



IAAF (Patrons)

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The Prime Minister of Malaysia, Dato 'Seri Dr. Mahathir Mohamad is thanked by WMRA President Danny Hughes for opening the 1999 World Trophy event.



Senior ladies 1999 World Trophy medalist (left to right) Maree Bunce N.Zealand) 3rd; Rosita Rota Gelpi (Italy) 1st; Izabela Zatorska (Poland) 2nd.



Marco De Gasperi (Italy) celebrates his 1999 World Trophy victory.

Presidents Comments

Looking back to 1999 it is good to report that we had a significant year of progress.

Eleven African countries were introduced to mountain running at the IAAF Seminar in Kenya; The Grand Prix competitions attracted many of the top mountain runners; the European Trophy in Bad Kleinkirchheim was superbly organised with more teams competing than ever before; the World Trophy in Sabah (Malaysia) attracted a record number of 31 countries and gave impetus to the mountain running movement in SE Asia; a new WMRA council was elected; and relations with IAAF and regional associations are excellent.

Looking forward to 2000, arrangements for the World and European trophies are well in hand when once again we expect an increase in the numbers of competing countries; WMRA is now actively seeking sponsorship to support an ambitious programme of financial support for travelling athletes and rewards for top athletes;

A web site will be operational shortly; steps are being taken with WAVA to introduce an official veterans world mountain running trophy in 2001; the Grand Prix-World ranking list has been extended to include the World Trophy; a Commission will explore the possibility of having an official European Championship in the near future; our database now has over 300 current international mountain runners listed.

As usual, this newsletter will be distributed world-wide by the IAAF and directly to our own athletes and officials. The print run is now nearing 1000 and space is available to any potential advertisers or sponsors.

I take responsibility for the newsletter contents written by myself except where indicated. This may be copied to other publications provided the source 'WMRA Newsletter' is acknowledged.

My request for good quality action photographs is renewed each year. I need as many as possible to choose from.. If you want your race or athletes to feature in our newsletter, you know what you must do!

Finally, our aim is growth. If any country adjacent to yours has not yet joined in the mountain running movement, how about inviting them to visit one of your events and to become involved.

Danny Hughes (*President*)

MOUNTAIN RUNNING WEB SITES

WMRA hope to have its own web site up and running soon. In the meantime, the following web sites have come to my notice and are worth a visit.

Australia: coolrunning.com.au/mountainrunning

Ireland: ireland.iol.ie/~imra/

USA: coolrunning.com -then select

'speciality' then 'mountain running'

England: ae401.dial.pipex.com/

WMRA Council members meet in Monaco at the offices of IAAF.
Left to right: Wendelin Parpan;
Carlos Cardoso (IAAF);
Bruno Gozzelino; Inge van Aarst;
Wolfgang Muenzel;
Danny Hughes; Otto Klappert
(IAAF); Raimondo Balicco;
Pierre Weiss (General Manager
IAFF); Tomo Sarf.



WMRA COUNCIL

Bruno Gozzelino
 Secretary
 via Susa 23
 I - 10138 Torino
 ITALY
 Tel. (home): +39-11-8.55.914;
 Tel/Fax
 (office): +39-11-43.43.372

Danny Hughes
 President
 Hallsteads, Gosforth
 Cumbria CA20 1BJ
 ENGLAND
 Tel/Fax +44-19467-25366;
 e-mail: danny.hughes@compuserve.com

Wendelin Parpan
 Treasurer
 Voa Viglia 163,
 CH-7082 Obervaz-Lain)
 SWITZERLAND
 Tel. +41-81-384.43.91 (home)
 Fax. +41-81-385 11 21

Raimondo Balicco
 Director of Organisation
 Via Div. Acqui 5
 I - 24011 Alme, Bergamo
 ITALY
 Tel. +39-35-54.52.93 (priv.),
 247.327 (office);

Wolfgang Muenzel
 Director of Competition
 Schippacherstr. 6
 D - 63906 Erlenbach,
 GERMANY
 Tel. +49-9372-71426;
 Fax: +49-9372-5610
 e mail: Petra-Muenzel@t-online.de

Tomo Sarf
 Director of Development
 Nedohova 6
 1210 Ljubljana - Sentvid
 SLOVENIA
 Tel. +386-61-50.460;
 Fax +386-61-712.257
 e mail: tomo.sarf@helios.si

Inge van Aarst
 Director of Marketing
 Oude Molenweg 87
 6417 GW Heerlen
 The Netherlands
 +31 46 4288 990 (work);
 Fax +31 46 4288 889 (work)
 e mail: i_aarst@hotmail.com

WMRA NEWS

EAA-WHAT'S IN A NAME?

Does it matter if our major European event is called a trophy or a championship?

Yes! Very much so. The importance of the name lies in what lies behind it. The 'European championship' title is the prerogative of the European Athletic Association (EAA), the regional association of the IAAF under whose auspices WMRA operates.



Hansjorg Wirz,
the new EAA President

Italy, France, and others pressed for 'Championship' status at the 1999 EAA congress. The EAA council officials will now continue discussions with WMRA officers as to all the necessary arrangements that need to be made for this to take place.

We have: numbers of competing teams comparable to the European Cross Country championship; top class organisation and finance available through the efforts of local organisers;

other IAAF regions (S.America, Asia) considering or holding mountain running championships; and many talented endurance athletes opting for the mountain running experience.

I am therefore optimistic that, very soon, the EAA council will agree 'mountain running' has arrived as a worthwhile branch of athletics that deserves to be, and will be, included in the EAA championship series.

VETERAN COMPETITION

The 1999 WMRA congress instructed its council to explore the possibility of staging a mountain running championship for veterans. Mountain running is a branch of athletics that sees its athletes continuing with competition into ripe old age. The lure of the mountains and beautiful places is a great incentive and enough

reward for most. However, the competitive urge remains strong and in order to satisfy this the WMRA council are drawing up a set of rules under which an annual competition would be held. The World Association of Veteran Athletics (WAVA) have asked WMRA to be wholly responsible for this competition, but have offered to be involved as patrons of the event. Draft regulations have now been drawn up for discussion and the aim is to award the first veterans mountain running championship to an organiser for 2001.

1999 WMRA CONGRESS- Sabah.

Congress voted for council members Raimondo Balicco (Italy) as Organisation Director, Wolfgang Muenzel (Germany) as Competition Director, and Tomo Sarf (Slovenia) as Development Director, to serve for 2 years. The council subsequently appointed Inge Van Aarst (Netherlands) as Marketing Director.

Italy were successful in their bid to stage the 2001 World Trophy by beating the English bid by 11 votes to 10. The venue will be Arta Terme in N.E Italy.

Poland had no opposition in bidding to stage the 2000 European trophy (up/down) in Miedzygorze. Slovenia were also unopposed in their bid to stage the 2001 European Trophy in Cerklje.

IAAF MOUNTAIN RUNNING SEMINAR IN KENYA.

The IAAF held a seminar on mountain running in their regional development centre, Kenya last March. Director John Velzian (on the right of the picture) arranged a venue on the lower slopes of Mt.Kenya and attracted delegates from Tanzania, Seychelles, Botswana, Madagascar, Zimbabwe, Kenya, Uganda, Ethiopia, S.Africa, Mauritius, and Eritrea. Danny Hughes and Johannes Mayer of WMRA conducted the lectures.

One of the days was spent in the hills identifying typical mountain running courses.

Already, the seminar is producing results. S.Africa had athletes in the 1999 World Trophy. Zimbabwe are planning to stage an African regional mountain running event, and Eritrea have become a WMRA member with the intention of sending a team to the 2000 World Trophy in Bergen, Germany.



Seminar delegates inspect possible race routes on Mt Kenya

OBITUARIES



Dr. Primo Nebiolo.

The IAAF president died in post on 7th November 1999. He headed up the complex international sport of athletics for the last 18 years, steering it from its modest amateur days to its present highly professional status as a world sport.

I remember in the early days of WMRA (then ICMR) when he came into one of our meetings being held in the old IAAF offices in London and making sure that we mountain runners were welcome as one of the large diverse family of athletics. Then again, during a World Cross Country Championship in Antwerp in 1991, he invited some of us to his apartment to listen to our arguments for IAAF financial support and as a result we have enjoyed that support to the present.

Dr. Nebiolo was therefore a friend of mountain running who will be missed. Our sincere condolences go out to Mrs Giovanna Nebiolo.



Chris Cook enjoying a beer

Chris Cook (Australia).

Sadly, we have to say goodbye to another of our active athletes. Chris Cook died during a mountain race in Australia last June due to a hidden heart problem.

Chris competed for Australia twice in the World Trophy. In 1993 (36th) and 1997 (88th). He was a leading figure, not only in competition but also in helping with the development of the sport as a founding vice president and treasurer of the Australian Mountain Running Association. Chris's friendly companionship will be missed, not only by his friends in Australia, but by many fellow mountain runners world-wide. Our sincere condolences go to his young family, Amelie, Heidi and Daniel.

CHAMPIONS OF THE PAST where are they now?

Kenny Stuart (England)
1985 short race world champion.

Beating the outstanding Italian quartet of Simonetti - 2nd, Bortoluzzi - 3rd, Scanzi - 4th, and Visini - 5th, in the first World Trophy (or Cup as it was then) in SanVigilio (Italy) was probably the high point of Kenny's athletic career. He subsequently turned to marathons and put together a string of fine results from 1986 to 1989 averaging about 2 hours 13 minutes. His best time came in the Houston marathon of 1989 with a time of 2 hours 11 minutes 36 seconds in second position.

He placed 1st in the Glasgow marathon in 1986 and 7th in the Berlin marathon of 1988.

