

International Committee Mountain Running
(Patrons IAAF)

ICMR

NEWSLETTER

ISSUE No. 3
February 1998



Top left: Helmut Schmuck (Austria)
European Champion-Ebensee 1997
(Photo - R. Hormandering)

Bottom left: Marco Di Gasperi
(Italy) World Champion-Upice 1997
(Photo - Kan Yaw Chong)

Above: French ladies, winners of
the World Trophy, led by Isabelle
Guillot (Individual 1st) on the
extreme right hand side
(Photo - Kan Yaw Chong)

Right: Dr. Primo Nebiolo
President IAAF (Message page 1)



EDITORIAL

This issue of the ICMR newsletter will be circulated directly to international mountain runners whose addresses I have been given, to ICMR representatives, and by the IAAF to all their member federations free of charge. **Therefore, if you have an issue, news, photographs or anything else related to our sport of mountain running that you want to publicise, send it to me and there is a good chance of being included in the next issue.** Race organiser who are registered ICMR members automatically get details of their event published.

If there are any potential sponsors out there who would like to advertise, you will find our charges very reasonable.

Those of you with computers will soon be able to visit the ICMR web site which Douglas Barry hopes to have up and running by March.. The address will be <http://www.iol.ie/icmr>. Again we would welcome suitable sponsors.

Except where indicated I have written up the content this newsletter. You are free to copy it for a wider distribution within your country.

Danny Hughes
President ICMR
Hallsteads, Gosforth, Cumbria, England.
CA20 1BJ.

ICMR Congress 1997 - Upice-Czech .R

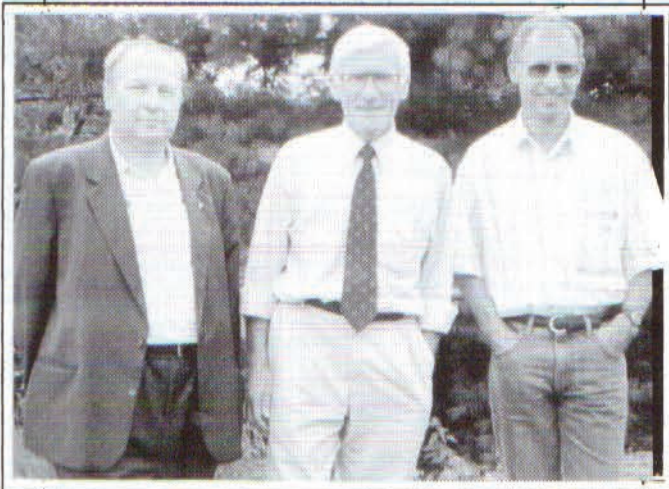
1997 was election year for officers and Technical committee of ICMR. The following officers were elected for a period of 4 years:

President; Danny Hughes(England).
Secretary; Bruno Gozzelino (Italy).
Treasurer; Wendelin Parpan (Switzerland).

The following were elected to the Technical committee for a period of two years: Raimondo Ballico (Italy), Wolfgang Munzel (Germany), Johannes Mayer (Austria), Douglas Barry (Ireland), Alistair Lorimer (Scotland), and Tomo Sarf (Slovinia).

After two excellent bids, from Malaysia and New Zealand, to stage the 1999 World Trophy, the congress voted in favour of Malaysia, where the event will take place in the province of Sabah, in Mt. Kinabalu park, Northern Borneo. The Sabah Tourism Promotion Company will work with Balwant Singh Kler of the Malaysian Athletic Federation as the local organisers.

The 1999 European trophy will take place in Bad Kleinkirchheim (Austria) on July 4th.



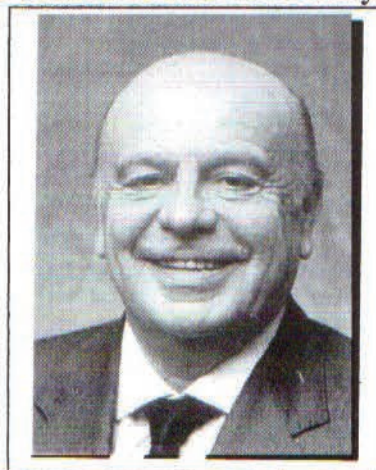
Bruno Gozzelino, Danny Hughes and Wendelin Parpan in Upice.

A Message from the President of IAAF.

It gives me great pleasure, on behalf of the International Amateur athletic Federation, to write this message of goodwill to our friends in the mountain running community. As a native of Piedmont, right on the Italian Alps, I have a personal affection for a sport which has deep roots in my country.

The IAAF is happy to see the growth in popularity of this branch of athletic activity. Mountain running has a long and proud tradition but also has contemporary appeal since participants can express their love of rugged nature while at the same time challenging their own physical and mental possibilities.

I would like to congratulate the President of the ICMR, Danny Hughes, for his dedication to the cause and for all devotees around the world who are helping to make the sport thrive - either as runners, or more importantly, as unsung volunteers who make sure the events are well organised.



I look forward to an increasingly close collaboration in future.

News Items.

Gudrun Pfluger

It is reported that Gudrun has recovered well from injury which effected her form in 1997. She showed good form in a road race in Vienna at the end of last season. Now she is involved in long distance cross country ski races. She intends to compete in the premiere 1998 mountain running events in Sestriere and Reunion.

Skylrunning

The Federation for Sport at Altitude (FSA) are staging a high altitude event termed 'The Skylrunning World Championship's on July 12th. It will start from Cervinia (Italy) and cover 42km, much of it at altitudes over 4000m. The medical results of the investigations being carried out by FSA are of great interest to ICMR whose races are limited to lower altitudes of about 3000m on the advice of the IOC medical publications.

