



# CANFRANC PIRINEOS

WMTRC 2025 TEAM MANUAL

July 2025



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# WELCOME MESSAGES



## SEBASTIAN COE

World Athletics President

It gives me great pleasure to welcome you to the third edition of the World Mountain and Trail Running Championships hosted in the picturesque region of Canfranc here in the Aragón Valley of northeastern Spain.

This four-day event brings together the world's best off-road runners as they take on nature's toughest terrain. With 1400 athletes from more than 75 nations set to take part, these championships are truly a global celebration of endurance, resilience and unity in one of the most dynamic and demanding running disciplines.

Over the past decade, we have seen an impressive rise in the popularity of mountain and trail running. What was once considered a niche, recreational activity has rapidly become a global movement that unites diverse communities through a shared passion for nature, adventure and competition, drawing elite athletes and social runners alike to some of the world's most breathtaking and rugged landscapes.

This evolution has been built on collaboration. The success of this championships is the result of strong partnership between World Athletics, the

World Mountain Running Association (WMRA), the International Trail Running Association (ITRA) and the International Association of Ultrarunners (IAU). Together we have helped shape the future of this discipline, with the launch of the unified World Mountain and Trail Running Championships in 2021 marking a significant milestone for the sport.

I would like to express my sincere thanks to the Government of Aragón, the Canfranc Town Council, the Huesca Provincial Council, the Higher Sports Council, the Royal Spanish Athletics Federation, and the Local Organising Committee for their vision and commitment in hosting this edition. Their support ensures that these championships will be remembered not only for its competitive excellence but also for the warmth of its welcome and the extraordinary beauty of its setting.

And what a setting it is. Canfranc, with its dramatic Pyrenean backdrop, rich history and iconic railway station, is a place that captures the spirit of this sport. It stands as a symbol of endurance, exploration and connection, making it the perfect home for these championships.

To all the athletes, teams, volunteers and fans, thank you for being part of this journey and for everything you bring to our mountain and trail running community. Your passion continues to drive this discipline forward.

I wish you a memorable experience and the very best of luck here in Canfranc.



## PILAR ALEGRÍA

Minister of Sports, Spain Government

The wait is over. After years of intense work and preparation, Canfranc eagerly awaits the start of the World Mountain and Trail Running Championships. The majestic Pyrenean landscape of Huesca province takes over from Chiang Mai (Thailand) and Innsbruck (Austria) to offer participants five unique challenges across as many competitive categories.

For the delight of the competitors, the summit of Larraca, the loops around the Epifanio Ravine, Collado de Estiviellas, La Moleta, Pico Royo, and the Ayous Lakes, among other iconic spots, complete an exceptionally beautiful scenic proposal. Indeed, each of the courses designed by the organizers encapsulates the charm of this area.

The Canfranc train station—arguably the most beautiful in Spain—will bear witness to the epic nature of these championships, where thousands of people will confront their own limits. On foot, trails and mountains races, they will write their own stories of perseverance and achievement. After all, isn't personal growth the greatest success for any athlete who dons their bib, ready to be moved by the unique setting of trail running?

The mountainous horizon of Canfranc draws nature and adventure lovers throughout the year. Like its gastronomy and rich cultural and historical heritage, sport is becoming a key economic driver in this municipality.

The hosting of this World Mountain and Trail Running Championships will undoubtedly bring positive returns to Canfranc and neighboring communities. The Ministry of Education, Vocational Training, and Sports supports the event through a €400,000 grant awarded by the Spanish Sports Council (CSD) to the Royal Spanish Athletics Federation. The legacy of this sporting event will be tangible. Its impact will be immediate: the arrival of thousands of athletes, technical teams, and visitors will boost sectors such as hospitality, commerce, and local services, generating employment and revitalizing the economy of this and other towns in the Aragonese Pyrenees.

For all these reasons, within the framework of public policies committed to territorial cohesion, the Government of Spain is implementing various measures to promote sport throughout the country, including in rural areas far from urban centers.

Particularly noteworthy is the call for €36 million to promote sustainable sports tourism, benefiting 150 municipalities; as well as the creation of a national network of physical activity promoters in rural areas, funded with €3.9 million from Next Generation EU funds. This sector is precisely the main beneficiary of the 'Challenge of' program, aimed at fostering sport in territories where depopulation and geographical dispersion hinder social and economic development.

These initiatives stem from the firm belief that sport is a transformative element: it generates health, unites societies, and drives progress. All of this will be present during these days in Canfranc. The time has come to enjoy the championship.





## CRISTINA GARCÍA

Director General of Sports of Aragón

The year 2025 will bring us one of the most remarkable sporting events on the global stage. Canfranc will become the epicenter of world-class mountain trail running and a major tourist attraction for all those who wish to discover the beauty of Aragón.

This event is a true celebration of dedication, passion, and personal achievement, set in one of the most breathtaking landscapes in the world. In this extraordinary setting of the Pyrenees, athletes from around the globe will come together to showcase their courage and endurance. They will face demanding mountain terrain and compete along a route that will challenge both their physical and mental strength, all while being surrounded by spectacular natural scenery.

Canfranc has emerged as a destination of great tourist interest, thanks to its rich history, stunning natural surroundings, and infrastructure—highlighting the iconic International CanfrancEstación, its environment, cultural heritage, and local gastronomy.

Tourism remains one of the main drivers of wealth

and vitality in our region, and events like this provide an excellent opportunity to showcase the diversity, beauty, and hospitality that define us.

I would like to express my sincere thanks to everyone who has worked to make this event possible, and to each of the attendees for their interest in discovering everything our territory has to offer.

We firmly believe that through this initiative, we can not only promote sports tourism, but also foster stronger and lasting connections between different regions and cultures.

I wish all of you an unforgettable experience, filled with the exchange of ideas, stories, and opportunities. May you enjoy Canfranc and its people, the Aragonese Pyrenees, and the chance to run in such a unique setting.

**See you in September!**



## ISAAC CLAVER

President of the Diputación de Huesca

At last, a land as magical and full of potential as the Aragonese Pyrenees—and in particular, Canfranc—will host the World Mountain and Trail Running Championships from September 24 to 28, 2025.

Our region, the province of Huesca, already serves as the setting for numerous events of this kind, not only in the mountains but also across many other parts of Alto Aragón. These competitions have proven both the excellence of their organizers and the growing importance of a sport that continues to thrive.

In Huesca, we have all the necessary ingredients to continue progressing and achieving success in this endeavor.

Alongside our extraordinary natural surroundings, we are fortunate to have the talent of our people and a rich natural, cultural, and culinary heritage that makes us truly unique.

Places like Canfranc embody this spirit. The distinctive terrain of the Aragón Valley offers routes that more than meet international standards.

Moreover, the event organizers have consistently combined the stunning beauty of the landscape with a deep respect for the environment and a commitment to sustainability—essential elements for events of this nature. It is precisely this expertise, honed over the years, that has led international governing bodies in the sport to select Canfranc as the host of the first-ever World Championship to be held in Aragón.

From the Provincial Government of Huesca, we will work tirelessly to ensure the success of this event. We hope that the World Mountain and Trail Running Championships will serve to introduce Canfranc, the Aragón Valley, and the Pyrenees as a whole to the world. We will join forces to ensure that the impact of this event leaves a lasting legacy and that our region becomes a global benchmark—not only for trail running enthusiasts but for all who love the mountains.





## FERNANDO SÁNCHEZ

Mayor of Canfranc

It is a great honor for us to host the 2025 World Mountain and Trail Running Championships. Canfranc is a small town of just over 600 inhabitants, yet it has firmly committed to becoming a benchmark in mountain sports. Our experience organizing Spanish Championships, World Cups, and a Masters World Championship speaks for itself. But those of you who come to compete and enjoy the event will discover much more than just a competition. You will experience a unique atmosphere where volunteers and the local community will play a central role, all set against the backdrop of the stunning, and often underappreciated, Pyrenees mountains.

We are determined to demonstrate that a small town can successfully host events of this magnitude, challenging the notion that such occasions must be reserved for large cities. In doing so, we hope to become a model in the fight against rural depopulation.

Canfranc may be small in size, but it is rich in resources and history. From being a gateway to

the French Way of the Camino de Santiago—a UNESCO World Heritage site—to our defensive heritage as a border town, to our renowned railway station, considered one of the most beautiful in the world, and of course, our natural surroundings with extraordinary biodiversity. As a frontier town near three ski resorts, we bring together all the elements that make us truly unique—unique in resources and in the enthusiasm with which we welcome all participants and visitors, with the hope that each of you leaves with fond memories of our land.



## ALEX VARELA

CEO, WMTRC CanfrancPirineos 2025

I really wanted to write these lines to share with you something special! We bring you our Team Manual, a document with everything you need to know to prepare your trip, stay and participation in the World Mountain Running and Trail Running Championships 2025. In its pages you will find useful information and also some details that will help you to make the most of this great experience. We know that numbers and dates are important when organizing an event, but what really makes something like this special are the emotions and experiences we will share together.

I can't help but get excited at the thought of September 2025. I am sure we will see the world's best athletes giving their all in the spectacular setting of Canfranc, in the heart of the Pyrenees.

There is something magical about this place: breathtaking mountains, unique surroundings and a history that permeates every corner. It will be the perfect setting for this event, where nature and sport come together in an incredible way.

These Championships will be much more than a competition. They will be a meeting for our big

family of mountain and trail runners, an international community that shares the same passion and will feel at home here. Each of you, whether as an athlete, coach or member of the organizing associations, will be an essential part of this collaboration. So, get ready to live a unique experience. CanfrancPirineos 2025 will be an unforgettable celebration of sport, mountains and companionship, where emotions will run high and the memories we build together will last forever. I look forward to welcoming you, receiving you and sharing with you the beauty and energy of CanfrancPirineos.

# GENERAL INFORMATION

Host country, SPAIN

<u>Government</u> Parliamentary Monarchy	<u>Location</u> South-western Europe
<u>Area</u> 506,030 km2	<u>Population</u> 48.592.909 (2024)
<u>Coast</u> 7.905 km	<u>Language</u> Spanish
<u>Money</u> Euro	<u>Religion</u> Catholicism predominates
<u>Capital City</u> Madrid	<u>Local Time</u> GMT +1
<u>Electricity</u> Voltage 230V and 50 Hz, type C and F.	<u>Driving</u> Right side
<u>International Numbers</u> Dial 00 and the prefix of the destination country	<u>Country Code</u> +34



## WEATHER

In Spain we can distinguish five predominant climates; The oceanic climate covers the coastal territory of the northwest of Spain, where mild summers and mild winters in the coastal areas and cold in the mountainous areas stand out. It is an area with abundant rainfall; The Mediterranean climate covers the eastern and southern coastal areas and the interior of Andalusia and Extremadura, and is generally characterised by moderate rainfall from autumn to spring and drought in summer, but with great nuances as there is great variation in latitude, which means that there are particular microclimates depending on the area; The most humid areas in Catalonia and the Balearic Islands, areas such as the Andalusian mountains, the Pyrenees-Somontano, the Duero basin, the Iberian Cordillera where we find very cold winters with frosts and negative temperatures, or areas such as the Ebro and Tagus Valleys with long, hot summers and summer storms; The dry climate covers the interior steppe and the southeast coast where we find an accentuated drought with rainfall of less than 350mm, differentiating colder winters in the north and higher average temperatures in the south; The mountain climate stands out for having colder winters with an average temperature of less than 10° with minimum temperatures below zero.

## WEATHER CONDITIONS (September)

Minimum maximum temperature: 2'8°C / 25'7°C

Average temperature: 13'8°C

Average number of days with rainfall 1.2 days

## TELEPHONE COMPANIES

Main companies: Movistar, Vodafone, Yoigo, Orange and MásMóvil.

More companies: O2, Jazztel, Digi, Lowi and Embou.

