



JUNE 21-22  
**INTERNATIONAL U18**  
**MOUNTAIN RUNNING**  
**CUP**



**TEAM**  
**MANUAL**

FEBRUARY 2024

MONTAÑA PAENTINA, SPAIN  
INFO : WWW.U18CUP2024.COM





## 17th International U18 Mountain Running Cup 21-22 June 2024 – Montaña Palentina, Spain

# Montaña Palentina will host the International U18 Mountain Running Cup in 2024

Welcome to Palencia, welcome to your home. There is a goal that is essential for the institution I preside over; to reach every corner of the province of Palencia. To this end, we are working to promote the province through actions such as, for example, the recent declaration of intent with the Spanish Athletics Federation with the aim of obtaining the federative standard "Active Running Cities". This certificate will further enhance the image of the province as an ideal tourist destination for sports and outdoor enthusiasts.

Our aim is to improve or create new healthy and safe environments that generate a new global vision of design and planning of sports practice. High level competitions like the one we are going to experience in the Montaña Palentina show the aim of the Provincial Council to make Palencia the province of athletics..

For this we have a great tradition in the practice of athletics and spectacular views and landscapes. The perfect setting; the Montaña Palentina as a backdrop together with the tourist resources of great value and beauty and, you, the protagonists.

The town of Aguilar de Campoo will be the nerve centre of this international event. This town has important monuments such as the Monastery of Santa María la Real, the Collegiate Church of San Miguel or the churches of Santa Cecilia and San Andrés, with beautiful bridges over the river Pisuerga and a Plaza Mayor where you can have a coffee in any of its establishments. As well as Barruelo de Santullán where the competition will take place. This municipality is characterised by its authentic industrial mining identity. This is attested by the Mine Interpretation Centre, the unforgettable guided tour through the bowels of the VISIBLE Mine or the Herminio Revilla Museum, where various models and wood carvings are exhibited that allow us to learn all about the history of the town and the Montaña Palentina.

Two towns in a perfect location offering landscapes worth enjoying, with routes and trails perfect for cycling, walking and running. My wish is that you can discover it for yourself, because, as the German writer Hermann Hesse said, "No one can see and understand in others what he himself has not experienced".

Thanks to the Royal Spanish Athletics Federation and the World Mountain Running Association (WMRA) for bringing to Montaña Palentina this great international event. I would also like to thank the Puentecillas Athletics Club for their





hard work in making this International Cup a real organisational success; and of course, the Sports Service of the Provincial Council who have worked tirelessly to make it happen. Thanks to all the athletes, coaches, managers and fans for your commitment, courage and dedication.

Good luck to all participants and enjoy the province of Palencia.

Angeles Armisen, **President of the Excm. Diputación Provincial of Palencia**

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# GENERAL INFORMATION

Located in the heart of Spain, Palencia stands as a captivating combination of rich history, breathtaking scenery and a vibrant cultural tapestry. As the proud host city of the U-18 International Mountain Running Cup, Palencia welcomes athletes, enthusiasts and visitors from around the world to an unforgettable celebration of youth athletics against the backdrop of its picturesque surroundings.



Montaña Palentina is a region in the province of Palencia, in Castilla y León, Spain.

It has a population of 20,527 habitants. Aguilar de Campoo is the most populated urban centre, with around 6,800 inhabitants.

Farming and agriculture (to a lesser extent) have been the dominant traditional activities..

At the end of the XIX century, there was a sudden prosperity in some localities due to the appearance of coal mining (the Palencia mining basin is entirely within the region), although this activity has practically disappeared in recent years..

The chemical and agri-food industries should also be highlighted; within the latter, the biscuit factories in Aguilar de Campoo are the most important industry in the area.

Official website: <https://u18cup2024.com/>

**Official language:** Spanish

**Money:** Euro

**Money exchange:** Exchange is possible at the airport of arrival and at bank branches, exchange at the airport or payment by credit card is recommended.

