



WORLD MOUNTAIN RUNNING ASSOCIATION NEWSLETTER 2002



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March 2002

Melissa Moon (New Zealand) and Marco de Gasperi (Italy).
Photo T. Sarf



WORLD CHAMPIONS 2001



Stephano Scaini (Italy)
(Junior)



Marco De Gasperi (Italy)



Leah Vetsch (Switzerland)
(Junior)



Melissa Moon (New Zealand)

Editorial

The year 2001 was another one of significant advance for the world mountain running movement. As you will see from these pages, the activities of WMRA are now providing a wide range of significant international competitive opportunities for mountain runners of all ages and both sexes. The simple philosophy behind this work is that our sport should encourage contact between peoples of all nations to come together in peace and harmony, in the beautiful natural settings of our hills and mountains. All the rest is detail!

However, in common with all sporting activity the doping issue is one that must given constant attention. No sooner has a reliable test for EPO, the performance enhancing drug for endurance activity, has been developed, than another drug, aranesp, used routinely for medical conditions (cancer, kidney failure, anaemia) and currently undetectable is being used by unscrupulous competitors. The huge fortunes at stake, for those reaching the top of the sporting tree, mean that there will always be some athletes prepared to risk their health (aranesp carried major risk for the heart) and to cheat in the hope of avoiding detection. These fortunes are closely related to the revenue that derives from televised sport.

Is there any longer a place in sport for some of the original reasons and ideas behind sporting activity such as healthy exercise, friendships, travel to new places, pride in performing to the best of ones natural ability, belonging to a club of special people sharing the same values of fairness and honesty? I believe that there is and also that it is predominant in our branch of athletics.

At this moment in our development, mountain running offers only modest monetary rewards. It has limited attraction for television producers due to the difficulties in presenting the events in a way that can be appreciated by the general television audience. As far as I am aware, our mountain running athletes are drug free and their achievements are the result of dedicated training within the framework of normal working lives.

Maybe we have just reached the right balance. Yes, we could do with more money injected into the sport to support athletes travelling to competition. Yes, we would like to see monetary rewards not just to the very top athletes, but to those following close behind. Yes, we need money for development and encouragement of the sport worldwide. But mountain running is fortunate in that it remains a bastion of sporting activity for the pure enjoyment and pleasure it gives. Long may it remain so!

Danny Hughes (President WMRA)



WMRA Council meeting in Monaco January 2002. Left to Right - Carlos Cardoso, Otto Klappert, Pierre Weiss (all IAAF), Danny Hughes, Nancy Hobbs, Tomo Sarf, Raimondo Balicco, Roland Herzog, Wolfgang Muenzel, Bruno Gozzelino, Sue Richardson (IAAF).

A message from the IAAF

I have great pleasure in being able to write a short message for this edition of the WMRA Newsletter on behalf of the IAAF.

The mountain running events, for which WMRA have responsibility, have reached new heights over the past years. We have seen an increasing number of athletes and countries taking part, and the standard of performance has improved to real world class levels.

We can now look forward to the 2002 World Trophy in Innsbruck which promises to reach even higher levels of performance and professional organisation.

The IAAF are happy that they are in a position to continue to contribute to the development of mountain running as a branch of athletics by giving organisational support from their bureau in Monaco and also financial support for WMRA administration and team travel expenses to compete in the World Trophy.

The popularity of this fascinating and beautiful facet of 'out of stadium' distance running will surely increase in the coming years, not least because of the great commitment of the WMRA council members and the close co-operation of the IAAF and WMRA.

Otto Klappert (Chairman - IAAF cross country and road running committee)

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WMRA WEB SITE

(Courtesy of European Athletic Association):

www.wmra.info

THE WMRA ACCOUNT

Our account details, held in US\$, is as follows:

Sanwa Bank, 891 Loring Avenue
Crockett, CA 94525, USA

Account number: 006611737
Routing number: 1220-0351-6

WMRA NEWS

EUROPEAN CHAMPIONSHIPS

On the 20th October 2001, the 2001 European Athletic Association (EAA) Congress, held in Moscow, voted unanimously to incorporate an annual mountain running championship into their championship programme starting in 2002.



Hansjorge Wirz (2nd from right) attends the European Trophy in Slovenia to assess its suitability for championship status (Others from left: Bruno Gozzelino, Janez Aljancic, Tomo Sarf, Roman Jakic, Hanzjorg Wirz, Danny Hughes)

Henceforth, the EAA will be responsible for this event which up to now has been the responsibility of the WMRA and termed the European Trophy.

This is the conclusion of about four years of talks and negotiations between WMRA and EAA. In bringing about championship status for the event, WMRA have taken another step towards its objective of fully integrating our branch of athletics into the broader athletic family.

Our thanks must go to the entire EAA council for taking this significant, for some brave, step, and in particular, the assistance guidance and support given to the mountain running movement by EAA president Hansjorg Wirz (Switzerland) and Erika Strasser (Austria).

Now it is hoped that many more European federations will take up the challenge offered by mountain running, to set up their domestic mountain running programmes, to have closer ties with itinerant mountain running groups, and to offer their athletes material support to compete in the championships.

The first championship event will be in Portugal, on the island of Madeira on July 7th 2002. Further details from the EAA (eea-office@t-online.de) or LOC (assmadeira@mail.eunet.pt)

ROLAND HERZOG

The 2001 WMRA congress elected Roland Herzog (Austria) to the WMRA council for the position of Marketing Director.

Roland, a university lecturer in 'sociology for teachers' in Vienna, has a long association with both the Austrian Athletic Federation (ÖLV) and with mountain running, serving both in administrative positions.

His interest in athletics dates back to his own athletic career when in the 1960's he was Austrian and Viennese middle distance champion several times.

Now, he is well acquainted with journalists and other media personnel involved in sport. It is in this capacity that he will be seeking to increase the profile, publicity, and sponsorship for our sport. Not an easy task, but we wish him well.



WMRA NEWS

MASTERS WORLD CHAMPIONSHIPS 2002

*Change of name.
Change of venue.*



WMRA council decided that the previous designation of this competition as a 'Veterans Championship' be changed to 'Masters Championship' in line with other sporting events for the older age groups.

In September last year the 2002 event was offered to the city of Kitzbuhel (Austria) with Franz Puckl as organiser. No official announcement was made about the venue pending the signing of the contract of agreement which stipulates all the conditions surrounding the event, a document which WMRA requires for all its competitions. After protracted attempts to have this agreement entered into, a letter was received from the Mayor of Kitzbuhel, on 22nd January, categorically refusing to sign up to the agreement. Quote 'I kindly ask you to understand that the city of Kitzbuhel will not subscribe to this contract because the city of Kitzbuhel never signed a contract like this before and never will'

Subsequent efforts were made to discover what problems Kitzbuhel had with the contract without success. Therefore, discovering that the World Trophy organisation in Innsbruck (Austria) were prepared to stage the event, and had no problems in signing up to the contract, the council decided unanimously to transfer the championships to the new venue.

There are many disappointments that the original plans have floundered, but I am sure that Innsbruck will provide a fitting location for the championships which are scheduled to be held on Saturday September 21st, a week after the World Trophy. See the WMRA web page for further details, and also, in due course, the World Trophy. Innsbruck, web page www.tlv.at

2001 WMRA CONGRESS - Arta Terme

Congress was attended by representatives from 26 countries. Election of WMRA council took place with the only change being the inclusion of Roland Herzog as Director of Marketing.

An important constitutional change was agreed whereby a countries membership of WMRA, could, under very special circumstances, be an independent mountain running organisation. Normally of course, and in all instances at the moment, the WMRA member is the Athletic Federation of the country who is also a member of IAAF.

A full explanation of the method of distributing IAAF travel assistance was given by the President. The factors involved were, performance in the previous years world trophy (both individual and team), distance to travel, and perceived economic state of the country. If any member wishes to receive these details in writing then please write to the secretary or president.

IAF MOUNTAIN RUNNING SEMINAR

The International Athletic Foundation (IAF) agreed to the postponement of the seminar announced for 2001, and instead it will take place in Innsbruck on Monday September 16th 2002. Observation of the World Trophy will form part of the Seminar weekend and about 12 countries, completely new to the WMRA mountain running movement, have been invited to attend. The seminar is also open to all current WMRA members and an invitation has already been issued by

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Pierre Weiss of IAAF and IAF

The agenda will include:

- The history of mountain running.
- Mountain running as a branch of athletics.
- Organisation WMRA - IAAF
- Rules governing international events.
- Safety and Medical aspects
- Training and equipment.
- Development of a mountain running programme.
- Designing a mountain running course.
- How to stage a mountain race.
- The current international mountain running calendar.
- Implications, for the federation, of embarking on a mountain running programme

INCREASED IAAF SUPPORT

We are pleased to announce an increase in IAAF financial support for WMRA administration from \$5000 to \$10,000 for 2002. This is the first increase since IAAF became patrons of WMRA in 1980's

IAAF travel support for countries travelling to the World Trophy continues and notification of the amounts involved has been sent to the member federations.

The winter WMRA council meeting took place at IAAF headquarters in Monaco. Here we were able to consolidate relationships with IAAF as the President Lamine Diack (also president of IAF) welcomed us and took a keen interest in the development of our branch of athletics.