## EMERGENCY CONTACT

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Canfranc Health Centre: +34 974 373 013

Jaca Health Centre: +34 974 362 586

Jaca Hospital: +34 974 355 331

Huesca Hospital San Jorge: +34 974 247 000

Zaragoza Hospital Miguel Servet: +34 976 965 500

Zaragoza hospital Lozano Blesa: +34 976 765 700

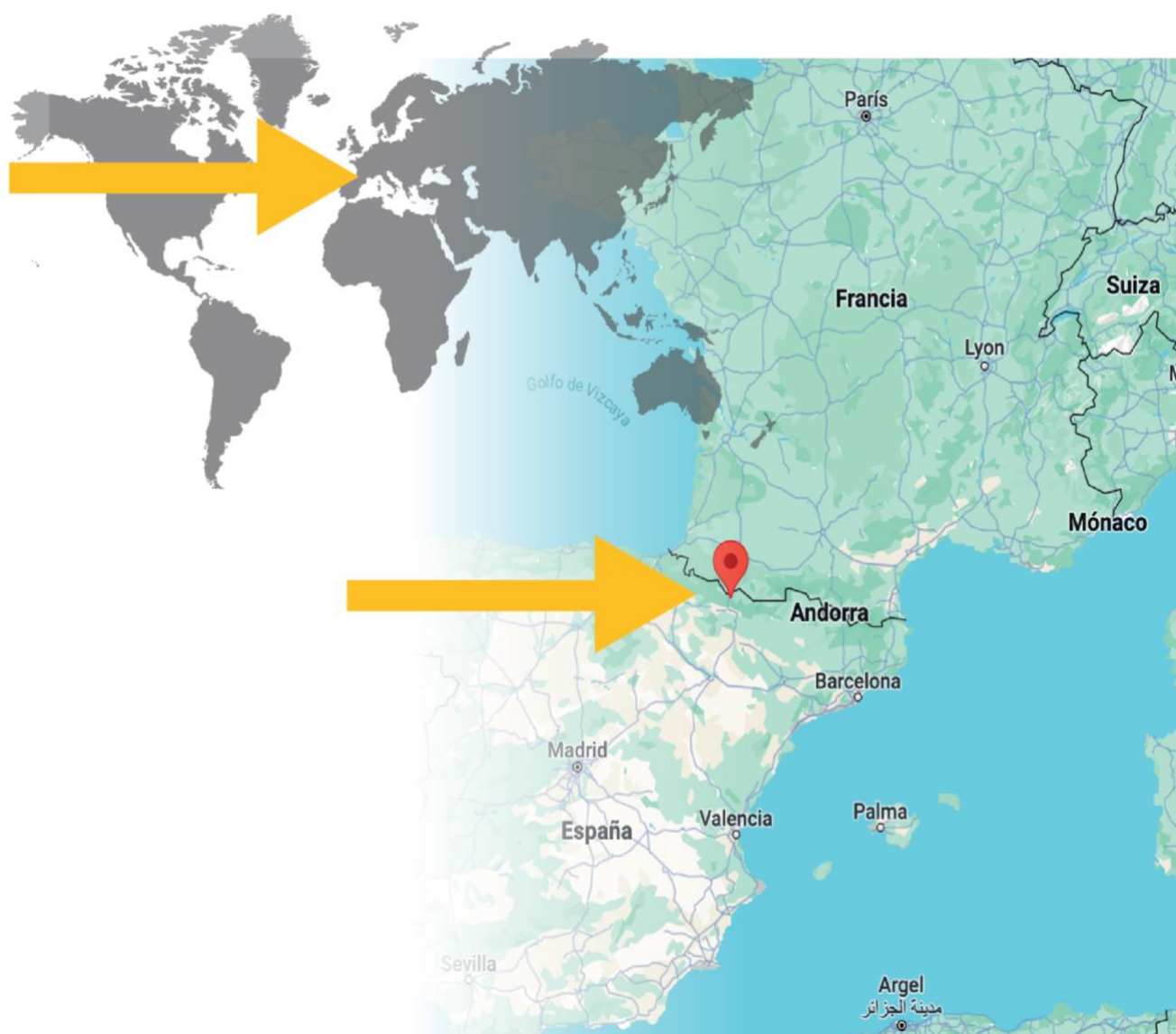




## Host city, CANFRANC

The name Canfranc comes from the Latin, “campus francus”, a name associated with its frontier position, where tolls were collected in the 11th century. The Codex Calixtinus cites Canfranc as Camfrancus, an abbreviation of its Italian name, which changed over time to Canfranc. This name initially referred to the now called Canfranc Pueblo, but later, with the construction of the railway station building, it was also used for CanfrancEstación.

CanfrancEstación is located 1,195 metres above sea level in the northwest of the Iberian Peninsula, in the Huesca Pyrenees, 7 km from the French border and 20 km from Jaca. Its unbeatable border location together with its landscape have made it a unique enclave for commerce, transit and leisure. Initially called “Los Arañones”, CanfrancEstación has stood out for its location on the Pilgrim's Way to Santiago de Compostela, as a strategic crossing point for the Second World War with its international railway station and as a tourist area thanks to its proximity to nature, the mountains and the ski resorts, as well as for its pioneering engineering works and the physics laboratory located in the town. Not to be underestimated is the extensive Romanesque legacy to be found in the village of Canfranc, in which its church and bridge stand out.





Canfranc's current sports projects are part of a long tradition of sustainable development in these mountains. This small mountain village of just 600 inhabitants in Alto Aragon is about to celebrate the first centenary of the Canfranc International Station and the pioneering environmental work of the engineer Benito Ayerbe to protect it, with millions of trees planted on the once arid mountain slopes. A historical green heritage that has now been revived in its full splendor with the reopening of the Station in its original style as a 5-star luxury hotel operated by Barceló Royal Hideaway.

In this 21st century, Canfranc is preparing to go further, creating the first special natural protection area in all of Aragon, in order to recognise and protect the legacy of those pioneering environmentalists of the Belle Epoque. Since then, this village has chosen to live in harmony with its mountains: caring for them and making the most of them for travelers and sportsmen and women from all over the world.

Today, that tradition is more alive than ever with the Canfranc mountain races, along with a network of more than 500 kilometres of signposted and mapped trails to ensure the safety of all visitors. And new outdoor projects are underway, such as a new via ferrata that will allow visitors to discover new dimensions of the Pyrenees.

The climate of Canfranc is characterized by very cold winters, with subzero temperatures and snowfall, mild summers, and a temperate autumn. <https://www.canfranc.es>



# ENTRY VISAS

COUNTRY	VISA AT THE EMBASSY IN THE COUNTRY OF ORIGIN	VISA WITHOUT EMBASSY IN THE COUNTRY OF ORIGIN
Algeria	X	
Azerbaijan	X	
Bermuda		X
Bolivia	X	
Bulgaria	X	
Cambodia		X
Cameroon	X	
Cabo Verde	X	
Central African Republic		X
Chinese Taipei		X
Croatia	X	
Cuba	X	
DPR of Korea		X
Ecuador	X	
Eritrea		X
Ghana	X	
India	X	
Indonesia	X	
Iraq	X	
Kenya	X	

COUNTRY	VISA AT THE EMBASSY IN THE COUNTRY OF ORIGIN	VISA WITHOUT EMBASSY IN THE COUNTRY OF ORIGIN
Macao		X
Mozambique	X	
Nepal	X	
Philippines	X	
PR of China	X	
Romania	X	
Senegal	X	
Sierra Leone		X
South Africa	X	
Tanzania		X
Turkey	X	
Ukraine*		
Uganda		X
Zambia		X

\*They do not need to have a biometric passport.

If you have any doubts, you can consult the website of the Spanish Ministry of Foreign Affairs, where you will find updated information in the following links:

- <https://www.exteriores.gob.es/es/Paginas/index.aspx>
- <https://www.exteriores.gob.es/Consulados/SAOPAULO/es/ServiciosConsulares/Documents/ListaPaísesVisado.pdf>

We remind you that it is the responsibility of the participating Federations to apply for visas at the Spanish embassies or consulates in their country and to have all the necessary documentation to process them.

Athletes and officials who require a visa to enter the country must complete the following information on WA EES and, once completed, contact the LOC at the following email address: [visas@canfrancpirineos2025wmtrc.com](mailto:visas@canfrancpirineos2025wmtrc.com), so that we can send them a letter of invitation as soon as possible.

# ARRIVALS

The LOC will have two entry points, located at Zaragoza Airport and Zaragoza “Delicias” AVE Station. Each Federation will choose one of the points offered by the LOC, where they will be picked up and transferred to the Championship venue and the respective hotels.

## ZARAGOZA AIRPORT

Zaragoza Airport is a small regional airport, located in the west end of the city, with direct flights to international destinations such as London (United Kingdom), Paris (France), Bucharest (Romania), Cluj Napoca (Romania) Milan (Italy) or Brussels (Belgium).

## ZARAGOZA HIGH SPEED STATION

Both Madrid and Barcelona have good rail connections to Zaragoza, the Annexs – see below – show how to get from the airport to the train station.

Here we show you how to get from the two main airports to Zaragoza high speed train station:

BARCELONA, if you arrive at Barcelona airport	
If you arrive at T1	Go to ANNEX 1
If you arrive at T2	Go to ANNEX 2

MADRID, if you arrive at Madrid airport	
If you arrive at T1	Go to ANNEX 3
If you arrive at T2	Go to ANNEX 4
If you arrive at T3	Go to ANNEX 5
If you arrive at T4	Go to ANNEX 6





## ACCOMMODATION

Participating teams will be assigned to selected hotels in Jaca and surrounding area. Teams will stay together in the same hotel (if possible). Details of the hotels will be distributed to the teams at a later stage and will be listed in the WA Event Entry system for the FEFs.

For nations without access to the EES, the hotel details will be provided by the LOC via email as soon as the allocation has finished.

The Team Hotels' locations are Jaca, Candanchú, Villanúa and Badaguás.

The LOC will pay for full board accommodation for a maximum of athletes, as indicated in the table below, for 4 nights. Quota Athletes and Officials will be accommodated in twin rooms.

	Event		Athletes' fee, Paid by LOC; 4 nights	Athletes without quota, all paid by the MF; up to a maximum of
1	LONGTRAIL 82K	MEN	3	3
2		WOMEN	3	3
3	SHORTTRAIL 45K	MEN	3	3
4		WOMEN	3	3
5	UPHILL 6K	MEN	3	1
6		WOMEN	3	1
7	CLASSIC 14K	MEN	3	1
8		WOMEN	3	1
9	UNDER20 8K	MEN	3	1
10		WOMEN	3	1
		TOTAL	30	18



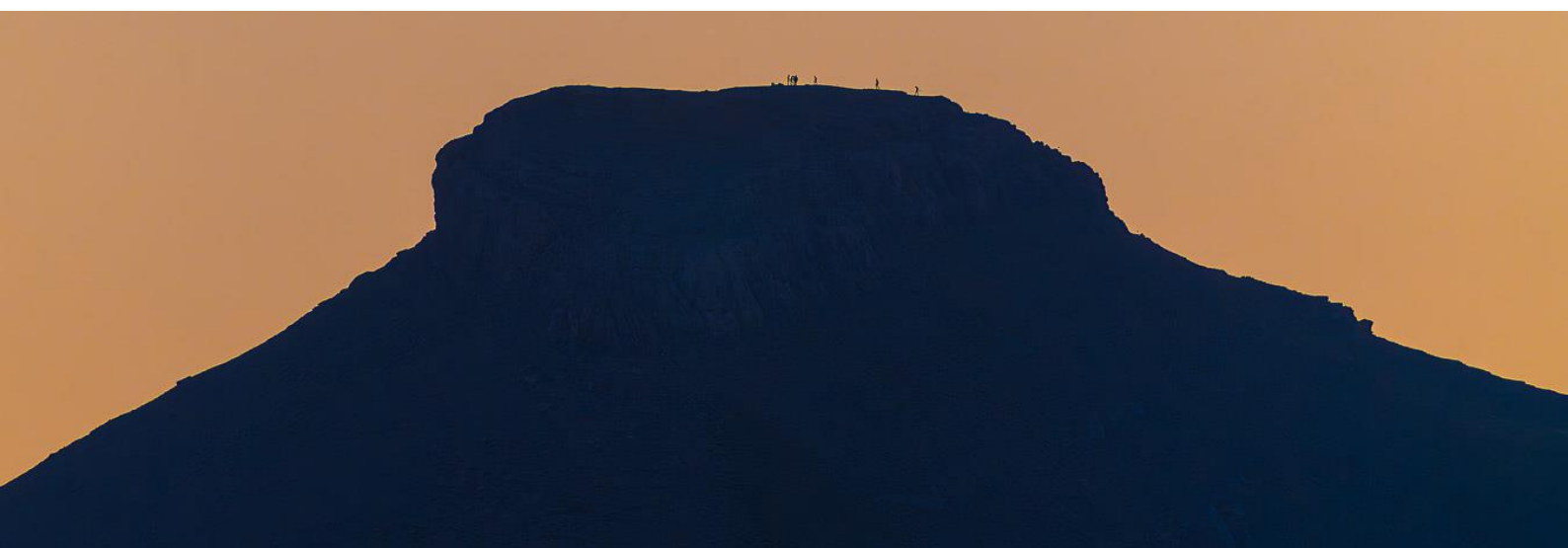
In addition to the official quota numbers, the LOC guarantees the price of €100 per person per night (in a shared double room) and €125 in a single room, taxes included, during the dates of the event (24-28 September), plus one extra night before (23 September) or after (29 September) the event. Outside these dates and within the period from 20 to 30 September, the LOC offers to manage accommodation bookings on a full board basis at a price of €150 per person per night in a single room, taxes included, and €125 per person per night in a shared double room, taxes included.

	Official Period 24-28 September (+extra night 23 or 29) / per person	Outside Official Period
Participating athletes	Single room: € 125	Single room: € 150
	Twin room: € 100	Twin room: € 125
Officials	Single room: € 125	Single room: € 150
	Twin room: € 100	Twin room: € 125

All prices include taxes.

As for the team officials, the official quota per number of athletes is shown in the table below. For athletes, the LOC will cover the cost of 4 nights for each team official, the Federation being responsible for the payment of any additional nights.

Number of athletes	Team officials paid by the LOC (4 nights)
1 / 5 athletes	1
6 / 10 athletes	2
11 / 15 athletes	3
16 or + athletes	4



## PAYMENT PROCEDURE

An accommodation invoice will be sent to each Federation detailing the amount they owe based on their final entries. Federations are kindly requested to settle the outstanding amount by bank transfer latest by 15th, September 2025.

Payments have to be made in EURO by bank transfer to the following account:

**Real Federación Española de Atletismo**

**Calle Virgilio 2, Edificio 1, 28223 Pozuelo de Alarcón (Madrid)**

**VAT number:** ESQ2878003I

**Bank:** CAIXABANK

**Bank Address:** Paseo de la Castellana 51, 28046 Madrid

**Account Holder:** Real Federación Española de Atletismo

**IBAN:** ES80 2100 0600 8002 0093 6898

**Swift:** CAIXESBBXXX

Cancellation policy: Please note that any cancellation after 30 days before arrival and any no shows will be fully (100%) charged to the Federation.

Important Information! Participation at the WMTRC25 and the provision of the accreditation requires the payment of all invoices beforehand.

Extra Charges: (e.g., laundry, parking, mini bar) have to be paid in cash or credit card directly at the hotel by the Federation. The respective team leader will be requested to deposit a credit card as guarantee for the team's extras.