Veterans World Championships

The ICMR management committee have considered a request from Austria to organise a veterans mountain running championships. It is recognised that there is a high percentage of mountain runners in the veteran category and there is no doubt that such an event, properly conceived and organised, would create much interest. However, the manpower and financial resources of ICMR are such that it would constitute a major distraction from the work it currently has in hand. Therefor the idea has been passed on to the World Association of Veterans Athletes (WAVA) for their consideration, with the offer of technical assistance should they decide to go ahead.

European Rule Change

Mountain running had a significant success in the councils of the EAA when an addition to their rules was approved at the 1997 congress in Budapest. Rule 11 now includes recognition of the European mountain running trophy. The

next step is to gain approval to convert this to Championship status.

Associate member Races.

Just 2 races have registered this year so far, the 'Smarna Gora' international in Slovinia and the Mt. Kinabalu international in Sabah(Malaysia). Organisers of international mountain races please note that you can register for 1998 by completing the form to be found on the back pages of this newsletter. It is the policy of ICMR to try to forge close relations with race organisers as well as National Athletic Federations.

IAAF Travel Grant 1998

The details of this grant and its distribution have not yet been decided by IAAF. We always hope for a generous allowance. Those countries who have been in receipt of travel support should be aware that the IAAF is considering a change to the way in which the money is distributed. The new arrangement is likely to insist on receiving countries being able to demonstrate that they have well establishes championship organised under the auspices of their athletic federation, and that they can send athletes who are of a certain minimum standard. ICMR will want to emphasise the importance of having as many countries compete in the World trophy as possible and that due allowance will have to be made for those countries in which the sport is new and just developing. We must also try to ensure that there is an element of 'need' introduced into the arrangements.

Australia

The second issue of their Mountain running newsletter has been published. It contains some detailed coaching advice on preparing to compete in a mountain race that includes descents. There is a legitimate complaint that the Australian mountain running World Trophy team receives absolutely no financial support from its governing body, Athletics Australia. I suspect this is an experience that effects more than one mountain running organisation seeking to develop within the family of Athletics.

Alpine Grand Prix

The inaugural series in 1997 was a success in attracting the attention of many leading mountain runners. The race organisers intend to repeat the series in 1998 with the Susa(Italy) race 'Challenge Stellina'(August 23rd) joining to make it a 4 race series. The other three races will be at Lenzerheide(Swiss), July 12th; Telfes(Austria), August 16th; Bergen (Germany), September 27th. All the races are uphill only

Leading results of the 1997 grand Prix.

Men

1	Schmuck.H	AUT	260
2	Findlow.R	GBR	220
3	Blaha.J	CZE	205
4	Kehl.P	GER	122
5	Dold.G	GER	112
6	Reitburger.R	AUT	96
7	Strong.A	NZL	60
8	Petro.R	SLO	60
9	Strobl.H	GER	56
10	Tschurtschentaler.	ITA	56
11	Peace.A	GBR	50
12	Sabatschus.O	GER	50
13	Von Kanel.M	SUI	40
14	Gemetto.M	ITA	36
15	Burns.B	GBR	32

Women

1	Saxer-J.J	SUI	300
2	Buckley.A	GBR	210
3	Reiber.C	SUI	145
4	Krosbacher.F	AUT	140
5	Ambrosy.S	GER	112
6	Baumgartner	GER	75
7	Pfluger.G	AUT	60
8	Rueda-O.F	SUI	50
9	Olarte.A	KOL	50
10	Olbrecht.A	SUI	45
11	Fairfax.L	AUS	45
12	Walter.U	GER	33
13	Keller.J	GER	32
14	Heinzle.E	AUT	32
15	Wischnath.J	GER	32

Isabelle Guillot- Profile of a champion.

Isabelle recorded her 4th World Championship win in the 1997 World Mountain Running Trophy at Male Svatonovice on September 7th. She adds this title to those won in Die(1989),Zermatt (1991), and Gap (1993). As well as the silver medal positions she took behind her great rival Gudrun Pfluger in 1994, 95 and 96.

At the age of 36, 1997 must rank as the most successful of Isabelle's running career. Three weeks after her World Mountain Trophy victory she claimed the French ladies Marathon title in a time of 2hours 37minutes 20seconds in the Reims marathon. One week before the World Trophy she was 2nd in The French ladies 10k road championships in a time of 34minutes 40seconds on a hilly course.

In preparing for the World Trophy she took to the mountains for 3 weeks, although not at altitude. During the summer she built up from 80km/week to 130km/week, this latter distance being maintained for 3 weeks. Most of her training is on mountain tracks. Her only setback occurred when she was attempting some uphill speedwork which resulted in a strained thigh and a one week layoff.

She abandoned the speedwork idea, she does not do any track workouts, and relied on a few 12km road races on July27th and August 3rd to sharpen her performance.

A disappointing performance in the European Trophy at Ebensee was put down to the horrendous weather conditions which did not suit Isabelle's slight frame. She struggled to finish in 5th position in heavy rain, wind, an unrelentingly steep and slippery course, her only real disappointment of the year.