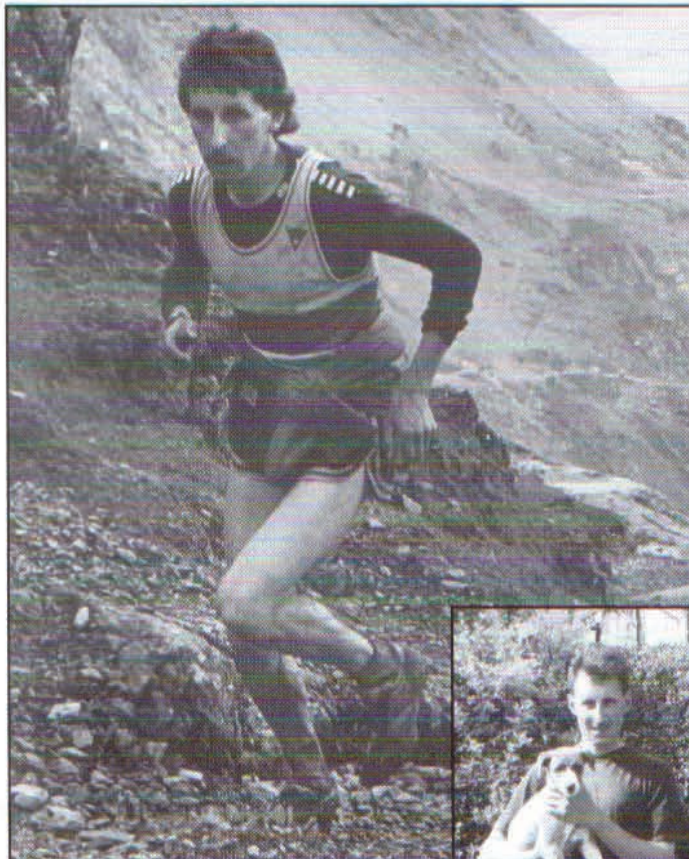
He eventually paid the price of combining heavy marathon training over a long period with his exacting job as a horticultural gardener. A mysterious viral infection or allergy, spelled the end of his athletic career in 1990.

Now 42, his main exercise (apart from his continued job as a gardener) is taking his dogs for long walks in the beautiful Lake District of Cumbria where he lives.

Several of his outstanding course records remain unbroken to this day, including Snowdon, Ben Nevis, and others.

He married at the end of 1985 to Pauline who was herself English mountain running champion at the time. Their children, a boy and two girls, certainly have the right mountain running genes and are taking an interest in the local junior 'fell running' scene.

Probably the only regret he has, in his athletic career, is not turning his attention to the World Cup on his home ground in Keswick in 1988 when he would have had an excellent chance of repeating his winning performance of 1985.



Above - Kenny Stuart leading in the
1985 Snowdon International

Right - Kenny Stuart today



Marija Trobec

RECORD WORLD TROPHY APPEARANCES.

Marija Trobec (Slovenia) holds the ladies record for having competed in the most (13) World Trophy events. Missing only the very first event in 1985, and then again in 1993, she has been a consistent member of her national team. (Yugoslavia until 1990, and Slovenia since then). She works as a gym teacher in a primary school in Kobarid, just a few miles from the Italian border. It was this proximity to Italy that drew Marija into mountain running. She and Franci Teraz had good contacts with the Italian mountain people and were often invited to the Italian races.

Her World Trophy positions were 1986 - 15th; 1987 - 22nd; 1988 - 28th; 1989 - 40th; 1990 - 34th; 1991 - 30th; 1992 - 42; 1994 - 51; 1995 - 62; 1996 - 53rd; 1997 - 52; 1998 - 55; 1999 - 50th.

It matters little that Marija has usually finished in the lower half of the field. The wonderful atmosphere and character of the mountain World Trophy event depends not just on the winners, but on the enthusiasm and sunny disposition of people like Marija.

Franci Teraz, the 'hard' mountain man of Slovenia, finally lost out to the equally 'hard' mountain man of Scotland Colin Donnelly in recording the highest number of appearances in the World Trophy. Last year Franci failed to make the Slovenian team for the first time, while the evergreen Colin had another excellent run for Scotland in finishing 26th in Malaysia. He will be in strong contention for the Scottish team this year, aiming to extend his run of World Trophy competitions to 16.

ROSITA ROTA GELPI (ITALY) - PROFILE OF A CHAMPION.

The following description of Rosita's rise to be World mountain running champion has been provided by her coach, Raimondo Balicco. I have tried to retain the Italian expressions!

Rosita, now only 26 years old, from Lecco qualified as a secretary and works for Corpo Forestale as a forest guard. She is still single!

Her athletic career began at school. Her talent showed at an early stage as she won the 15-16 age group Italian cross country title, and the Italian junior mountain running title in 1991 and 1992.

Moving into the senior ranks it was some time before she was able to compete well over the longer distance and against older stronger athletes. She joined the Forestale at this time and began being coached by Raimondo (also a Forestale employee). This has some benefits in that some time off from work is given for training.

It was not until 1996 that she showed her senior potential in finishing 7th at Telfes, and the following year 6th Male Svatonovice. Then in 1997 she became the Italian senior champion, so she became convinced that she could compete at the highest level. Continuing her dominance in 1998, she became the European champion at Sestriere, but was unable to compete well in the World Trophy in Reunion because of an injury to her leg, nevertheless she still finished 11th, helping Italy to team victory. She was chosen to represent Italy in the 1998 European cross country championships and was a creditable 38th.

The only debacle of her career so far was in the 1999 European championship where for physical and psychological reasons was immediately out of the race. But also in defeat Rosita is great because she somehow finished the race in 39th position. It is very easy to run when winning and all is OK, but also when the situation is difficult it is very important to continue to the finish. This is an important example in the sport and also for the life. From this defeat, the will to become World Champion raised again stronger. So in Malaysia she arrives in good condition, having won all the Italian races. Her performance in winning by the comfortable margin of 41 seconds was a beautiful example of great athletic youthfulness and competitive intelligence. Amazingly, Rosita is the first Italian woman to win the individual senior World Championship

Rosita is still a young woman, so in the future she can become a great champion in cross country, road and mountain running if she is able to apply herself to the training schedule of Raimondo.

Finally, Rosita Rota Gelpi is the proof that the sport makes well and, in spite of the effort, a woman remains always BEAUTIFUL AS ROSITA



Rosita Rota Gelpi

SECRETS OF ITALIAN SUCCESS

A Six Point Plan

Since the start of the World Trophy in 1985, Italy has won EVERY mens team title. The Italian womens team have been first on 6 occasions, second on 6 occasions and third twice. Only once have their ladies failed to win a team medal. They have won no less than a total of 23 senior individual gold medals. The Italians are almost totally dominant on the World and European mountain running scene. WHY?

With the help of Italian coach and team manager, Raimondo Balicco, we offer the following in the hope that other countries may come to share some of their success.

First, the Italians, together with the British, were the main instigators of the world trophy and as result the format we have today reflects, to a large extent, the sport as it is practised in those two countries. Race times standardised to about one hour (Italy) and up/down courses (Italy and Britain). Now, of course, we have 'uphill only' races as well to suit Alpine preferences, but this still does not disturb Italian dominance. Success in the World Trophy depends on giving your top athletes plenty of competition opportunities that approximate to World Trophy parameters.

Second, the organisation and support for mountain runners in Italy is of such a high standard that top class endurance athletes are prepared to give mountain running their priority. The specialist mountain running committee, CONI, is an integral part of and supported by the national athletic federation FIDAL.

Third, any athletes capable of being selected to the Italian team receive specialist coaching advice available from several

mountain running coaches who are experienced in the scientific, medical, and mountain specific, aspects of the sport.

Fourth, the Italian race calendar is carefully controlled so that there is a gradual increase in the severity of the mountain races as athletes move from junior level through the age categories to the top senior level. There is also differentiation between men and women in terms of course severity - an aspect that does not enjoy the support of female athletes in many other countries. The philosophy is 'a sport for life' that offers the chance of gradual improvement.

Fifth, at the top level, senior Italian athletes usually enjoy the privilege of 2 hours a day off work to concentrate on their training. They are not expected to do a hard days work then put in hours of training in the dark, cold, winter nights! They also enjoy specialist squad preparation at altitude as the World Trophy approaches.

Sixth, athletes ambitious for success at the top level take part in only a limited number of events distributed evenly throughout the year. Here there is much room for conflict as clubs call upon their athletes for team competitions, personal preferences sometimes influenced by potential monetary rewards, and the attractions of other athletic disciplines, all threaten to overload an athletes racing programme.

Success therefore depends on team effort from administration through coaches to athletes. It does not come quickly or easily so you have to have a long term desire to be the best.



Italian medallists and coaches celebrate their successful World Trophy in Sabah (Malaysia)

THE 15th WORLD MOUNTAIN RUNNING TROPHY 1999 - Results

Sabah (Malaysia)

JUNIOR WOMEN

1.	Heinzle Cornelia AUT	23.47
2.	Hizar Ines SLO	24.17
3.	Bailey Kate ENG	24.21
4.	Belotti Valentina ITA	24.30
5.	Shinta Wanti INA	24.58
6.	Hizae Tina SLO	25.01
7.	Hughes Laura ENG	25.07
8.	Demelza Murry NZL	25.34
9.	Bajic Svetlana SLO	25.48
10.	Krawczyk Emilia POL	25.52
11.	Suchtova Jaroslava SVK	25.57
12.	Navratilova Lucie CZE	26.22
13.	Marcot Elsie FRA	26.25
14.	Teani Erika ITA	26.38
15.	Freya Murray SCO	26.55
16.	Cermakova Martina CZE	27.02
17.	Cravetto Rosella ITA	27.12
18.	Murney Valiene NIR	27.46
19.	Koch Maria AUT	27.51
20.	Rini Budiati INA	28.14
21.	Pritchard Sian WAL	28.43
22.	Heinzle Friederike AUT	28.53
23.	Hanly Amanda IRL	29.00
24.	Kelly Louise ENG	29.20
25.	Gaskell Miriam WAL	29.36
26.	Farrell Sheila IRL	30.01
27.	Zaboudilova Lenka CZE	30.08
28.	Iakovleva Elena RUS	30.17
29.	Minnis Janine NIR	34.02
30.	Nordila Ismail MAS	34.07
31.	Coyle Sheila IRL	36.08
32.	VasukiSubramanian MAS	42.37
33.	Radha Muniandi MAS	42.41