Check-In / Check-Out. As you will be shuttled to your allocated hotel, the LOC will take care of communicating your check-in and check-out times. For organizing purposes, please inform the LOC well in advance of your travel plans

Outside of the 20-30 September period, each Federation may email [teamservices@canfrancpirineos2025wmtrc.com](mailto:teamservices@canfrancpirineos2025wmtrc.com) with questions or to ask the LOC for help in managing their WMTRC training sessions, but it will be up to each Federation to manage the bookings.



## TRANSPORT

The transport service offered by the LOC includes transport in the following situations:

- Transport from the meeting points in Zaragoza to the hotels.
- Transport to and from the hotels to CanfrancEstación at the times required for the Canfranc-Pyrenees WMTRC 2025 training and events.
- Transport from CanfrancEstación to the hotel Santa Cristina for the start of the Uphill race, as well as the necessary transport to the finish line of the race. Return to CanfrancEstación or to the respective hotels.
- Transport from the hotels to the meeting point in Zaragoza.
- Transport to and from the team supported aid stations during the Short and LongTrail races.

Furthermore, the LOC encourages the Member Federations to travel as sustainably as possible. The transportation service period is between the 23<sup>th</sup> September – 29<sup>th</sup> September.





## Local Transportation

The LOC will provide a transportation plan for the teams, which will include all necessary transfers from the team hotels to the event venues during the Championship days from 23th to 29th September. All transportation schedules will be displayed at the info board both in the team hotels as well as in the other venues which are serviced by shuttles.

## Departure

A shuttle service will also be in place for team departures. The frequency of this service will be based on the departure schedule, which will be posted at the information board at each team hotel at least 24 hours before departure.

Any changes to the details provided in the FEF shall be communicated to the LOC, at least 48 hours before departure.

## Public Transport

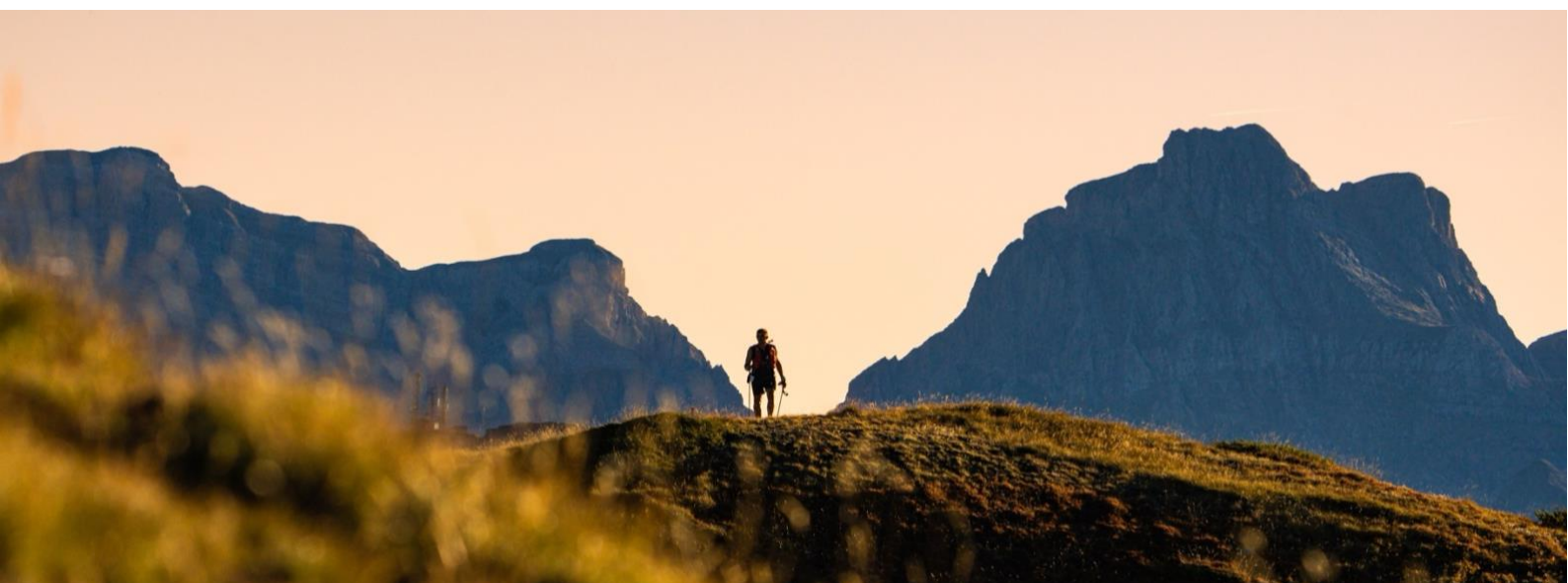
To travel between Jaca and Canfranc, you can also use public transportation by train or bus.

The train journey takes approximately 30 minutes. Please find the below to check the schedules.  
<https://www.renfe.com/es/en>

The bus journey takes around 25 minutes. Please find the link below to check the schedules.  
<https://www.mavaragon.es/servicio-autobus/horarios-autobus-jaca-astun/>

To travel between Villanúa or Candanchú to Canfranc, you can use public transportation by bus.

The bus journey takes around 10 minutes. Please find the link below to check the schedules.  
<https://www.mavaragon.es/servicio-autobus/horarios-autobus-jaca-astun/>



# TECHNICAL INFORMATION CENTER (TIC)

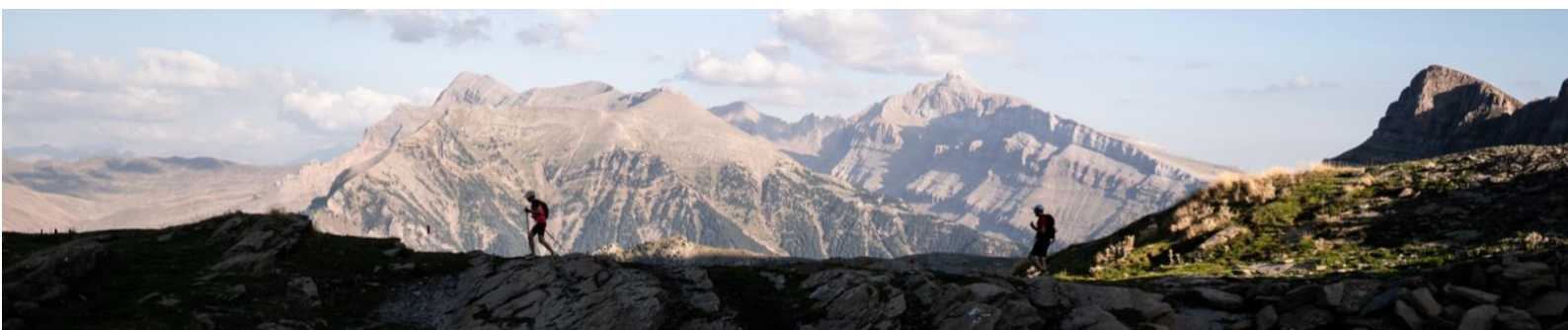
## Technical Information Center

Technical Information Center (TIC) The TIC is located in the municipal sports center of CanfrancEstación. The main function of the Center is to guarantee quick and fluid communication between the LOC, Member Federations and Technical Delegates. The TIC schedule will be as follows:

DAY	OPENING HOURS
23 <sup>rd</sup> September	11:00 – 14:00 / 16:00 – 18:30
24 <sup>th</sup> September	11:00 – 14:00 / 16:00 – 18:30
25 <sup>th</sup> September	10:00 – 14:00
26 <sup>th</sup> September	08:00 – 17:00
27 <sup>th</sup> September	07:00 – 22:00
28 <sup>th</sup> September	08:30 – 15:00

Within the TIC, you will find the following:

- Display on the notice board of start communications, such as start lists, results, call room, etc.
- Urgent notices from the technical delegate of the competition to the participating Federations.
- Collection of written questions to be answered during the technical meeting.
- Resolution of technical queries from delegations.
- Collection of withdrawal forms.
- Management of doping control requests.
- Written protests and appeals.
- Distribution of competition-related information and important notices of general interest (e.g., schedule changes or weather forecast) will be displayed on the notice boards and the Team Leaders WhatsApp group.





There will be two Technical Meetings, one for the mountain races and one for the trail events to provide team leaders with updates and information not included in this Team Manual. These sessions will cover:

- Technical overview of the race.
- Briefing by the Technical Delegate on topics not covered in the Team Manual.
- Schedule changes (if any).
- Call room and starting procedure information.
- Information about the members of the Jury of Appeal.
- Briefing by the Anti-Doping Control Delegate.
- Distribution of equipment bags at the finish line (for uphill races).
- Answers to previously submitted written questions.

Any enquiries concerning the technical conduct of the Championships must be made in written form (in English). These questions will be answered at the Technical Meeting.

The forms on which the questions must be written you can found on website (<https://canfrancpirineos2025wmtrc.com/document.area.html>) and shall be returned to the LOC via TIC / E-mail latest by 10:00 on the day of the respective Technical Meeting. The email is [tic@canfrancpirineos2025wmtrc.com](mailto:tic@canfrancpirineos2025wmtrc.com)

**Team Leaders WhatsApp group:** A WhatsApp group including all Federations' team leaders will be created enabling the LOC to communicate all updates to the Teams.

It is recommended that Team leaders have a 4G enabled phone with them at all times.

## Technical Meetings Schedule

TECHNICAL MEETINGS	
24 <sup>th</sup> September	16:00 Uphill, Under20 and Classic
25 <sup>th</sup> September	16:00 ShortTrail and LongTrail

All meetings will be held in person at the Canfranc Underground Laboratory building (limited to one official per Federation) and will also be broadcast online via the organization's social media platforms and the official CanfrancPirineos YouTube channel, part of the WMTRC communication network. If your Federation team requires an interpreter or simultaneous translator, they must join the technical meeting through one of these portals.

It is essential that all teams are represented at the Technical Meetings. The official language of all sessions will be English.

# COMPETITION VENUES

1/ Venue CanfrancEstación HQ (coordinates, 42.752554, -0.51426):

- DEPARTURE AND ARRIVAL
  - ShortTrail 45K
  - LongTrail 82K
  - Under20 8K
  - Classic 14K
- MEDAL CEREMONY and FLOWER CEREMONY (not Uphill 6K Flower Ceremony)
  - Uphill 6K
  - ShortTrail 45K
  - LongTrail 82K
  - Under20 8K
  - Classic 14K
- EVENT FACILITIES
  - Athlete rest area, anti-doping area, mixed zone, information desk, stage and LED wall, press centre, VIP area, press conferences, congress, accreditation area.

2/ Venue Jaca (coordinates, 42.57524, -0.54645):

- ACCREDITATION AREA
- TEAMS HOTELS

3/ Venue Hotel Santa Cristina (coordinates, 42.769135, -0.5115394):

- UPHILL START 6K

4/ Venue Larraca (coordinates, 42.79419, -0.50500):

- ARRIVAL UPHILL 6K
- FLOWER CEREMONY UPHILL 6K



# COURSE INSPECTION AND TRAINING

There will be no official guided course reconnaissance. However, the marked routes will be available for training **two days before each race**. If you wish to explore the courses earlier, it is recommended to **download the race track** and carry it on your **mobile phone or GPS watch**.

## Entry rules

Every World Athletics Member Federation may enter 1 (one) team for each event. In accordance with the competition regulations, each Member Federation may be represented by 6 (six) athletes in each trail event, and by 4 (four) athletes in each mountain running event considering and respecting the following conditions: No athlete aged less than 16 (sixteen) or more than 19 (nineteen) years on 31 December of the year of the competition may participate in the Under20 races. No athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior Mountain races. No athlete aged less than 20 (twenty) years on 31 December of the year of the competition may participate in the Senior Trail races.

## Participation in the Races

In the event of an injury or illness to a runner, Member Federations may make a substitution of another runner if the substitute has already been listed on the FEF, even for a different race. Changes may be made until the final confirmation deadline of the respective race. In case of such changes, the respective Member Federation will be accountable for a financial penalty of 100 USD per change. In exceptional circumstances the organising partnership will consider requests from Member Federations wishing to make an athlete substitution to a different race to that entered on the FEF for reasons other than injury or illness. If accepted, payment of the financial penalty will still apply. The final confirmation deadline for all races is 09:00 a.m. the day before the race start. After which no runner changes can be made other than withdrawals. Each deadline will be stated in advance. Runners who withdraw from an earlier race in the timetable after the final, may still start in subsequent races where there is a valid and confirmed medical reason for the action.





## Final Confirmations

Team Leaders or their representatives must confirm the names of those competitors already entered who will take part in the competition at 09:00 a.m. the day before the respective race via TIC or E-mail to the LOC Competition Management.

## Withdrawals

Withdrawals after final confirmation, must be submitted, on the official Withdrawal Form at the Technical Meetings of the respective race or in the TIC.