Lamine Diack

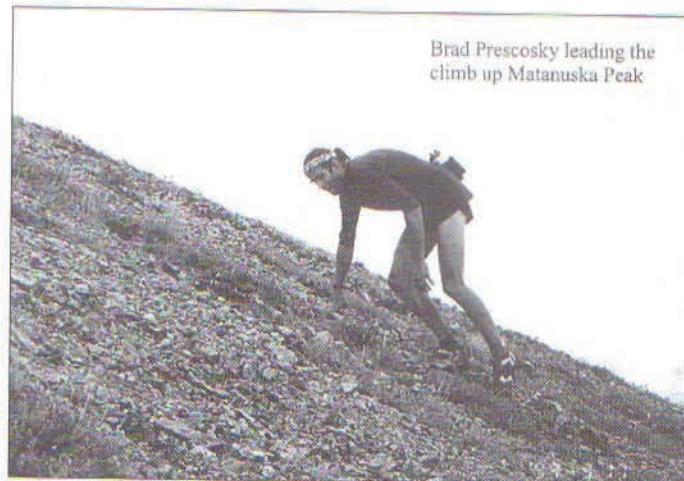
2003 WORLD TROPHY GOES TO USA

Congress approved the bid from the USA to stage the 2003 World Mountain Running Trophy.

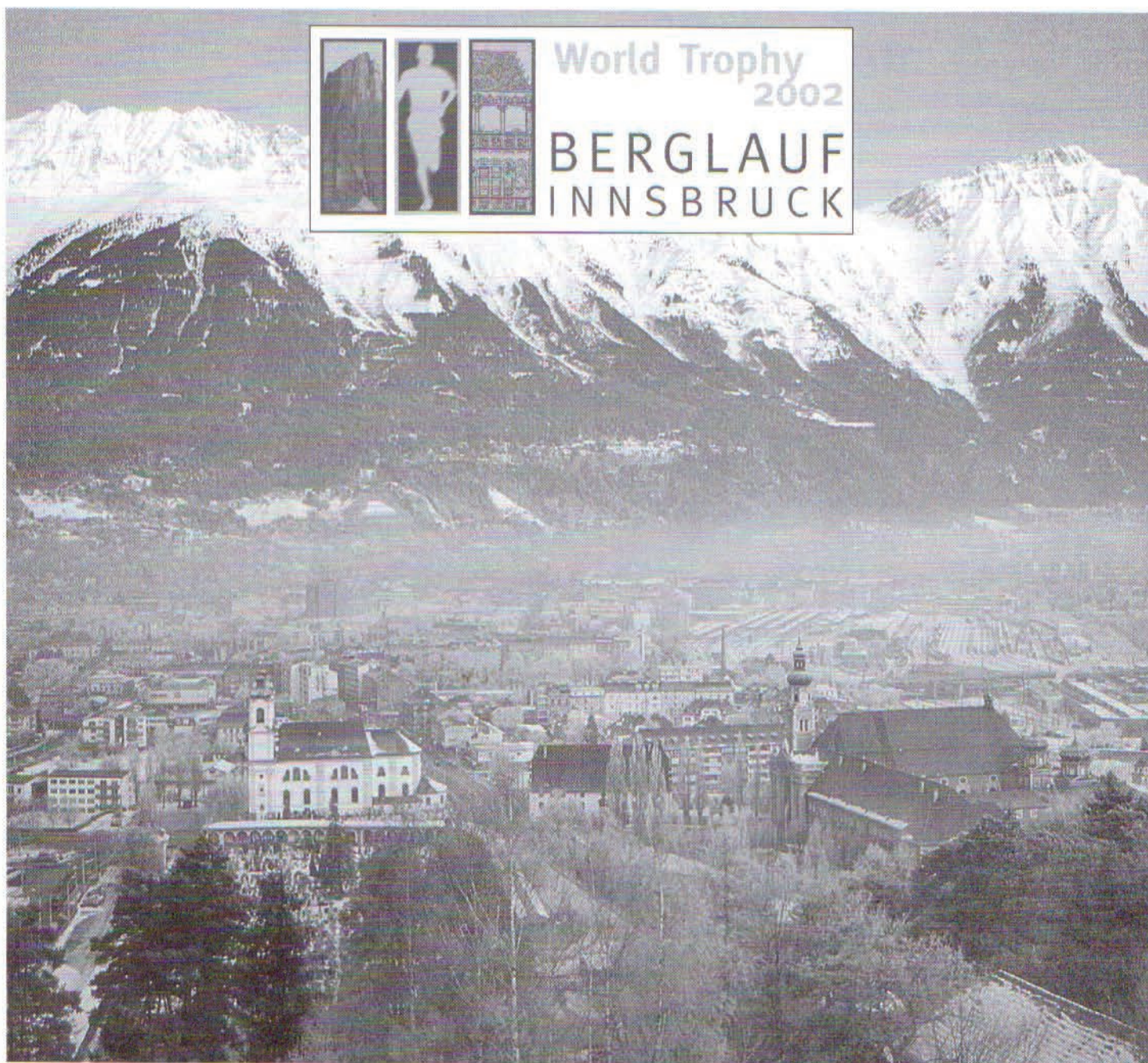
Prime movers behind this bid are Brad Precosky and Wendy Sailors, president and secretary, respectively, of the Alaska Mountain Runners, so naturally the venue will be Alaska, on the mountains near to Anchorage.

Compounding this success the WMRA council decided that a preview of the courses should be offered to athletes adventurous enough to travel the distance. Hence the inclusion of the courses in the 2002 Grand Prix series.

Whilst the cost of travelling outside Europe for the World Trophy might be prohibitive for some, we believe that the world-wide development of mountain running will be well served by this bold decision.



Brad Precosky leading the climb up Matanuska Peak



This years World Trophy mountain races will take place on two mountains overlooking the picturesque town of Innsbruck. On Saturday the juniors and women will race on the Patscherkofel, the start being a 15 minute drive from the centre of the city. On Sunday, after the traditional open race, the men will race up Seegrube following approximately the course of the 2001 Grand Prix. The race will start in a city centre, in front of the famous Golden Roof. Spectators and TV will be able to see the start and the finish hotel, high on the Seegrube above the city, at the same time, and given good weather the views will be spectacular.

There is a web page containing some information, www.tlv.at, The event director is Elmar Rizzoli, whose e-mail address is e.rizzoli@magibk.at

Invitations will be sent out by the Austrian Athletic Federation (OLV), and can also be obtained by application to them.

Mountain runners shine in the European cross country championships (December 2001)

Stefano Scaini (Italy), the 2001 World Junior mountain running champion was the top mountain running performer in the cross country championships with a bronze medal in the junior mens event. **Andrew Lemoncello** (GB) who ran for Scotland in Arta Terme, finished in 33rd position and was the last counter for the winning GB team.

Rosita Rota Gelpi (Italy), former World mountain running champion and holder of many team medals in the World and European events, led home the Italian ladies team in 22nd position followed closely by her team mate **Nives Curti** in 27th.

Cornelia Heinzele (Austria), former World Junior mountain running champion found the senior ladies pace rather fast with not enough hills and finished 74th.

Another who found the flat course not to his liking was **Marcel Matanin** (Slovakias only representative) who finished 64th in the mens race.

Congratulations to our mountain runners who are finding their talents transferable to other athletic disciplines.

PROFILE OF A CHAMPION

MELISSA MOON - NEW ZEALAND

The 2001 ladies mountain running champion, Melissa Moon, has a masters degree in Business studies and is a qualified secondary school teacher specialising in physical education and special needs teaching. In order that she can enjoy maximum flexibility to her training and competition plans she works as a relief teacher. In this way she can choose when she works without disruption to students or work colleagues.

In common with many athletes, her initiation into athletics was during school years when the emphasis was on fun rather than victory. In common with many teenagers, after leaving school at 16, her education continued in the 'university of life' as she travelled the world.

Her formal senior education and running career commenced at the age of 23 when she decided on a more settled lifestyle. Since then she has won many N.Zealand national titles and posted best times of 33.45 for 10k and 2hours 41 minutes for the marathon.

Now she says '...9 years later (so she is 32) I am a teacher with a masters in business studies and a world champion!!! Sometimes I cannot believe it' Yes, life has been kind to Melissa and gifted her with many talents.

Talking about her athletic career to date, Melissa says that 'the highlight of my athletic career is, without a doubt, my victory in Arta Terme to become the world mountain running champion. It was a very special moment for me and something I will be able to tell my children (when I have them) and grandchildren. (note: I never asked about Melissa's present romantic attachments! - ed.)

With 6th, 4th, and two bronze medals to her credit in previous world trophies,

Melissa embarked on a focussed campaign during 2001 which brought her to the gold medal position. 'I kept to my normal cross country, speed and endurance training schedule in N.Zealand which helped enormously on the up & down course of Arta Terme. The other vital ingredient was arriving in Europe early enough to prepare properly for the mountains. In previous years I have literally rolled up a week before the event so was always shocked at the high level of competition and the mountain courses, although I did tolerably well.