JUNIOR WOMEN - TEAM

1.	Slovenia	8
2.	England	10
3.	Italy	18
4.	Austris	20
5.	Indonesia	25
6.	Cech.R	28
7.	Wales	46
8.	N.Ireland	47
9.	Ireland	48
10.	Malaysia	62

SENIOR WOMEN

1.	Rota Gelpi Rosita ITA	38.00
2.	Zatorska Izabela POL	38.41
3.	Bunce Maree NZL	39.11
4.	Gaviglio Flavia ITA	39.48
5.	Baronchelli P. ITA	39.58
6.	Moon Melissa NZL	40.46
7.	Mudge Angela SCO	40.49
8.	Murphy Karen NZL	40.52
9.	Guillot Isabelle FRA	41.03
10.	Brindley Tracey SCO	41.05
11.	Melicherova L. SVK	41.24
12.	Roberti M. Grazia ITA	41.33
13.	Schoner Ellen GER	41.55
14.	Edhouse Megan NZL	41.56
15.	Baumgartner Jo.GER	41.58
16.	Rueda Opplinger F. COL	42.02
17.	Briedova Alena SVK	42.12
18.	Mura Evelynne FRA	42.33
19.	Sheen Angela AUS	42.39
20.	Johnson Helen ENG	42.42
21.	Zivko Anico SLO	42.47
22.	Thomson Trudi SCO	43.17
23.	Gray Sam WAL	43.25
24.	Vivod Silva SLO	43.29
25.	Sloan Tricia NIR	43.39
26.	Havelkova Dagmar CZE	43.58
27.	Yuan Yu Fang MAS	44.20
28.	Armitage Sonia SCO	44.21

29.	Haarmann Ute GER	44.25
30.	West Suzy USA	44.31
31.	Docouto Anne FRA	44.33
32.	Ballengee Danelle USA	44.35
33.	King Janet ENG	44.45
34.	Lindner Romy GER	44.50
35.	Fairfax Louise AUS	44.57
36.	Sanderson Charlette ENG	45.22
37.	Bretherick Sam WAL	45.24
38.	Hanakova Miroslava CZE	45.30
39.	Graz Heather RSA	45.36
40.	Tomkinson Clare ENG	45.46
41.	Turner Emma WAL	46.02
42.	Peterson Julie USA	46.36
43.	Lloyd Jayne WAL	46.40
44.	Heinzle Elisabeth AUT	46.43
45.	Bradley-Byrne Cassy USA	47.01
46.	Schlezingero R. CZE	47.03
47.	Kaefer Karoline AUT	47.05
48.	Mooney Edel IRL	47.20
49.	O'Kearney Ann IRL	47.25
50.	Trobec Marija SLO	48.37
51.	Hajzlerova Magda CZE	49.17
52.	Fairfax Kirsten AUS	49.51
53.	Hynes Ann Marie IRL	49.55
54.	Flanagan Joan IRL	50.12
55.	Walker Jenny NIR	51.20
56.	Walch Elke AUT	51.36
57.	Donnelly Shileen NIR	51.53
58.	Suwaibah Mohd MAS	52.24
59.	Sandford Anne NIR	52.52
60.	A. Vasuki A/P AMAS	54.25
61.	Bakonyi Zsuzsa HUN	55.46
62.	Tiborne Szalai HUN	57.04
63.	Matyas Eniko HUN	57.06
64.	Khitrova Tatiana RUS	59.17
65.	Amutha A/P A. MAS	61.59
66.	Lim Le-Anne SIN	64.30

TEAMS - SENIOR WOMEN

1.	Italy	10
2.	New Zealand	17
3.	Scotland	39
4.	Germany	57
5.	France	58
6.	England	89
7.	Slovenia	95
8.	Australia	97
9.	Wales	101
10.	USA	104
11.	Czech Republic	110
12.	Northern Ireland	137
13.	Malaysia	145
14.	Austria	147
15.	Ireland	150
16.	Hungary	186

JUNIOR MEN

1.	Lubriini Beniamino ITA	35.51
2.	Heinzle Florian AUT	36.07
3.	Woolhouse Jason NZL	36.15
4.	Ruthe Ben NZL	36.33
5.	Bailey Simon ENG	36.36
6.	Meyssat Emmanuel FRA	36.51
7.	Cattaneo Jhonny ITA	36.56
8.	Bizet Ivan Raphael FRA	37.00
9.	Rancon Julien FRA	37.08
10.	Dobsicek Pavel CZE	37.12
11.	Parker Jonathan ENG	37.24
12.	Duerr Florian AUT	37.26
13.	Massi Mateo ITA	37.46
14.	Hegl Thomas AUT	37.50
15.	Collas Nicolas FRA	38.18
16.	Helm Julius GER	38.24
17.	Novak Tomas CZE	38.28
18.	Symonds Andrew ENG	38.33

19.	Klinsz Tomasz POL	38.41
20.	Hudek Petr CZE	38.43
21.	Broder Nejc SLO	38.49
22.	Gniewek Jaroslaw POL	38.51
23.	Cayton Micheal ENG	39.00
24.	Tonazzini Alessandro ITA	39.01
25.	Mathieson Gordon SCO	39.01
26.	Creswell Jason NZL	39.07
27.	Janicki Arkadiusz POL	39.10
28.	Hohenwarter M. AUT	39.26
29.	Zeiler Timo GER	39.43
30.	Gaudel Roman CZE	39.49
31.	Doyle Mark IRL	39.50
32.	Lemoncello A. SCO	39.52
33.	Kastelic Peter SLO	40.16
34.	Ross William SCO	40.20
35.	Ryder Peter WAL	40.47
36.	Mcnelly David NIR	41.15
37.	Emery Mark WAL	41.20
38.	Mlinar Matic SLO	41.34
39.	Andri Dauni MAS	41.38
40.	Emmett Dunleavy IRL	41.45
41.	Atamantchouk G. RUS	41.50
42.	Pewinski Robert POL	41.56
43.	Pierce Cai WAL	42.01
44.	Ruttinger Jochen GER	42.08
45.	Ramesh A/L Rajah MAS	43.10
46.	Bradshaw Martin IRL	43.56
47.	Buttner Fabian GER	43.57
48.	Kumarresan A/L G. MAS	44.11
49.	Slavomir Kosik SVK	44.52
50.	Neill Robert NIR	45.08
51.	Dyer Edward WAL	45.59
52.	Dineshwaran S/O A. MAS	46.30
53.	Taylor Simon NIR	47.20

TEAMS - JUNIOR MEN

1.	Italy	21
2.	France	23
3.	Austria	28
4.	New Zealand	33
5.	England	34
6.	Czech Republic	47
7.	Poland	68
8.	Germany	89
9.	Scotland	91
10.	Slovenia	92
11.	Wales	115
12.	Ireland	117
13.	Malaysia	132
14.	N.Ireland	139

SENIOR MEN

1.	De Gasperi Marco ITA	54.56
2.	Findlow Richard ENG	56.17
3.	Caneva Gino ITA	56.21
4.	Burns Billy ENG	56.23
5.	Gall Scott USA	56.42
6.	Fregona Lucio ITA	56.56
7.	Wyatt Jonathan NZL	57.04
8.	Strong Aaron NZL	57.10
9.	Quinn Bobby SCO	57.13
10.	Roux Regis FRA	57.28
11.	Icart Thierry FRA	57.33
12.	Breuil Thierry FRA	57.34
13.	Molinari Antonio ITA	57.58
14.	Alexis Gex-Fabry SUI	58.23
15.	Gielen Evert NED	58.34
16.	Reitberger Rudolf AUT	58.41
17.	Robison Chris SCO	58.47
18.	Fourdin Arnaud FRA	58.50
19.	Zoubek Zdenek CZE	58.53
20.	Icart Gilles FRA	58.58
21.	Ceh Joze SLO	59.24
22.	Fontaine Raymond FRA	59.38

23. Novak Bostjan SLO	59.40	57. Wilkinson Neil SCO	63.36	91. Wcislo Adam POL	72.48
24. Faveaux Thierry BEL	59.53	58. Lenihan John IRL	63.48	92. Norman Dollah MAS	73.05
25. Starr Philip NZL	59.55	59. Dedek Ales CZE	63.52	93. Kosine Petr RUS	73.31
26. Donnelly Colin SCO	60.05	60. Singer Andre GER	64.04	94. Freimeller Mathias AUT	75.05
27. Milligan Alan SCO	60.07	61. Milkessa Wolde NED	64.10	95. Esletzbichler And. AUT	75.19
28. Murray Tommy SCO	60.11	62. Bolt Rich USA	64.15	96. Wong Sai Wing SIN	75.54
29. Brown John ENG	60.25	63. Vence Roye PHI	64.28	97. Brown Raymond NIRL	78.44
30. Zawierucha Jerzy POL	60.32	64. Oussatchev Iouri RUS	64.30	98. Charles Suresh MAS	80.18
31. Salamun Igor SLO	60.38	65. Antosiak Tomasz POL	64.33	99. Ganesan A/L Sub. MAS	80.20
32. Bryson Robin IRL	60.42	66. Kalluder Matthew AUS	64.42		
33. Williams Peter WAL	61.01	67. Macina Gian Luigi SMR	64.45		
34. Atkins Wayne NZL	61.12	68. Holdinar Anton SLO	64.53		
35. Maunder Simon NZL	61.16	69. Hajzler Jiri CZE	64.59		
36. Peter Pripfl AUT	61.17	70. Davies Gareth WAL	65.16		
37. Crake Paul AUS	61.32	71. Thornton Gary IRL	65.31		
38. Tobin Shaun WAL	61.33	72. Frei Max GER	65.32		
39. Moorhouse Mat ENG	61.41	73. Wright Jeremy USA	65.43		
40. Hiscox Darren WAL	61.52	74. Verrington Dan USA	65.58		
41. Habison Gerald AUT	61.53	75. Vymazal Petr CZE	66.02		
42. Low Paul USA	62.04	76. Rothery Colm IRL	66.03		
43. Croasdale Mark ENG	62.11	77. Arul Theva A/C M. MAS	66.06		
44. Cosgrove Francis IRL	62.15	78. Cox Martin ENG	66.12		
45. Mernik Igor SLO	62.16	79. Matanin Marcel SVK	66.30		
46. Uciechowski Piotr POL	62.22	80. Giorgetti Roberto SMR	66.59		
47. Naylor Donald WAL	62.26	81. Filingr Cenek CZE	67.15		
48. Resch Hubert AUT	62.37	82. Gasperoni Micheal SMR	67.33		
49. Mesner Andrej SLO	62.41	83. Zafferani Matteo SMR	67.49		
50. Rixon Dale WAL	62.46	84. Weir Geoffrey NIRL	69.36		
51. Lenzi Simone ITA	62.51	85. Logue James NIRL	70.40		
52. Neil Carty NIRL	62.58	86. Yusop Tungkop MAS	70.51		
53. Ervine Brian NIRL	62.59	87. Ridolfi Stefano SMR	70.59		
54. Kovacik Lubos SVK	63.02	88. Anderson Tom USA	71.27		
55. Potthin Hartwig GER	63.06	89. Paterson James NIRL	72.00		
56. McDermott Michael RSA	63.29	90. Morrow Paul NZL	72.35		

