



# 2023 UEC Mountain Bike Marathon European Championships (XCM) Elite - Masters

Laissac - Aveyron  
France

11 June 2023

## TECHNICAL GUIDE

*as of 7.12.2022*

## 1. ORGANISATION

### 1.1. LOCAL ORGANISING COMMITTEE (LOC)

President	Pierre Boyer
Sports & technical manager	Ludovic Valentin
Race Office & Registration Manager	Céline Ribeiro
Catering manager	Amerouch Hacén
TEAM & EXPO manager	Raphael Da Costa
Press Officer	Amaury Louin

<https://www.roclaisagais.com/>

### 1.2. UEC REPRESENTATIVES

UEC Management Board	Enrico Della Casa (ITA) Delmino Albano Magalhaes Pereira (POR) Henrik Jess Jensen (DEN) Katarina Jakubova (SVK) Dragomir Kouzov (BUL)	President Vice President Vice President Member Member
	Alasdair MacLennan (GBR)	General Secretary
UEC Sports Coordinator UEC Events Coordinator UEC Press Officer UEC Technical Delegate UEC Photographer	Vladimirov Petsas (GRE) Tiziana Lardieri (SUI) Stefano Bertolotti (ITA)	
UEC MTB Commission	Petr MAREK (CZE) Ivana RUSZKOWSKI (CRO) Tord Bern HANSEN (NOR) Jurgen PAIL (AUT) Pedro VIGARIO (POR)	President Member Member Member Member

### **1.3. COMPOSITION OF THE COMMISSAIRES PANEL**

President of the Commissaires Panel      Maria Jesus Gonzalez de la Rosa (ESP)  
Assistant PCP  
Additional Commissaire  
National Commissaire  
National Commissaire  
National Commissaire  
National Commissaire  
National Commissaire  
National Commissaire  
National Commissaire  
Race Secretary (assistant of TD)

### **1.4. ANNOUNCERS**

Eric Davaine  
Romain Borelli

### **1.5. TIMEKEEPING**

LVO (Ludovic Valentin Organisation)  
Race Result

## 2. GENERAL INFORMATION

### 2.1. TRAVEL AND ACCOMMODATION

Travel and accommodation expenses to and from Laissac - Aveyron must be covered by the National Federations and the Teams.

**Nearest airports are:**

**Aéroport Rodez-Aveyron**

35km from Laissac

**Aéroport Toulouse-Blagnac**

180km from Laissac

**Aéroport Montpellier Méditerranée**

175km from Laissac

### 2.2. VISA, COVID INSURANCE

All participants must hold a valid passport or identity card enabling them to enter France. Visa obligations must be respected.

All participants will need to conform to the travel regulations related to the COVID pandemic as specified by the French government. The COVID protocol of the organisation will be published on the race website

<https://www.interieur.gouv.fr/covid-19-international-travel>

All riders and attendants must hold insurance valid in France and should be covered for medical transfer in case of an accident.

### 2.3. ADDRESS OF THE COMPETITION VENUE

Adresse: Gymnase, 1 Chem. d'Ampiac, 12310 Laissac-Sévérac l'Église

<https://goo.gl/maps/JSa5AuUviVJ6KEdG7>

Site internet: <https://www.roclaisagais.com/>

### 2.4. ACCOMMODATION

For all hotel arrangements for the participants, you will find all the information here :

<https://www.roclaisagais.com/hebergement/>

### 2.5. TEAM CATERING AT THE VENUE

A foodtruck will be available on the venue, for the competitors and their staff.



## 2.6. MEDICAL – EMERGENCY - LOCAL AUTHORITIES

Outside the competition medical emergency numbers:

Ambulance phone: 112  
Police phone: 17

Official medical team / doctor on site:

Name: Franck BECKER  
Phone:  
Email:

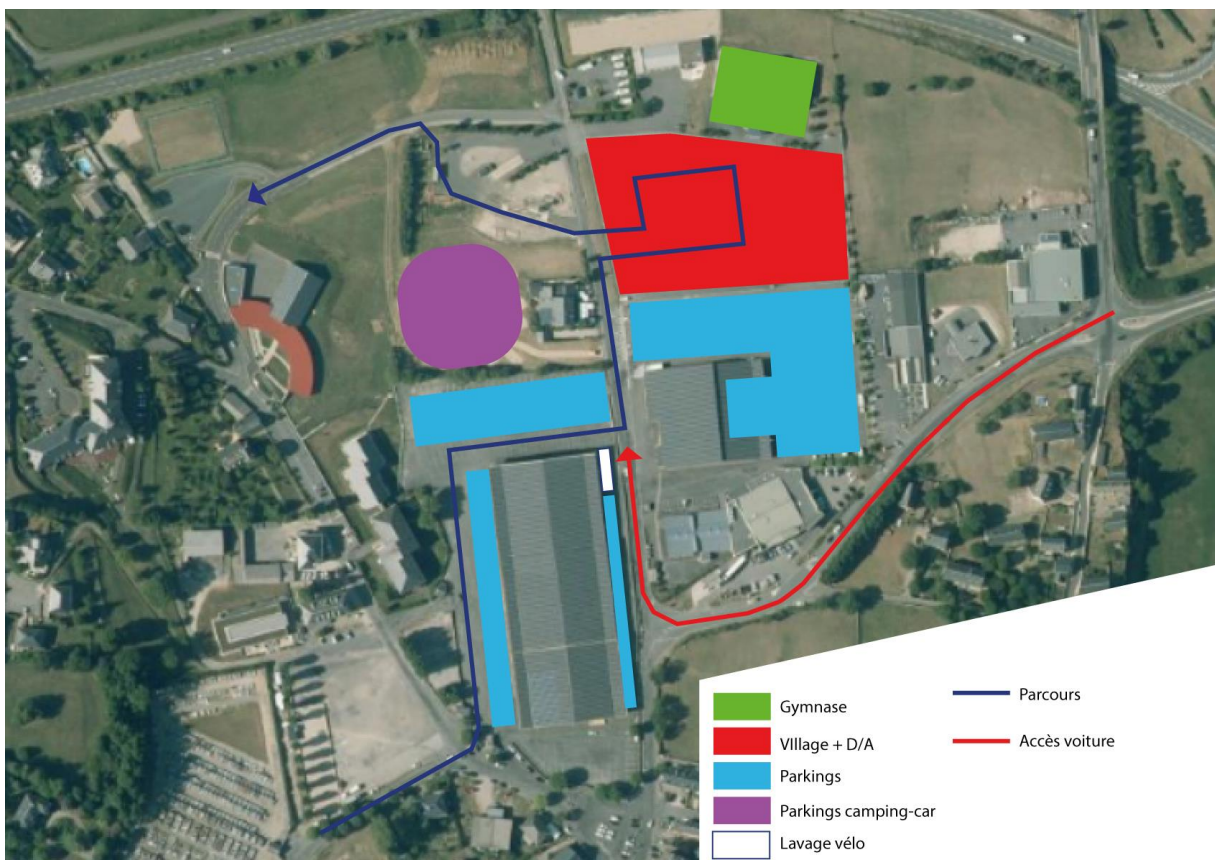
1 PC Security on site (in a tent next to the finish line) with :

- 1 urgentist doctor,
- 12 first-aid worker from Protection Civile,
- 4 rescue vehicles (2 4x4 and 2 ambulances)

### **Hospitals:**

Name: Hôpital Jacques Puel - Bourran  
Address : Av. de l'Hôpital, 12000 Rodez  
Phone: 05 65 55 12 12  
Distance from venue: 30km

## 2.7. PARKING AREA / ROAD INFORMATION



## **2.8. TEAMS / OFFICIALS / PRESS ACCREDITATION**

All accreditation can be collected starting from Friday, 9 June 2023 at the permanence office, located :

Gymnase de Laissac  
Chem. d'Ampiac, 12310 Laissac-Sévérac l'Église  
GPS: <https://goo.gl/maps/yE86yJWNKWy71Br7>

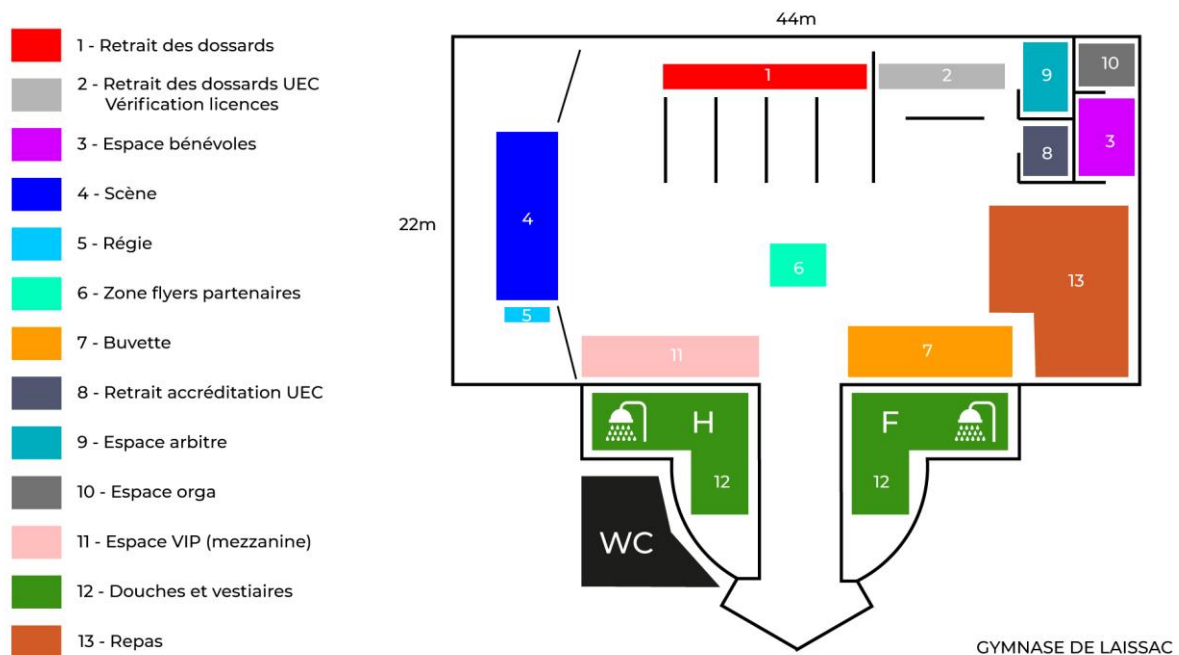
according to the schedule below.

Please ensure that you collect your accreditation before arriving at the venue as it will be required for access to all parts of the venue.

Accreditations must be worn and visible whenever you pass through accreditation controls.