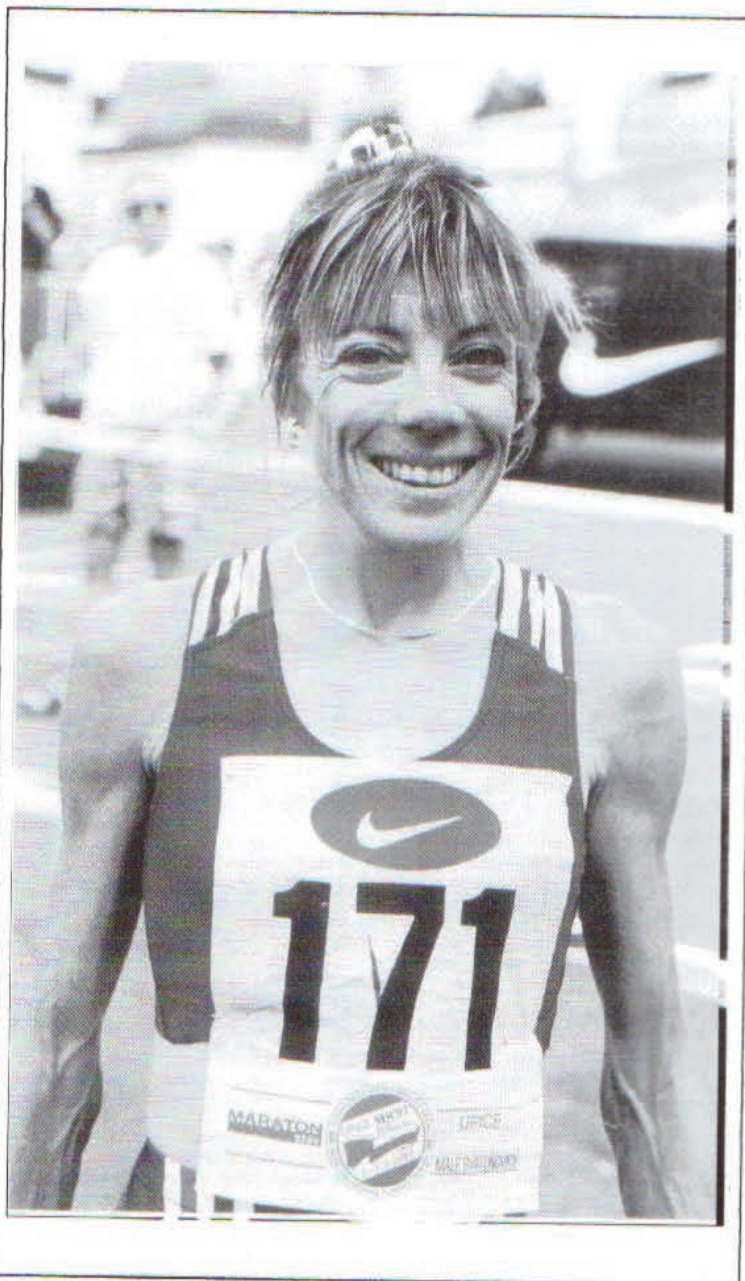
She also took a full part in the French cross country season, finishing 10th in the French championships.

Other aspects of her training include mountain walks and some cycling.

Isabelle's home town of Blagnac (Toulouse) are very proud of her achievements. To encourage her athletic career she has been given leave of absence, on full pay, from her job as a teacher. This is the 6th year she has enjoyed this privilege. How successful athletes in other countries might envy such enlightened treatment!!! She advises younger athletes at her club about training schedules, but she does not use a coach for herself.

Mountain running will remain a top priority for Isabelle

in 1998 as she leads the enormously successful French ladies in their bid for further honours on their own ground on L'île de la Reunion.



Marco Di Gasperi - Profile of a Champion.

Becoming World mountain running champion at the age of 20 years was a remarkable feat. How did he do it?

It was obvious to all that finishing in 7th position in the 1995 junior World Trophy in Edinburgh, then winning the Junior world title in 1996, Marco had potential. But how often we see junior talent fade away once they reach the senior ranks and other interests take priority.

Nevertheless, to convert junior promise into medal results against the strong men of mountain running is a fine achievement, not just for him but also for his coach, Giulio Cola.

His performances for his local club, Alta Societa Atletica della Valtellina

(Remember Valtellina, the site of the second World Cup in 1986) in domestic races has also been impressive. He was 4th in the 1994 Italian championship series, in 1995 he finished 3rd in the Italian junior championship. 1996 saw the start of his winning streak. He won all three races to take the Italian junior title. He also proved his ability over cross country courses, winning some races, and gaining 3rd in the cross country society Italian championship. In 1997 he was 3rd in the Italian championship series.

He has a track time for the 5000m of 15minutes 14 seconds.