TEAM - SENIOR MEN

1. Italy	23
2. France	51
3. New Zealand	74
4. England	74
5. Scotland	79
6. Slovenia	120
7. Austria	141
8. Wales	158
9. USA	182
10. Ireland	205
11. Czech Republic	222
12. Poland	232
13. Northern Ireland	274
14. San Marino	312
15. Malaysia	353

Remoteness is all part of the magic of mountain running. We could not have travelled to a more remote part of the globe than Sabah, on the exotic island of Borneo.

The event was held in the foothills of the highest mountain in S.E Asia, Mt. Kinabalu (4000m).

Prime minister Dato Seri Dr. Mahathir Mohamed was in attendance and in a humorous opening speech remarked how, although he was not a mountain runner, he had been running up political mountains all his life so could sympathise with the forthcoming races and the feelings of the competitors.

In the junior womens race, the first two positions were a repeat of the 1998 result in La Reunion. Heinzle (Austria) let others set the pace before taking over with 1.5km to go to finish a comfortable winner in 23 minutes 47 seconds. Hizar (Slovenia) just managed to hold off the fast finishing Bailey (England) and only four seconds separated them at the finish. 10 countries finished complete teams, the first 3 places filled by Slovenia, England, and Italy. Newcomers Indonesia finished a very respectable 5th.

Italy produced another 'unknown' (to outsiders) outstanding junior mens winner, Beniamino (Benny) Lubrini in the Junior mens race. He had a winning margin of 16 seconds over Florian Heinzle - Austria (no relation to the junior ladies winner) in a time of 35 minutes 51 seconds. Woodhouse and Ruthe of the fast improving New Zealand squad finished 3rd and 4th. 14 countries finished complete teams with Italy, France and Austria taking the medal positions.

The senior womens race promised keen competition with Zatorska (Poland and European champion) Mudge (Scotland and European silver medalist) and Moon (N.Zealand and world bronze medalist from 1998 all being mentioned as potential winners. However, it was the Italian European champion of 1998, Rosita Rota Gelpi who ran a brilliantly judged race to outclass Zatorska with a winning margin of 41 seconds. New Zealand again proved their standing as Maree

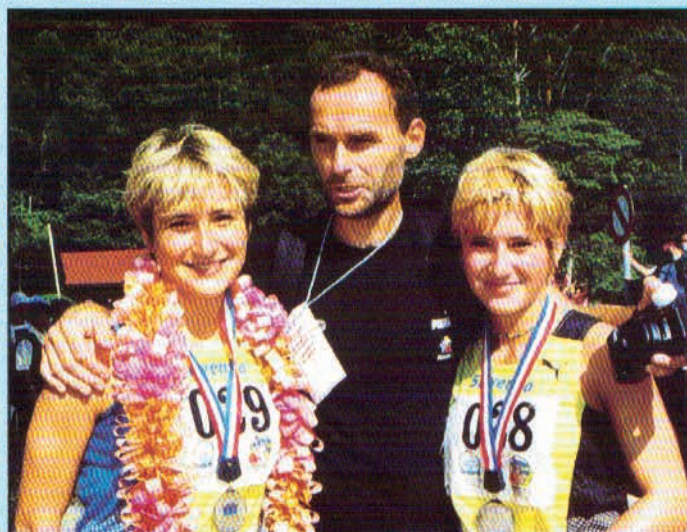
Bunce finished in 3rd position, helping her country to its first team medal position, a silver. Italy took the gold and Scotland the bronze. Sixteen countries finished complete teams.

The senior mens race turned out to be an unremitting struggle, fought out at a furious pace. The lead alternated between hot favourite, New Zealand Olympian and 1998 World champion Jonathan Wyatt, and young Marco De Gasperi (Italy), junior champion in 1996 and senior champion in 1997. Going into the last lap with a 30m lead Wyatt seemed to have finally broken De Gasperi's resistance. However, the effort must have proved just beyond Wyatt's capabilities. In a dramatic finish he virtually collapsed, taking 2 minutes to cover the last 600m, slipping to 7th position, while a triumphant De Gasperi went on to win in a time of 54 minutes 56 seconds. Richard Findlow (England) running a wisely conservative race for a minor position, slipped through to silver medal position 1 minute 21 seconds later, with another Italian, Gino Caneva in third, just 4 seconds behind. Italy completed an outstanding World Trophy performance by winning the team race from France and New Zealand. 15 countries finished complete teams.

Athletes praised the courses (superbly prepared by Eric Wong) as tough but fair. The local organising committee, the 'Sabah Tourism Promotion Corporation' under chairperson Irene Benggon Charuruks, ably assisted by Balwant Singh Kler, did a fantastic job. They received universal praise for their organisation and giving the event a high local profile. The Sabah political authorities, especially the minister for tourism, Datuk Chong Kah Kiat, ensured that the event was well financed. The final presentation party sent everyone away with vivid, colourful, memories of Sabah. A record number of 30 countries sent athletes to the competition.

The World Mountain Running Association were delighted that their premier event had been successfully staged by a non European country for the first time in its 15 year history.

'Memories of the 1999 World



Tomo Sarf (Slovenia) and his 1st junior ladies team, the Hizar twins



Beautiful Malaysian girls in local dress add colour to the event



Marco de Gasperi is congratulated by Giacomino Rupil, organiser of the 2001 World Trophy in Arta Terme

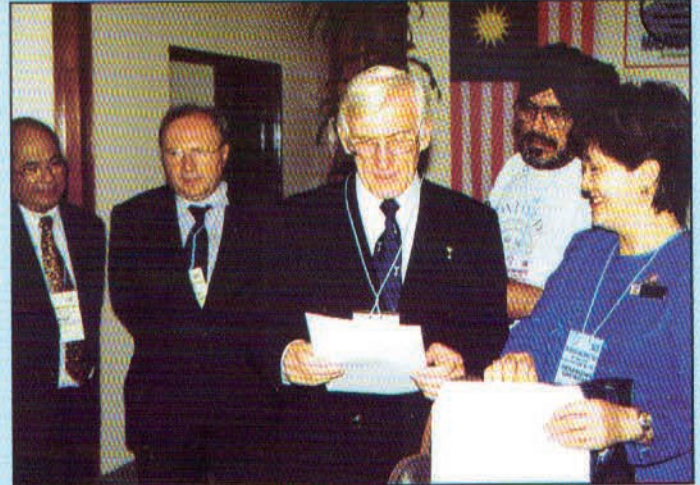


Junior Women: Kate Bailey 3rd

Trophy - Sabah (Malaysia)'



Readers are invited to guess what Nancy Hobbs, (USA team manager) is saying to her orang-utan cousin. Entries to Danny Hughes by email, fax or letter. Winning entry will be presented with a prize during the 2000 World Trophy in Germany.



Left to right - Maurice Nicholas (IAAF delegate); Bruno Gozzelino (WMRA Secretary); Danny Hughes (WMRA President); Balwant Singh Kler (LOC Secretary); and Irene Charuruks (LOC Chairperson) discuss arrangements



Cornelia Heinzle 1st; Ines Hizar 2nd



Rosita Gelpi Rota and Izabela Zatorska embrace at the end of the of their race

WMRA MOUNTAIN RUNNING GRAND PRIX

1999 Official World Ranking Lists (first 20 only)

Women

Name	Vorname	Nat.	1. Lauf Grand Prix Lenzerheide	Pkt.	2. Lauf Grand Prix Telfes	Pkt.	3. Lauf Grand Prix Susa	Pkt.	World Trophy MA Kinabalu Malaysia	Pkt.	4. Lauf Grand Prix Bergen	WM Platz Pkt.	Ges.-Pkt.
1 Zatorska	Izabella	POL			1:12:03,0	100	0:48:08,0	100	0:38:41,0	80	0:51:06,3	100	380
2 Mudge	Angela	SCO	0:47:20,7	80	1:13:47,0	80	0:48:45,0	80	0:40:49,0	36	0:52:28,0	80	356
3 Olarte	Alexandra	KOL	0:51:28,5	40	1:14:28,0	60	0:50:41,0	45			0:53:12,2	50	195
4 Baumgartner	Johanna	GER	0:49:32,8	50	1:15:51,0	50			0:41:58,0	16	0:57:48,9	36	152
5 Melicherowa	Ludmila	SLO			1:18:29,0	40	0:53:24,0	26	0:41:24,0	24	0:52:49,9	60	150
6 Gaviglio	Flavia	ITA					0:49:07,0	60	0:39:48,0	50			110
7 Knight	Heather	ENG	0:48:52,1	60	1:18:03,0	45							105
8 Rota Gelpi	Rosita	ITA							0:38:00,0	100			100
Wassiluk	Petra	GER	0:46:28,2	100									100
10 Baronchelli	Pierange	ITA					0:50:21,0	50	0:39:58,0	45			95
11 Heinze	Elsbeth	AUT	0:56:59,4	20	1:20:18,0	29	0:55:19,0	18			1:02:02,7	26	93
12 Demidenko	Svetlana	RUS	0:49:50,0	45	1:19:13,0	36							81
13 Badano	Francesca	ITA			1:22:49,0	24	0:55:13,0	20			0:59:12,3	32	76
Edhouse	Meagan	NZL			1:21:44,0	26	0:52:40,0	32	0:41:56,0	18			76
16 Roberti	Maria Grazia	ITA					0:51:20,0	40	0:41:33,0	22			62
17 Bunce	Maree	NZL							0:39:11,0	60			60
18 Brindley	Tracy	SCO	0:52:16,3	32					0:41:05,0	26			58
19 Hardgraves	Jackie	ENG			1:20:01,0	32	0:54:50,0	24					56
20 Wolf	Uschi	GER	0:54:21,0	29	1:25:58,0	20							49