# COMPETITION PROCEDURE

## Schedule

All event times will be updated on the official website in the event of any changes between the opening of registrations and the event itself. The schedule can be accessed directly at:

<https://canfrancpirineos2025wmtrc.com/index.html>

Or via the following link:

[WMTRC2025 - Document Area](#)

23 <sup>rd</sup> September - Tuesday	
All Day	Teams Arrivals (Jaca, Villanúa, Badaguas and Candanchú)
All Day	Teams Accreditation (Jaca)
All Day	Media & LOC Accreditation (Canfranc)
Morning	Uphill Training (Canfranc)
24 <sup>th</sup> September - Wednesday	
All Day	Teams Arrivals (Jaca, Villanúa, Badaguas and Candanchú)
All Day	Teams Accreditation (Jaca)
All Day	Media & LOC Accreditation (Canfranc)
Morning	Uphill & ShortTrail Training (Canfranc)
09:30 to 11:30	WMRA Congress (Canfranc)
12:00	Press Conference (Canfranc)
16:00	Technical Meeting, Uphill & Classic Races (Canfranc)
19:00	Opening Ceremony (Canfranc)



25 <sup>th</sup> September- Thursday	
Morning	ShortTrail & LongTrail Training (Canfranc)
10.00	Start Uphill Men Race (Hotel Santa Cristina)
11.00	Start Uphill Women Race (Hotel Santa Cristina)
16:00	Technical Meeting, ShortTrail & LongTrail Races (Canfranc)
19:00	Medal Ceremony Uphill Race (Canfranc)

26 <sup>th</sup> September - Friday	
Morning	LongTrail & Classics Training (Canfranc)
08.00	Start ShortTrail Race (Canfranc)
12:45	Arrival of the first ShortTrail Runners
16.00	Arrival of the last ShortTrail Runners
19:00	Medal Ceremony ShortTrail Race (Canfranc)

27 <sup>th</sup> September - Saturday	
Morning	Classics Training (Canfranc)
07.00	Start LongTrail Race (Canfranc)
15:45	Arrival of the first LongTrail Runners
19:00	Medal Ceremony LongTrail Race (Canfranc)
21.00	Arrival of the last LongTrail Runners



28 <sup>th</sup> September- Sunday	
08.30	Start Under20 Women Race (Canfranc)
09.30	Start Under20 Men Race (Canfranc)
10.30	Start Classic Women Race (Canfranc)
12.30	Start Classic Men Race (Canfranc)
18:00	Medal Ceremony Under20 & Classics Races (Canfranc)
19:00	Closing Ceremony (Canfranc)

29 <sup>th</sup> September - Monday	
All Day	Teams Departures



## Competition Bibs

For the different races, each runner will receive 2 bibs, which must be placed as follows:

- One in the front of the competition singlet (the bib with transponder) attached with pins or bib-holder elastic band.
- The second one in the back of the competition singlet.

The bibs must not be cut, folded or covered under any circumstances.

The bibs for the competitions will have the following numbers:

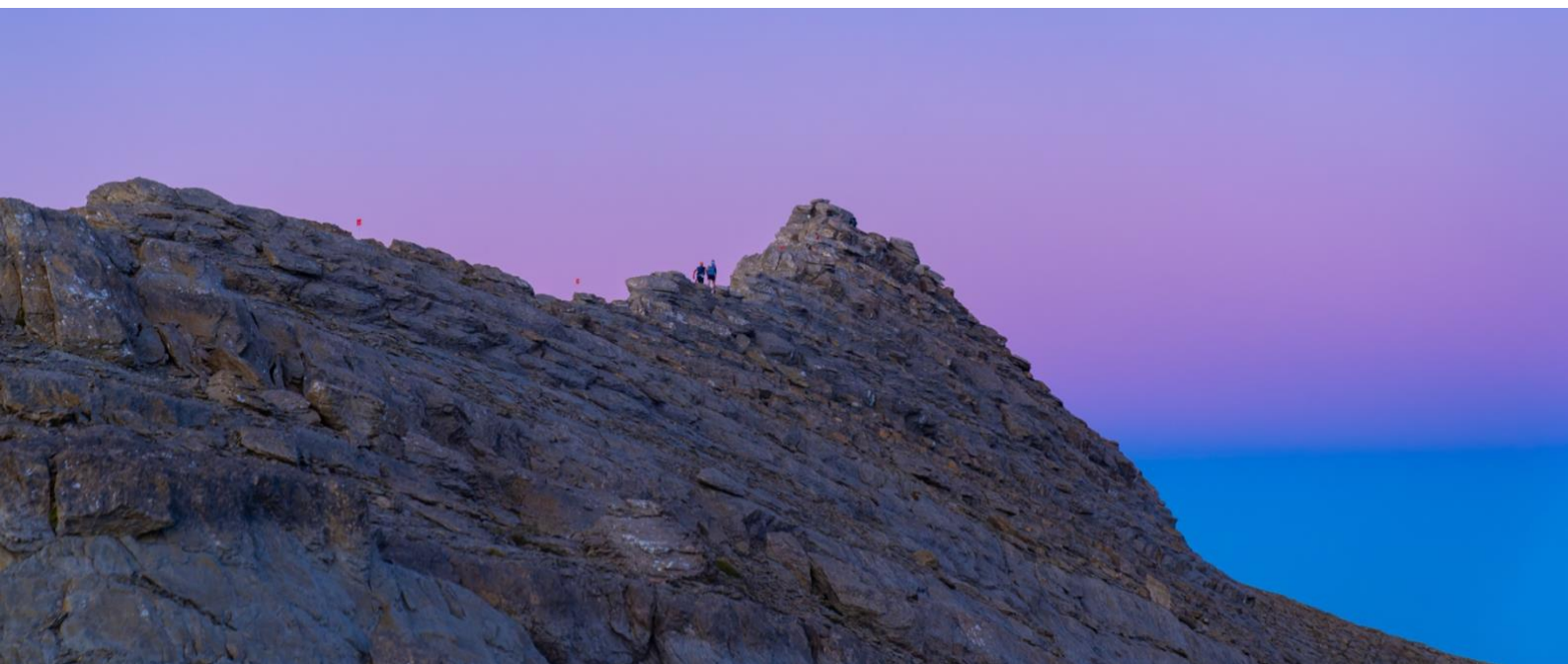
- Uphill: 1xxx
- ShortTrail: 2xxx
- LongTrail: 3xxx
- Under20: 4xxx
- Classic: 5xxx

## Chip Transponders

The timing transponder will be placed on the back of the bib numbers provided to the athletes. The bib with the transponder must be worn by runners on the front of their vest/competition clothing. These bib numbers will be distributed during the accreditation procedure and athletes will be responsible for the correct placement of the bib with the chip on the competition clothing.

Athletes who present themselves at the call room without the bib number with the chip will not be allowed to compete. When leaving the call room, it is the runner's responsibility to check that his/her name appears on the control screen when walking on the mat that detects the transponder.

In the trail races athletes will receive an extra transponder for the athlete's personal bags.





## Competition Clothing

Competitors must wear their Federation's official team clothing. World Athletics Technical Rule 5 will be strictly enforced. Please ensure compliance with the current World Athletics Marketing and Advertising Regulations. Any clothing or items that do not conform to this rule and the current regulations will be removed or taped over in the Call Room.

Member Federations must present a sample of their team vests during the accreditation process, during which LOC staff will take a photograph.

Team clothing must be uniform. Any athlete wearing non-uniform clothing will not be granted access to the competition area and will not be allowed to compete. This applies to both competition clothing (vest, shorts, tights) and tracksuits. Athletes competing in different races may wear different versions of the team vest (e.g., with or without sleeves) depending on weather conditions or personal needs, but the design must always match the Federation's official kit.

Additional mandatory and safety equipment (e.g., wind jackets, poles, hydration packs, etc.) used during the races is considered personal equipment and does not need to be issued by the team. However, all such items must comply with World Athletics Marketing and Advertising Regulations and will be checked when athletes enter the Call Room.

The rule requiring the wearing of official team clothing will be enforced not only during competition but also during Flower Ceremonies, interviews at the competition venue, and Victory Ceremonies.

## Competition Shoes

Currently, World Athletics does not maintain a list of officially approved mountain and trail running shoes. The WMTRC follows World Athletics' shoe construction principles (Athletics Shoe Regulations, Section 10, Technical Requirements of Athletics Shoes), focusing on the internal structure of the shoe. There are no limitations on sole thickness for mountain and trail running events.

The organizers reserve the right to impound and inspect the internal construction of any shoes suspected of not meeting these requirements (after the race). Impounded shoes may not be returned. If a shoe is impounded, the following form must be used:

<https://www.worldathletics.org/download/download?filename=e5b98347-3b59-4df5-84ffd0573519efe0.pdf&urlslug=Athlete%E2%80%99s%20Shoe%20Receipt%20Form%20%E2%80%93%20Sample>





# Mandatory and Authorized Equipment

## MANDATORY EQUIPMENT, LONGTRAIL

- Bib number must be visible throughout the entire race.
- Waterproof jacket (minimum 180g for men / 150g for women), with integrated hood, long sleeves, and breathable fabric.
- Survival thermal blanket (minimum size: 140cm x 200cm).
- Cap or neck gaiter and gloves with fingers.
- Whistle.
- Reusable cup (minimum 150ml). Bottles or other containers are accepted.
- Food and any wrappers must be marked with the athlete's bib number.
- Hydration system with a minimum capacity of 1l at the start of each aid station or race start.
- Mobile phone with the race organization's emergency number saved and turned on throughout the race. If the battery does not last the entire race, the athlete must carry a power bank. The organization must be able to contact and locate all athletes in case of emergency.
- Long pants or tights (a combination of calf-length tights and high socks that cover the entire leg is acceptable), and a long-sleeved technical shirt (short-sleeved shirts with arm warmers are **not** allowed). These items do not have to be worn but must be carried during the race.
- One headlamp (minimum 70 lumens).

## MANDATORY EQUIPMENT, SHORTTRAIL

- Bib number must be visible throughout the entire race.
- Waterproof jacket (minimum 180g for men / 150g for women), with integrated hood, long sleeves, and breathable fabric.
- Survival thermal blanket (minimum size: 140cm x 200cm).
- Cap or neck gaiter and gloves with fingers.
- Whistle.
- Reusable cup (minimum 150ml). Bottles or other containers are accepted.
- Food and any wrappers must be marked with the athlete's bib number.
- Hydration system with a minimum capacity of 1l at the start of each aid station or race start.
- Mobile phone with the race organization's emergency number saved and turned on throughout the race. If the battery does not last the entire race, the athlete must carry a power bank. The organization must be able to contact and locate all athletes in case of emergency.
- Long pants or tights (a combination of calf-length tights and high socks that cover the entire leg is acceptable), and a long-sleeved technical shirt (short-sleeved shirts with arm warmers are **not** allowed). These items do not have to be worn but must be carried during the race.

**MANDATORY EQUIPMENT, UPHILL // UNDER20 // CLASSIC**

- Bib number must be visible throughout the entire race.
- Food and any wrappers must be marked with the athlete's bib number.

**NOTE:** If weather conditions are unfavorable, the LOC in conjunction with the Technical Delegate reserves the right mandate the following are carried: any such update will be announced during the Technical Meetings or Team Leaders WhatsApp group.

- Waterproof jacket, with integrated hood, long sleeves, and breathable fabric.
- Survival thermal blanket (minimum size: 140cm x 200cm).

**PLEASE NOTE** - In September last year it snowed on the top of the uphill course, if similar weather is predicted this year mandatory kit will be required.

**PLEASE NOTE** - Jacket weights will be checked on entry to the call room for the short and long trail races.



## Call Room // Exit area

The call room, except for the Uphill race, is located near the race start area, next to the Canfranc Estación building. The times for the Call Room will be the next:

Date	Open	Close	To the Start	Start	Event
25 <sup>th</sup> September	9:20	9:40	9:55	10:00	Uphill Men Race (Hotel Santa Cristina)
	10:20	10:40	10:55	11:00	Uphill Women Race (Hotel Santa Cristina)
26 <sup>th</sup> September	7:05	7:35	7:55	8:00	Short Trail Race (Canfranc)
27 <sup>th</sup> September	6:05	6:35	6:55	7:00	Long Trail Race (Canfranc)
28 <sup>th</sup> September	7:50	8:10	8:25	8:30	Under20 Women Race (Canfranc)
	8:50	9:10	9:25	9:30	Under20 Men Race (Canfranc)
	9:50	10:10	10:25	10:30	Classic Women Race (Canfranc)
	11:50	12:10	12:25	12:30	Classic Men Race (Canfranc)

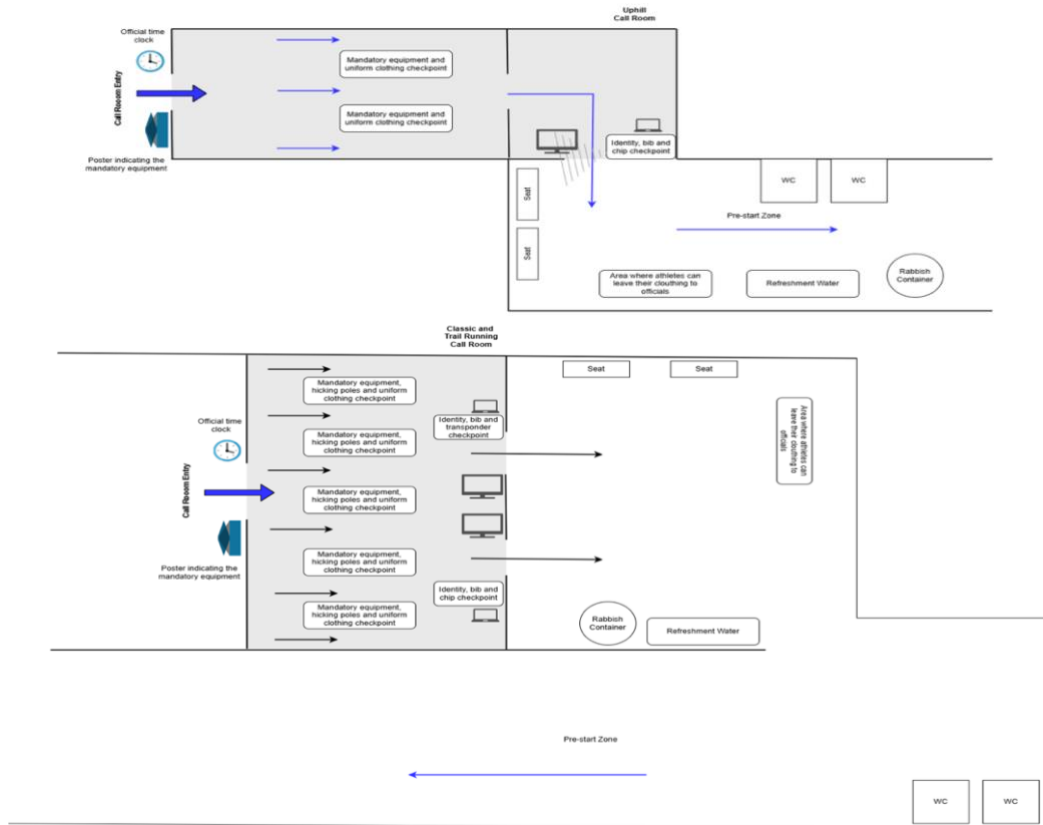
It is the responsibility of team officials to ensure that their athletes are aware of these call room access times. Athletes arriving late may be excluded from participation. In the call room, judges will check the following in accordance with WA rules:

- Athletes are wearing the national uniform clothing officially approved by WA and confirmed at accreditation.
- Bibs are worn correctly and correspond with start lists.
- Transponders are applied correctly and correspond with the bib number and athlete's name.
- Advertising on clothing complies with the Rules and Regulations.
- Unauthorised material is not taken onto the course (e.g., headphones).
- Mandatory gear is being carried (for the trail races).