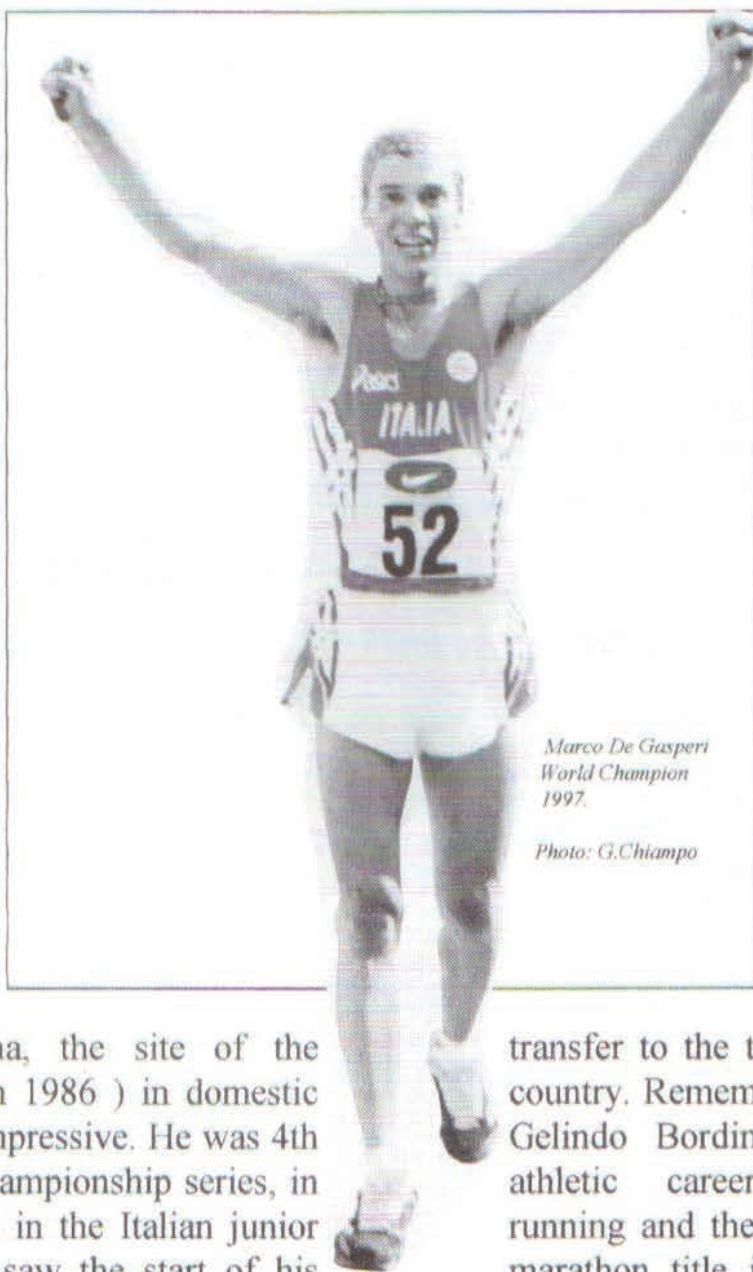
On a personal level, Marco is a favourite with the girls, but I am informed that he is not engaged! At present he is in the Army and he has

trained as a technician. Alpine skiing is his favourite pastime.

What does the future hold for Marco? Where do you go after winning the World

championship at the age of 20? Perhaps he will be content to continue as a member of the powerful Italian mens squad, but other areas of athletic endurance events may prove attractive. Would Marco's talent

transfer to the track, road, or cross country. Remember his countryman, Gelindo Bordin, who started his athletic career with mountain running and then won the Olympic marathon title in Seoul 1988. We will follow Marco's future career with great interest. The immediate challenges are to see if he can repeat his up/down performance in Sestriere, then convert his form for the long uphill only race that awaits him in Reunion in September.



*Marco De Gasperi
World Champion
1997.*

Photo: G.Chiampo



1997 European Trophy Results Summary (first 20)

MEN

1	Schmuck. H	Austria	49.46
2	Molinari. A	Italy	50.48
3	Schatz. P	Austria	50.56
4	Findlow. R	England	51.05
5	Matani. M	Slovakia	51.07
6	De Gasperi. M	Italy	51.16
7	Francisco. O	Portugal	52.01
8	Icart. T	France	52.09
9	Gruber. K	Italy	52.15
10	Petro. R	Slovakia	52.22
11	Fregona. L	Italy	52.28
12	Batory. I	Slovakia	52.40
13	Peace. A	England	52.48
14	Kroll. M	Austria	52.52
15	Serralheiro. J	Portugal	52.54
16	Richard. S	France	52.59
17	Dold. G	Germany	53.08
18	Von Kanel. M	Swiss.	53.11
19	Hooper. J	Wales	53.21
20	Breuil. T	France	53.35

WOMEN

1	Spiess.-S. E	Swiss	49.46
2	Greenwood. C	England	50.06
3	Crettenand-M. I	Swiss	50.22
4	Mudge. A	Scotland	50.27
5	Pfluger. G	Austria	51.21
6	Bullvajova. J	Slovakia	51.36
7	Molle. B	France	51.44
8	Gousselschikova. N	Russia	51.33
9	Guillot. I	France	52.00
10	Gaviglio. F	Italy	52.07
11	Heasman. H	England	52.18
12	Roberti. M	Italy	52.40
13	Baumgartner. J	Germany	52.43
14	Rust. E	Austria	52.48
15	Mojarova. I	Russia	52.59
16	Buckley. A	England	53.10
17	Schoner. E	Germany	53.23
18	Javerzac P. M	France	53.29
19	Hebelkova. D	Czech.R.	54.12
20	Vivod. S	Slovinia	54.26

Team Results

1	Italy	2,6,9	17	1	Swiss	1,3	4
2	Austria	1,3,14	18	2	England	1,11	13
3	Slovakia	5,10,12	27	3	France	7,9,	16
4	France	8,16,20	44	4	Austria	5,14	19
5	England	4,13,33	50	5	Italy	10,12	22
6	Germany	17,22,27	66	6	Russia	8,15	23
7	Swiss.	18,24,25	67	7	Germany	13,17	30
8	Slovinia	21,31,37	89	8	Slovakia	6,24	30
9	Czech.R	29,32,43	104	9	Scotland	4,28	32
10	Scotland	23,39,44	106	10	Czech.R	19,30	49
11	Wales	19,45,47	111	11	Slovinia	20,32	52
12	Belgium	35,42,48	125	12	Wales	36,27	53
13	Netherlands	38,51,53	142	13	Netherlands	33,36	69
14	Poland	52,54,58	164	14	Liechtenstein	34,39	73
15	Ukraine	50,60,63	173	15	Belgiun	38,41	79
16	Belarus	61,62,64	187				

From 1998 the ladies will be allowed 4 to run and 3 to count, the same as the men.