Men

Name	Vorname	Nat.	1. Lauf Grand Prix Lenzerheide	Pkt.	2. Lauf Grand Prix Telfes	Pkt.	3. Lauf Grand Prix Susa	Pkt.	World Trophy MA Kinabalu Malaysia	Pkt.	4. Lauf Grand Prix Bergen	WM Platz Pkt.	Ges.-Pkt.
1 Wyatt	Jonathan	NZL			1:00:43,0	80	1:16:24,0	100	0:57:04,0	36	0:41:12,9	100	316
2 Molinari	Antonio	ITA			0:59:45,0	100	1:17:51,0	80	0:57:58,0	20	0:42:35,5	80	280
3 Findlow	Richard	ENG	0:41:36,6	80	1:04:42,0	24	1:21:46,0	32	0:56:17,0	80	0:44:31,7	36	252
4 Quinn	Robert	SCO	0:41:04,1	100	1:02:18,0	45	1:22:19,0	29	0:57:13,0	29	0:43:50,9	45	248
5 De Gasperi	Marco	ITA					1:19:10,0	50	0:54:56,0	100	0:43:07,0	60	210
6 Schmuck	Helmuth	AUT	0:43:55,4	15	1:01:50,0	60	1:23:03,0	24			0:43:31,9	50	149
7 Strong	Aaron	NZL			1:02:39,0	40	1:20:56,0	36	0:57:10,0	32	0:47:12,6	14	122
8 Reitberger	Rudolf	AUT	0:44:21,6	12	1:04:20,0	26	1:24:33,0	22	0:58:41,0	15	0:44:19,7	40	115
9 Icart	Thierry	FRA			1:02:09,0	50	1:20:42,0	40	0:57:33,0	24			114
10 Matanin	Marcel	SVK	0:41:59,2	45	1:05:53,0	14	1:30:53,0	4			0:45:55,9	24	87
11 Burns	Billy	ENG							0:56:23,0	50	0:44:34,3	32	82
12 Caneva	Gino	ITA					1:26:12,0	15	0:56:21,0	60			75
13 Robinson	Chris	SCO	0:41:47,0	60					0:58:47,0	14			74
14 Tikhonov	Leonid	RUS	0:42:23,9	40			1:22:30,0	26					66
15 Jöhl	Karl	SUI	0:43:03,3	29	1:03:06,0	36							65
Strobl	Helmuth	GER	0:43:32,2	24	1:05:27,0	16	1:28:20,0	10			0:47:07,3	15	65
17 Gex-Fabry	Alexis	SUI					1:20:36,0	45	0:58:23,0	18			63
18 Meya	Riccardo	MEX					1:17:59,0	60					60
19 Erni	Andrea	SUI	0:41:56,7	50									50
20 Gielen	Evert	NED					1:27:24,0	12	0:58:34,0	16	0:46:39,6	18	46

WMRA Grand Prix 2000 details:

- 11th June: Kravac International (9km/1190m climb). Jure Bobnar, Trnovlje 22, 4270 Cerklje, Slovenia. Tel 386 64 425 610; email: jure.bobnar@infonet.si
- 9th July: Internationaler Danis Berglauf (10.4 km/ 536m climb) Tourismusverein, Lenzerheide -Valbella, CH-7078 Lenzerheide. Tel 41 0813843434
- 6th August: Internationaler Schlickeralp Berglauf (11km/1310m climb) Tourismoffice, A-6165 Telfes/Stubaital. Tel 43 0522562750
- 20th August: Challenge Stellina (15.5km/1500m climb) Atletica Susa, Via Mazzini 44, Susa, Italy. Tel/Fax 0122 629415 (Adriano Aschieris)
- 9-10th Sept. World Trophy, Bergen, Germany

WMRA respectfully requests that organisers of national mountain running events take due account of the Grand Prix dates and do not hold national championship or selection races on these weekends if it can possibly be avoided.

Rules:

The Grand Prix results and official ranking lists for men and women will be compiled using best results in 4 out of the 5 races.

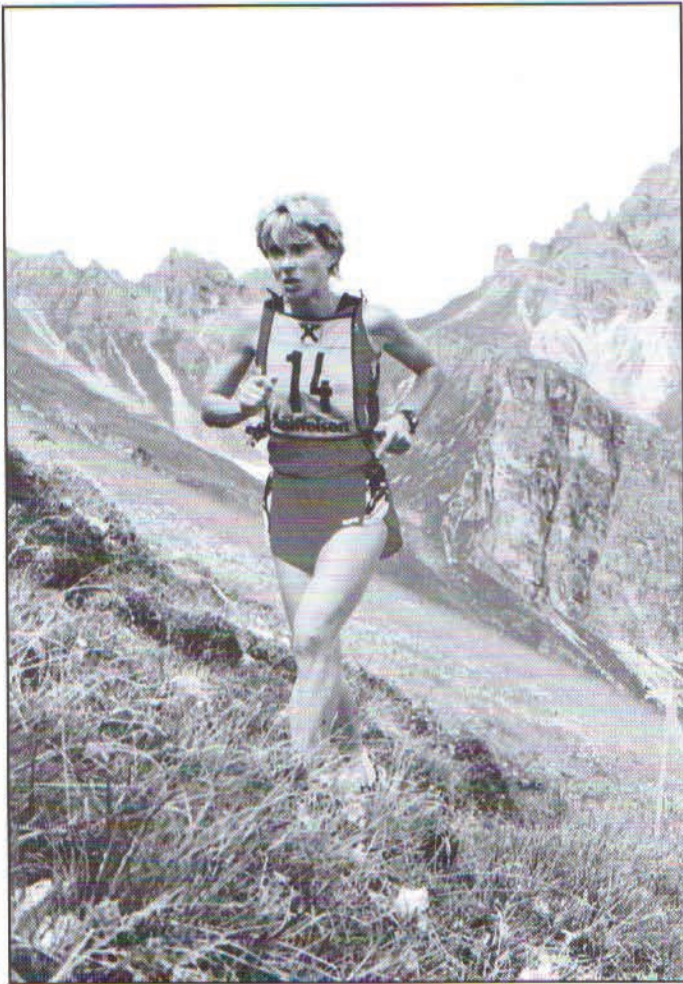
The points system is as follows:

1st-100; 2nd-80; 3rd-60; 4th-50; 5th-45; 6th-40; 7th-36; 8th-32; 9th-29; 10th-26; 11th-24; 12th-22; 13th-20; 14th-18; 15th-16; then decreasing by one point down to 30th-1

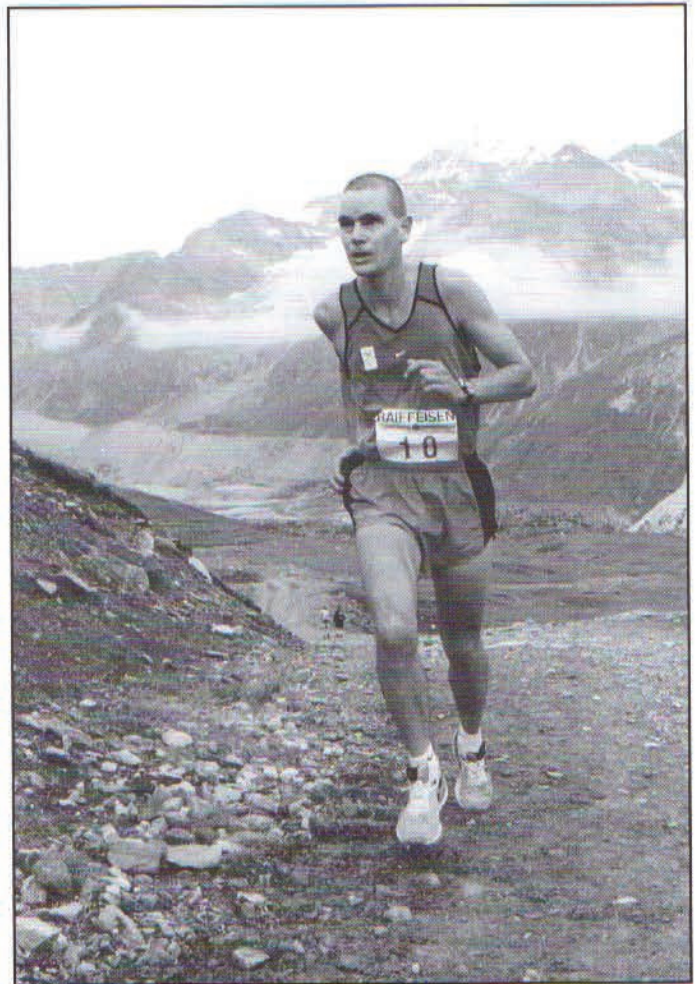
The prize list (in German Marks) is as follows:

Men: 1st-3000; 2nd-2000; 3rd-1000; 4th-700; 5th-500; 6th-400; 7th-300; 8th-200; 9th-100; 10th-100

Women: 1st-3000; 2nd-2000; 3rd-1000; 4th-500; 5th-200.