Athletes will not be permitted to bring their kit bags into the call room – all kit must be left in the team's area.

Upon exiting the call room, athletes will be directed to the starting area to prepare for the race. A signal will be given 3 minutes before and 1 minute before the start of the race.



## Luggage Deposit

For the uphill race – luggage left in the team's area will be taken back to Canfranc by the LOC and left in the TIC/sports hall.

For the other races luggage can be left in the team's area.

## Event-Specific Procedures

The following are the specific procedures for the event

- Athletes will be given a 10 minutes to start warning.
- With five minutes to go athletes will be asked to line up behind the start line.
- A number of the top athletes in each race will then be introduced to the crowds.
- Athletes are free to line up as they wish behind the top athletes.
- Only one athlete per Member Federation will be allowed to stand on the start line (irrespective of the event presentation).
- Three-minute and one-minute warnings before the start of the race will be given.
- The starter will speak in English using "On your Marks" and the gun.



## Aid Stations

Refreshments: Food and drink will be available at the finish area of all races. In addition, there will be refreshment stations with food and drink at the following points during the race:

RACE	WATER (km)	ASSISTED AID STATIONS (km)	FULL REFRESHMENTS (km)
Uphill	3,6	3,6	
ShortTrail	8,1 / 21,9	14,6 / 28	34,8
LongTrail	14,9 / 54,4	29,9 / 64,9	21,4 / 40,3 / 71,8
Classic	6,7	6,7	

An athlete who receives or collects food or water supplies from a place other than the official points (except for medical reasons or under the direction of race officials), or takes supplies from another athlete or goes outside the refreshment area, is liable for possible disqualification by the referee.

Water: tables with water at each refreshment point.

Full Refreshment: in this type of refreshment posts you will find water, isotonic drinks, food and fresh fruit on the tables. There will be soft drinks, snacks, chocolate, dried fruit, watermelon, melon, banana, orange, quince, etc.

Assisted Aid Stations: These are aid stations supported by the teams of each participating federation. At these stations, team officials will provide their athletes with the food and drink they consider necessary. For the trail races, the LOC will provide a circuit-shaped area with tables identified by country flags so that teams can carry out assisted aid stations.

## Procedures for Mountain Races

Team officials (maximum two per team) are authorized to place refreshments directly into the athletes' hands only from the designated and well-marked area located near the Drinking Stations.

Note: No aid station will be available on the Under20 races. In case of extreme heat refreshment drinks aid will be provided.



# Procedures for Trail Races

Team officials are authorized to place refreshments directly into the athletes’ hands from the designated place behind or next to the team’s table. According to the number of athletes competing by country, each team will have its own table or share a table with another team, which will be marked with the national flag and the World Athletics country code. The tables are arranged in alphabetical order according to the three-letter country code where possible except in some sharing instances. Maps with the order of countries will be available at the Technical Meeting. For athletes in the trail races, who will not be accompanied by team officials, the judge, who is responsible for the team supported aid station, will place the bottles on a specific table. To execute this service, the personal refreshments must be handed over to the LOC at the entrance of the Call Room. The bottles with the personal refreshments must display the following. Information: Athletes’ name Athletes’ bib number Country Code Mark (sticker) of the Assisted Ais Station (see details above) Note: bottles distributed at the team supported aid stations must duly comply with the World Athletics advertising regulations.

## Timing

The official timing will be managed by the company TempoFinito, who will be responsible for updating the data throughout the competition. The system is approved by the RFEA.

## Cut-off Barriers and Races Time-Limit

The Cut-off Barriers (CB) and the Races Time-Limit will be as follows:

RACE	FORMIGAL (CB)	CANAL ROYA (CB)	CANDANCHU (CB)	TIME LIMIT
Uphill				
ShortTrail		3h30	5h30	8h
LongTrail	6h00		11h15	15h
Under20				
Classic				

Athletes who exceed the time limit in the Cut-off Barriers places have to leave the race and will be transported to the team’s tent in the finish area.

# General Racing Requirements

Any runner found to have breached the following is liable for **DISQUALIFICATION**:

- Pacing or being accompanied on the course by someone outside the race.
- Receiving of any assistance outside the authorised areas, including physical assistance from other runners.
- Littering outside of the official garbage zones.
- Deliberately impeding or blocking another runner.
- Deliberately or accidentally shortening the route by going off course.
- Cutting corners or zig zags unless it is marked as allowable.
- Environmental violations such as e.g. not using the provided toilet facilities or throwing bins.
- Carrying / possessing / using a prohibited item during the race (e.g., headphones in all races, and poles in the Uphill and Classic races)

The following infractions will lead to a **ONE (1) HOUR PENALTY** or **DISQUALIFICATION**:

- Not assisting another runner in distress if there are no officials/medical personnel available or if asked to help by another runner.
- Not keeping race bibs visible and in the correct manner (front and back).
- Mandatory gear(s) missing at post event gear check or at any random gear check.
- Non-compliance with instructions from volunteers, medical and organisation staff and referees.

The use of poles is only permitted in the Short and LongTrail races, provided they are carried from the start to the finish line; or that they are picked up or dropped off exclusively at team supported aid stations, to team officials.

## Responsibilities

The organization shall not be held liable for any claims or demands arising from damages sustained by participants, accompanying persons, spectators, or their belongings, in cases of loss, deterioration, or misplacement outside the coverage of the insurance policies contracted by the organization.

Participants will be required to sign any necessary documents to clearly acknowledge their understanding and acceptance of the race regulations. By registering for the event, participants acknowledge that they are taking part voluntarily and under their own responsibility.

Therefore, they release, waive, and agree not to hold liable the organizing entity, collaborators, sponsors, and other participants for any civil liability towards the runners or their heirs.

## Amendments to the regulations

The organization reserves the right to modify, correct, or improve these regulations at any time. Registration for the event implies the participant's full acceptance of these rules.

Any situation or circumstance not expressly covered by this regulation shall be Governed by the World Athletics Competition and Technical Rules, especially Technical Rule 57 in full.

## Data protection

In compliance with personal data protection regulations, specifically the General Data Protection Regulation (GDPR) and the Spanish Organic Law on Personal Data Protection and Guarantee of Digital Rights (LOPDGDD), we inform you that the personal data you provide through the registration form will be processed by the **Canfranc Town Council** (hereinafter referred to as "the organization") for the purpose of managing the sporting event. This includes participant registration, bib number distribution, insurance management, publication of race results in the media, invoicing, and other tasks directly related to the organization and operation of the event. It also includes sending promotional communications if you have previously given your consent. These communications may be sent via regular or electronic means.

You may freely opt out of receiving commercial communications, and doing so will not affect your relationship with the organization.

Please note that for certain aspects of event management, your data may be shared with partner entities such as banks, public bodies, and insurance companies, as detailed in the "Necessary Data Transfers" section. Additionally, your data may be shared with event sponsors for the purpose of sending information related to sporting events organized by the organization or third parties, as well as for the promotion of products and services offered by the organizers or sponsors—provided you have given your express consent by checking the appropriate box.

These data processing activities are essential for the correct organization of the event and are based on legitimate interest as well as your explicit consent provided during the registration process. However, you have the right to object to the use of your data for any purposes not strictly necessary for the management of the event by contacting the organization directly.

Your personal data will be retained for the duration of the relationship and as long as required by applicable law, or for the time necessary to respond to any legal actions that may arise from the processing. In the case of having given consent for commercial communications, your data will be kept until you withdraw your consent.

Please note that during the sporting event, photographic and video images may be captured for the purpose of publication on the organization's website and in the press. In accordance with Spanish Law 1/1982 of May 5, on the Civil Protection of the Right to Honor, Personal and Family Privacy, and Self-Image, and in line with current data protection laws, you authorize the organization to use such materials across various communication channels (websites, magazines, videos, media, reports, posters, etc.) for the promotion of the event. The Canfranc Town Council will not use these images for any purposes other than those stated above. This data processing is legitimized by your consent, which is granted upon acceptance of this document. Your data will be stored until this consent is revoked.



## Necessary data transfers

You authorize the organization to publish in the media your full name, place of origin, category, bib number, photographs and video images taken during the event, and your race results, as mentioned earlier in this article.

Participant information, including the data listed above, will be publicly available on the event's official website from the moment of registration and acceptance of the event rules. Race results will be available until you request their deletion, for the purpose of time validation or record verification.

If you make payment by credit card, your personal data will be shared with the designated banking institution for the purpose of managing your registration payment.

Participation in the event also implies your express consent for your personal data to be shared with the insurance company selected by the organizer to provide appropriate assistance in case of an accident during the race.

## Data accuracy

The organization shall **not be held responsible** for the legality, accuracy, or truthfulness of the data provided. It is the sole responsibility of the participant to inform the organization of any changes to their personal data.

Fields marked with an asterisk (\*) on the registration form are mandatory. You are under no obligation to provide your personal data; however, such data is necessary and appropriate to fulfill the purposes for which it is collected. Failure to provide the required (\*) information may result in the denial of your registration, as it is essential for processing your application.

## RACE CATEGORIES

All races have the following categories:

- Men's individual
- Women's individual
- Men's team
- Women's team

# PRIZE MONEY

These cash prizes are for Senior Individual Races only.

	Ranking	Uphill	ShortTrail	LongTrail	Classic
MEN  &  FEMALE	1°	5.000€	5.000€	5.000€	5.000€
	2°	3.500€	3.500€	3.500€	3.500€
	3°	2.000€	2.000€	2.000€	2.000€
	4°	1.000€	1.000€	1.000€	1.000€
	5°	500€	500€	500€	500€

Taxes to be deducted



## Awards and Flower Ceremonies

WHAT	WHEN	WHERE
Flower Ceremony Uphill 6K	25 <sup>th</sup> September	Uphill arrivals (Larraca)
Medals Ceremony Uphill 6K	25 <sup>th</sup> September, 19:00	CanfrancEstación HQ
Flower Ceremony ShortTrail 45K	26 <sup>th</sup> September	CanfrancEstación HQ
Medals Ceremony ShortTrail 45K	26 <sup>th</sup> September, 19:00	CanfrancEstación HQ
Flower Ceremony LongTrail 82K	27 <sup>th</sup> September	CanfrancEstación HQ
Medals Ceremony LongTrail 82K	27 <sup>th</sup> September, 19:00	CanfrancEstación HQ
Flower Ceremony Under20 8K	28 <sup>th</sup> September	CanfrancEstación HQ
Medals Ceremony Under20 8K	28 <sup>th</sup> September, 19:00	CanfrancEstación HQ
Flower Ceremony Classic 14K	28 <sup>th</sup> September	CanfrancEstación HQ
Medals Ceremony Classic 14K	28 <sup>th</sup> September, 19:00	CanfrancEstación HQ

## Overall Federation Team Award

In addition to the individual teams championships for each race, an overall Team Trophy will be awarded to Federation that scores highest from a number of the senior races both mountain and trail. The overall senior team scoring will be based on the positions achieved by up to three athletes per country in up to six events (from the maximum possible of eight events), therefore a maximum of 18 scoring performances. Points will be allocated to runners per event, with the 1st runner being awarded the highest number, 190 points for first, 189 for 2nd etc.

The maximum number of points will be the same for all races.

The team with the highest score will be the winner, trophies will be awarded to the top three team and all teams will be ranked.

To be included in the ranking the Federation must include at least one male and one female team, and one mountain and one trail team.

## RACES GENERAL INFO

The WMTRC25 courses in Canfranc-Pyrenees are carefully selected offering the best that trail running and the mountains have to offer including some of the most beautiful mountain views in the Pyrenees. The profile integrates all types of terrain, flat and flowing, steep, rocky and high mountain, providing a challenging combination for athletes that guarantees an incredible combination and a unique experience.