**Electrical specifications:** 220v, 50 Hz

**Telephone code:** international code for Spain +34

**Temperature:**

	Enero	Febrero	Marzo	Abril	Mayo	Junio	Julio	Agosto	Septiembre	Octubre	Noviembre	Diciembre
Temperatura media (°C)	2.3	2.7	5.4	7.7	11.2	15.3	17.4	17.7	15.2	11.2	5.5	3
Temperatura min. (°C)	-0.9	-1	1	3.1	6.3	10.1	12.1	12.5	10.4	7.1	2.2	-0.2
Temperatura máx. (°C)	6	6.8	10.2	12.6	16.2	20.8	23.4	23.9	20.8	15.8	9.2	6.8
Precipitación (mm)	60	51	56	66	67	52	32	26	40	66	66	58
Humedad(%)	87%	82%	76%	75%	73%	69%	65%	63%	66%	74%	85%	84%
Días lluviosos (días)	8	8	8	9	9	7	4	3	5	8	9	8
Horas de sol (horas)	3.6	4.5	5.9	6.7	8.0	9.4	9.7	9.2	8.1	6.0	4.1	3.8





## ORGANISATIONAL STRUCTURE

### WORLD ATHLETICS:

**President:** Sebastian COE (GBR)

### WMRA COUNCIL:

President: Tomo SARF (SLO)

Secretary: Nancy HOBBS (USA)

Treasurer: Sarah ROWELL (GBR)

Council Member: Giorgio BIANCHI (ITA)

Council Member: John BOWDEN (NZL)

Council Member: Sergio MAYAYO (ESP)

Council Member: Marcel MATANIN (SVK)

Council Member: Paul Smereciuc (ROM)

**WMRA Delegate:** Marcel MATANIN

The Jury of Appeal will be nominated during the Technical Meeting.

### SPANISH ATHLETIC FEDERATION (RFEA):

**President:** Raul Chapado

### LOCAL ORGANIZING COMMITTEE:

**LOC Director:** Francisco Caballero

**Race Director:** Luis Crespo

**Venue Coordinator:** Soraya Isasi

**Accommodation and Transportation:** Eladio Ruiz y Rubén Cuesta

**Media Director:** Diputación de Palencia

**Ceremonies:** Elena Caballero

**Accreditation:** Laura Fernández

**Team attached coordinator:** Javier Cuena

The event is promoted by the Provincial Council of Palencia, and the Town Councils that host the event, with the technical collaboration of the Club Atletismo Puentecillas and the Regional and National Athletics Federations.

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## PROGRAM

Wednesday 19 June (for the teams with more than 4 hours flight time)

- 13h30 Lunch for teams arriving in the morning
- 20h Dinner

Thursday 20th June

- Arrival of the teams and WMRA officials
- 13h30: Lunch for the teams arriving in the morning
- 16h30 Free sightseeing tour
- 20h Dinner for the teams

Friday 21 June

- 10h00 departure of the bus for the visit of the route (Barruelo de Santullan) - approx. 20 min. bus ride
- 10h30 - 12h30 visit of the route
- 10h30 - 12h30 test of material of our technical sponsor; Joma
- 12h40 return for lunch (Aguilar de Campoo) - approx. 20 min by bus
- 13h15 lunch
- 14h45 departure for accommodation
- 16h30 Technical meeting (only team leaders)
- 17h30 - 19h00 Opening ceremony and official team photo for athletes
- 20h00 dinner
- 21h00 return to accommodation
- 20h00 - 21h00 VIP Reception





### Saturday 22nd June

- 8h30 am departure by bus to the start (Barruelo de Santullán) - approx. 20 min by bus.
- 10h00 Open Race: School Trail Palencia mountain - medal ceremony (start/finish area)
- 11h00 U18 Cup - START Girls
- 11h50 U18 Cup - START Boys
- 12h40 Flower ceremony
- 13h00 swimming pool time
- 14h30 lunch
- 15h30 return to accommodation
- 17h30 - 18h30: Prize-giving and closing ceremony
- 18h30 - 21h00: Farewell party.