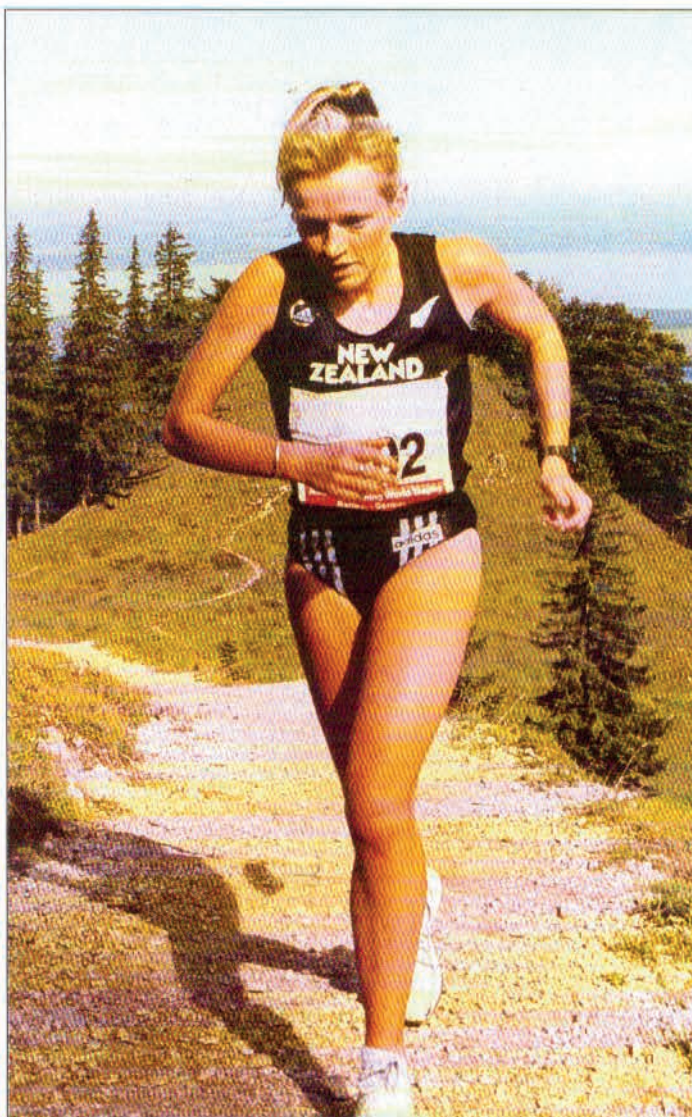
This really hit home to me in Bergen. I was at the prize giving and it was there I vowed to do things properly for 2001 in Italy. Jonathan Wyatt and Megan Edgehouse were an inspiration to

me as I saw that with the right preparation and planning you could do very well.

So I believe that the key to me winning the title was arriving in Europe early, racing on the mountains against the women I would have to race at the worlds. Another important factor was getting to know the course in Arta Terme so very, very well. I arrived at the venue early and ran over the course eight times prior to the race day. I knew it inside out which was especially important for the downhill section.

Melissa's athletic plans for the future involve more mountain running, but with her talent as a leading N.Zealand endurance athlete, she has a real chance of competing in the big international track and field championships. 'I have a real passion for mountain and cross country running and anticipate focussing on the worlds in both events, and on the 2002 WMRA grand prix races.

Although I would dearly love to make it to the Commonwealth games and/or the Olympics, it will mean having to train for the marathon. I am not sure if I have the desire to do this because I don't particularly like the training involved or racing over that distance. In contrast, I love the training and racing involved in mountain and cross country running. If they had these events at commonwealth, or Olympic level it would be marvellous. However they don't so I am forced to give this marathon a go. 10k on the track does not appeal at all. I find that event terribly boring. I do owe it to myself to at least try for the marathon in the commonwealth games and will go for a qualifying time in Japan in March. But my heart is in the mountains and I am already thinking about the European circuit and the worlds in



Innsbruck.

Melissa goes on to summarise her feelings about the sport and last years events. 'I love everything about mountain running - the wonderful race locations - the people involved in the sport (such a friendly down to earth bunch of people). The 2001 Worlds was an amazing event in many ways, not just because I won the title, but we (N.Zealand) had a wonderful team spirit. The event was so well organised, the location was breathtaking, and the people of Arta Terme friendly and warm.

Those memories will be with me for the rest of my life.'

Thank you Melissa for sharing your moment of glory with us.

2001 WORLD MOUNTAIN RUNNING CHAMPION MARCO DE GASPERI - ITALY

Marco de Gasperi, still only 24 and yet 3 times senior world mountain running champion, junior champion in 1996, WMRA Grand Prix winner and top of the world rankings in 2001. What is the secret of his success?

Marco, how did you become a mountain runner?

I started mountain running when I was just 10 years old, in easy races of course. I used to compete in these events as an alternative to Nordic skiing which I also practiced during the winter. I was very passionate about the mountains and I did many difficult mountain climbs in the Alps with my father. It was natural for me to continue competing in mountain races as I got older and I had some success to encourage me to continue. I was 4th in the Italian championships in 1994 and 3rd in the Italian junior championships in 1995. 1996 saw the start of my real success when I won all Italian junior championship races and went on to become junior world champion.

Have you ever been tempted into other branches of athletics?

I have never tried senior track races and have no 5k or 10k times! One day I would like to run the marathon, following in the footsteps of my countryman Gelindo Bordin who also started as a mountain runner and went on to win the 1988 Olympic marathon. I have plenty of time to prepare for that!

With so much early success it must be difficult to tell us the highlight of your athletic career so far.

Well I have to say that each of my world championship titles have given me enormous pleasure, but the one that stands out in my memory is my victory in Male Svatonovice in 1997, my first year as a senior. It is still difficult for me to realise how I managed to win this very hard race. I think I was lucky.

What are your immediate athletic ambitions?

I have two goals this year. First to become an official European champion in Madeira. The up and down course favours me, but I know that my friend, Emanuele Manzi, the Englishmen Burns and Findlow, and possibly a Portuguese outsider (they are certain to find some good athletes to compete on their home territory) will all make it very difficult. Secondly, it remains for me to prove my mountain running capabilities in uphill only

races, so the World Trophy in Innsbruck will be my next target. This will be even more difficult if Jonathan Wyatt, a stronger athlete than me, is competing.

What does your training programme consist of?

I train 7 to 10 times a week during winter, mostly by myself in Bergamo where I work as a forest warden. Most of this is running on the level with just one long uphill run each week. In the summer mountain running season my training is very specific for the races I enter. I often return to my home, Bormio

which is at 1300m altitude. Here I find perfect conditions. This is where I can prepare very well for downhill running. Together with my coach and my friend Manzi we design programmes lasting 3-4 months before the main objective, carefully choosing some races in the middle of this preparation. We spend an important 3 weeks at 2000m altitude about 6 weeks before the world trophy. During this period I try to avoid all excess (like beer!), but I do not have any special diet.

How important is the support offered by your federation (FIDAL)?

The federation help by giving us a week special squad training in the winter and then a further two weeks, one each before the European and World events. The structure of mountain running in Italy is very much influenced and supported by the military. Forestale, (directed by Raimondo Balicco), my club which consists of forest wardens, is a military organisation. We are therefore given a salary and have the opportunity to train like semi professional athletes.

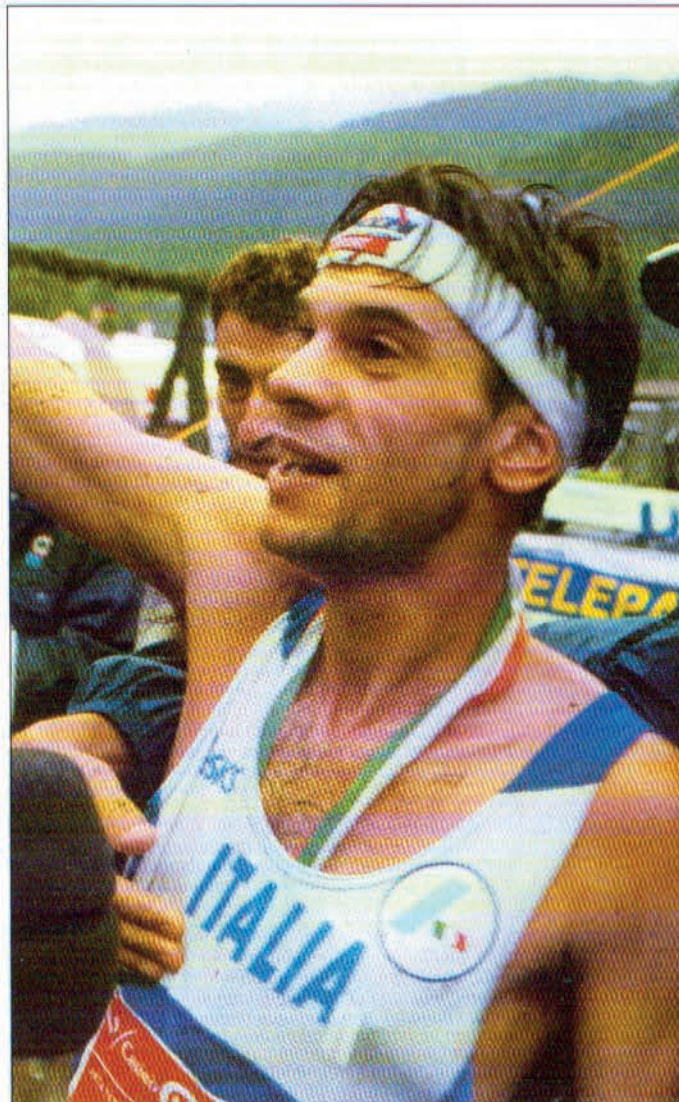
Our selection procedure is very rigorous and you have to be

always prepared for these hard fought contests. This regime contributes very much to our athletic development.

Have you any final thoughts about your success?

The most important thing for my success is to be quiet in the mind, aiming for goals without pressure. I have many friends who help me in my everyday life and I want to thank those people who are always near me.