### **Permanence office - opening hours:**

Friday, 9 June 16:00 – 18:00  
Saturday, 10 June 14:00 – 18:00



### 3. MEDIA

#### **3.1. MEDIA CENTRE**

In order to access the Media Centre, an accreditation is necessary. The Media Centre is located:  
Parking du Gymnase de Laissac (open space truck)  
1 Chem. d'Ampiac, 12310 Laissac-Sévérac l'Église  
GPS: <https://goo.gl/maps/JSa5AuUviVJ6KEdG7>

##### **Media Centre - opening hours**

Saturday, 10 June 09:00 – 18:00  
Sunday, 11 June 09:00 – 16:30

Accredited media photographers bib's, can be collected during the above-mentioned opening hours.

#### **3.2. MIXED ZONE – FLASH INTERVIEW**

At the exit of the course after the finish line, a flash interview zone will be organised open for media.

#### **3.3. MEDIA ACCREDITATION**

To apply for media accreditation, please visit the UEC website <https://www.uec.ch/en/media>

All Media can collect their accreditation during opening hours of the performance (see 2.8)

For any further enquiries please contact:

Mr Stefano Bertolotti, UEC Press Officer: [s.bertolotti@uec.ch](mailto:s.bertolotti@uec.ch)

or

Mr Amaury Louin ; Press Officer of the organisation: [amaury@lvorganisation.com](mailto:amaury@lvorganisation.com)

#### 4. OFFICIAL MEETINGS

##### 4.1. COMMISSAIRES PANEL MEETING

**Saturday, 10 June**                      **18:00 – 19:00**

##### 4.2. CONFIRMATION OF THE STARTERS / DISTRIBUTION OF RACE NUMBERS

The license check, the confirmation of the riders, the check of the national teams clothing and the distribution of race numbers will be organised on

**Friday, 9 June**                      **16:00 – 18:00**

**Saturday 10 June**                      **14:00 – 18 :00**

At the race headquarters located at:

Gymnase de Laissac

1 Chem. d'Ampiac, 12310 Laissac-Sévérac l'Église

GPS: <https://goo.gl/maps/JSa5AuUviVJ6KEdG7>

(please refer to the map in **2.8**)

Team managers must confirm all starters, presenting all licences and providing a sample of the national teams' apparel.

Riders' numbers will be distributed during that procedure.

**During that procedure, the anti Covid-19 Health Protocol of the country will be applicable, limiting the team managers to maximum 2 persons per nation, depending on the size of the team.**

##### 4.1. TEAM MANAGERS MEETING

**Saturday, 10 June 19:00 For all races, all age categories.**

Team managers meeting room:

Open space truck, Parking of Gymnase de Laissac

1 Chem. d'Ampiac, 12310 Laissac-Sévérac l'Église

GPS: <https://goo.gl/maps/JSa5AuUviVJ6KEdG7>

Attendance is required for:

- LOC representative
- UCI and Additional Commissaires
- Team Managers
- ITA Doping Control Officer
- UEC Technical Delegate



## 5. COMPETITION SCHEDULE

**Sunday, 11 June 2023**

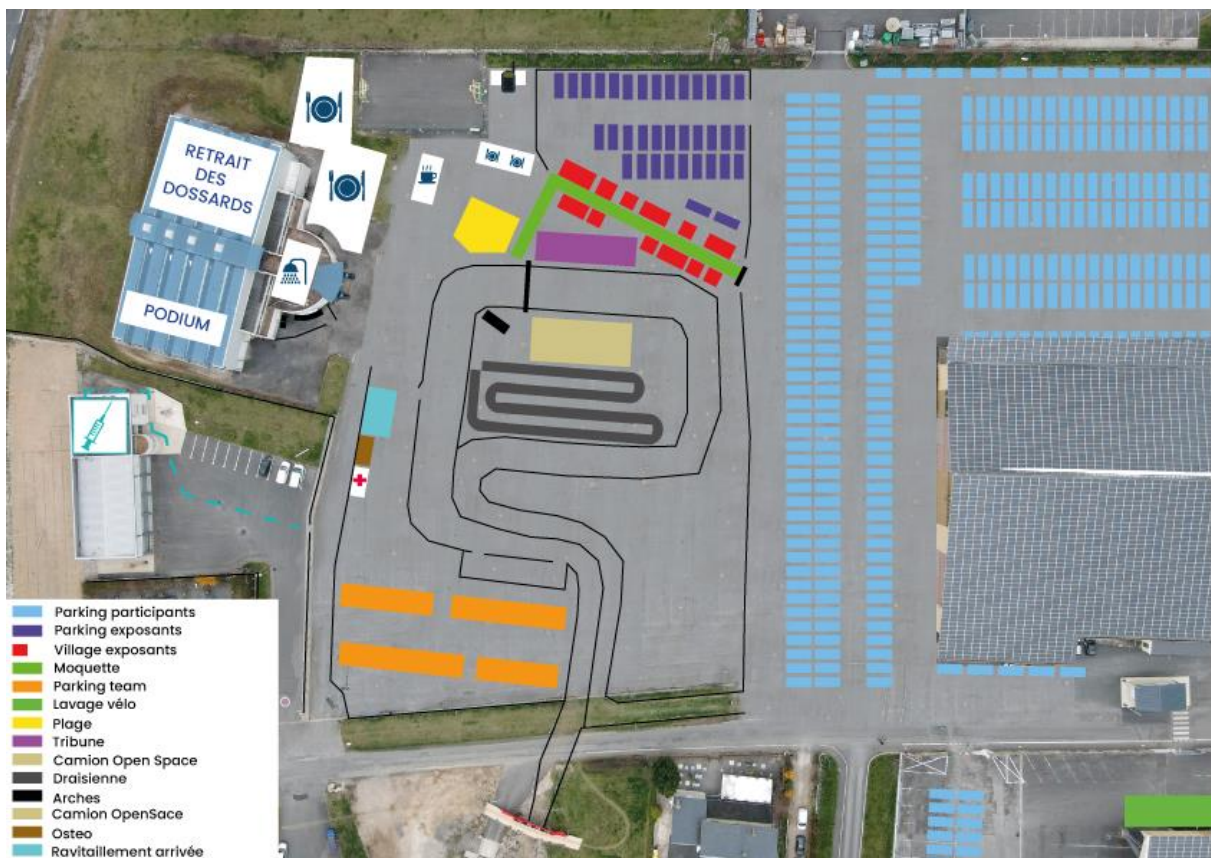
MTB Marathon European Championships (provisional competition schedule)