### Sunday 23rd June

- Departure of the teams and WMRA officials.

## ARRIVALS

Every team arrives on Thursday 20 June, except for teams with more than 4 hours of flight time, which may arrive on Wednesday 19 June.

### **Arrival by Air:**

International airport Madrid Barajas (MAD)

Teams will be met there by representatives of the LOC

Teams will be transported from the airport Madrid Barajas to their accommodation by buses or minibus.

The ride is of about 3,30 h

If your team would arrive to a different airport then please discuss this with the race organization in order to arrange an alternative shuttle transfer.



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### Arrival by train:

Transfers can also be arranged from Aguilar de Campoo suburban train station,

### Arrival by road:

It is best to use a satellite navigation system for cars, leading to Aguilar de Campoo:

Teams arriving by car or bus are kindly requested to inform the LOC in advance so that they can be advised where to go on the day of arrival.

## ACCOMODATION

### Bed and breakfast

#### For teams

- **Hotel Marques de Aguilar** (Doubles and triples)
- **Hotel Valentín**  
(Doubles and triples)

#### For VIP

- **Posada Santa María la Real** (Single and doubles)







The LOC will pay for the accommodation of the teams in the following way

- \* For a maximum of 3 male runners and 3 female runners per delegation
- \* For one official per delegation of 3 runners or less, and 2 officials for delegations of 4 runners or more.
- \* For 3 nights (Thursday, Friday and Saturday)

If additional persons are included in the team, the additional costs will be borne by each country.

The cost per additional team member (nights):

70 euros for accommodation in a triple room, 80 euros in a double room or 100 euros in a single room (price per night and per person), full board, VAT included.

\* All participants must be listed on the Final Registration form in order to ensure adequate accommodation for all participants.

The final account for accommodation attributable to each Member Federation will be based on the numbers declared in the Final Entries and will be paid in full, regardless of any subsequent reduction in the actual number of athletes and/or officials.

### Payment procedure:

An invoice will be sent to each Federation detailing the amount due according to their FEF. The federations must make the advance payment in euros by bank transfer to the following account:

Beneficiary: Club Atletismo Puentecillas

Bank: Laboral Kutxa

IBAN: ES30 3035 0264 19 2640008655

BIC: CLPEES2MXXX

And send the receipt of payment to the e-mail address: [palenciatrail@gmail.com](mailto:palenciatrail@gmail.com)





# MEALS

Breakfasts will be held at each team's hotel.

Lunches and dinners for athletes and coaches will be held at the **Hotel Valentín**, except on Saturday 22nd June, the day of the competition, when lunch will be held at the competition centre in Barruelo de Santullán.

For the access to the food area it is essential to carry the visible accreditation..





# CEREMONIES

## OPENING CEREMONY:

It will take place on Friday 21 June, from 17:30 hours, in the Plaza Mayor of the town of Aguilar de Campo.

The teams of countries will be summoned at 17:15 h. in the Patio del Colegio San Gregorio (See photo), for the departure of the parade of nations that will end in the main square for the opening ceremony.

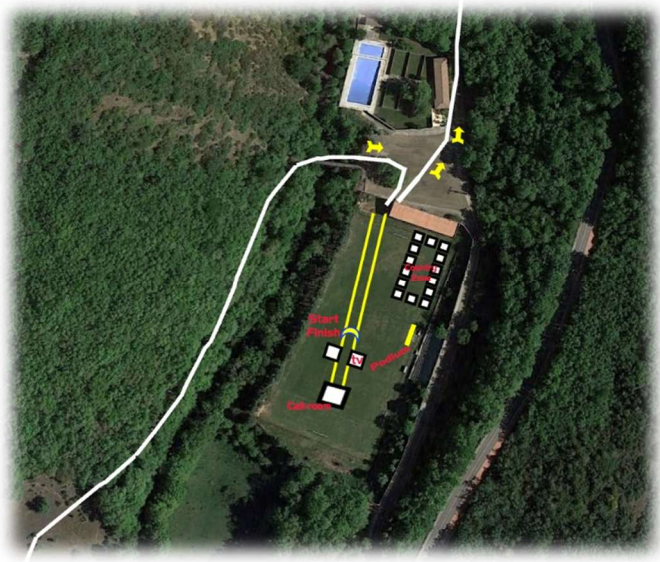




**FLOWER CEREMONY:**

It will take place on Saturday 22nd June, after the two races at the finish line.