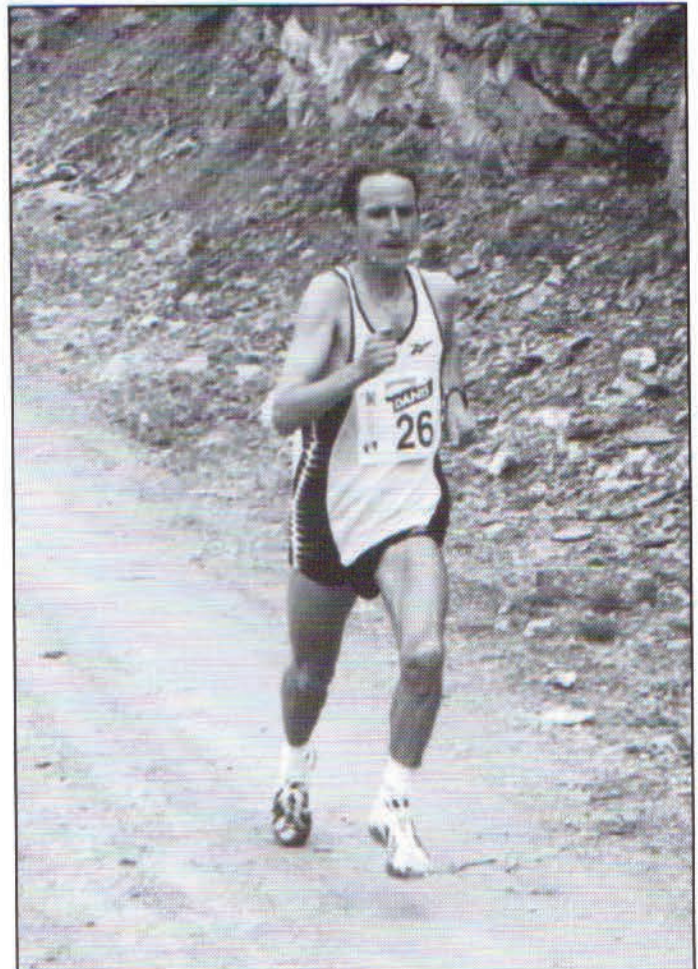
Izabela Zatorska (Poland) - 1st Telfes



Jonathan Wyatt (N. Zealand) Zermatt



Angela Mudge (Scotland) - 2nd Telfes



Bobby Quinn (Scotland) - 1st Lenzerheide

EUROPEAN MOUNTAIN RUNNING TROPHY 1999 - Results

Bad Kleinkirchheim - Austria

MEN

1.	Molinari Antonio ITA	52.17
2.	Fourdin Arnaud FRA	52.34
3.	Findlow Richard ENG	53.20
4.	Bajcicak Martin SVK	53.48
5.	Lenzi Simone ITA	53.53
6.	Tikhonov Leonid RUS	54.00
7.	Robison Chris SCO	54.02
8.	Quinn Bobby SCO	54.17
9.	Erni Andrea SUI	54.21
10.	Schatz Peter AUT	54.37
11.	Joehl Karl SUI	55.00
12.	Gex-Fabri Alexis SUI	55.00
13.	Wohllebe Stefan GER	55.06
14.	Faveaux Thierry BEL	55.12
15.	Milesi Davide ITA	55.15
16.	De Gasperi Marco ITA	55.35
17.	Richard Sylvain FRA	55.41
18.	Mendes Jaime POR	55.49
19.	Icart Thierry FRA	55.58
20.	Kyncl Stanislav CZE	56.08
21.	Serralheiro Joao POR	56.12
22.	Sambale Martin GER	56.17
23.	Salamun Igor SLO	56.33
24.	Zoubek Zdenek CZE	56.36
25.	Matanin Marcel SVK	56.38
26.	Tschurtschenthaler J. AUT	56.51
27.	Novak Bostjan SLO	56.54
28.	Taylor John ENG	57.06
29.	Dubravcik Zdenek CZE	57.13
30.	Zaharov Mikola UKR	57.17
31.	Wilkinson Neil SCO	57.20
32.	Williams Peter WAL	57.25
33.	Ceh Joze SLO	57.37
34.	Hiscox Darren WAL	57.42
35.	Pasquion Nicolas FRA	57.43
36.	Michiels Pascal BEL	57.48
37.	Jamoule Patrick BEL	58.01
38.	Engl Franz AUT	58.03
39.	Mesner Andrej SLO	58.22
40.	Bowness Alan ENG	58.35
41.	Jebb Robert ENG	58.52
42.	Zawierucha Jerzy POL	59.03
43.	Lioshyn Andrey BLR	59.28
44.	Costa Abilio POR	59.46
45.	Mowbray Phil SCO	59.48
46.	Kovacik Lubos SVK	59.52
47.	Demeter Richard SVK	59.55
48.	Gielen Evert NED	59.59
49.	Milkessa Wolde. NED	60.37
50.	Boier Tibor HUN	60.44
51.	Figueiro Valeriano POR	60.49
52.	Sagi Jozsef HUN	60.56
53.	Macina Gianluigi SMR	61.19
54.	Mechtcheriakov V. RUS	61.30
55.	Pawlovski Mariusz POL	61.36
56.	Vesselov Alexei RUS	61.38
57.	Holovynski Oleks. UKR	61.40
58.	Zabczynski Dominik POL	61.44
59.	McQueen James WAL	62.10

60.	Uciechowski Piotr POL	62.44
61.	Punt Robin NED	63.30
62.	Gasperoni Michael SMR	63.51
63.	Henin Didier BEL	64.40
64.	Skalsky Roman CZE	64.12
65.	Radjuk Valeri BLR	64.21
66.	Zafferani Matteo SMR	64.41
67.	Vinken Roman NED	64.53
68.	Jones Colin WAL	65.45
69.	Reyner Andriy UKR	65.57
70.	Konoschenkow Nik. BLR	66.59
71.	Kovtunen Yuriy UKR	69.22
72.	Karoly David HUN	73.13
73.	Dunez Igor BLR	79.50

TEAMS - MEN

1.	Italy	21
2.	Switzerland	32
3.	France	38
4.	Scotland	46
5.	England	71
6.	Czech Republic	73
7.	Austria	74
8.	Slovakia	75
9.	Slovenia	83
10.	Portugal	83
11.	Belgium	87
12.	Russia	116
13.	Wales	125
14.	Poland	155
15.	Ukraine	156
16.	Netherlands	158
17.	Hungary	174
18.	Belarus	178
19.	San Marino	181

WOMEN

1.	Zatorska Izabela POL	55.37
2.	Mudge Angela SCO	57.18
3.	Baumgartner Joh. GER	57.34
4.	Guillot Isabelle GRA	57.54
5.	Heasman Heather ENG	58.07
6.	Demidenko Svetlana RUS	58.20
7.	Sadkova Irena CZE	58.35
8.	Roberti M. Grazia ITA	59.02
9.	Murat Evelyn FRA	59.13
10.	Kuster Line FRA	59.20
11.	De Pay Gudrun GER	59.41
12.	Bukvajova Jaroslava SVK	59.55
13.	Melicherova Lud. SVK	60.03
14.	Lindner Romy GER	60.14
15.	Ploujnikova Marina RUS	60.41
16.	Spilotti Daniela ITA	61.04
17.	Schoener Ellen GER	61.27
18.	Gaviglio Flavia ITA	61.45
19.	Havelkova Dagmar CZE	62.04
20.	Egelseder Margit AUT	62.21
21.	Diamantides Helene SCO	62.43
22.	Vauzelle Veronique FRA	62.46
23.	Hizar Tina SLO	63.08

24.	Heinzle Elisabeth AUT	63.19
25.	Kaefer Karoline AUT	63.23
26.	Paulu Blanka CZE	63.40
27.	Hargreaves Jackie ENG	63.55
28.	Hizar Ines SLO	64.23
29.	Brindley Tracey SCO	64.33
30.	Schleizingerova Ren. CZE	64.37
31.	Johnson Helen ENG	64.40
32.	Mourato Vitorina POR	64.52
33.	Bergen Inge NED	65.06
34.	Brzozowska Sabina POL	65.31
35.	Singer Elisabeth AUT	65.48
36.	Trobec Marija SLO	66.42
37.	Turner Emma WAL	67.07
38.	Bretherick Sam WAL	67.31
39.	Rota Gelpi Rosita ITA	67.47
40.	Dolgoplova Ljud. BLR	67.48
41.	Nixon Ann WAL	68.13
42.	Briedova Alena SVK	68.57
43.	Rae Jennifer SCO	69.42
44.	Lloyd Jayne WAL	70.30
45.	Blanchaert Tina BEL	71.00
46.	Lipuscek Sergeja SLO	71.57
47.	Bilinska Eva POL	72.26
48.	Froment Sabine BEL	73.49
49.	Matyas Eniko HUN	74.53
50.	Pietrzak Agnieszka POL	76.02
51.	Hendrickx Vicky BEL	78.59
52.	Carinato Paola SMR	80.05
53.	Meszaros Marta HUN	80.26
54.	Bakoni Zsuzsanna HUN	81.12
55.	Szalai Tiborne Dr. HUN	81.48
56.	Khitrova Tatiana RUS	89.42
57.	Saizeva Ekaterina BLR	92.05
58.	Kenis Karen BEL	97.12

TEAMS - WOMEN

1.	France	23
2.	Germany	28
3.	Italy	42
4.	Czech.R	52
5.	Scotland	52
6.	England	63
7.	Slovakia	67
8.	Austria	69
9.	Russia	77
10.	Poland	82
11.	Slovenia	87
12.	Wales	116
13.	Belgium	144
14.	Hungary	156

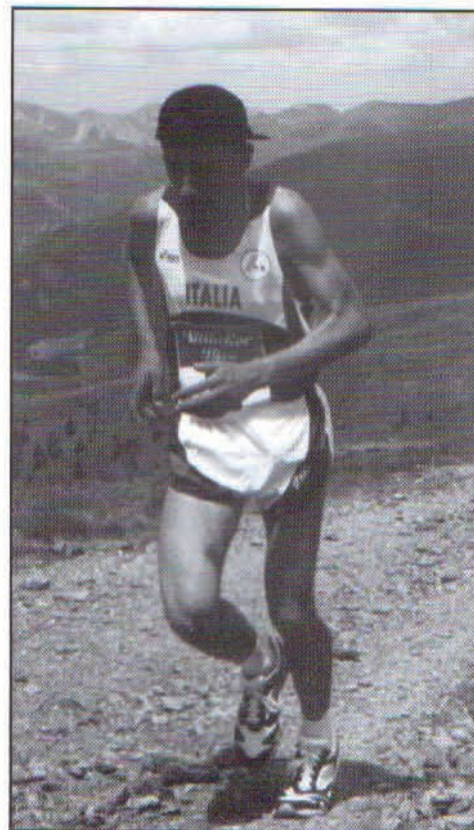
Antonio Molinari retained his European title after a fierce struggle with Frenchman Arnaud Fourdin. Molinari started fast but could not drop Fourdin and the lead alternated for most of the way. It was not until one of the final steep ascents that Molinari's superior climbing strength eventually broke Fourdin's resistance. The Frenchman never gave up the chase and only 17 seconds separated them at the finish.