Category	Start time	Race distance
Women Elite	09.00	80 km
Men Masters 40-49	09:05	80 km
Women Masters 35 and above	09:10	65 km
Men Masters 50 and above	09:10	65 km
Men Elite	09.30	95 km
Men Masters 35-39	09.30	95 km

### Starting point:

Parking of Gymnase de Laissac  
1 Chem. d'Ampiac, 12310 Laissac-Sévérac l'Église  
GPS: <https://goo.gl/maps/JSa5AuUviVJ6KEdG7>

### The venue



## 6. RACE SPECIFIC REGULATIONS

### ARTICLE 1. GENERAL RULES

**1.1** The 2023 UEC MTB Marathon European Championships are organised by the Union Européenne de Cyclisme (UEC) in cooperation with the Vélo Club Laissac.

**Technical director:** **Ludovic VALENTIN**

**1.2** The event will be organised in accordance with rules of the Union Cycliste Internationale (UCI) and these rules will be the reference for everything that is not mentioned in the current document.

**1.3** The UEC MTB Marathon European Championships consist of the following races:

- ✓ **MTB Marathon (XCM) on the 11 June 2023.**

**2.1** The event is open to athletes in the following categories:

- ✓ **MTB Marathon Men Elite**
- ✓ **MTB Marathon Women Elite**
- ✓ **MTB Marathon Masters Men**  
Aged: 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70-74 / 75+
- ✓ **MTB Marathon Masters Women**  
Aged: 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60+

**2.2** It is entered on the UCI calendar as a Continental Championships event (CC) and Masters Continental Championships (CCM)

**2.3** The following final classifications will be produced for:

- ✓ **Men Elite\***
- ✓ **Women Elite\***
- ✓ **All Masters categories\***

*\*The 3 best riders of each category must attend the official awards ceremony.*

## ARTICLE 3. PARTICIPATION

### 3.1 National Teams

#### ⇒ Elite riders only

National Federations may enter the following riders per Championship **free of charge**:

- ✓ **Women Elite – max. 2 riders**
- ✓ **Men Elite – max. 2 riders**

If National teams have more than 2 riders (WE/ME), point 3.2 below applies = registration is due.

#### **Registration:**

The National Federations have to register their riders directly on the UEC website:

<https://welcome.endu.net/landing/uec/>

**The registration will be open on** *Monday 30 April, 2023 (12.00 CET)*  
**Deadline for the registration:** *Thursday, 8 June 2023 (12:00 CET)*

Registration applies to riders, staff and NF Official Delegates

**Riders must compete in their national jersey.**

### 3.2 Other riders

#### ⇒ ELITE "Individuals not members of the "National Team"

#### ⇒ MASTERS

In accordance with the UCI regulations, the participation is open for European riders only with an annual licence issued by a National Federation affiliated to the UCI.

#### **Registration:**

Elite and Masters registration will need to be done through the online registration

[https://lvo-inscription.com/roclaisagais2023/select\\_competition](https://lvo-inscription.com/roclaisagais2023/select_competition)

<b>ELITE + MASTERS registration fee:</b>	€ 55,00	until the 31 January 2023
	€ 60,00	until the 8 June 2023
	€ 70,00	from the 8 June 2023

The organisation proposes to subscribe to a cancellation insurance with BETICKETING. If you cancel your registration, 80% of the registration amount will be refunded. This applies for any reason without any proof needed, valid until one hour before the race start.

This does not cover the cancellation or adjournment of the race due to COVID-19. For more information [here](#).

BETICKETING insurance is the only way to be refunded for the Roc Laissagais 2023. No refund will be possible for a participant that did not subscribe to this insurance.

### 3.3 Start order

The start order will be made according to the UCI/UEC regulations.

The riders line up in the order in which they are to be called to the start line.

The number of riders on each line is decided by the President of the commissaires' panel and supervised by a commissaire. The rider himself decides which position on the line to take.