1997 European Trophy, Ebensee, (Austria) July 4th.



The most remarkable aspect of this years 'uphill only' European Trophy races was that they took place at all. The day before the race saw the commencement of the deluge that was to engulf the central European region for weeks and cause massive flooding.

After an intensive and persistent downpour on Saturday, the race day dawned with no sign of a let up in the rain and with rivers in full spate. Urgent messages from the mountain summit indicated that high winds were adding to the hazardous conditions. Faced with this dilemma the organisers recommended a shortening of all courses to eliminate about 2km of running on the mountain summit plateau. This meant that all courses climbed directly to the finish and the haven of a hotel well endowed with facilities for recovery and protection.

Each of the races was completed without serious incident, with good safety measures in place, and with good course preparation and marshalling, and rapid results service. All of which was truly a credit to the professionalism of the organising team led by Herbert Brindl (seated far right above)

As for the races, Helmut Schmuck (Austria), surprised everyone but the Austrians in beating World champion Antonio Molinary into second place. An unrelenting uphill course is still the type on which Schmuck is very difficult to beat, but introduce level running or downhill sections and he is suddenly vulnerable. Although Austria had 3rd position with

Peter Schatz, they could not prevent Italy taking the team title by just 1 point. Marco de Gasperi gave notice of his arrival into the senior ranks with a strong run into 6th position.

The shorter ladies race saw world leaders Gudrun Pfluger (5th) and Isabelle Guillot (9th) relegated to the minor places. Carol Greenwood, who won the world Trophy race way back in 1986 as Carol Haigh, now married with a little girl to keep her busy, showed that the intervening years had done little to damage her form. Always a strong runner, Carol revelled in the harsh conditions to produce a great tussle with eventual winner Eroi Spiess-Staudenmann (Switzerland). This is a girl who showed she has the ability to lead the Swiss girls to greater things if only they 'get their act together'!!

The event ,as always, was accompanied by a keenly fought open race, and afterward by a great party enjoyed by athletes and officials together.

The photograph above shows members of the organising committee with ICMR president Danny Hughes. Chief organiser Herbert Brindl seated extreme right, EAA representative Erika Strassa is seated 2nd from the right. Dr. Josef Puhringer, Governor of Upper Austria, is seated 3rd from the right.

RUNNING PURELY FOR LOVE OF MOUNTAINS.

Feature article by Kan Yaw Chong which appeared in the national newspaper of East Malaysia, the Daily Express.

The World mountain Running Trophy is an extraordinary athletic event.

The event carries no prize money. Competitors do it mainly out of love for the sport and love of mountains.

The good news is that Malaysia has won a bid to host it at Mt. Kinabalu in 1999.

Each year runners representing up to 30 countries are taken to one of the great mountain areas of the world.

A noble aim behind the competition is to encourage people to go visit interesting mountains on Earth because it is good for them.

The impact is invariably enriching to the human spirit.

Their size, height, and beauty ignite challenge, provoke thought, and lift the spirit onto a higher plane.

That Mt. Kinabalu has been picked is a tacit recognition that it is one of the world 'greats' which we can be proud of.

By 'great', it doesn't mean the highest, but always it involves a beautiful, marvellous, unique, inspiring and even extraordinary setting so that even the worst losers feel the trip and effort justified.

In 1995, it was Arthur's seat in Edinburgh, Scotland, a dramatic 230 million year old extinct volcano.

In 1996 it was the breathtaking Austrian Tyrol in the Stubie valley from Telfes.

This year it was staged in the shadow of the Krkonose which Czechs call 'the Giant Mountains', about 2 hours drive from Prague, one of Europe's most beautiful cities.

Here all races started and finished in a small village town of less than 5,000 named Male Svatonovice. Close by were the amazing Adrspach Rocks, known locally as a sandstone rock town. Geologically it must have started as a colossal sandstone site, but the cutting action of water over millions of years had produced street like leeways through a maze of about 1000 bizarre formations and sheer towers up to 100m high.

Happily this striking natural sandstone 'town' in the foothills of the 'Giant Mountains' was made a national reservation in 1933 and irrespective of the Nazi occupation and post war communist rule, its conservation status prevailed.

Similarly, in 1999 it will be Malaysia's turn to show them giant mountain- Mt. Kinabalu, when the 15th World Mountain Running Trope races will be held in Kinabalu park.

It's really a colourful event which opens and closes with fanfare.

In the Czech Republic event, charming dancers from local arts school gave winsome performances to contemporary tunes from a full size brass band. Virtually the whole

village turned out in the town square for what must have been an historic event for them all.

The competition was serious, intense and fast, but the common factor is they all belong to the same fraternity of mountain lovers.

Ever since the inception of the Mt. Kinabalu

Climbathon in 1987, the organisers had wanted to attract world class runners in numbers. In 1999 all the world class men and women mountain runners, numbering some 300, plus coaches, officials, and supporters will fly here.



Balwant Singh Kler enjoying a cup of tea in Upice

An impossible dream is finally coming true!

It is a big commitment on the part of the European and American teams to give the Malaysia the host job with an overwhelming 17 votes to N.Zealand's 5, because it is a long way and potentially costly for them to come all this way. But everyone now wants to see Mt. Kinabalu.

So, it's going to be a huge promotion opportunity for the nation and the state.

The Sabah tourism Promotion Corporation staged the bid on behalf of the Malaysian Athletic Federation.

Consider this, Malaysia is the first Asian country to join the World mountain races and in 1999 will become the first non European country to stage the event.

The irresistibility of Mt. Kinabalu aside, it has to be said that after two previous bid attempts, there was a lot of goodwill towards Malaysia in its third bid at the 1997 ICMR congress in Upice on September 6th.