Marco de Gasperi



Celebrating victory in Arta Terme

2001 WORLD MOUNTAIN RUNNING TROPHY (Arta Terme - Italy)

SENIOR MEN

1.	De Gasperi Marco	ITA	61.05
2.	Manzi Emanuele	ITA	61.08



3.	Burns Billy	ENG	61.21
4.	Gex-Fabry Alexis	SUI	61.54
5.	Fregona Lucio	ITA	62.04
6.	Costley Philip	NZL	62.29
7.	Breuil Thierry	FRA	62.54
8.	Goncalves Paulo	POR	63.23
9.	Besseyre Gil	FRA	63.40
10.	Dupont J-Christophe	FRA	64.05
11.	Rinaldi Alessio	ITA	64.12
12.	Losman Petr	CZE	64.17
13.	Richard Sylvian	FRA	64.23
14.	Habtegiorgis Nebai	ERI	64.29
15.	Fontaine Raymond	FRA	64.31
16.	Molinari Antonio	ITA	64.34
17.	Crake Paul	AUS	64.40
18.	Agostini Andrea	ITA	64.45
19.	Mesfin Tesfahayoannes	ERI	65.02
20.	Lukin Sergey	RUS	65.22
21.	Steidl Ulrich	GER	65.26
22.	Fontaine Guillaume	FRA	65.30
23.	Ceh Joze	SLO	65.31
24.	Pauling Ryan	USA	65.55



25.	Mered Teklemariam	ERI	66.05
26.	Reitberger Rudolf	AUT	66.09
27.	Brown John	ENG	66.24
28.	Wilkinson Neil	SCO	66.28
29.	Novak Bostjan	SLO	66.45
30.	Taylor John	ENG	66.51
31.	Donnelly Colin	SCO	66.53
32.	Davies Tim	WAL	66.54
33.	Skalsky Roman	CZE	67.00
34.	Zawierucha Jerzy	POL	67.04
35.	Krayenbuehl Jerome	SUI	67.06
36.	Wandel Michael	NZL	67.10
37.	Mandl Alfred	AUT	67.11
38.	Salamun Igor	SLO	67.12
39.	Arkhipov Eduard	RUS	67.14
40.	Boltachev Alexandre	RUS	67.18
41.	Roc Agustin	SPA	67.35
42.	Pleticha Richard	CZE	67.41
43.	Rodgers David	SCO	67.47
44.	Cox Martin	ENG	67.54
45.	Deller Peter	SUI	68.00
46.	Costa Cesar	POR	68.01
47.	McNeilly Deon	NIR	68.03
48.	Oussatchev Iouri	RUS	68.05
49.	Mernik Igor	SLO	68.06
50.	Malak Michal	SVK	68.12
51.	Vymazal Petr	CZE	68.15
52.	Zoubek Zdenek	CZE	68.24
53.	Kuril Patrik	SVK	68.25
54.	Zeiler Timo	GER	68.46
55.	Zak Siri	CZE	68.48
56.	Rihtaric David	SLO	68.53
57.	Hunt Andrew	WAL	68.57
58.	Rodriguez Jose	SPA	69.06
59.	Heigl Thomas	AUT	69.07
60.	Wosik Daniel	POL	69.07
61.	Carty Neil	NIR	69.08
62.	Hope Robert	ENG	69.08
63.	Meredith Seaton	NZL	69.20
64.	Bouldstridge Michael	ENG	69.22
65.	Kovacic Lubes	SVK	69.26
66.	Woldeslassie Amanuel	ERI	69.30
67.	Hrovat Bostjan	SLO	69.49
68.	Gielen Evert	NED	69.51

69.	Gniewek Jaroslaw	POL	69.51
70.	Valente Joao	POR	69.58
71.	Sagi Jozsef	HUN	70.07
72.	Resch Hubert	AUT	70.08
73.	Turk Frank	GER	70.10
74.	Rodgers Billy	SCO	70.20
75.	Neves Domingos	POR	70.26
76.	Weldegabr Teshome	ERI	70.26
77.	Ranfil Dieter	GER	70.35
78.	Pyczak Ireneusz	POL	70.56



79.	Verrington Daniel	USA	70.57
80.	Castello Jesus	SPA	71.03
81.	Loneragan George	IRL	71.11
82.	Morrow Paul	NZL	71.14
83.	Whitlie Stewart	SCO	71.16
84.	Rolko Robert	SVK	71.18
85.	Wright Jeremy	USA	71.20
86.	Tobin Shaun	WAL	71.21
87.	Whitehead Daniel	SCO	71.23
88.	Bermajo Lorenzo	SPA	71.30
89.	Wachter Josef	AUT	71.45
90.	Shestakovych Ivan	UKR	71.50
91.	Weber Daniel	SUI	72.05
92.	Ayers Geoffrey	WAL	72.07
93.	Hofstra Klaas-Jan	NED	72.09
94.	Luczak Robert	POL	72.11
95.	Braukmann Thomas	GER	72.24
96.	Neill Steven	NIR	72.49
97.	Faceaux Thierry	BEL	72.53
98.	Bohmann Markus	GER	72.57
99.	McKibbin David	NIR	73.10
100.	Dlugosz Andrzej	POL	73.21
101.	Lenihan John	IRL	73.25
102.	Cksenyuk serhiy	UKR	73.35
103.	Tesfai rembo	ERI	73.35
104.	Giorgetti Roberto	SMA	73.42
105.	Snowdon Alistair	NZL	73.56
106.	Cegar Goran	YUG	74.06
107.	Precosky Brad	USA	74.26
108.	McDonald Martin	IRL	74.30
109.	Hegyaljai Attila	HUN	74.37
110.	McKribben Alan	NIR	74.58
111.	Mieczko Oliver	BEL	75.02
112.	Yurkevich Yauheni	BLR	75.31
113.	Nolan Paul	IRL	75.52
114.	Oze Gabor	HUN	76.00
115.	Griffith Barney	USA	76.18
116.	Williams Rees	WAL	76.30
117.	Ridolfi Stefano	SMA	76.35
118.	Jamoulle Patrick	BEL	76.36
119.	Jennings Mark	WAL	76.40
120.	Reyner Andriy	UKR	76.42
121.	Sollberger Kaspar	SUI	76.42
122.	Horvath Bela	HUN	77.02
123.	Nutelet Carlos	BEL	77.20
124.	Florida James	NIR	77.23
125.	Herlihy John	IRL	77.24
126.	Macina Gian Luigi	SMA	77.53
127.	Lioshyn Andrei	BLR	77.54
128.	Aniskevich Aliaksandr	BLR	78.29
129.	Burkart Royd	CAN	78.51
130.	Ahankou Dimitry	BLR	79.23
131.	Kovtuneko Yuriy	UKR	79.37
132.	Zafferani Matteo	SMA	80.22
133.	Twomey Sean	IRL	80.28
134.	Cavion Gregory	BEL	80.28
135.	Andre Rudy	BEL	80.31
136.	Green Daniel	AUS	81.12
137.	Schamchuk Aliaksandr	BLR	83.22
138.	Kojine Petr	RUS	85.52
139.	Adams Jeffrey	USA	87.27
140.	Sagi Zsolt	HUN	87.29
141.	Terenzi William	SMA	89.48
142.	Karoly David	HUN	94.27
143.	Simankov Stanislav	BLR	108.24

SENIOR MEN TEAMS

1.	Italy	(1,2,5,11)	19
2.	France	(7,9,10,13)	39
3.	England	(3,27,30,44)	104

4.	Eritrea	(14,19,25,66)	124
5.	Czech Republic	(12,33,42,51)	138
6.	Slovenia	(23,29,38,49)	139
7.	Russia	(20,39,40,48)	147
8.	Switzerland	(4,35,45,91)	175
9.	Scotland	(28,31,43,74)	176
10.	New Zealand	(6,36,63,82)	187
11.	Austria	(26,37,59,72)	194
12.	Portugal	(8,46,70,75)	199
13.	Germany	(21,54,73,77)	225
14.	Poland	(34,60,69,78)	241
15.	Slovakia	(50,53,65,84)	252
16.	Spain	(41,58,80,88)	267
17.	Wales	(32,57,86,92)	267
18.	USA	(24,79,85,107)	295
19.	N.Ireland	(47,61,96,99)	303
20.	Ireland	(81,101,108,113)	403
21.	Hungary	(71,109,114,122)	416
22.	Ukraine	(90,102,120,131)	443
23.	Belgium	(97,111,118,123)	449
24.	San Marino	(104,117,126,132)	479
25.	Belarus	(112,127,128,130)	497
	Australia	(17,136)	
	Netherlands	(68,93)	
	Yugoslavia	(106)	
	Canada	(129)	

SENIOR WOMEN

1.	Moon Melissa	NZL	38.02
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2.	Pichtova Anna	CZE	38.17
3.	Zatorska Izabela	POL	38.50



4.	Demidenko Svetlana	RUS	38.57
5.	Mudge Angela	SCO	39.28
6.	Mayr Andrea	AUT	40.04
7.	Melicherova Ludmila	SVK	40.07
8.	Heinzle Cornelia	AUT	40.07
9.	Chowaniec Valerie	CAN	40.23
10.	Rota Gelpi Rosita	ITA	40.48
11.	Lallemant Catherine	BEL	40.51
12.	Baronchelli Pierangela	ITA	41.06
13.	Pickvance Ruth	ENG	41.15
14.	Schoner Ellen	GER	41.19
15.	Czuta Pakosz	POL	41.21
16.	Gaviglio Flavia	ITA	41.28
17.	Brendley Tracy	SCO	41.38
18.	Moreiras Lucinda	POR	41.58
19.	Walter Tina	GER	42.42
20.	Spilotti Daniela	ITA	42.49
21.	Di Stefano Karen	USA	42.53
22.	Guillot Isabelle	FRA	42.56
23.	Jez Alicja	POL	43.06
24.	Gadi Hafida	FRA	43.09
25.	Borcard Colette	SUI	43.23
26.	Bukvajova Jaroslava	SVK	43.26
27.	Do Couto Anne	FRA	43.27
28.	Flynt Bryan Julie	USA	43.53
29.	Vivier Laurence	FRA	44.18
30.	Macdonald Carline	NZL	44.21
31.	Ballangee Danelle	USA	44.33
32.	Sonntag Birgit	GER	44.33
33.	Froment Sabine	BEL	44.37
34.	Imgraben Barbara	GER	44.39
35.	McCluskey Elisabeth	IRL	44.42
36.	Singer Elisabeth	AUT	44.44
37.	Amblar Tracy	ENG	44.52
38.	Zivko Anica	SLO	45.12
39.	May Judith	NZL	45.12
40.	Armitage Sonia	SCO	45.14