### 3.4 Start grid

#### ⇒ ELITE RIDERS

The start grid will be determined according to the UCI MTB Regulations article 4.02.061 as follows:

1. as per the last published UCI XCM individual ranking
2. as per the last published UCI XCO individual ranking
3. unclassified riders: by drawing lots

### 3.5 Start grid

#### ⇒ MASTERS RIDERS

The start order for all Masters categories will be as follows:

1. defending European champion 2022 of the categories concerned, younger categories first
2. according to the order of the on-line registration

## ARTICLE 4. TECHNICAL ASSISTANCE

The following UCI Regulations will be applicable:

- 4.2.044 No rider may turn back on the course to reach a feed/technical assistance zone.  
Any rider doing so is disqualified.  
Only within the feed/technical assistance zone itself, a rider may turn back without obstructing other competitors.
- 4.2.045 Technical assistance during a race is permitted subject to the conditions below.
- 4.2.046 Authorised technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame.  
  
Bike changes are not permitted, and the rider must cross the finishing line with the same handlebar number plate that he/she had at the start.
- 4.2.047 Technical assistance can only be given in the feed/technical assistance zones.
- 4.2.048 Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance.
- 4.2.049 In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI ELITE MTB team, UCI MTB team or of the same national team / nation.

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

## ARTICLE 5. AWARDS CEREMONIES

In accordance with articles 1.2.112 and 1.2.113 of the UCI Regulations, the 3 best riders of each category must attend the official awards ceremony, any interviews organised and the press conference. Unless otherwise stated, riders shall appear at official ceremonies wearing competition clothing.

Riders must present themselves at the podium in a maximum of 10 minutes after crossing the finish line.

### 5.1 Jersey and medals

Every European Championship will be awarded with:

<b>The 1<sup>st</sup> place:</b>	<b>Gold medal and Champion's jersey</b>
<b>The 2<sup>nd</sup> place:</b>	<b>Silver medal</b>
<b>The 3<sup>rd</sup> place:</b>	<b>Bronze medal</b>

Prize money list:

Place	XCM – ELITE	
	Elite Men	Elite Women
1st	€ 625,00	€ 625,00
2nd	€ 375,00	€ 375,00
3rd	€ 250,00	€ 250,00

*\*The prize money will be transferred by the UEC directly to the concerned National Federations.*

## ARTICLE 6. ANTIDOPING

The UCI antidoping regulations and the specific France laws are entirely applicable to the event. The antidoping test will be conducted by the International Testing Agency (ITA).

The antidoping tests will take place in:

CIS Laissac  
Chem. d'Ampiac, 12310 Laissac-Sévérac l'Église  
GPS: <https://goo.gl/maps/i4FoCarspchZoRTd6>

## ARTICLE 7. PENALTIES

The UCI penalty scale is the only one applicable.

## ARTICLE 8. RESPONSIBILITIES

The Organiser and UEC will not, under any circumstances, be liable to any accidents or damage that occurs during training and competitions.

The Organiser and UEC decline all responsibilities towards the riders and others in case of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply. Any problems will be solved between the organizers, the Commissaires Panel and UEC officials.

## APPENDICES - COURSES CHARACTERISTICS

### MEN ELITE - COURSE CHARACTERISTICS

Total length:	93.84 km
Elevation gain:	3070 m
Altitude max:	905 m. above sea level
Altitude min:	581 m. above sea level

### WOMEN ELITE - COURSE CHARACTERISTICS

Total length:	79.33 km
Elevation gain:	2485 m
Altitude max:	905 m. above sea level
Altitude min:	581 m. above sea level

### MEN MASTERS 35 to 39 - COURSE CHARACTERISTICS

Total length:	93.84 km
Elevation gain:	3070 m
Altitude max:	905 m. above sea level
Altitude min:	581 m. above sea level

### MEN MASTERS 40 to 49 - COURSE CHARACTERISTICS

Total length:	79.33 km
Elevation gain:	2485 m
Altitude max:	905 m. above sea level
Altitude min:	581 m. above sea level

### WOMEN MASTERS - COURSE CHARACTERISTICS

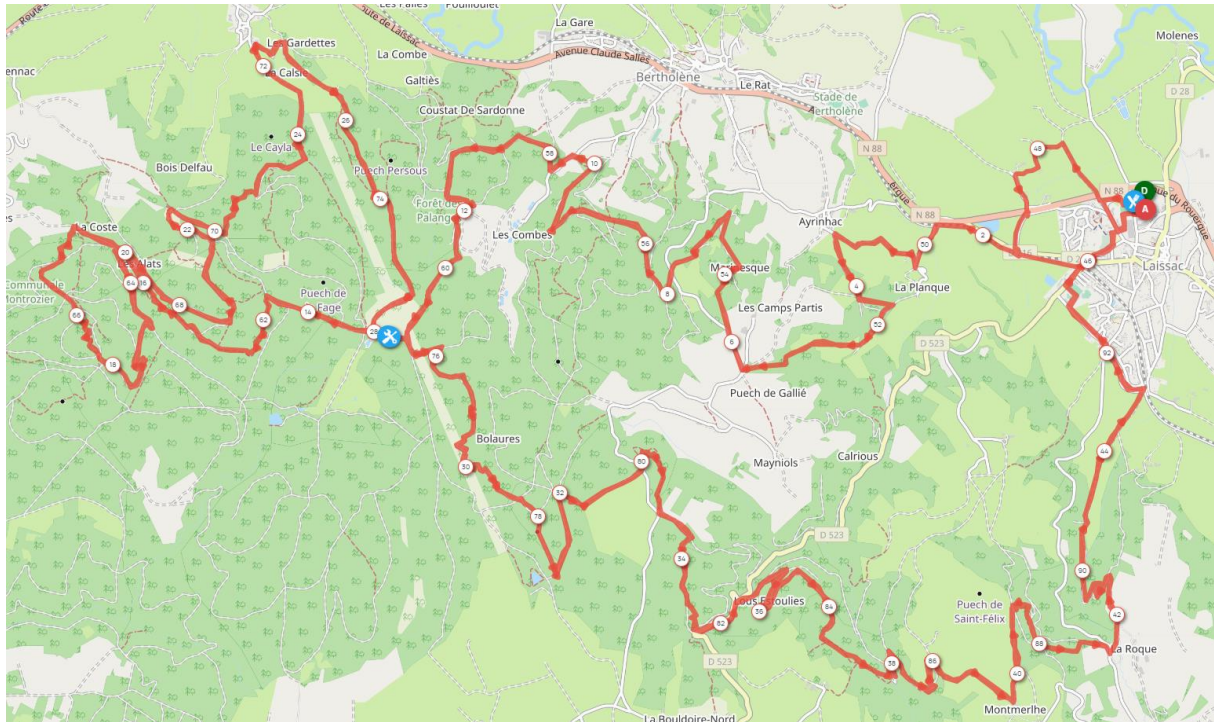
Total length:	64.19 km
Elevation gain:	1882 m
Altitude max:	905 m. above sea level
Altitude min:	581 m. above sea level