ICMR president, Danny Hughes, attributed a large part of Malaysia's successful bid to a 'very aggressive' campaign mounted by Balwant Singh Kler to garner support.

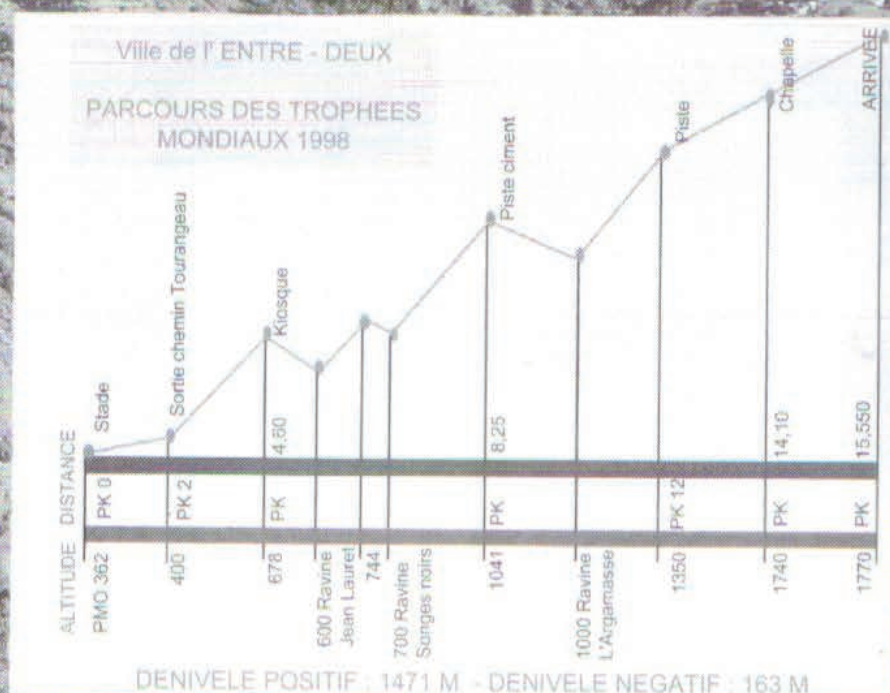
At the team managers meeting the night before the congress he went around to talk to every official of the voting countries to persuade support.

'Winning the bid felt like floating on air, but now it has become a heavy responsibility' said Balwant.

One promise he made in his bid presentation was to bring in other Asian countries, Japan, China, Hong Kong, Singapore, Korea and others to compete in the World trophy.

'This means action begins now' he said.

A l'Entre-Deux,
les spectacle est au sommet !
*At l'Entre-Deux,
the spectacle is at its peak !*



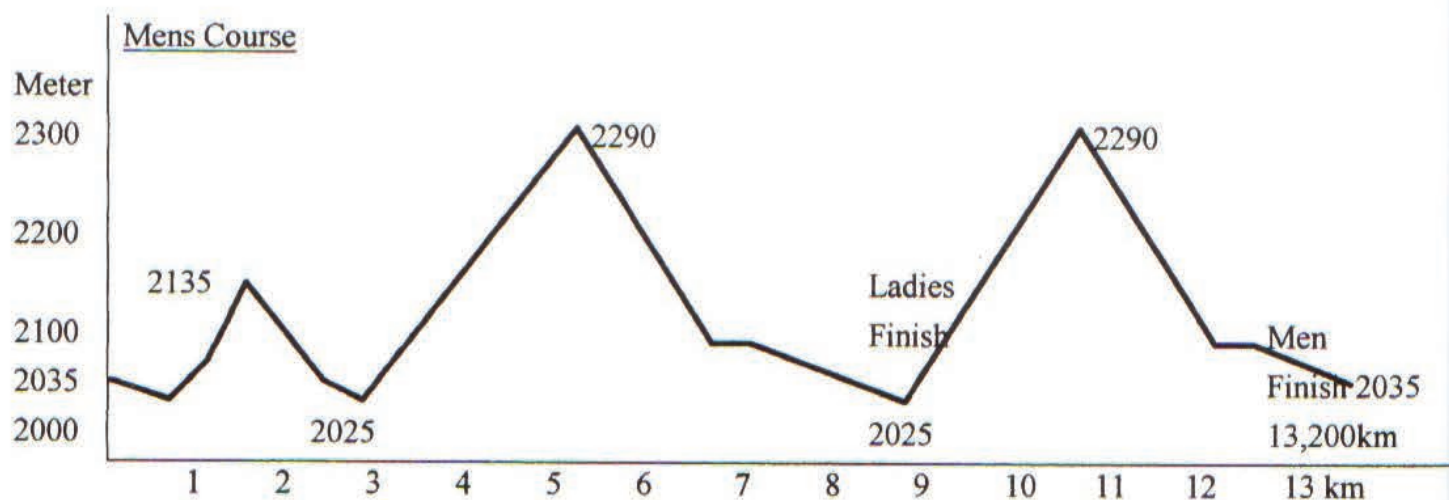
SESTRIERE (ITALY)
1998 European Trophy 5th July.

Preview.

The course details can be seen on the profiles drawn below. Having hand drawn it on my computer, some of the fine detail is missing. For instance, there is a nasty little bump to climb over just before the finish! The total climb/descent for the ladies is 420m consisting of one small lap and one large lap. The total climb/descent for the men is 710m, consisting of one small lap and two large laps. With the race starting at an altitude of over 2000m, these will

be tough mountain running challenges for all competitors. My personal recommendation for footwear would be studded shoes that have a good grip. Much of the course is on grassy paths, so footwear will be very important if conditions are wet.