2001 WORLD MOUNTAIN RUNNING TROPHY (Arta Terme - Italy)



7.	Brzeski tomasz	POL	36.54
8.	Lemoncello Andrew	SCO	36.55
9.	Kosovelj Mitia	SLO	37.00
10.	Vassiliev Evgueni	RUS	37.14
11.	Parker Jonathan	ENG	37.17



14.	Slovakia	(25,49,57)	131
15.	Wales	(44,45,56)	145
16.	Belgium	(40,47,62)	149
17.	Canada	(52,58,64)	174
18.	Hungary	(63,66,69)	198
	N.Ireland	(59,61)	

JUNIOR WOMEN

1.	Vetsch Lea	SUI	27.25
2.	Devoy Sarah	NZL	27.36
3.	Stafa Agnieszka	POL	27.37



4.	Desco Elisa	ITA	27.41
5.	Gorska Malgorzata	POL	27.42
6.	Heinzle Friederike	AUT	28.00
7.	Marinoni Valeria	ITA	28.25
8.	Hawitt Karrisra	ENG	29.04
9.	Rodriguez Melissa	FRA	29.08
10.	Beltrando Michela	ITA	29.12
11.	Doll Juliane	GER	29.18
12.	Tizon Aurelie	FRA	29.28
13.	Zabloudilova Lenka	CZE	29.30
14.	Vseteckova Lenka	CZE	29.40
15.	Wojtowicz Anna	POL	29.47
16.	Nalder Jane	NZL	29.48



17.	White Natalie	ENG	29.52
18.	Pitamic Jasmina	SLO	30.08
19.	Reisinger Lisa	GER	30.10
20.	Ingram Katie	ENG	30.19
21.	Hruzova Andrea	SVK	30.22
22.	Harrison Fiona	WAL	30.27
23.	Podrecca Tea	SLO	30.35
24.	Wasle Carina	AUT	30.36
25.	Cant Lucy	NZL	30.51
26.	Spindler Christin	GER	30.53
27.	Ptakova Lenka	CZE	30.55
28.	Shiell Marbeth	SCO	30.57
29.	Vladarova Jana	SVK	30.59
30.	Meszaros Szilvia	HUN	31.15
31.	Marshall Samantha	SCO	31.42
32.	Pitchkour Olga	RUS	31.47
33.	Lehotska Stanislava	SVK	31.49
34.	Nep Adrienn	HUN	31.57
35.	Emsley Jennifer	SCO	32.05
36.	Crowley Emily	WAL	32.05
37.	Marty Claire	FRA	32.19
38.	Haller Judith	AUT	32.23
39.	Chapaeva Mariia	RUS	32.34
40.	Kiss Melinda	HUN	33.27
41.	Hopkins Deirdre	IRL	33.34
42.	Mlinar Nela	SLO	33.57
43.	Illarionova Ekaterina	RUS	34.09
44.	Williams Helen	WAL	38.17
45.	O'Connor Margaret	IRL	38.45
46.	Tierney Theresa	IRL	44.12

JUNIOR WOMEN TEAMS

1.	Poland	(3,5)	8
2.	Italy	(4,7)	11
3.	New Zealand	(1,16)	18
4.	France	(9,12)	21
5.	England	(8,17)	25
6.	Czech R.	(13,14)	27
7.	Germany	(11,19)	30
8.	Austria	(6,24)	30
9.	Slovenia	(18,23)	41
10.	Slovakia	(21,29)	50
11.	Wales	(22,36)	58
12.	Scotland	(28,31)	59
13.	Hungary	(30,34)	64
14.	Russia	(32,39)	71
15.	Ireland	(41,45)	86
	Switzerland	(1)	

41.	Oberer Marine	NZL	45.24
42.	Bretherick Samantha	WAL	45.29
43.	Rueda Oppliger Fabiola	SUI	45.37
44.	Rozkocova Paula	CZE	45.37
45.	Briedova Alena	SVK	45.38
46.	Fairfax Louise	AUS	45.50
47.	Gray Samantha	WAL	46.12
48.	Twardochleb Barbara	POL	46.15
49.	Munro Pauline	ENG	46.15
50.	Hajkova Renata	CZE	46.17
51.	Zabjek Simona	SLO	46.36
52.	Dugdale Evelyn	ENG	46.48
53.	Brand-Barker Angela	WAL	46.57
54.	Sustarcic Mateja	SLO	46.59
55.	Miller Clare	SCO	47.11
56.	Kafer Karoline	AUT	47.54
57.	Lloyd Jayne	WAL	48.12
58.	Rakhimkulova Regina	RUS	48.45
59.	Flanagan Joan	IRL	49.01
60.	Hannon Blaitthin	IRL	49.50
61.	Navratilova Lucie	CZE	50.01
62.	O'Kane Shileen	NIR	50.12
63.	Brosnan Ailis	IRL	50.42
64.	Tolhurst Helen	AUS	50.50
65.	Matyas Eniko	HUN	51.00
66.	Trobec Ursa	SLO	51.21
67.	Banaghgan Glenda	AUS	51.44
68.	Meszaros Marta	HUN	51.45
69.	Carinato Paola	SMA	52.14
70.	Maximova Irina	RUS	52.16
71.	Zaitsava Katsiaryna	BLR	52.26
72.	Faveaux Patricia	BEL	52.42
73.	Galbraith Claire	NIR	52.59
74.	Khramykh Nadzeya	BLR	53.04
75.	Kovacs Fatima	HUN	53.32
76.	McCausland Hazel	NIR	53.44
77.	Cordner Violet	NIR	54.13
78.	Deutsch Noa	ISR	54.19
79.	Randi Minica	SMA	54.32
80.	Hrakhol'skaya Ala	BLR	55.12
81.	Gathercole Jo	USA	55.16
82.	Mamo Or	ISR	56.21
83.	Egorova Irina	BLR	56.38
84.	Gasparoni Nadia	SMA	57.18
85.	Shriki Sivan	ISR	57.54
86.	Szarbo Borbala	HUN	60.51

SENIOR WOMEN TEAMS

1.	Italy	(10,12,16)	38
2.	Poland	(3,15,23)	41
3.	Austria	(6,8,36)	50
4.	Scotland	(5,17,40)	62
5.	Germany	(14,19,32)	65
6.	New Zealand	(1,30,39)	70
7.	France	(22,24,27)	73
8.	Slovakia	(7,26,45)	78
9.	USA	(21,28,31)	80
10.	Czech R.	(2,44,50)	96
11.	England	(13,37,49)	99
12.	Belgium	(11,33,72)	116
13.	Russia	(4,58,70)	132
14.	Wales	(42,47,53)	142
15.	Slovenia	(38,51,54)	143
16.	Ireland	(35,59,60)	154
17.	Australia	(46,64,67)	177
18.	Hungary	(63,68,75)	208
19.	N.Ireland	(62,73,76)	211
20.	Belarus	(71,74,80)	225
21.	R.San Marino	(69,79,84)	232
22.	Israel	(78,82,85)	245
	Switzerland	(25,43)	
	Canada	(9)	
	Portugal	(18)	

12.	Prosser Hayden	NZL	37.34
13.	Geniez Sylvian	FRA	37.36
14.	Fritz Benedikt	GER	37.38
15.	Mordaunt Dylan	NZL	37.44
16.	Lamovec Peter	SLO	37.47
17.	Pechek Petr	CZE	37.49
18.	Voutaz Jonas	SUI	37.52
19.	Prosser Mathew	NZL	38.05
20.	Kastelic Peter	SLO	38.11
21.	Dalton Peter	IRL	38.13
22.	Pitertsev Mikhail	RUS	38.13
23.	Hartmann Benedikt	AUT	38.21
24.	Freimuller Mathias	AUT	38.23
25.	Urbanovski Martin	SVK	38.24
26.	Lynch Jamie	NZL	38.29
27.	Vinzens Ondrej	CZE	38.31
28.	Lachowski Andrzej	POL	38.33
29.	Mason James	ENG	38.48
30.	Helm Julius	GER	38.52
31.	Risina Mirko	ITA	38.53
32.	Kus Bartlomiej	POL	39.01
33.	Briche Christophe	FRA	39.09
34.	Mlinar Matic	SLO	39.11
35.	Spindler Franz	GER	39.16
36.	Duncan Niall	IRL	39.35
37.	Manthee Rene	GER	39.42
38.	Buckingham Mark	ENG	39.47
39.	Pfister Markus	SUI	39.51
40.	Barbier Benjamin	BEL	39.53
41.	McAulay Donald	SCO	39.58
42.	Wyss Patric	SUI	40.03
43.	Valour Paul	FRA	40.05
44.	Williams Gwyn	WAL	40.06
45.	Pierce Llyr	WAL	40.12
46.	Little Robert	ENG	40.27
47.	De Vilder Tim	BEL	40.38
48.	Erben Libor	CZE	40.43
49.	Muran Lubomir	SVK	40.43
50.	Jardine Euan	SCO	40.49
51.	O'Muircheartaigh S	IRL	40.55
52.	Schmidt Dustin	CAN	41.02
53.	Bee Graham	SCO	41.14
54.	Fraimont J-Paul	FRA	41.33
55.	Kisselev Oleg	RUS	41.42
56.	Arrowsmith William	WAL	41.50
57.	Kmetov Marian	SVK	41.57
58.	Wildcat Matthew	CAN	41.58
59.	McAllister Dominic	NIR	42.07
60.	Doran James	IRL	42.28
61.	Taylor Simon	NIR	43.06
62.	Hammelini Wouter	BEL	43.28
63.	Kovacs Zsolt	HUN	43.56
64.	Wright Scott	CAN	44.01
65.	Kluczny Aaron	CAN	44.08
66.	Bernath Krisztian	HUN	45.16
67.	Weiss Mario	AUT	45.44
68.	Moureaux Daviv	BEL	46.12
69.	Lukaesi Balint	HUN	46.48
70.	Jones Owain	WAL	47.29
71.	Zsolnai Sandor	HUN	52.57