### MEN MASTERS 50 and ABOVE - COURSE CHARACTERISTICS

Total length:	64.19 km
Elevation gain:	1882 m
Altitude max:	905 m. above sea level
Altitude min:	581 m. above sea level

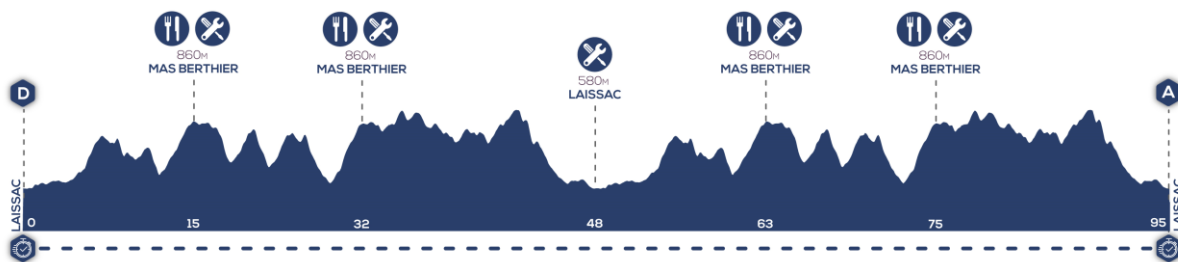
**Appendix 1**

**RACE COURSES MAP MEN ELITE / MEN MASTERS 35 to 39**



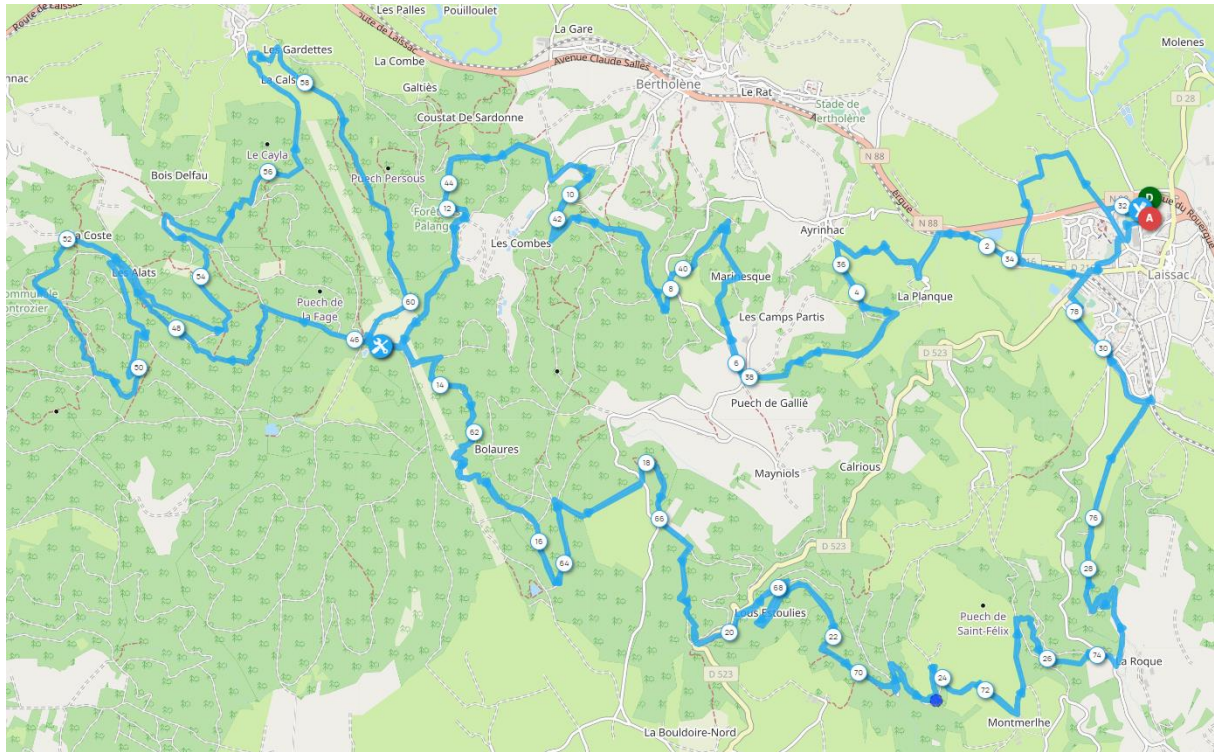
**Appendix 2**

**Profile MEN ELITE / MEN MASTERS 35 to 39**



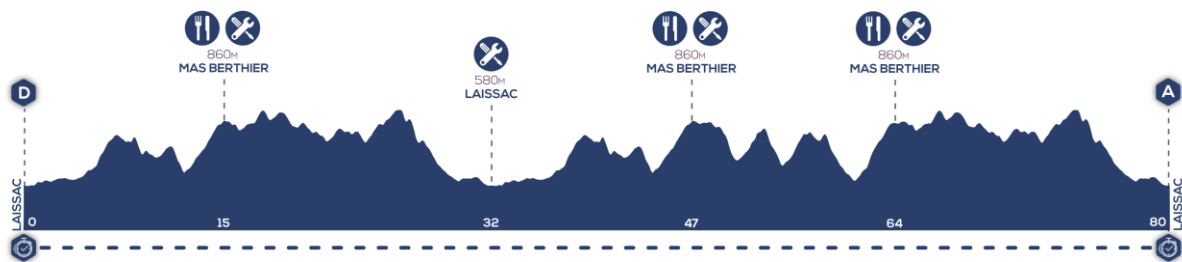
**Appendix 3**

**RACE COURSES MAP WOMEN ELITE / MEN MASTERS 40 to 49**



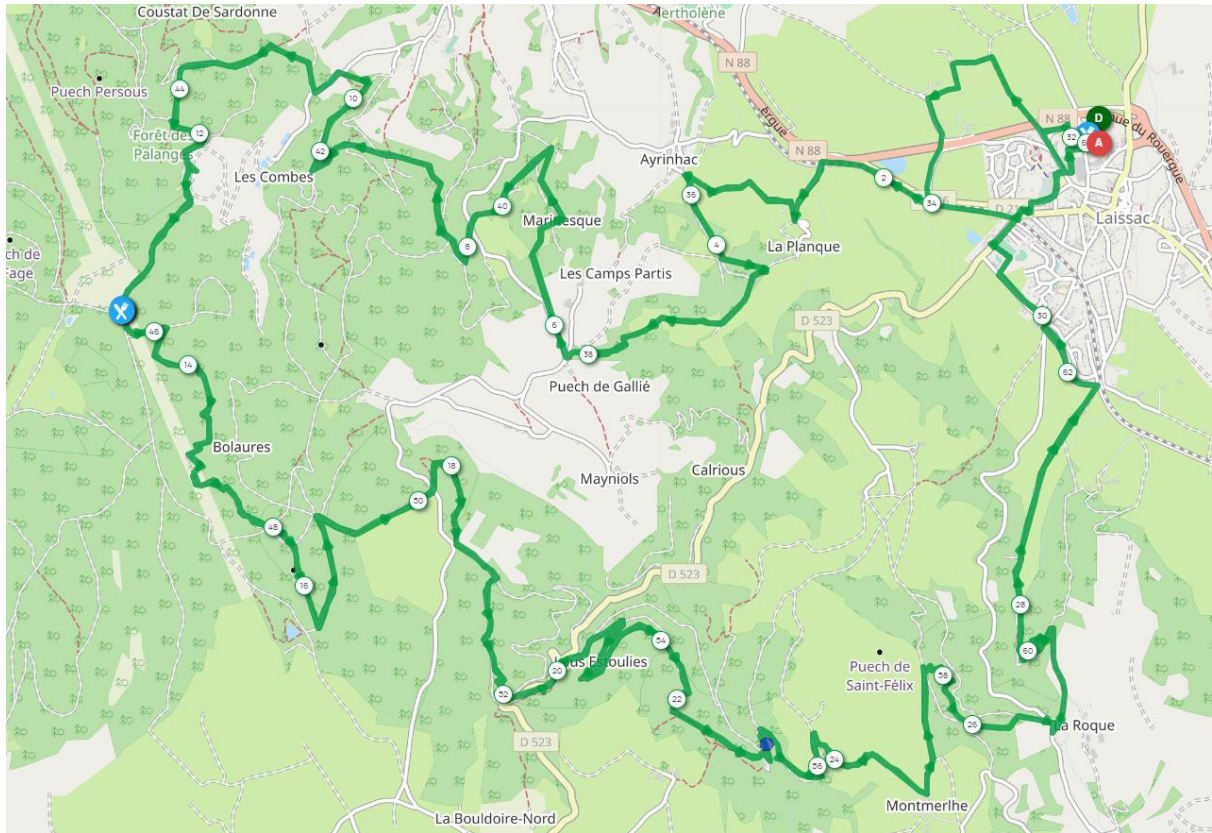