The course is set on a ski piste area and the whole route can be seen from the start area, so spectators should come armed with binoculars.



Left to right. Lucio Fregona (1995). Antonio Molinari (1996). Marco Di Gasperi (1997)

All Italian World champions who will be anxious to prove their superiority on their home territory. The rest of Europe will need to produce some high class performances to disturb them from the top 3 positions !!

The Bible in Mountain Running

the annual of the authors
Wilfried Raatz and Wolfgang Munzel

dates - races - profiles - training - statistics

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BERGLAUF JOURNAL '98

Results of the 18th SMARNA GORA race. Slovenia.

1	Fregona.L	40.01
2	Novak.B	41.10
3	Ceh.J	41.19
4	Bortoluzzi.L	42.31
5	Zupancic.M	43.23
6	Urh.L	43.47
7	Hojak.R	44.06
8	Zorc.Z	44.19
9	Kastelec.J	44.46
10	Rihtaric.D	45.20

19th SMARNA GORA INTERNATIONAL mountain race. Saturday 3rd October 1998

The number one mountain race in Slovenia. The organising committee are offering accommodation for national teams for two nights



Contact: Tomo Sarf, Telephone 368 61 50 460 (evenings)
Fax 368 61 712257



11th Mt.Kinabalu International Climbathon'97. (Sabah Malaysian Borneo.)

The World's toughest Mountain Race!!

The record time, of 2 hours 42 minutes 33 seconds, was set by Kusang Gurung of Nepal in 1991. The winner for the past 3 years has been a local Malaysian, Guianus Salagan

1997 saw the organisers determined to widen the area of competition by inviting some of the leading European runner to compete. Top of the list was current European champion Helmut Schmuck, with some other Austrian colleagues including Rudolf Reitburger. Various other 'world trophy' competitors arrived such as Lyndon Ellefson of USA, Francis Cosgrove of Ireland, and a British trio, Ian Holmes, Mark Roberts (the joint British 1997 mountain running champions) and Mark Rigby. There was also a useful looking squad from Italy, although not their top runners. The familiar Louise Fairfax from Australia entered the ladies race, together with Angela Mudge from Scotland (4th in the European Trophy).

199 men set out to tackle the arduous climb of 2205m to the summit of Mt.Kinabalu (4095m), 8.72km away. It wasn't long before the powerful uphill running of Schmuck took him into the lead which he maintained all the way to the summit to earn him a bonus of \$500 US. However his 3 minute lead never looked like being enough to hold off the downhill running experts from Malaysia and Britain. Sure enough, The British champion Ian Holmes had caught him shortly after the descent started, and after this Ian gradually increased his lead to run home an easy winner. The feared challenge from Malaysian champion Salagan did not materialise as the local boy struggled with cramp in the latter stages of the race. The other two British runners showed their descending credentials as they too swept past the opposition to take 2nd and third

places. Salagan limped in 4th position having been pushed out of third place in the last 400m and gallant Helmut Schmuck, who was heard to comment to the fast descending British 'You are Mad!!', held on to finish 10th.

There was much amazement amongst the locals that the British contingent had produced a clean sweep, but if they had known the nature of the British mountain running calendar which now has 400 tough up/down races each year to choose from, they would have understood that Mt.Kinabalu held no terrors for them. Nevertheless, it has to be said that this is not a race for the fainthearted and well merits a claim to being one of the world's toughest mountain races.

The ladies race (shorter than the mens, going only to a height of 3353m) was remarkable for the fact that it was won by a little, 1.37m (4feet 6inches) local girl who does no running but works in the mountains planting rice. The more experienced World Trophy ladies had to settle for the minor positions, but Louise earned the \$500 US for reaching the high point first.

With the 1999 World Trophy taking place in Mt.Kinabalu park, and with the course now being prepared, there is likely to be even more international interest in competing in the 1998 Mt.Kinabalu race and at the same time reconnoitring the 1999 Trophy course. The organisers are considering staging the 1999 race the weekend following the World Trophy, so start saving now for the holiday of a lifetime.

Further information on the Mt.Kinabalu race can be found on the Web sight <http://www.jaring.my/sabah>

Leading Results

1	Ian Holmes	Britain	2.47.37	\$4,500 US
2	Mark Rigby	Britain	2.52.35	\$4,000 US
3	Mark Roberts	Britain	2.57.35	\$3,500 US
4	Guinus Salagan	Malaysia	2.58.43	\$3,000 US
5	Adroano Greco	Italy	2.59.03	\$2,500 US
6	Raimon Bin Gompoul	Malaysia	3.00.13	\$1,000 US
7	Dario Fracassi	Italy	3.00.52	\$950 US
8	Davide Zubiani	Italy	3.02.38	\$900 US
9	Helmut Schmuck	Austria	3.04.12	\$850 US
10	Madamin Bin Gihun	Malaysia	3.04.17	\$800 US
	199 completed the course		The next 15 each received \$100 US.	