JUNIOR MEN TEAMS

1.	Italy	(1,3,6)	10
2.	Poland	(4,7,28)	39
3.	Slovenia	(9,16,20)	45
4.	New Zealand	(12,15,19)	46
5.	Austria	(2,23,24)	49
6.	Czech R.	(5,17,27)	49
7.	England	(11,29,38)	78
8.	Germany	(14,30,35)	79
9.	Russia	(10,22,55)	87
10.	France	(13,33,43)	89
11.	Switzerland	(18,39,42)	99
12.	Scotland	(8,41,50)	99
13.	Ireland	(21,36,51)	108

JUNIOR MEN

1.	Scaini Stefano	ITA	34.21
2.	Heinzle Florian	AUT	34.52
3.	Spini Davide	ITA	35.58
4.	Szost Henryk	POL	36.08
5.	Hudek Petr	CZE	36.26
6.	Rinaldi Marco	ITA	36.28



Sarah Devoy (NZ) 2nd, Junior Women



Junior men: Left to right:



Burns descending at speed



Women: Left to right:

IES FROM ARTA TERME



d (2). Italy (1). Slovenia (3)



The Russian squad led by Svetlana Demidenko (Centre)



Men: Left to right: France (2). Italy (1). England (3)



(2). Italy (1). Austria (3)



Junior women: Left to right: Italy (2). Poland (1). New Zealand (3)



Competition: What is Izabela saying to Melissa?
Entries (no rude ones please!) to Danny Hughes.
Prize for the best will be awarded at the 2002 congress.

2001 World Mountain Running Trophy (Arta Terme)

Report, provided for publication in IAAF Magazine by Danny Hughes

The 18th edition of the increasingly popular world mountain running trophy took place in the foothills of the high mountains of North Eastern Italy, close to the border with Austria and Slovenia. Continuing the policy of alternating the type of course each year, 2001 saw the turn of the up/down specialists. The traditional Italian mountain running course design of starting and finishing in the town centre, is an arrangement which creates enormous local enthusiasm and support for the event.

On a two lap 12km, 950m ascent descent, course, Marco de Gasperi (ITA), recorded his third world title as a senior having won in the up/down events of 1997 and 1999. He was just 3 seconds in front of his friend Emanuele Manzi (ITA) in a thrilling finish. Manzi beat him a few weeks later in a Grand Prix race, but this just proved that, on the big occasion, de Gasperi is the true champion of up/down races. After a valiant attempt to split the Italians, Billy Burns, the English international marathon runner, had to settle for third place despite leading at the start of the final descent. The Italian team recorded their, by now, usual victory, easily beating the French who were 20 points behind. 25 countries finished with full teams.

Melissa Moon (NZL), an experienced campaigner in successive world trophies, and always in the top bracket (1997 3rd, 1998 3rd, 1999 6th, 2000 4th) decided early in the season that the time had come for her to take the world event 'seriously'! In preparation, she travelled to Europe from N.Zealand early in the season to compete against the best in the WMRA Grand Prix mountain races, eventually finishing runner up in the series.

Included in her preparation was a visit to Arta Terme to test the 8.5km course which has nearly 600m of ascent/descent. Her methodical approach paid rich dividends. Running strongly on the uphill section she established an early lead which was maintained as she plunged fearlessly down the descents. Anna Pichrtova (CZE) and Isabella Zatorska (POL) chased hard to the finish but could make no impression on the slender 15 second lead which Melissa maintained to the end.

Despite having to wait until 10th place before the 1999 world champion, Rosita Rota Gelpi, arrived, the Italian women took the team title by just 3 points from a rapidly improving Polish squad, while the Austrians, who protest that up/down races are not their preferred style, took the bronze.

The Italian junior men swept the board, their three representatives scoring 10 points and led home by Stefano Scaini. Another of the outstanding mountain running family from Austria, Florian Heinze, split the Italians in the silver medal position.

Lea Vetsch, gave up/down running a boost in Switzerland by taking gold in the junior ladies 5.4 km race. Sarah Devoy (New Zealand) had a battle for silver finishing just one second in front of Agnieszka Stafa. But here was another Polish success story as Poland won the team event, their first world gold medal.

Arta Terme, under the leadership of Mayor Giovanni Battista Gardel, and event director Giacomino Rupil deserve to be congratulated for staging a fine event, with excellent hospitality, and superb course preparation earning the praise of athletes, coaches and managers alike.



Giovanni Battista Gardel (Mayor of Arta Terme),
Eritrean athlete, Giacomino Rupil (Event Director)

ASSOCIATE MEMBERSHIP

One of the main objectives of WMRA is to strengthen our ties with international mountain races. We do this by offering to include these races in the WMRA calendar and encouraging a high standard of organisation and competition. Associate membership is compulsory for WMRA Grand Prix races. Applications for membership from other international race organisers is always welcome, but the following entry qualifications should be met:

Criteria for Associate Membership:

The race must have been staged on at least two consecutive previous years.

Dope testing procedures, in accordance with IAAF rules, must be complied with if requested by your national athletic federation.

The race must be registered with and sanctioned by your national athletic federation.

The WMRA secretary must be provided with all race details and a copy of the previous years and current results.

If required by WMRA, one of their council members may attend the race for the purposes of reporting. Accommodation will be paid for by the race organisation.

Advantages of Associate membership:

Access to a worldwide network of the top mountain races

Increased interest in your event from the worlds best mountain runners.

Publication of your race details in the official WMRA calendar which is published in many places, including the IAAF directory & calendar.

Permission to use the WMRA logo on all race material.

Applications for Associate Membership:

Supply the following information, in typewritten form, and post it to the WMRA treasurer:

Name of event ñ date ñ distance ñ ascent ñ descent ñ race records ñ race directors details. (If the womens race is different from the men, then give these details also.)

Provided your application is accepted, you will be billed for the membership fee of \$50 US, giving various options for payment method. Since calendars are finalised in October for the following year, members need to join before that month in order to publicise any race that is to take place in the following year.

WMRA Calendar 2002

26th May (1st GP race)
18th Int. Gamperney Berglauf, Grabs SUI

7th July
1st European Mountain Running Championships
Madeira POR

21st July (2nd GP race)
1st Trofeo Montagne Olimpiche, Sauze d'Oulx ITA

10th August (3rd GP race)
1st Alyeska Mountain Run Int., Anchorage USA

25th August (4th GP race)
14th Challenge Stellina, Susa ITA

14-15th September (5th GP race)
18th World Mountain Running Trophy, Innsbruck AUT

21st September
2nd WMRA Masters Championships, Innsbruck AUT

5th October (6th GP race)
23rd Smarna Gora, Ljubljana SLO

5th October
15th Mt. Kinabalu Climathon, Sabah MAS

27th October
45th Trofeo E. Vanoni (relay international), Morbegno ITA

WMRA Web page

www.wmra.info

An increasing amount of work and communication is now carried out by computer, therefore WMRA, with the assistance of the European Athletic Association have developed a comprehensive web page on which you will find information related to our Council, Constitution, Rules, Bid advice, Calendar, Grand Prix details, Links to other sites, Results, Photographs, Rankings, and a useful Statistics page.

The previous address was www.eaa-athletics.ch/wmra. If you use this address you will be redirected to the correct address during the changeover phase.

You can keep up to date with the latest WMRA news announcements, by visiting the site, opening a news board message and following the directions to register your e-mail address to receive all announcements automatically. The service is free. Each time there is a change, an update, or some interesting development, you will receive either the news article or a reminder.

EUROPEAN TROPHY 2001 (Cerkje - Slovenia)