Richard Findlow (England) picked up his first trophy medal in 3rd place.

Izabela Zatorska, in comparison, started carefully and the early pace was set by Angela Mudge (Scotland), and Heather Heasman (England). However, once Zatorska made her move she was too powerful for her opponents and finished a comfortable winner. Mudge just managed to hold on to the silver medal position from the fast finishing Johanna Baumgartner (Germany).

The event was superbly organised by the Karntner Leichtathletik Verband-Berglauf. Both the courses and the accommodation arrangements received high praise from the competitors. We were blessed with fine weather so could enjoy the magnificent scenery. More countries finished complete teams than ever before - as many as finished in the European Cross Country Championships for both men and women.

Antonio Molinari



EUROPEAN MOUNTAIN RUNNING TROPHY 2000**Miedzygorze - Poland**

The venue, Miedzygorze, is a picturesque village nestling in the Sudety mountains, of south east Poland, famous for its distinctive European Alpine architecture.

The race courses, this year up and down, have already been used for competition and at the time of writing are awaiting final inspection by WMRA officials. The mens is a 3 lap course of about 12km and 820m of ascent/descent, and the womens a 2 lap course of 7.5km and 500m ascent descent. Spectator vantage points are excellent.

There are 400 bed spaces in the village to accommodate athletes, officials, and supporters. Arrangements are in hand to provide transport from major airports. Accommodation is provided for athletes and race officials from Friday 30th June to Monday 3rd July.

European countries are allowed a maximum of 4 men and 4 women to compete, the first 3 in each race score for the

team result. There are no junior races. The races take place on Sunday 2nd July and will be preceded by an open race over the womens course.

Contacts:

Polish Athletic Association:

Tel 48 22 639 7015. Fax 48 22 639 7016,
email: pzla@wonet.com.pl

Local Organising Committee:

Fax 48 74 8111 588,
email: bystrzyca@region-walbrzych.org.pl

Andrzej Puchacz

Fax + 48 71 348 3041

IZABELA ZATORSKA (Poland)**European Champion - World Silver Medalist**

1999 saw Izabela Zatorska flourish as an accomplished mountain runner. This did not happen suddenly as a brief glimpse of her athletic history would confirm.

She became involved in athletics as a young teenager and won many Polish championship medals in cross country, track, and road running. She has a distinguished marathon career having a best time of 2:33:46 for the Berlin marathon and wins in the Marrakech (1991 and 1992), and Belgrade (1995 and 1996) marathons. Her best half marathon was 1:11:54 in Okayama, Japan and best 10k time was 32.19 also recorded in Japan.

She has been a member of the Polish national team in European and World cross country championships.

Her first taste of mountain running came in 1996 when she placed 4th in the World Trophy at Telfes. She gave 1997 a miss (having a baby I think) but returned in 1998 to place 6th in Reunion.

However her record in 1999 shows that at last she is taking mountain running seriously. She won all three grand Prix uphill races she ran in, beating Angela Mudge (Scotland) into second place on each occasion. A finely judged run saw her take the European title in July, at which time she expressed the thought that she would not compete in the World Trophy because it was up and down. However, she changed her mind and although uphill races are her preference and real strength, her experience helped her to silver medal position on the

undulating Sabah course.

In her own words -

'Telfes was my first attempt at mountain running, and my position there encouraged me to try again.. I was always a woman from the mountain. I spent my childhood in the mountains (Beskid Sadecki) and my father was in the mountain rescue team. I used to spend my leisure time hiking through the mountains. Now, mountain running is my love. It is not only a matter of competition with others and a challenge to myself, but it also brings me into close contact with nature which gives me unbelievable power. Such impressions are not present during road races and track events. There is also the matter of being together with kindred spirits during mountain running events where we have more friends and less stress. After a race I am obviously tired, but mentally and physically refreshed I go home to my children full of new energy.

Mountain running is a difficult sport that requires very careful preparation - for strength, endurance, extreme conditions (that must be expected on mountains), and a determination to master ones weaknesses.'

Izabela lives in a small village in South east Poland called Wrocanka, with her husband, Andrzej, (who is also her coach) and three children. Together they manage a sport and tourist centre

and organise various sporting events. She is a graduate of the Academy of Physical Education in Cracow.



Izabela poses prettily in Sabah

WORLD MOUNTAIN RUNNING TROPHY 2000

**Bergen - Germany
September 9th-10th**

The small attractive German town of Bergen, nestling below the impressive mountain 'Hochfelln' is the venue for this years World Mountain Running Trophy. Both the town and most of the course will be familiar to many mountain runners who have already competed in the International Hochfelln Berglauf which has been one of the WMRA Grand Prix races.

Gorge (Bibi)Anfang, the competition director will also be a familiar figure to many as one of the main inspirations behind the Grand Prix series.

The 'uphill only' courses will present many tactical challenges, with the early stages of all but the junior ladies offering relatively easy climbing gradients and smooth forest paths before the really hard work kicks in after the middle station. From there to the summit the paths are steeper, rocky, and frequently supported by timbers to form a kind of step.

It is difficult to predict possible winners, especially when the sport is attracting new highly talented endurance runners trying the mountains for the first time. It will be

fascinating to see if twice World Champion Marco De Gasperi (Italy) can translate his up/down superiority to the uphill only course now that he is older and stronger. Izabela Zatorska (Poland) seemed to be invincible on uphill courses last year so perhaps this will be her big chance for a World title. Amongst the many talented juniors it is always difficult to predict a winner, but they bring scintillating freshness and enthusiasm to the event. We hope that potential junior competitors, especially the girls, are not omitted from teams for reasons of travel expenses.

Look at the '2000 World Trophy' Web site on the Internet. I find it by going to <http://www.chiemgau.com>, then selecting 'Gemeinden', then 'Bergen' where you will find the event programme, maps, profiles, and details of the 'open' race which will precede the Mens Trophy race on Sunday.



Bibi Anfang (left) - Event Director shows Danny Hughes the publicity signs already up in Bergen in July 1999



**Right -
Some of the 'steps' on the upper part of the course**

BERGLAUF JOURNAL

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Trailrunning in Sasbachwalden 5th International Black Forest Teenager Games July 7th-9th 2000

The towns and villages in the Black forest region have grouped together to give young people from all over Europe a chance to meet and take part in various less established sports. The flower and wine village of Sasbachwalden in the middle of the Black Forest organises the competitions in trail and mountain running and expects more than 100 participants.

Apart from sport there will be much entertainment, parties and fun. Accommodation and meals will be free for authorised participants (12 to 17 years)

Special Mountain Race: 2.5km and 275m of ascent.

Internet address:

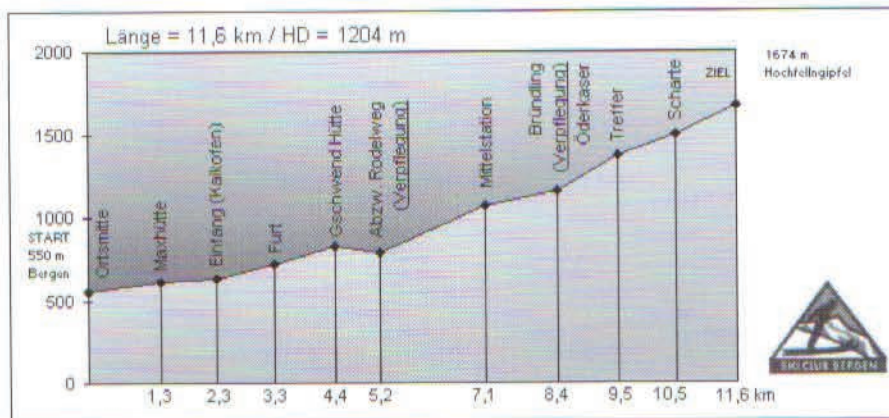
Black Forest Games: www.schwarzwald-jugendspiele.de

Internet address Sasbachwalden: www.sasbachwalden.de

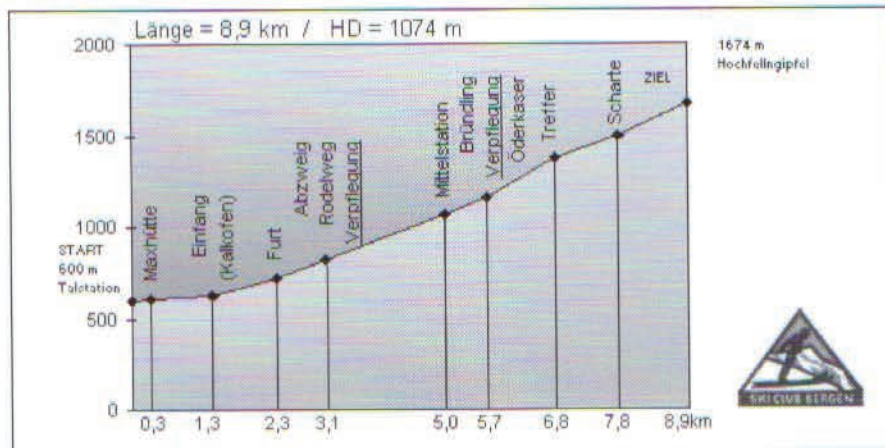
Further information: Tel: 0049 7841 1035. Fax: 0049 7841 23682