The medals for the open race will also be awarded afterwards.



**AWARDS CEREMONY and CLOSING CEREMONY:**

It will take place on Saturday 22 June, from 17:30 hours in the Plaza Mayor in the town of Aguilar de Campoo.

At the end of the awards ceremony, a closing party will be held for all athletes with live music.





# TIC and TECHNICAL MEETING

## TIC

Located in the "Bernardo del Carpio" Public Library,  
C/ Maricadilla, 7, 34800 Aguilar de Campoo, Palencia.

Accreditation, race bibs and technical information of the event..

### Opening hours:

#### Thursday 20

10:00 h - 12:00h  
17:00h - 22:00h

#### Friday 21

8:00h - 9:30h  
16:30h - 18:00h



## TECHNICAL MEETING

For technical staff and coaches, on Friday 21 June at 16:30 in the Public Library. "Bernardo del Carpio"



Technical meeting room



Entrance TIC





# ACCREDITATION

## General:

Accreditation will be obtained at the Race Office located at the TIC; Public Library "Bernardo del Carpio",

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible.

## Accreditation Procedure:

Accreditation cards will be prepared in advance, based on the information provided by the participating federation in the final entries. The Team Leader will be responsible for collecting the accreditation cards of all team members upon arrival. Team Leaders are requested to take the athletes' passports or IDs to the Accreditation Centre in order to allow verification of the participants' age and nationality..

## Access Areas for Teams:

All team accreditation cards will allow access to the warm-up area, lunches, changing facilities and shuttle bus service. Only athletes who are directly involved in the competition will have access to the call room and to the course. Separate cards will be issued for the Team Leaders, for access to the information available in the Race Office / Technical Information Centre (TIC).

## Loss of Accreditation:

Any lost or damaged accreditation card should be reported to LOC or to the Accreditation Centre.

Duplicate cards can be obtained where proof of identity can be established.





## REGISTRATIONS

### Registration

The registrations for the International U-18 Mountain Running Cup are managed directly by the National Federations.

22 March; Pre-registration (PEF)

02 May ; Deadline for bus booking between airport and accommodation

05 June ; Communication of the final list of runners with the " WMRA FINAL INTRY FORM ".

The PEF and FEF documents can be downloaded from the following links:

[PEF](#)

[FEF](#)

## TRANSPORT

### ARRIVAL

Pick up at the airport by staff of the organisation and accompaniment during the journey from Madrid Barajas airport to Aguilar de Campoo (3:30 hours.)

### RETURN

Sunday 23 June; time depending on the return flight.

### MEALS, DINNERS and OFFICIAL EVENTS

No need for transport, the distance is within walking distance.



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### CIRCUIT and RACE REVIEW

Transport and organisation staff will pick you up at the hotel, both on the outward and return journeys.

- Friday 21: 10h00 departure of the bus for course visit (Barruelo de Santullan) – approx. 20 min by bus  
12h40 return for lunch (Aguilar de Campoo) – approx. 20 min by bus
- Saturday 22: 8h30 departure of the bus to the start (Barruelo de Santullan) – approx. 20 min by bus  
16h00 return to accommodation

**Note:** Any other additional transport can be requested to the LOC at the time of the FE, at the expense of the Federation of the applicant country.

## RACE

### BARRUELO DE SANTULLAN

16 kilometres from Aguilar de Campoo

Competition centre located in the local football field, at an altitude of 1,060 m above sea level..