MEN											
1	Molinari A	ITA	49.47	47	Racz S	SVK	56.41	18	Buss S	GER	63.15
2	Bajkikak M	SVK	50.01	48	Michels P	BEL	56.45	19	Rust E	AUT	63.29
3	Fontaine R	FRA	50.14	49	Rebolj J	SLO	57.02	20	Czuta P A	POL	63.37
4	Schmuck H	AUT	50.42	50	Faveaux T	BEL	57.07	21	Schonerer E	GER	64.05
5	Sylvain R	FRA	50.48	51	Soukup R	CZE	57.16	22	Bukvajova J	SVK	64.21
6	Cox M	ENG	50.52	52	Soler F	ESP	57.35	23	Hixar T	SLO	64.39
7	De Gasperi M	ITA	50.57	53	Berniejo L	ESP	58.12	24	Tonolini A	ITA	64.43
8	Gaiardo M	ITA	51.01	54	Beha J	GER	58.25	25	Miller C	SCO	64.55
9	Manzi E	ITA	51.30	55	Wagner E	GER	58.49	26	Magauer J	AUT	64.57
10	Gex-Fabry A	SUI	51.40	56	McQueen J	WAL	58.53	27	Borcard C	SWI	65.09
11	Besseyre G	FRA	51.54	57	Gourin A	RUS	59.12	28	Wildner S	GER	65.48
12	Englert C	GER	52.07	58	Milligan A	SCO	59.16	29	Kopp A	AUT	66.06
13	Kogler H	AUT	52.16	59	Hofstra K J	NED	59.24	30	Rae J	SCO	66.52
14	Rieder A	AUT	52.20	60	Castello J	ESP	59.37	31	Matuszkiewicz A	POL	67.06
15	Pasquion N	FRA	52.21	61	Laczi E	HUN	59.56	32	Bretherick S	WAL	67.23
16	Quinn R	SCO	52.25	62	Cegar G	YUG	60.31	33	Borcard M	SWI	67.49
17	Havlicek J	CZE	52.35	63	Sanchez M	ESP	60.50	34	Gray S	WAL	67.53
18	Reitberger R	AUT	52.47	64	Jennings M	WAL	60.58	35	Froment S	BEL	67.58
19	Valente J	POR	52.56	65	Greene S	IRL	61.41	36	Guggenbuel M	SWI	68.15
20	Bowness A	ENG	52.59	66	Twomey S	IRL	64.15	37	Tomkinson C	ENG	68.28
21	Marzec S	POL	53.03	67	Toth J	HUN	64.22	38	Mojiarova I	RUS	68.36
22	Novak B	SLO	53.28	68	Davies A	WAL	64.43	39	Zabjek S	SLO	68.47
23	Findlow R	ENG	53.36	69	Misovic Z	YUG	64.56	40	Kaler K	AUT	68.53
24	Von Kanel M	SWI	53.42	70	Karoly D	HUN	65.28	41	Rota-Gelpi R	ITA	69.15
25	Mueller E	SWI	53.45	71	O'Brien B	IRL	65.38	42	Rakhimkoulouva	RUS	69.23
26	Pleticha R	CZE	53.47	72	Ahankou D	BLR	65.53	43	Hanakova M	CZE	69.52
27	Arhipov E	RUS	53.48	73	Ross A	IRL	69.42	44	Strach A	POL	70.07
28	Holzer S	SWI	53.51	74	Momic D	YUG	70.48	45	Paulu B	CZE	70.40
29	Oussatchev I	RUS	54.01					46	Armitage S	SCO	70.48
30	Serralheira J	POR	54.08					47	Olejarova S	SVK	71.02
31	Dlugosz A	POL	54.18					48	Sustarsic M	SLO	71.23
32	Wilkinson N	SCO	54.27					49	Cermakova M	CZE	71.27
33	Jenne M	GER	54.33					50	Rozkovecova P	CZE	71.45
34	Boltachev A	RUS	54.49					51	Lipuscek S	SLO	73.14
35	Malak M	SVK	54.50					52	Lloyd J	WAL	73.32
36	Krebs M	SLO	55.08					53	Kovacs F	HUN	73.46
37	Taylor J	ENG	55.27					54	Turner E	WAL	74.50
38	Zoubek Z	CZE	55.30					55	Kovacs I	HUN	77.15
39	Baier T	HUN	55.35					56	Egorova I	BLR	78.47
40	Gora W	POL	55.38					57	Hrakholskaya	BLR	79.39
41	Jamouille P	BEL	55.46					58	Blanchart T	BEL	80.28
42	De Pelsmaecker J	BEL	55.48					59	Khramykh N	BLR	80.41
43	Gniewek J	POL	56.16					60	Szabo B	HUN	88.39
44	Tobin S	WAL	56.18					61	Meszaros M	HUN	88.39
45	Mowbray P	SCO	56.22					62	Khitrova T	RUS	92.16
46	Subie M	SLO	56.24								

continued over page

EUROPEAN TROPHY 2001 (Cerkje - Slovenia)

Men Teams:

1	Italy	(1-7-8)	16
2	France	(3-5-11)	19
3	Austria	(1-13-14)	31
4	England	(6-20-23)	49
5	Switzerland	(10-24-25)	59
6	Czech R	(17-26-38)	81
7	Slovakia	(2-35-47)	84
8	Russia	(27-29-34)	90
9	Poland	(21-31-40)	92
10	Scotland	(16-32-45)	93
11	Germany	(12-33-54)	99
12	Slovenia	(22-36-46)	104
13	Belgium	(41-42-48)	131
14	Wales	(44-56-64)	164
15	Spain	(52-53-60)	165
16	Hungary	(39-61-67)	167
17	Ireland	(65-66-71)	202
18	Yugoslavia	(62-69-74)	205

Women Teams:

1	France	(8-9-13)	30
2	England	(10-11-16)	37
3	Italy	(4-17-24)	45
4	Germany	(12-18-21)	51
5	Poland	(5-20-31)	56
6	Scotland	(2-25-30)	57
7	Austria	(19-26-29)	74
8	Switzerland	(15-27-33)	75
9	Slovakia	(6-22-47)	75
10	Russia	(1-38-42)	81
11	Belgium	(3-35-58)	96
12	Slovenia	(23-39-48)	110
13	Wales	(32-34-52)	118
14	Czech R	(43-45-49)	137
15	Hungary	(53-55-61)	169
16	Belarus	(56-57-59)	172



Martin Bijcicak(Slovakia) 2nd; Antonio Molinari(Italy) 1st); Raymond Fontaine(France) 3rd.



Wales: left to right - Jayne Lloyd, Sam Bretherick, Emma Turner and Sam Grey



The start arrangements in Cerklje were perfect, as was most of the organisation (Photo Brindl)

WMRA Masters World Mountain Running Championships 2001 (Ustron - Poland)

The first official Masters championship, held in Ustron, Poland was a resounding success in all respects when more than 500 athletes ranging in age from 35 for women, and 40 for men, to over 70 participated in the event.

For me, the weekend held two outstanding memories. First, the wonderful concert of singing put on by ROWNICA, a local young peoples choir, during an opening ceremony that was just part of the superb overall organisation. Second, the unbounded enthusiasm, enjoyment, and undiminished competitive spirit of the Masters themselves. The Mayor of Ustron, Jan Szwarc led the town of Ustron in their warm welcome to the hardy mountain running fraternity.

Thanks to all those involved, the annual staging of this event is now assured, and Ustron is a town that we will surely revisit with international mountain races in the future.



Pretty members of the Rownica choir on duty at the prize ceremony.

Women:

- 35-39. Ludmila Melicherova (Slovakia)
- 40-44. Sonia Armitage (Scotland)
- 45-49. Danila Moras (Switzerland)
- 50-54. Louise Fairfax (Australia)
- 55-59. Erika Regitz (Germany)
- 60-64. Irma Tomczak (Poland)

Full results can be seen by visiting the web site:
www.weterani.phg.pl



The oldest Masters age groups (65-69 and over 70) line up for the first of the staggered starts.

Mens Champions:

- 40-44. Colin Donnelly (Scotland)
- 45-49. Sam Anning (England)
- 50-54. Frantizek Mach (Poland)
- 55-59. Goetz Biemann (Czech R.)
- 60-64. Kaspar Scheiber (Switzerland)
- 65-69. Bill Gauld (Scotland)
- 70+ Boleslaw Mrozinski (Poland)



Bill Gauld (Scotland). 65-69 champion.



Wolfgang Muenzel (Germany). WMRA Director of Competition. 8th (45-49 category)



Irma Tomczak (Poland). Ladies 60-64 champion.



Colin Donnelly (Scotland) 40-45 champion.



Boleslaw Mrozinski (Poland) Over 70 champion.



Danila Moras (Italy) Ladies 45-49 champion



Josephine Prowse (England) Ladies 45-49 runner up.

WMRA GRAND PRIX & WORLD RANKING 2001

S-G Seegrube (Innsbruck, Austria)
 S-D Snowdon (Llanberis - Wales)
 C-S Challenge Stelina (Susa, Italy)
 K-B KitzbuhelerHorn (Kitzbühel, Austria)
 A-T World Trophy (Arts Terme, Italy)
 SMG Smarna Gora (Ljubljana, Slovenia)

RESULTS SPONSORED BY **SALOMON**

MEN				1	2	3	4	5	6	Races	TOTAL
Surname	Forename	Year	Nat.	S-G	S-D	C-S	K-B	A-T	SMG	No.	POINTS
1	De Gasperi	77	ITA		100			100	90	3	290
2	Wyatt	72	NZL			100	100		85	3	285
3	Manzi	77	ITA		90			90	100	3	280
4	Cox	69	GB	90		90	85		1	5	265
5	Molinari	67	ITA	100		85	70	20	60	5	255
6	Burns	67	GB				90	85	55	3	230
6	Fregona	64	ITA			75		75	80	3	230
8	Crake	76	AUS			70	65	15	70	4	205
9	Quinn	65	GB	85			50		65	3	200
10	Gaiardo	70	ITA			80	75			2	155
11	Reitberger	71	AUT	70			40		35	4	145
12	Breuil	72	FRA					65	75	2	140
12	Icart	68	FRA	50		45			45	3	140
14	Taylor	69	GB		85	50			0	4	135
15	Novak	70	SLO	40	60				25	4	125
16	Torresani	62	ITA		70		35		15	3	120
17	Shelley	61	USA			65	45			2	110
18	Richard	66	FRA			55		35		2	90
19	Kroll	72	AUT	55			1			2	56
20	Mandl	74	AUT	45			5			3	50
21	Habison	65	AUT	30			10			2	40

WOMEN				1	2	3	4	5	6	Races	TOTAL
Surname	Forename	Year	Nat.	S-G	S-D	C-S	K-B	A-T	SMG	No.	POINTS
1	Zatorska	62	POL	90	100	100	90	85	100	6	300
2	Moon	69	NZL			90	100	100		3	290
3	Mudge	70	GB	100			85	75	90	4	275
4	Melicherova	64	SVK	85		85	75	65	85	5	255
5	Pickvance	61	GB	80		80	70	10		4	230
6	Jackson	78	GB	75	90	60	60			4	225
7	Miller	76	GB	60	85				70	4	215
8	Pichrtova	73	CZE				80	90		2	170
9	Czuta-Pako	66	POL				65	1	65	3	131
10	Singer	62	AUT	70			50			3	120
10	Thompson	68	ENG	40	60	10	20			4	120
12	Armitage	60	SCO	30	75					3	105
12	Sustarsic	73	SLO	5	50				50	4	105
14	Emberger	54	AUT	10			5			2	15
15	Lechner	64	AUT	1			10			2	11

The full regulations governing the WMRA Grand Prix can be seen on our web page.