1	Kuilin Bte. Gonot	Malaysia	2.11.35	\$2,500 US
2	Louise Fairfax	Australia	2.11.46	\$2,000 US
3	Angela Mudge	Britain	2.13.56	\$1,500 US
4	Hasny Salagan	Malaysia	2.14.56	\$1,000 US
5	Sokiam Losuyun	Malaysia	2.21.49	\$700 US
	58 completed the course		+Further prizes to the value of \$3,800	

Chair of the Organising Committee



Madam Irene
Benggon
Charuruks

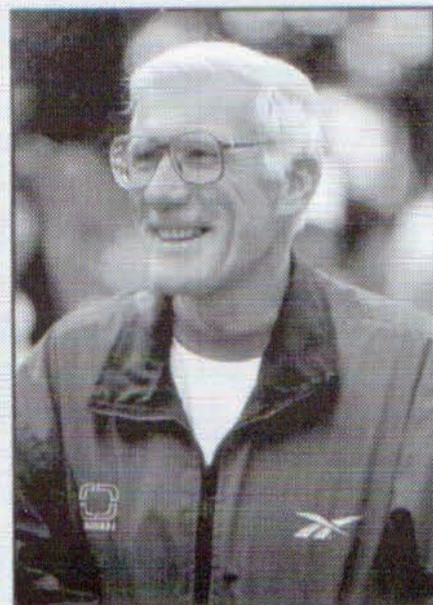
SABAH

Malaysian Borneo



Right to left:

Mark Roberts (2nd placing), **Ian Holmes** (Champion),
Mark Rigby (3rd placing) - British Champs and winners of the
11th Mount Kinabalu International Climbathon, 4-5 October 1997,
the World's toughest mountain race.



Mr Danny Hughes

- President of International Committee of Mountain Running
- Honorary Secretary of British Athletics Federation FELL / HILL Running Commission

...clear blue sky and no haze in **SABAH!**

For more information:

Sabah Tourism Promotion Corporation

Mail bag 112, 88999 Kota Kinabalu, Sabah, MALAYSIA

e-mail: sabah@po.jaring.my

Sabah Web Site: <http://www.jaring.my/sabah>

Tel: 6088-212121

Fax: 6088-212075, 219311

INTERNATIONAL COMMITTEE - MOUNTAIN RUNNING
ICMR
(PATRONS - IAAF)

Associate Membership

WORLDWIDE Recognition for International Mountain Races

One of the objectives of ICMR is to strengthen ties between the International body and international mountain races by publicising those races and encouraging a high standard of organisation and competition by offering 'ICMR Associate Membership' to qualifying races.

Criteria for Associate Membership.

1. The race must have been staged at least twice
2. There must have been at least 4 countries represented in recent years.
3. Dope testing procedures, in accordance with IAAF rules, may be requested by the national Athletic Federation.
4. The race is registered and sanctioned by the national Athletic Federation
5. ICMR must be supplied with prior notice of the race and with a full result list.
6. If required by ICMR, one of their technical officials may attend to view the race and report on the conduct of the event. All costs incurred by this must be met by the race organisation and the official will be chosen so as to minimise travel costs.

Advantages of Associate Membership

1. Access to an international network of top mountain races.
 2. Increased international recognition of your event and international profile for your sponsors, town and country.
 3. Increased intentional entry from athletes world-wide.
 4. Free advertising in all ICMR publications (Newsletter ,etc.) including results, photographs and race description.
 5. Advertising in the AIMS/IAAF magazine 'distance running 'at preferential rates
 6. Association with other individuals involved in international mountain running events
-

APPLICATION FOR ASSOCIATE MEMBERSHIP OF ICMR.

NAME of EVENT _____

Date _____ Distance _____ km Ascent _____ mDescent _____ m

Race Director details

Name _____ Address _____

Telephone number _____

AFFILIATION FEES : **250 Swiss Francs** paid into the ICMR bank account number : CD 168 605 400
at : Graubuendner Kantonalbank, Postfach, CH-7002, Chur, Switzerland.

Return to D.Hughes,
Hallsteads
Gosforth
Cumbria CA20 1BJ , England

INTERNATIONAL COMMITTEE - MOUNTAIN RUNNING

ICMR
(PATRONS - IAAF)

Membership

Membership of the above international committee is open to all Athletic Federations who are IAAF members.

The ICMR congress meets once per year on the occasion of the annual World Trophy event.

Each member federation is permitted one voting member at the congress.

A nominal ICMR membership fee of **100 Swiss Francs** must be paid by member federations

All countries in which the sport of mountain running is practised are encouraged to become a member, to enter runners for the Trophy event (men, women, and juniors of both sexes), and to join with us in promoting this exciting branch of athletics.

Most of those countries currently sending athletes to the World Trophy are members, though it is not necessary to have competing athletes to be a member. The congress is a useful forum in which to become familiar with the procedures for establishing the sport in your own country.

The 1997 membership consists of the following national Federations:

Italy, France, England, Portugal,
Scotland, Austria, New Zealand, Czech
Republic, Slovakia, USA, Slovinia,
Belgium, Ireland, Wales, Netherlands,

N.Ireland, San Marino, Russia,
Switzerland, Ukraine, Poland, Germany,
Hungary, Belarussia, Northern Ireland,
Paraguay, Malaysia, Australia,

Why Not Join Them

Membership fees are normally payable at the Trophy event, but federations newly joining should sent their membership fee to ICMR bank account : CD 168 605 400 at Graubuender Kantonalbank, Postfach, CH-7002, Chur, Switzerland

and advise the ICMR secretary, **Bruno Gozzelino, Via Susa n.23, 10128-Torino, Italy.**

Back cover

MEMORIES FROM UPICE

Top.L-R. Melissa Moon(N.Z) 3rd. Benedicte Molle(Fr) 7th Heather Heasman(Eng). Retired.

Middle.L-R Billy Burns(Eng) 9th. Isabelle Guillot(Fr) 1st. Marco Di Gasperi(It) 1st. Thierry Icart(Fr) 10th.

Bottom.L-R Davide Milesi(It) 2nd. Angelo Di Biasi(Honorary life president ICMR) and Miguel Parades .
Petr Losman(CR) 1st junior.