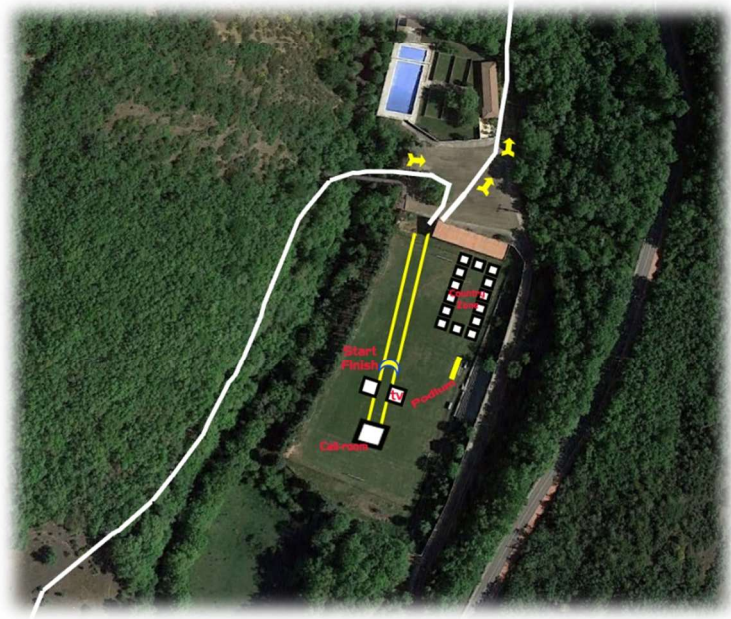


### BARRUELO DE SANTULLÁN



#### CENTCOMPETITION CENTRE

- Sports facilities with showers and toilets.
- Installation of national team tents with surveillance
- Tent for call camera and refreshments
- Streaming tent
- Marquee for judges and timekeepers
- Podium for flower ceremony
- Post-race meal at the competition centre
- Weather permitting we will use the swimming pool at the sports facility.



#### THE RACE

- Saturday 22nd June:
- 10h00 Open Race: School Trail mountain palentina- medal ceremony (start/finish area).
- 11h00 : U18 Cup - Girls' race - max 4 to compete and 3 per team will score for nationality
- 11h50 : U18 Cup - Boys race - max 4 to compete and 3 per team will score per nationality.
- The course is a loop of 6 km and 290 m of elevation gain.
- The terrain is mainly meadows and forests.





## WARMING UP

The warm-up will take place around the start/finish area.

Athletes will place the clothes they have taken off in the specific boxes identified with the respective country code inside the Call Room. These will be collected after the race in the specific area.

## CALL ROOM

It is the responsibility of team leaders to ensure that their athletes are aware of the Call Room entry deadline. Athletes arriving late may be excluded from participation in the event. All athletes must report to the Call Room from 20 minutes before their respective event, but no later than 10 minutes before the start. The following checks will be carried out on equipment which must comply with the WA Advertising and Competition Rules.

## STARTER COMMANDS

All instructions will be given in English. The command is: "On your marks!" followed by a shot from the starter's pistol.

## REFRESHMENT POINTS

There is a refreshment point in the call room area for the start and finish line.

In the event of high temperatures, a refreshment point will be available at approximately kilometre 3.

## PROTESTS and APPEALS

Protests shall be handled in accordance with WA Technical Rule 8. In the first instance, protests must be presented orally to the Referee by the athlete himself or by a responsible official acting on his behalf (Rule 8.3).