Summary of the route:

RACE	DATE	TIME	DEPARTURE	ARRIVAL	ESTIMATED TIME VICTORY TIME	DISTANCE	RAISING +/- (m)
Uphill 6K	25 <sup>th</sup> September	10:00 Men	Hotel Santa Cristina	Larraca	35 / 40 min	6,4 km	990 / 5
Uphill 6K	25 <sup>th</sup> September	11:00 Women	Hotel Santa Cristina	Larraca	45 / 50 min	6,4 km	990 / 5
ShortTrail 45K	26 <sup>th</sup> September	08:00	Canfranc Estación	Canfranc Estación	4h 45 min	44,5 km	3.657 / 3.657
LongTrail 82K	27 <sup>th</sup> September	06:00	Canfranc Estación	Canfranc Estación	9h	81,2 km	5.413 / 5.413
Under20 8K	28 <sup>th</sup> September	08:30 Women	Canfranc Estación	Canfranc Estación	40 min	7,8 km	397 / 397
Under20 8K	28 <sup>th</sup> September	09:30 Men	Canfranc Estación	Canfranc Estación	30 min	7,8 km	397 / 397
Classic 14K	28 <sup>th</sup> September	10:30 Women	Canfranc Estación	Canfranc Estación	1 h 15 min	14,3 km	775 / 775
Classic 14K	28 <sup>th</sup> September	12:50 Men	Canfranc Estación	Canfranc Estación	1 h	14,3 km	775 / 775





# UPHILL 6K

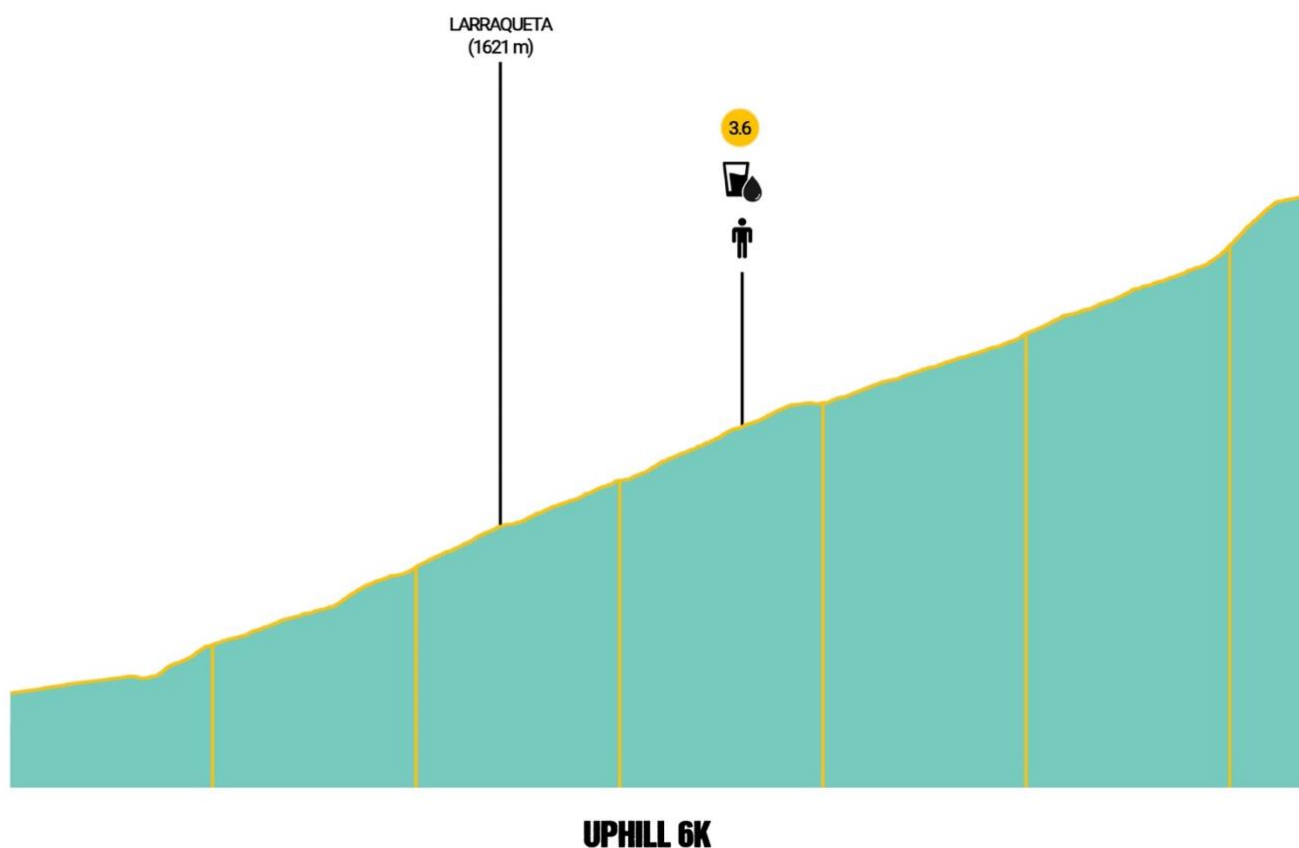
## GENERAL INFORMATION

This is a spectacular ascent of 6.5 kilometres in which 986 metres of positive difference in altitude will be accumulated, most of it along paths in the interior of a spectacular pine forest of black pine, until reaching the summit of Larraca.

## ROUTE

The 'Uphill' race will be the only one that does not start from CanfrancEstación in the WMTRC2025. It will do so two kilometres further north, in front of the Hotel Santa Cristina, another iconic place in the Canfranc Valley.

## [LINK TO THE UPHILL 6K ROADBOOK](#)



# SHORTRAIL 45K

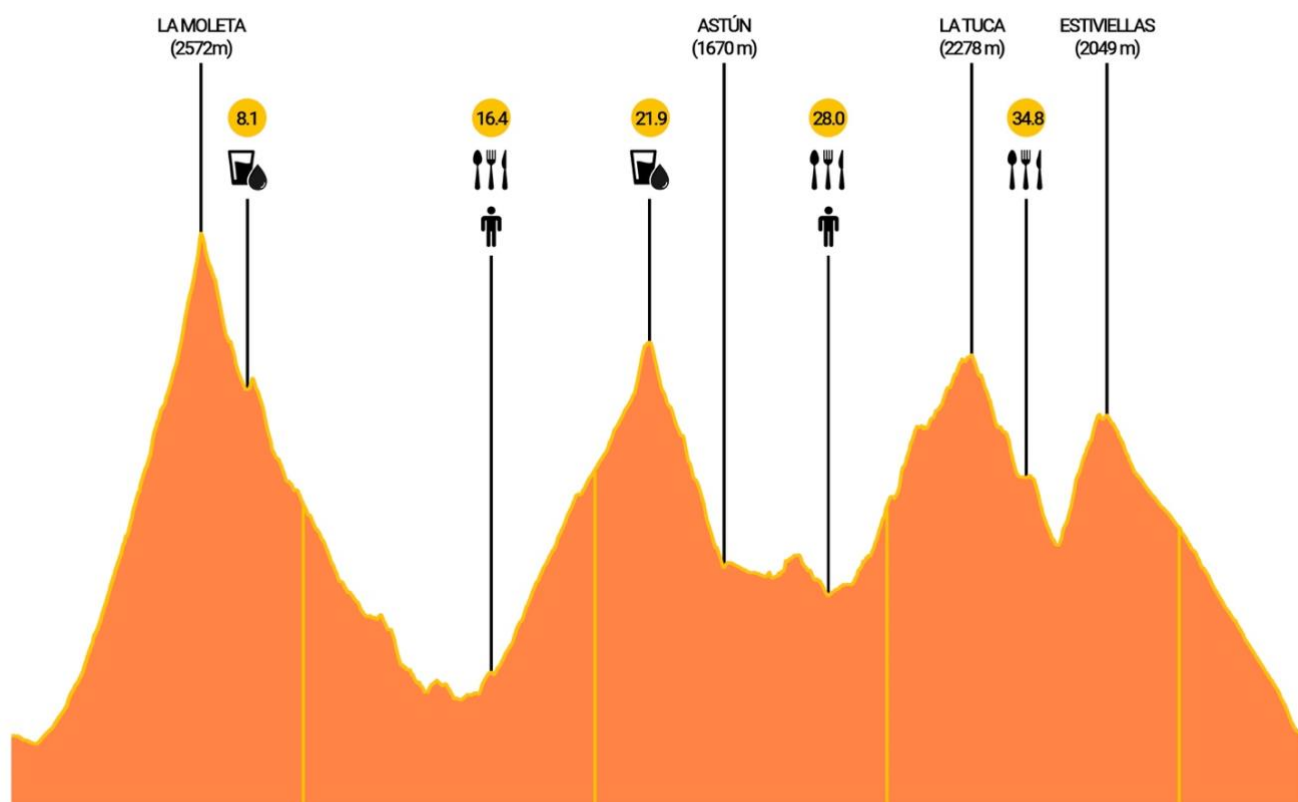
## GENERAL INFORMATION

The athletes will have a course of 44.5 kilometres with 3,700 metres of elevation gain. Among the most mythical parts of the route are the ascent to La Moleta, with almost 1,500 metres of elevation gain in 6 kilometres, the ascent to Larraca, which practically coincides with the “Uphill” race, the Loma Verde area, where the French border is crossed, and the descent to the finish line at CanfrancEstación from the Collado de Estiviellas, with its 122 curves.

## ROUTE

Starting and finishing at CanfrancEstación, it will reproduce the route of the emblematic “Marathon” CanfrancCanfranc, which is also held every year in September.

## [LINK TO THE SHORTRAIL 45K ROADBOOK](#)



**SHORT TRAIL 45K**

# LONGTRAIL 82K

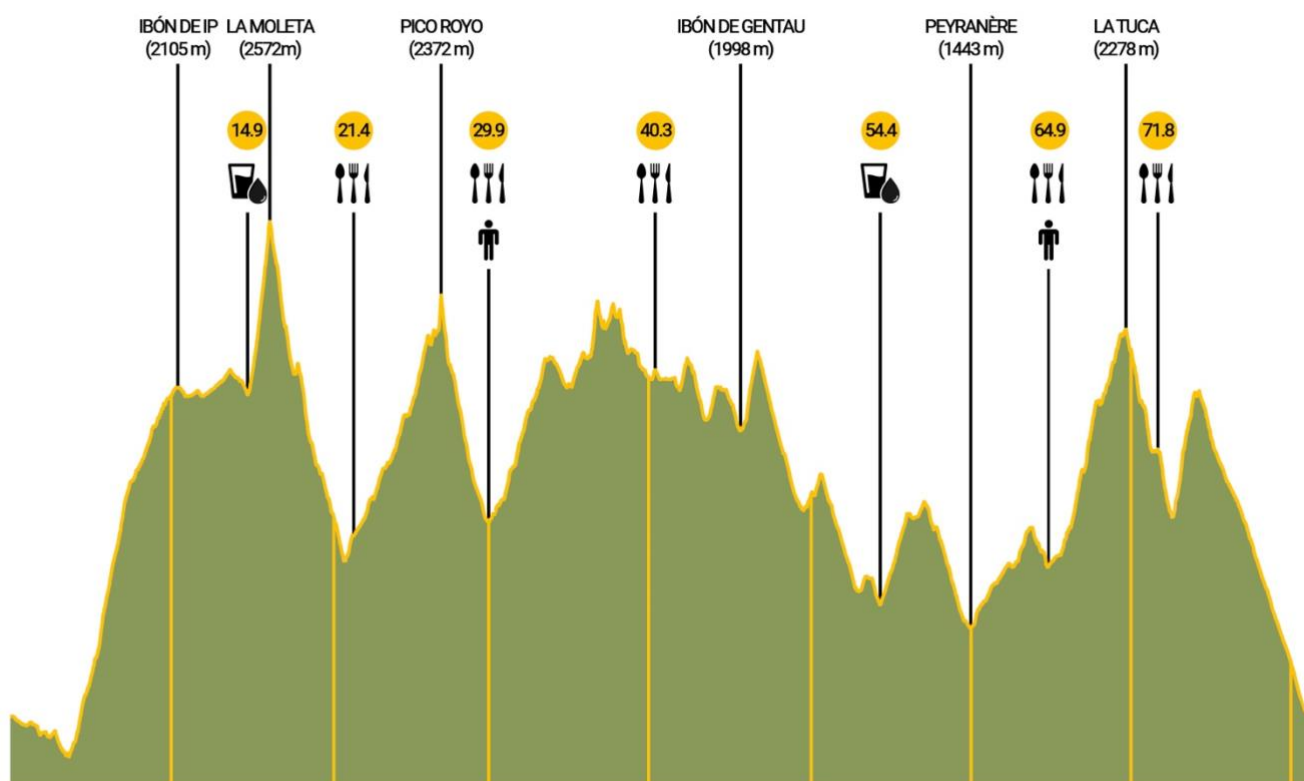
## GENERAL INFORMATION

Among the many milestones of this high-flying "Ultra", the runners will have to climb La Moleta, descend to the valley of Izas and climb the pass of the same name, pass through Pico Royo, Formigal and the border of Portalet, cross into France and the Natural Park of the Atlantic Pyrenees (more than 20 kilometres will run through the French Pyrenees); They will enjoy one of the most spectacular Pyrenean areas in the Ibones de Ayous and will return in continuous descent at full speed towards CanfrancEstación from the Collado de Estiviellas.

## ROUTE

Starting and finishing in CanfrancEstación, the LongTrail will have a circuit of 81,2 kilometres and 5.413 metres of positive difference in altitude.