WORLD TROPHY 2000 - PROFILES

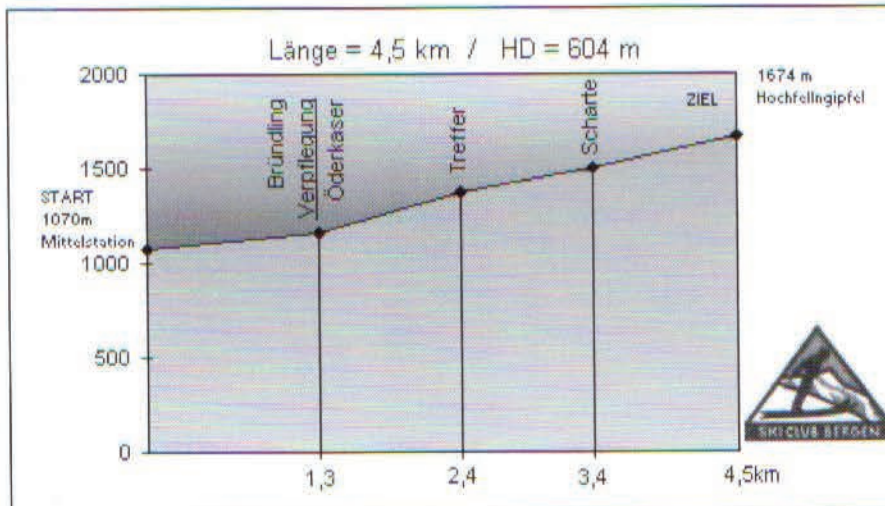
Men



Women and Junior Men



Junior Women

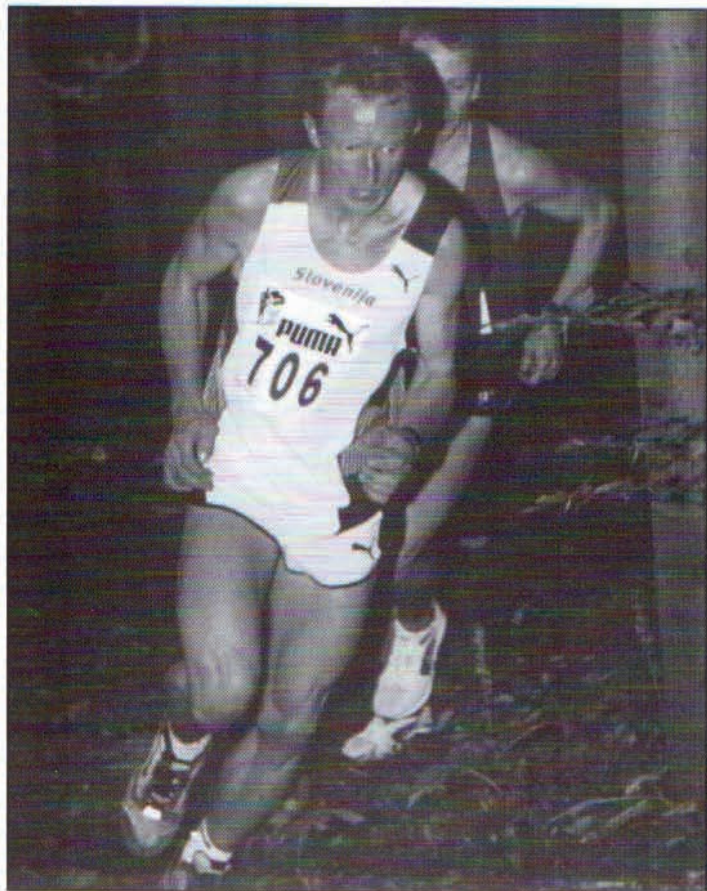


WMRA ASSOCIATED MOUNTAIN RACES**Results Summary:**Smarna Gora (Slovenia) 9th October 1999. 20th edition**Men**

1.	De Gasperi Marco ITA	39.34	
2.	Fregona Lucio ITA		40.36
3.	Ceh Joze SLO	41.08	
4.	Caneva Gino ITA	41.48	
5.	Icart Thierry FRA		42.17
6.	Mernik Igor SLO	42.28	

Women

1.	Hizar Ines SLO	50.59	
2.	Roberti Maria Grazia ITA	50.59	
3.	Hizar Tina SLO	51.19	
4.	Briedova Alena SVK	52.12	
5.	Trobec Marija SLO	54.11	
6.	Bajic Svetlana SLO	57.04	

**Joze Ceh 3rd**Mt Kinabalu International Climbathon
Sabah - Malaysia 18th/19th Sept. 1999.**Men:**

1.	Holmes Ian GB	2.43.20	
2.	Booth Simon GB	2.43.22	
3.	Matanin Marcel SVK	2.43.28	
4.	Pellissier Jean ITA		2.44.58
5.	Cosgrave Francis IRL	2.50.28	
6.	Jebb Robert GB	2.51.22	

Women:

1.	Mudge Angela GB		1.58.23
2.	Gongot @ Kuillin MAS	2.01.08	
3.	King Janet GB	2.01.20	
4.	Murphy Karen NZL	2.01.31	
5.	Johnson Helen GB		2.02.26
6.	Briedova Alena SVK	2.04.52	

The 2000 Mt. Kinabalu Climbathon will be held in October. This year the women will race the same course as the men, to the summit of Mt Kinabalu and return.

**Jean Pellissier 4th, descending from the summit of Mt. Kinabalu at speed**

WORLD MOUNTAIN RUNNING ASSOCIATION (WMRA)**(PATRONS - IAAF)****Associate Membership**

WORLDWIDE Recognition for YOUR International Mountain Race.

One of the objectives of WMRA is to strengthen our ties with International Mountain races by publicising those races and encouraging a high standard of organisation and competition. 'WMRA Associate Membership' for qualifying races can help you achieve your goals and keeps you in touch with the worldwide mountain running scene.

Criteria for Associate Membership.

1. The race must have been staged at least twice
2. Dope testing procedures, in accordance with IAAF rules, may be requested by the national Athletic Federation.
3. The race must be registered and sanctioned by your national Athletic Federation
4. WMRA must be supplied with prior notice of the race details and with a full result list, together with high quality photographs that may be published.
5. If required by WMRA, 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.
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3. Increased international entry from athletes world-wide.
4. Free advertising in all WMRA publications (Newsletter, etc.) and publication of results, photographs and race description.
5. Use of the WMRA logo to indicate a mountain race accredited by WMRA.
6. Association with other individuals involved in international mountain running events

APPLICATIONS FOR ASSOCIATE MEMBERSHIP OF WMRA.

Please provide the following information in typewritten form

NAME of EVENT/ date/ distance km/ Ascent m/ Descent m/ Race director details/
Number of years the race has been staged./Average number of runners over the last 2 years.

Average number of foreign countries represented over the last 2 years.

Is your race sanctioned (approved or affiliated) by the national athletic federation ?.....

Record Times: Men(Name/Country/Time).Women(Name/Country/Time).....

Associate membership fee of 250 Swiss Francs for the calendar year to be paid to the WMRA account :

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CH 7002 Chur,
Switzerland.

Account Number CD 168 605 400

Note that membership runs from the 1st January to the end of December each year.

Membership is subject to the approval of the WMRA council. If for any reason associate membership is refused then the membership fee will be returned. No application will be considered without the appropriate fee being paid into the WMRA account.

Return requested information to D.Hughes; WMRA President

MEMORIES FROM SABAH



Richard Findlow ENG. 2nd Men.



Malaysian Junior Women Team



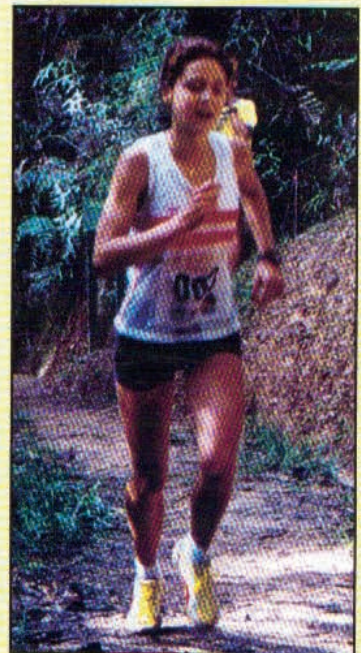
Melissa Moon NZL 6th Women.



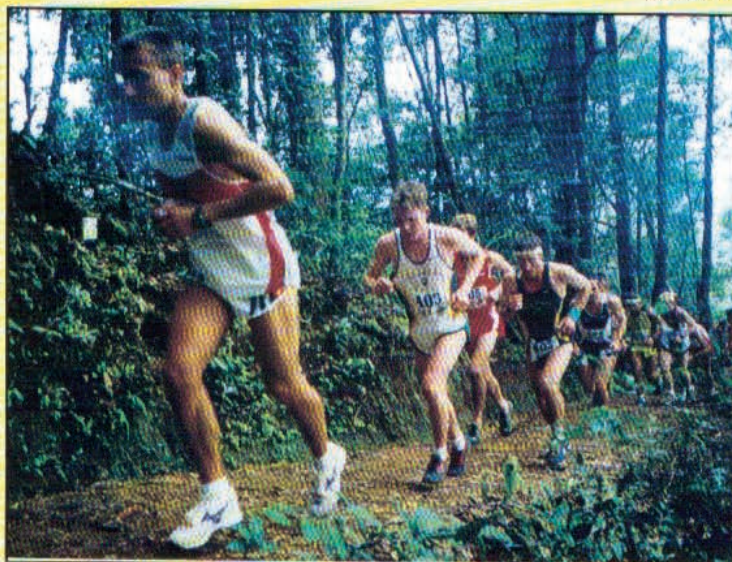
Benny Lubrini ITA 1st Junior Men



Roseti Gelpi is congratulated in Italian style by Bruno Gozzelino and Raimondo Balicco after winning the senior women's race.



Cornelia Heinzle AUT 1st Junior Women



Paul Crake (403) AUS in the pack. Men



Scott Gall USA leads Aaron Strong NZL. Men.