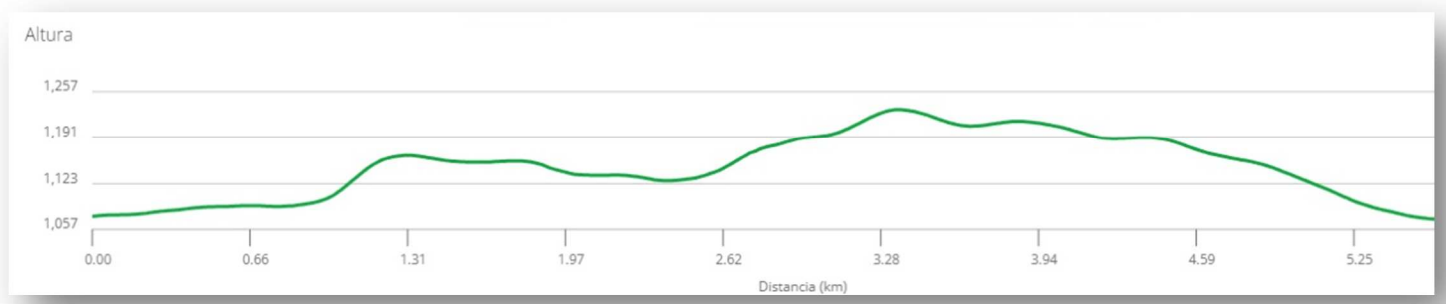
Protests concerning the result or conduct of a race must be made within 30 minutes of the official announcement of the result of that race (protest at the finish area). Any written appeal to the Jury of Appeal must be signed by a responsible official on behalf of the athlete and lodged at the finish area within 30 minutes of the official announcement of the decision made by the Referee.

When submitting the appeal form, a deposit of 100 Euros must be paid. If the protest is unsuccessful, the deposit will not be refunded. The decision of the Jury will be communicated in writing in the TIC..





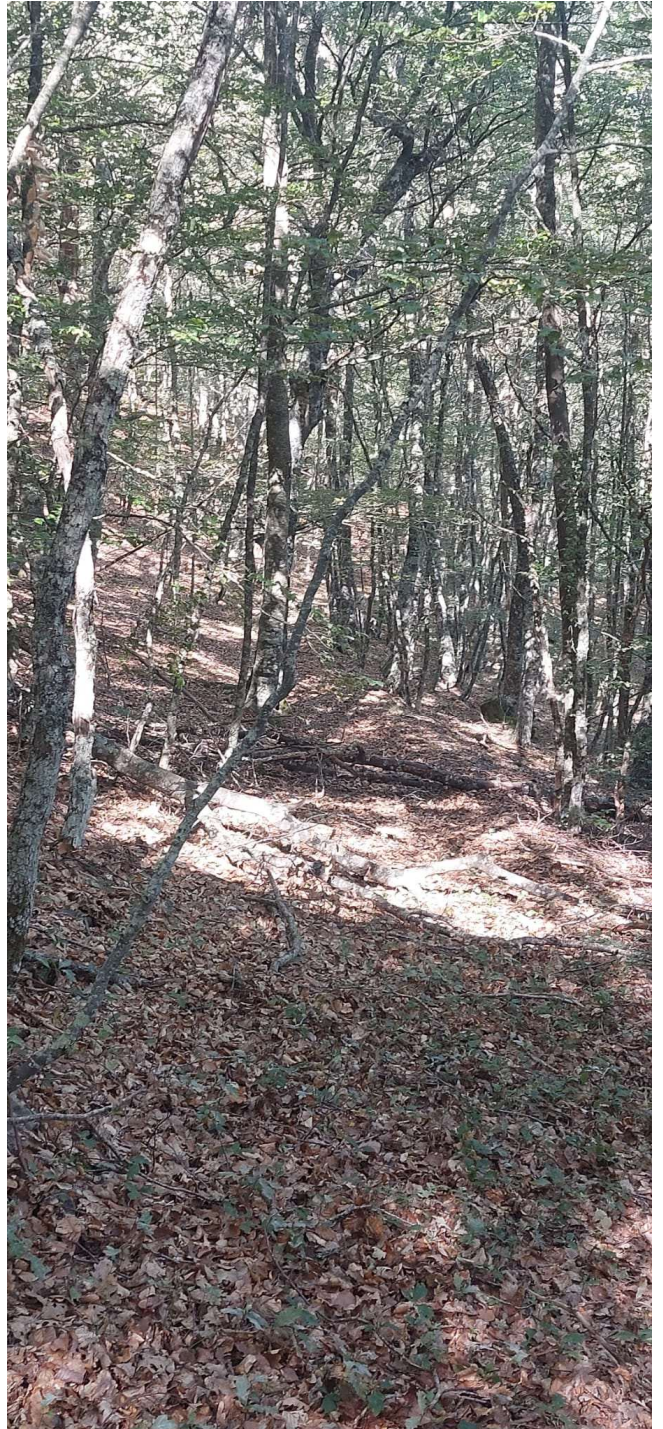
You can view and download the route here:  
<https://es.wikiloc.com/rutas-senderismo/u18-barruelo-139521105>