## [LINK TO THE LONGTRAIL 82K ROADBOOK](#)



LONG TRAIL 82K

## UNDER20 8K

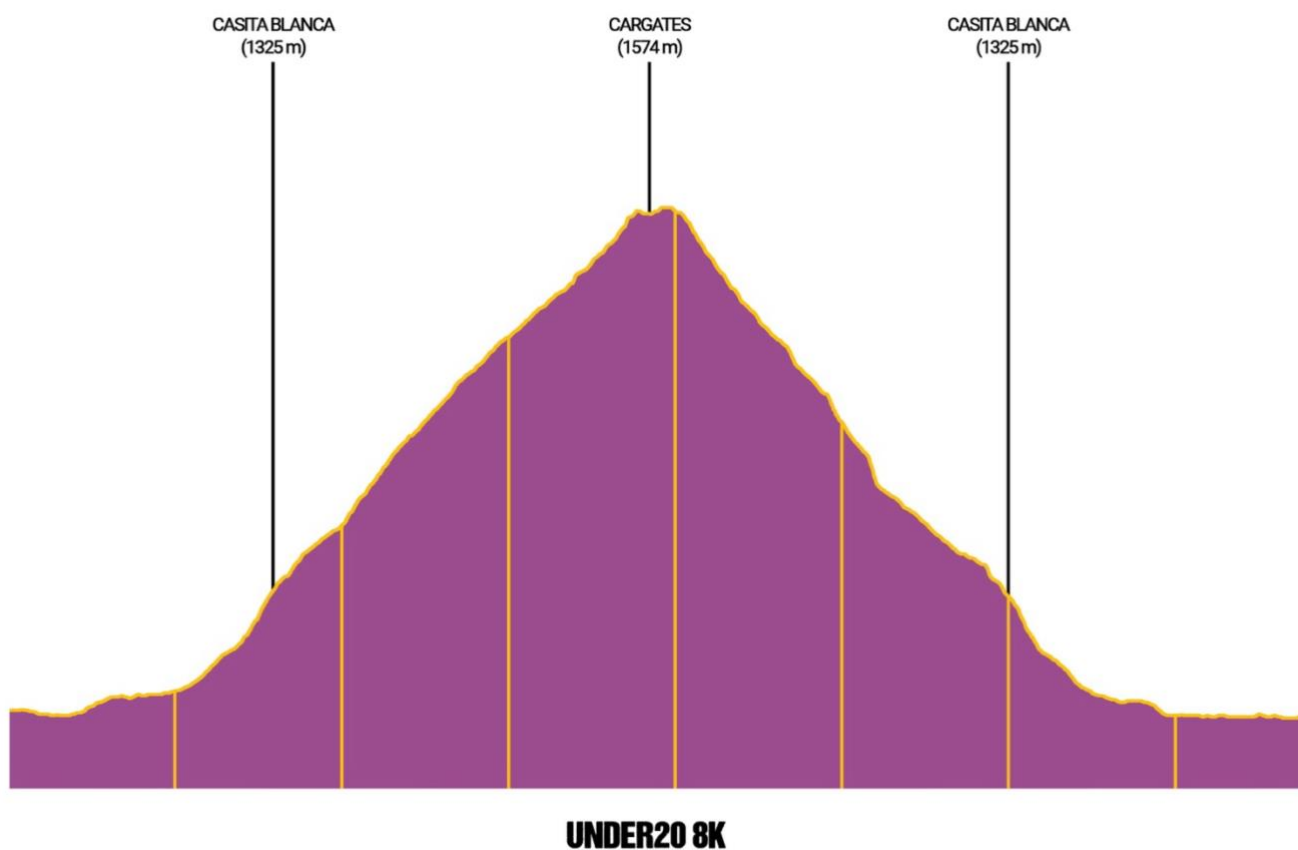
### GENERAL INFORMATION

Athletes will run the first of two loops that make up the “Classic” race, through the Epifanio ravine, one of the engineering works built at the beginning of the 20th century to channel the rain. The race will take place on terrain suitable for fast running through pine forests.

### ROUTE

Starting and finishing in CanfrancEstación, the athletes will complete a total of 7.5 kilometres with 400 metres of positive difference in altitude.

[LINK TO THE UNDER20 8K ROADBOOK](#)





# CLASSIC 14K

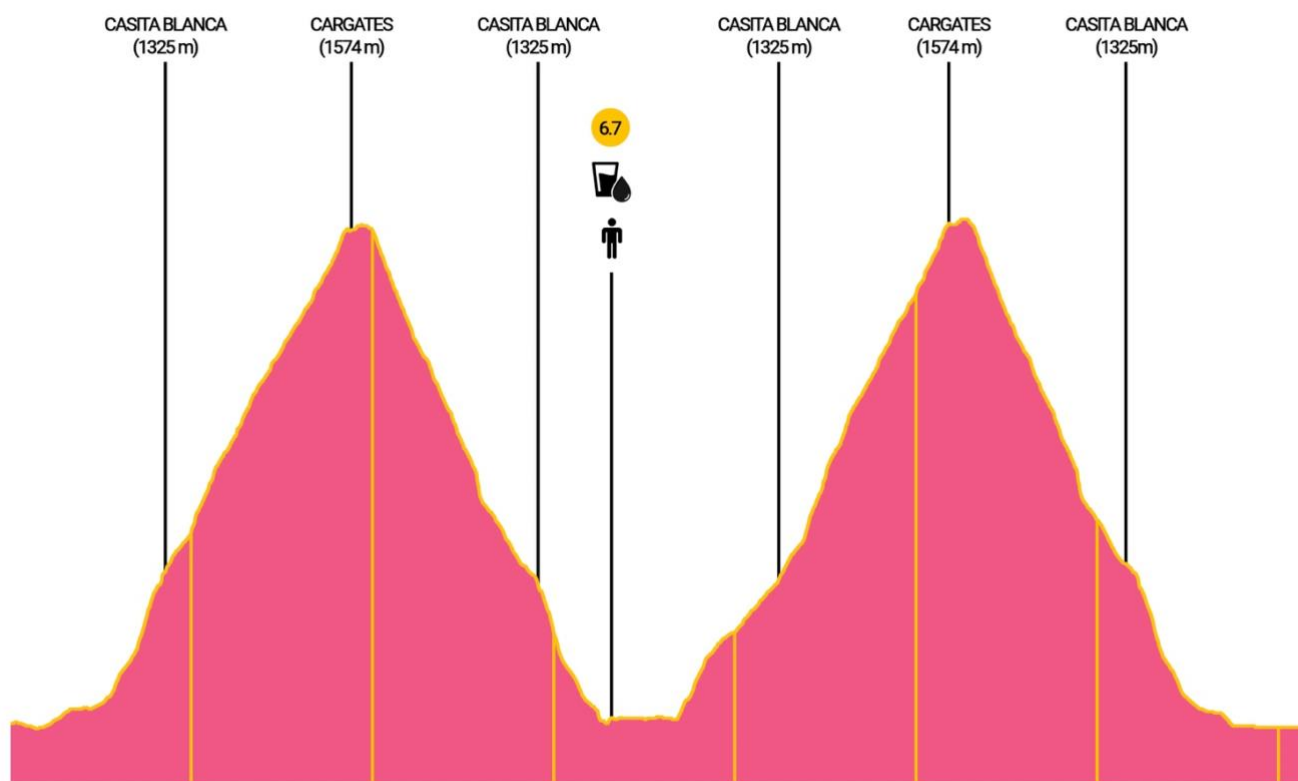
## GENERAL INFORMATION

The senior athletes will run two loops (not identical) through the Barranco de Epifanio to complete a total of 15 kilometres with 820 metres of positive elevation gain, divided mainly into two ascents of about 400 metres each. The race will take place on terrain suitable for fast running, in a pine forest.

## ROUTE

Starting and finishing in CanfrancEstación, the athletes will complete a total of 15 kilometres with 820 metres of positive difference in altitude. It will be a real challenge for the fastest mountain runners on the planet.

## [LINK TO THE CLASSIC 14K ROADBOOK](#)



**CLASSIC 14K**

# Post Competition Procedure

After each race, there will be a mixed zone that all participating athletes are required to pass through. In this area, accredited media representatives (television, radio, press, and online press) will have the opportunity to gather quick statements and conduct interviews; however, athletes are not obligated to speak with the media.

There will be no official press conferences with medal-winning athletes following the races.

In races where carrying specific equipment is mandatory, an equipment check will also be conducted post-race.

The top three athletes in each event will be requested to attend a flower ceremony. Flower ceremonies and any scheduled media interviews will take precedence over all other interview requests. These will take place prior to any anti-doping controls.

Shower facilities will be available at the municipal sports center.

# OPENING AND CLOSING CEREMONIES

The maximum number of representatives allowed per Federation for the Opening Ceremony will be 5 people.

WHAT	WHEN	WHERE
Opening Ceremony	CanfrancEstación HQ	24 <sup>th</sup> September
Closing Ceremony	CanfrancEstación HQ	28 <sup>th</sup> September

\*Possible changes at any time - see below for more information





# PROTESTS **AND** APPEALS

Protests and appeals are permitted and will be processed in accordance with WMTRC regulations. In the first instance, protests must be made orally to the Referee by the athlete himself or by someone acting on his behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same race to which the protest or appeal relates.

When the Referee in charge is not available, the protest must be made through the TIC. Protests relating to the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. If the Referee's final decision is not satisfactory, an appeal may be made in writing to the Jury of Appeal through the TIC.

Any written appeal to the Jury of Appeal must be made in accordance with World Athletics TR 8.7. and signed by a responsible official on behalf of the athlete and sent to the TIC within 30 minutes after the official announcement of the decision made by the Referee, after they have considered the initial appeal.

When submitting an appeal form, a deposit of 100€ must be paid as required by the rules. If the protest is unsuccessful, the deposit will not be refunded. The Jury's decision will be communicated in writing.



# MEDICAL SERVICES AND DOPING CONTROL

## Insurance and Indemnities

Please note that any additional medical services delivered outside here-below described LOC medical facilities or hospitals will be at the expense of the individual or their team. Therefore, the LOC strongly recommends that all individuals obtain their own medical insurance coverage. Indeed, all national teams should be able to provide proof that all their accredited athletes and team officials have comprehensive travel medical insurance that fully covers all emergencies, illnesses, acute injuries, and all related inpatient and outpatient hospital services in Spain. This medical insurance can be obtained through World Athletics or individually.

As mentioned above, any additional medical costs incurred at medical institutions or hospitals other than the designated medical facilities and their associated emergency and transportation services, must be paid by the patient or team officials according to the policies and fee of the treating medical institutions.

Except in relation to the gross negligence or wilful misconduct of the organiser (LOC), the Participating Member Federations defend and hold harmless the organiser from and against any personal or material damage, losses and claims arising from participation in the Championships.

## Medical Services

Medical Care at Competition Venues: Athletes' medical service at the competition venues will be operative until two hours after the event ends.

All athletes, team officials, and WA and Partners Family members can contact the emergency medical hotline service provided by physicians from 08:00 am on September 24 to 8:00 pm on September 28 via the following number +34 689 839 094.

This 24/7 emergency hotline service will be available throughout the competition period, even outside the operating hours of the Athlete Medical Centres at each venue, allowing individuals to seek medical consultation at any time.

Medical resources for all venues: Ambulance car with equipment for Basic Life support including AED + monitoring (min. ECG, SpO2), Oxygen, Infusions, basic medication.

Ambulance car with equipment for Advanced Life support including AED (defibrillation) + monitoring (min. ECG, SpO2, RR), oxygen, intubation, infusions, advanced medication.

Medical Room and Heat Deck: located near to finish line.

Physiotherapy Services: There will be physiotherapists available in the finish area team tent to provide this service to athletes whose teams do not have their own physiotherapy support.



## Doping Controls

Doping controls will be organised at the World Mountain and Trail Running Championships in Canfranc 2025. They will be conducted in accordance with World Athletics Anti-Doping Rules and WADA's International Standard for Testing and under the supervision of a World Athletics Anti-Doping Delegate. Urine doping controls will be carried out in a Doping Control Station located in Canfranc (pilgrims building, next to the Canfranc Estacion HQ).

Athletes will be notified of their selection by qualified and accredited doping control personnel. A Team Leader or Official may be required to help in notifying the athlete who may be accompanied by a representative to the sample collection station. A specific sample collection protocol will apply for athletes who are minors, in accordance with WA Anti-Doping Rules.

At the time of notification, the sample collection officer will present their accreditation and advise which sample is required. Athletes will then be chaperoned to the sample collection station where the sample will be collected. Official identification will be required before providing the sample, so athletes must ensure that they carry identification documents at all times (passport, ID card).

Athletes, who therapeutically use substances or methods included on the prohibited list, must ensure they have the appropriate authorisation in place before the Event, in accordance with the World Athletics Anti-Doping Rules.

<https://www.athleticsintegrity.org/know-the-rules>



# ANNEX 1

## BARCELONA T1

If you arrive at Barcelona Airport Terminal 1 (T1), you must go to T2 to catch the R2 nord train line (to get to the AVE Sants station).

You can make this journey using the free shuttle buses provided by the airport, which run between terminals 24 hours a day and take 10 minutes.

The frequency of the buses is as follows:

Schedules	FREQUENCY
De 00:00 a 05:00	10 minutes
De 05:00 a 08:00	7 minutes
De 08:00 a 20:00	5 minutes
De 20:00 a 00:00	7 minutes

Stops in route from Terminal T1 to Y2:

- Terminal T1 level 3, Departures (from 0 to 5h in T1 level 0 Arrivals).
- Terminal T2B, Floor 0, Departures.

If arriving at T1 from the Schengen zone - T1:

- Follow the instructions <<Baggage reclaim>> - <<Departures>>.
- Collect your baggage from the belt indicated on the information screens.
- Follow the signs to <<Departures>> and then to <<Terminal Shuttle>>.
- Take the shuttle to terminal T2 and get off at the first stop: T2B.

