. 31° 22°	Hist. Avg. 31° 22°	Hist. Avg. 31° 22°	Hist. Avg. 31° 22°
23	24	25	26	27	28	29
Hist. Avg. 31° 22°	Hist. Avg. 31° 22°	Hist. Avg. 31° 22°	Hist. Avg. 31° 21°	Hist. Avg. 31° 21°	Hist. Avg. 31° 21°	Hist. Avg. 31° 21°

15. GENERAL TIME SCHEDULE

This is the proposed timetable. The confirmed and final timetable will be handed out upon arrival.

Event	Date & Time	Location
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Arrival of Teams	21 November 2025 (All Day)	Suvarnabhumi Airport (BKK)
Press Conference	21 November 2025, 16:30–17:30	The Quarter Hotel by UHG Bangkok
Opening Ceremony	21 November 2025, 17:30–18:30	The Quarter Hotel by UHG Bangkok
Spaghetti Party Dinner	21 November 2025, 18:30–20:00	The Quarter Hotel by UHG Bangkok
Outfit Meeting & Travel Grant Confirmation	22 November 2025, 10:00–11:00	The Quarter Hotel by UHG Bangkok
Technical Meeting	22 November 2025, 11:00–12:00	The Quarter Hotel by UHG Bangkok
Lunch	22 November 2025, 12:00–13:00	The Quarter Hotel by UHG Bangkok
Start of the Race	22 November 2025, 22:00	Wachirabenchatat Park (Rot Fai Park)
Finish of the Race	23 November 2025, 10:00	Wachirabenchatat Park (Rot Fai Park)
Awards & Closing Ceremony	23 November 2025, 18:00–20:00	Wachirabenchatat Park (Rot Fai Park)
Departure of Teams	24 November 2025 (All Day)	Suvarnabhumi Airport (BKK)

We look forward to having you over in Thailand!