PICTURES OF THE CIRCUIT







## COMPETITION

### Entries:

Every WMRA Member may enter one (1) team for each event. A team can be composed of 4 (four) athletes, the best three of them scoring. A Federation could enter up to 5 boys and 5 girls (including one reserve).

Only the host nation is permitted to enter a second team.

The competition is limited to athletes born in 2007 and 2008. No athletes aged less than 16 or more than 17 years on 31 December 2024 can compete.

Although the WMRA International Under 18 Mountain Running Cup is basically a team competition, individual entries may be accepted..

### Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. These forms must be completed and returned immediately or no later than 15:00 on Friday 21th June 2024.

Final start lists will be ready for collection together with the bibs after the Technical Meeting.

### Scoring

Each race shall be scored separately. Each team's score shall be determined by the aggregate of the places of its 3 (three) athletes. Teams shall be classified according to their scores, the team in each race having the lowest score being the winner, and so on. A tie shall be decided in favor of the team whose last scoring athlete finishes nearest to first place. A team with fewer than 3 (three) finishing athletes shall not be counted in the teams' classification. No adjustments to teams' places shall be made in respect of non-scoring team members or athletes participating as individuals.

### Competition Bibs

Each competitor receives 2 competition bibs. The bibs shall be worn according to WA Technical Rule 5.7. The competition bibs may not be cut, bent or covered in any way. The competition bibs will be distributed immediately after the Technical Meeting.

### Competition Clothing

Competitors must wear the Federation's official team clothing. WA Rule 5.1 & 5.7 will be strictly applied. Please make sure to follow the latest version of the WA Advertising Regulations in force at the time of the event. Clothing and items not conforming to this rule and the current WA Advertising Regulations will be removed or taped at the Call Room. Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.





# MEDICAL SERVICES

The LOC will provide medical assistance to the teams, during the competition, to the spectators. A medical tent with a first aid team will operate near the finish line.

For all other situations it is advisable to have accident insurance and/or medical assistance.

Doping controls may be carried out in accordance with the WA Regulations and under the supervision of the WMRA Delegate.

# STREAMING

Live broadcast of the races, both in English and Spanish, with cameras on the course and continuous monitoring of the front runners.

Through the event's website: [u18cup2024.com](http://u18cup2024.com)



# MATERIAL TEST

With the support of our technical sponsor Joma Sport.

The athletes and accompanying technicians will be able to test the new technical products of the brand, for Trail Running, during the day of recognition of the circuit, which will take place on Friday 21 June in the morning.

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INTERNATIONAL MOUNTAIN  
RUNNING U18 CUP





## SWIMMING POOL

The City Council of Barruelo de Santullán, offers us the possibility to use, weather permitting, its swimming pool, which is located next to the Competition Centre.

Saturday 22nd June from 13:00 to 15:30 h.

It is necessary to wear a bathing cap.



## CONTACT DETAILS

For more information on the WMRA U18 International Mountain Running Cup, please contact:

LOC

- Caballero, Francisco - [franciscocaballeromerino@gmail.com](mailto:franciscocaballeromerino@gmail.com)

Transport/ Accommodation

[Palenciatrail@gmail.com](mailto:Palenciatrail@gmail.com)

INSTAGRAM

U18\_mountain\_cup\_spain

WEB EVENT

<https://u18cup2024.com/>