If arriving at T1 from the non-Schengen airport of arrival - T1:

- Follow the instructions <<Passport Control>>.
- After passing through passport control, proceed to <<Baggage Claim>> - <<Departures>>.
- Collect your baggage from the belt indicated on the information screens.
- Follow the signs to <<Departures>> and then to <<Interterminal Shuttle>>.
- Take the shuttle to Terminal T2 and get off at the first stop: T2B.



When you arrive at T2, you must go to the walkway that gives direct access to the train station, located on floor 0 of Terminal T2. On the map below you can see where it is located.

When you arrive at the airport train station, with the same AVE ticket you have free access to the suburban train (line R2 north) to go to Sants train station where you will take the AVE to Zaragoza. The use of the suburban train is free 4 hours before and 4 hours after the departure time of the AVE ticket you have bought and to use it you only have to scan the QR code that appears on the ticket.



On the R2 nord line, you must take the Sants stop, the third stop the train makes from the moment it boards.

The times we indicate are approximate in situations of fluid traffic, please take into account possible delays in order to be able to catch the connecting tickets with an adequate time margin.

The first train leaves the airport station at 5.42am and the last one at 11.38pm.

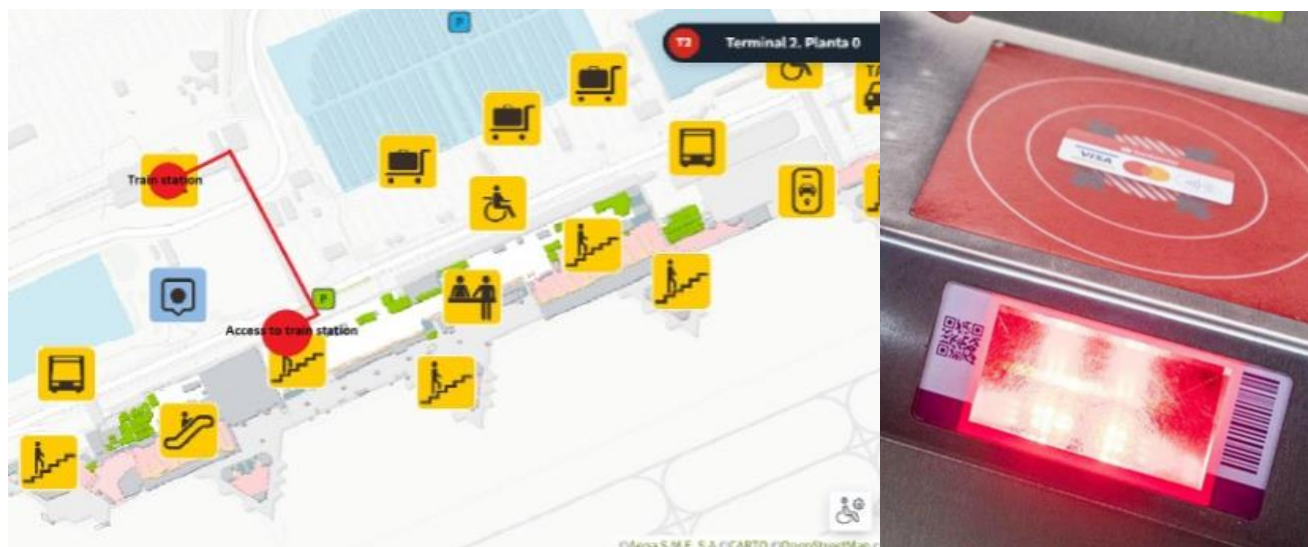
When you arrive at Sants station, you should go to the main area to see which dock the Ave train is in and transfer to the Ave that will take you to Zaragoza.



## ANNEX 2

### BARCELONA T2

If you arrive at T2, you have to go to the walkway that gives direct access to the train station, which is located on floor 0 of Terminal T2. On the map below you can see where it is located.



When you arrive at the airport train station, with the same AVE ticket you have free access to the local train (line R2 north) to go to Sants train station where you will take the AVE to Zaragoza. The use of the local train is free 4 hours before and 4 hours after the departure time of the AVE ticket you have bought and to use it you only have to scan the QR code on the ticket.

On the R2 nord line, you must take the Sants stop, the third stop the train makes from the moment you get on.

The times we indicate are approximate in situations of fluid traffic, take into account possible delays to catch the connecting tickets with an adequate time margin.

The first train leaves the airport station at 5:42am and the last one at 11:38pm.

When you arrive at Sants station, you should go to the main area to see where the AVE train is located and transfer to the AVE train that will take you to Zaragoza.

## ANNEX 3

### MADRID T1, option 1

If you arrive at Madrid airport terminal 1, you have to go to the first floor to the shuttle bus stop (see map below for directions from baggage reclaim hall 1). Attached is a map with directions from baggage reclaim hall 1).



There you take the bus to the T4 stop of the Cercanías station and take the C1 line towards “Príncipe Pío” to the sixth stop at Atocha.

The Cercanías ticket is included in the AVE ticket, and you can use it to travel on Cercanías 4 hours before and 4 hours after the AVE departure for free, just scan the QR code at the Cercanías train access doors.

Once at Atocha, you will have to go to the information panels to see which platform the AVE train to Zaragoza departs from.

This journey takes about 31 minutes in fluid traffic, take into account possible delays when calculating transfer times.

## MADRID T1, option 2

If you are arriving at Madrid Airport Terminal 1, another option is to go to the metro stop in the building next to the terminal. The map below shows you how to get there.



Once in the building, at the ticket vending machines, you will have to buy a Multi Public Transport card (€2.50) and a single metro ticket with the airport supplement (see attached image).

This card can be shared between several users (as many consecutive validations can be made as passengers using the service with the same card, the only condition being that the passengers start and end their journey together). The metro is open from 6.00 am to 1.30 am.

Take metro line 8 towards <<Nuevos Ministerios>> and get off at the fifth stop on the line called <<Nuevos Ministerios>> and transfer to line 10 towards <<Puerta del Sur>> and get off at the third stop <<Tribunal>> and then transfer to line 1 towards <<Valdecarros>> and get off at the fifth stop <<Atocha>>.

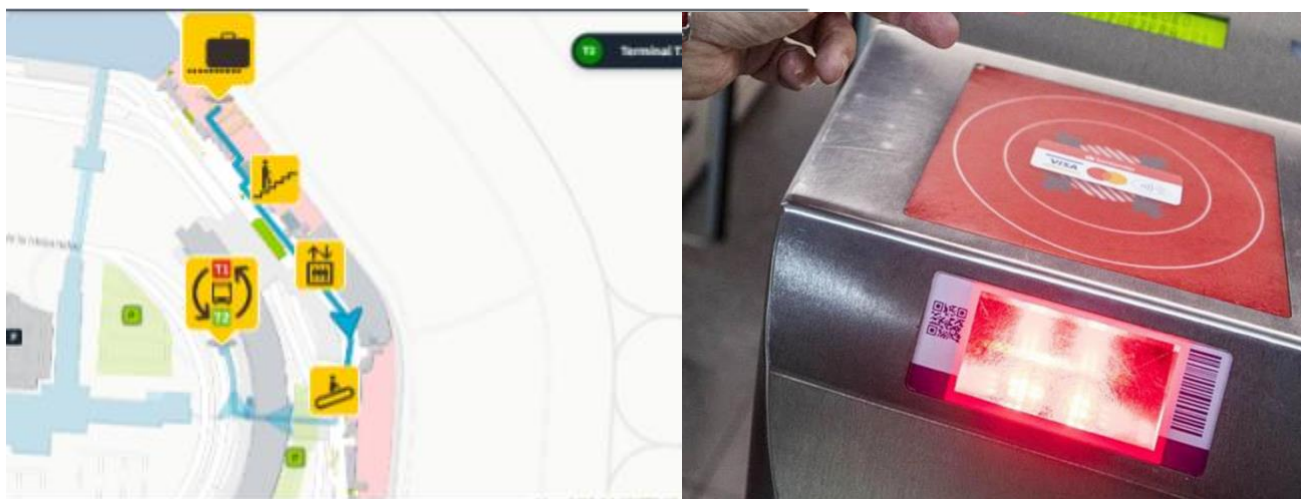
Once at Atocha you should go to the railway information area to find out the AVE departure to Zaragoza.

This journey takes about 54 minutes in fluid traffic, take into account possible delays when calculating transfer times.

## ANNEX 4

### MADRID T2, option 1

If you arrive at Madrid airport terminal 2, you have to go to the first floor to the shuttle bus stop (a map with directions from baggage claim hall 6 is attached).



There you take the bus to the T4 stop of the Cercanías station and take the C1 line towards “Príncipe Pío” to the sixth stop at Atocha.

The Cercanías ticket is included in the AVE ticket, and you can use it to travel on Cercanías 4 hours before and 4 hours after the AVE departure for free, just scan the QR code at the Cercanías train access doors.

Once at Atocha, you will have to go to the information panels to see which platform the AVE to Zaragoza departs from.

This journey takes about 30 minutes in fluid traffic, take into account possible delays when calculating transfer times.



## MADRID T2, option 2

If you arrive at Madrid Airport Terminal 2, another option is to go to the metro stop in the building next to the terminal. The map below shows you how to get there.



Once in the building, at the ticket machines you will have to buy a multiple public transport card (€2.50) and a single metro ticket with the airport supplement.

This card can be shared between several users (you can make as many consecutive validations as travelers using the service with the same card, the only condition being that the travelers start and end their journey together). The metro is open from 6:00 am to 1:30 am.

Take metro line 8 towards “Nuevos Ministerios” and get off at the fifth stop on the line called “Nuevos Ministerios” and transfer to line 10 towards “Puerta del Sur” and get off at the third stop “Tribunal” and then transfer to line 1 towards “Valdecarros” and get off at the fifth stop “Atocha”.

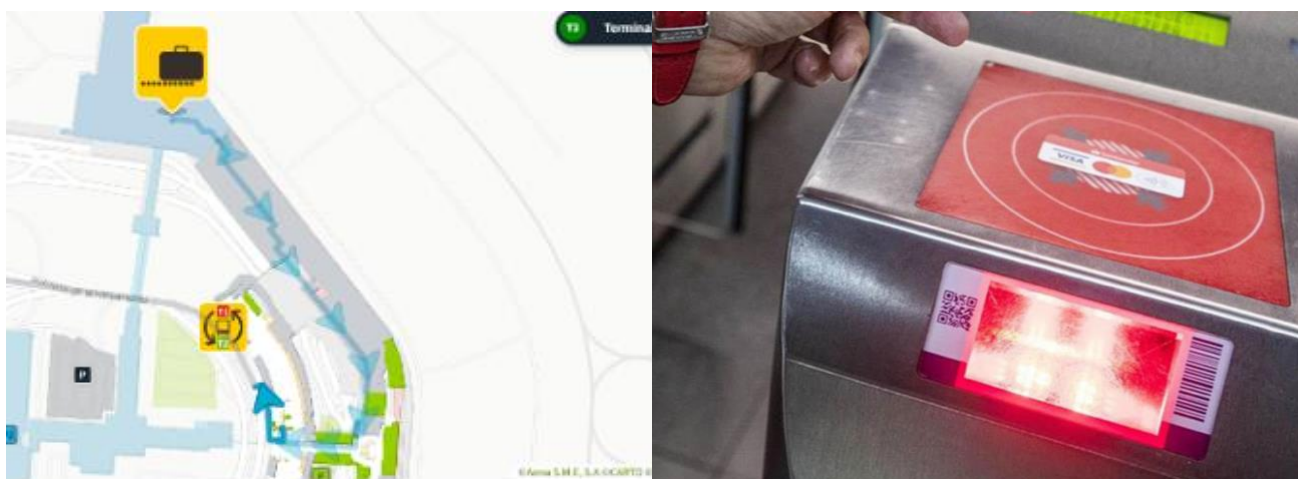
Once at Atocha you will have to go to the railway information area to find out the AVE departure to Zaragoza.

This journey takes about 50 minutes with fluid traffic; take into account possible delays when calculating transfer times.

## ANNEX 5

### MADRID T3, option 1

If you arrive at Madrid airport terminal 3, you have to go to the first floor to the shuttle bus stop (a map with directions from baggage claim hall 6 is attached). You have to walk to the first floor of T2 to get to the shuttle bus stop.



There you take the bus to the T4 stop of the Cercanías station and take the C1 line towards “Príncipe Pío” to the sixth stop at Atocha.

The Cercanías ticket is included in the AVE ticket, and you can use it to travel on Cercanías 4 hours before and 4 hours after the AVE departure for free, just scan the QR code at the Cercanías train access doors.

Once at Atocha, you will have to go to the information panels to see which platform the AVE train to Zaragoza departs from.

This journey takes about 34 minutes in fluid traffic, take into account possible delays when calculating transfer times.

## MADRID T3, option 2

If you arrive at Madrid Airport Terminal 3, another option is to go to the metro stop in the building next to the terminal. You have to walk inside the terminal to Terminal 2 and exit at the metro stop. The map below shows you how to get there.



Once in the building, at the ticket vending machines you will have to buy a Multi Public Transport card (€2.50) and a single metro ticket with the airport supplement (see attached image).

This card can be shared between several users (as many consecutive validations can be made as many times as passengers use the service with the same card, the only condition being that the passengers start and end their journey together). The metro is open from 6:00 am to 1:30 am.

You have to take metro line 8 towards “Nuevos Ministerios” and get off at the fifth stop of the line called “Nuevos Ministerios” and transfer to line 10 towards “Puerta del Sur” and get off at the third stop “Tribunal” and then transfer to line 1 towards “Valdecarros” and get off at the fifth stop “Atocha”.

Once at Atocha you should go to the railway information area to find out the AVE departure to Zaragoza.

This journey takes about 51 minutes in fluid traffic, take into account possible delays when calculating transfer times.