**Appendix 4**

**Profile WOMEN ELITE / MEN MASTERS 40 to 49**

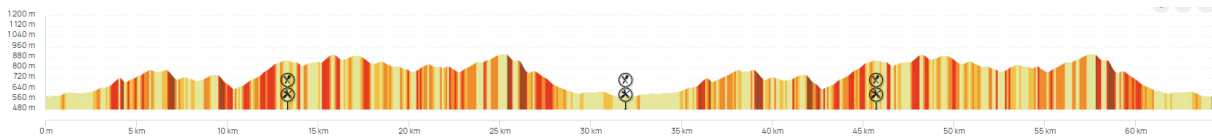




**Appendix 5 RACE COURSES MAP WOMEN MASTERS /MEN MASTERS 50 and ABOVE**



**Appendix 6 Profile WOMEN MASTERS /MEN MASTERS 50 and ABOVE**








## Appendix 7 FEED / SERVICE ZONES

### GPS FEED ZONES LOCATION

#	feed / service zone	GPS
1	Mas Berthier	N44°22'34.1" E002°45'02.3"
2	Mas Berthier	N44°22'34.1" E002°45'02.3"
3	Laissac	N44°23'08.5" E002°49'18.5"
4	Mas Berthier	N44°22'34.1" E002°45'02.3"
5	Mas Berthier	N44°22'34.1" E002°45'02.3"

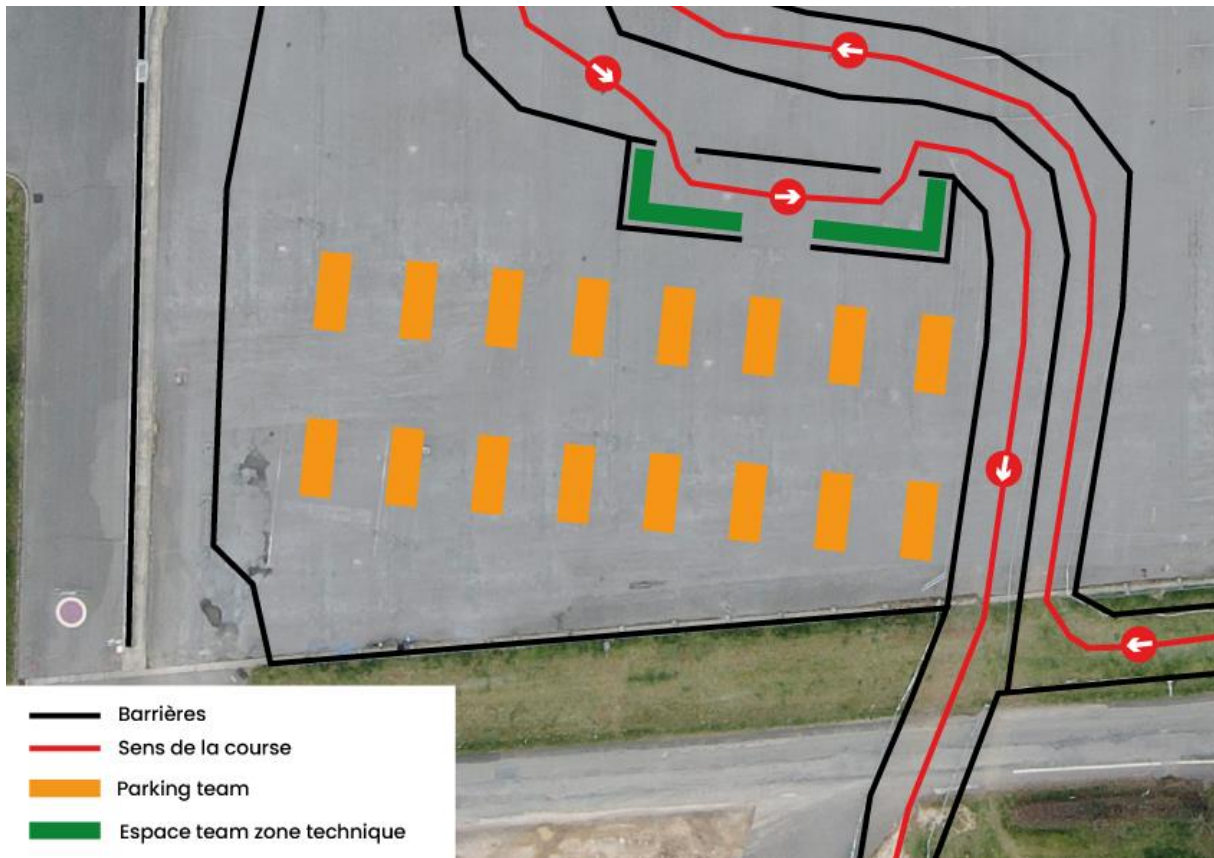
### FEED ZONE #1 #2 #4 #5 – MAS BERTHIER

#### ZONE TECHNIQUE MAS BERTHIER

-  Espace Team
-  Ravitaillement
-  Vers Boucle A
-  Retour Boucle A
-  Vers Boucle B



**FEED ZONE #3– LAISSAC**



**Appendix 8 ESTIMATED TRAVEL TIME BY CAR BETWEEN FEED ZONES**

From	To	Distance	Approximate time
Start - Laissac	FZ 1 - Mas Berthier	9,4 km	19 mn
FZ 1 - Mas Berthier	FZ 2 - Mas Berthier	0 km	0 mn
FZ 2 - Mas Berthier	FZ 3 - Laissac	9,4 km	19 mn
FZ 3 - Laissac	FZ 4 - Mas Berthier	9,4 km	19 mn
FZ 4 - Mas Berthier	FZ 5 - Mas Berthier	0 km	0 mn
FZ 5 - Mas Berthier	Finish - Laissac	9,4 km	19 mn