The abbreviated regulations appear in this newsletter under the Grand Prix 2002 report.

Essentially they are that an athlete's 3 best results out of the 6 Grand Prix races count towards the final ranking. At least two scoring races must be achieved in order to be listed.

The philosophy behind our regulations is to make it possible for many athletes, from all over the world, to have a chance of a Grand Prix listing, and of course a chance of being amongst the final prize winners. Consequently, the World Trophy results are included in the Grand Prix because most of the world's leading mountain runners take part in that race, leaving them only one more scoring race for a listing and a third to benefit from the counting 3 races.

For example, in 2002, USA runners have a 'home' event in Alaska, the best runners will come over to Europe for the World Trophy in Innsbruck, and, as in previous years take in a third grand prix race by extending their stay by a few weeks.

A mixture of uphill only and up/down races means that specialists in both types of mountain race have a chance to lead the ranking. By requiring only 3 out of 6 it is possible, for those who really do not want to compete out of their specialisation, to do so.

A third strand of our philosophy is to give athletes the opportunity of visiting new places and experiencing different races by slowly rotating those events chosen for the Grand Prix. This year sees two new events. It is becoming our policy to grant the following years World Trophy venue Grand Prix status, in the preceding year, as a means of allowing athletes to sample the world trophy course and for the organisers to try out their arrangements.

Of course, the policies of rotation and limited races to count, in favour of the athletes, does not necessarily favour the event organisers. Here we have first to acknowledge the magnificent efforts put into our sport by race organisers and to try to get them to see that, in the long term, greater involvement and interest in the sport on the part of the athletes, that the Grand Prix tries to foster, will inevitably result in benefits to their event whether it is in the current Grand Prix or not.

The 2001 series built up to a fine climax in Slovenia (Smarna Gora) where all the



Grand Prix winners Marco de Gasperi & Izabela Zatorska

leading contenders were present. Several possible outcomes to the final ranking depended on the results of the last race.

Marco de Gasperi and Jonathan Wyatt had a fine competition, to decide the overall winner, with Marco just hanging on in 2nd place in front of Jonathan 3rd. The minor placings too depended on the result and Emmanuelle Manzi ensured 3rd overall with an emphatic last race victory.

It was a pity that Melissa Moon, world champion, had to return to N.Zealand before the race, otherwise it would have been a real 'needle' match with Izabela Zatorska to decide the overall winner. In Melissa's absence, Izabela registered a crushing victory (and a record time) and duly finished top of the ranking. Izabela was also the only athlete to compete in all 6 Grand Prix races.

WMRA GRAND PRIX SERIES 2002

(OFFICIAL WORLD RANKING)

26th May 2002

Gamperney International, Grabs (Switzerland)
 Distance: 8.8km. Ascent: 1000m (men & women)
 Rosmarie Schoenholzer, Steinbergweg 5, 9472 Grabs,
 Switzerland. Tel: 0041 (0)81-771 41 91
 Fax: 0041 (0)81-771 42 04 e-mail: schonholzer@freesurf.ch
 Web page: www.gamperney-berglauf.ch

21st July 2002

Trofeo 'Montagne Olimpiche' Sauze d'Oulx (Italy)
 Distance: 10.77km. Ascent 890m. Descent 890m (men)
 6.9km. Ascent 465m. Descent 465m (women)
 Adriano Aschieris Tel: 0039 0122 49928 Fax 0039 0122 858 920
 e-mail Staff@atleticasusa.it web page: www.atleticasusa.it

10th August 2002

Alyeska Mountain Race, Girdwood, (Alaska)
 Distance: 10.5 km. Ascent/ Descent: 938m (men)
 8km 650m (women)
 Brad Precosky, PO Box 11-1713, Anchorage, AK 99511, USA
 Tel: 001 907 345 1857, e-mail: akmtmrn@hotmail.com

25th August 2002

14th International Challenge Stellina, Susa (Italy)
 Distance: 15.2km. Ascent: 1500m (men)
 8.0km. Ascent: 600m (women)
 Atletica Susa, Corso Unione Sovietica, 8, 10059 Susa
 (Torino), Italy
 Tel/Fax: 0039 0122 62 94 15 e-mail: Staff@atleticasusa.it
 Web page: www.atleticasusa.it

14/15 Sept. 2002.

World Mountain Running Trophy (uphill only) Innsbruck
 (Austria)
 This is a closed event, in which only those selected to
 represent their country may compete.
 Invitations will be sent to national athletic federations.

5th October 2002.

23rd Smarna Gora, Ljubljana (Slovenia)
 Distance: 9.0km Ascent 710m. Descent 350m (men &
 women)
 Tomo Sarf, Nedohova 6, 1210 Ljubljana-Sentvid, Slovenia.
 Tel: 00 386 41 785 859
 e-mail: tomo.sarf@helios.si Web site: www.smarnagora.com

POINTS SYSTEM

Position:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Men:	100	90	85	80	75	70	65	60	55	50	45	40	35	30	25	20	15	10	5	1
Ladies:	100	90	85	80	75	70	65	60	50	40	30	20	10	5	1	-	-	-	-	-

Grand Prix Rules 2002

1) There will be 6 races in the 2002 grand prix & world ranking consisting of 5 international races and the World Trophy. 2) The overall grand prix result and world ranking list will be calculated from the best 3 results from 6 races. 3) Each athlete must score in at least two races to be included in the final published results. 4) In the event of athletes in a prize position having equal points, they will be ranked according to their relative finishing positions in the World Trophy. If athletes with equal points have not run in the World Trophy, the prize money for each position will be added together and divided by the number of athletes in the tie.

1) Il y aura 6 courses dans le grand prix 2001 qui compteront pour le classement mondial: celui-ci sera basé sur 5 courses internationales et le trophée mondial 2) Le résultat final du grand prix et le classement mondial seront établis en retenant les 3 meilleurs résultats des 6 courses. 3) Chaque athlète doit être classé dans au moins deux courses pour être inclus dans les résultats finaux qui seront publiés. 4) Dans le cas où des athlètes classés ex aequo dans une position leur donnant droit à une prime, ils seront départagés en fonction de leur position au Trophée Mondial. Si ces athlètes n'ont pas participé au Trophée Mondial, ces primes seront additionnées et divisées également entre ces athlètes.

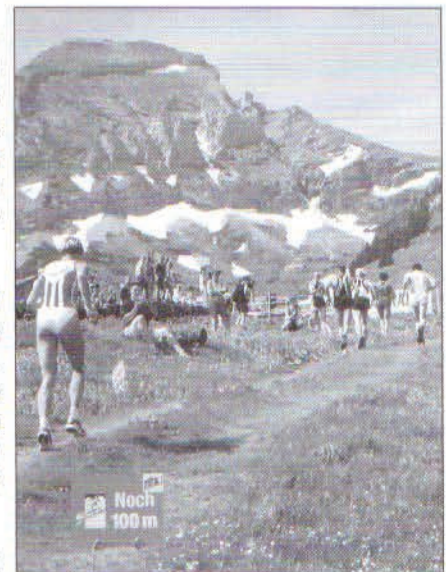
1) Für den grand prix und die welttrangliste 2001 werden 6 bergläufe, bestehend aus 5 internationalen rennen und der world trophy, durchgeführt. 2) Das gesamtresultat für den grand prix und die welttrangliste errechnet sich aus den 3 besten resultaten bei den 6 rennen. 3) Jeder athlet muss mindestens bei 2 bergläufen punkten, um in den veröffentlichten endresultaten zu erscheinen. 4) Falls athleten im preisgeldrang punktgleichheit haben werden diese nach ihrer platzierung bei der world trophy eingestuft. Haben athleten mit gleicher punktzahl nicht an der world trophy teilgenommen, werden die preisgelder für die entsprechenden range addiert und durch die anzahl der gleichrangigen athleten geteilt.

1) Il grand prix 2001 ed il ranking mondial si articolano in 6 prove: 5 gare internazionali ed il trofeo mondiale. 2) La classifica complessiva finale valida per gran prix 2001 e per il ranking mondiale sarà calcolata sommando i tre migliori punteggi (sulle sei gare). 3) Un atleta deve ottenere punti in almeno due prove per essere inserito nella classifica complessiva finale del grand prix e nel ranking mondial. 4) In caso di parità di punteggio nella classifica finale del Grand Prix, il piazzamento ottenuto dagli atleti in parità nel Trofeo Mondiale risolve la parità. Se gli atleti in parità nella classifica finale del Grand Prix non hanno partecipato al Trofeo Mondiale, essi rimarranno classificati in parità ed il premio di ciascuno di loro verrà determinato sommando i premi degli atleti in parità diviso per il numero degli atleti stessi.

PRIZES IN EUROS

Position	Men	Women
1	2,000	2000
2	1,250	1250
3	750	750
4	500	400
5	400	250
6	300	100
7	200	50
8	100	50
9	100	50
10	100	50

Salomon Shoes will be presented to the first 15 men and 10 women.



Gamperney (Grabs) The Finish

CHAMPIONS OF THE PAST - where are they now?**JAY JOHNSON 1987**

In the early days of the World Trophy competition, before the USA had an official team, it was the policy of WMRA (then ICMR) to allow itinerant runners to take part in the trophy races as a way of building up interest.

In 1987, a small blond haired American mountain runner from Colorado called Jay Johnson was taking the European mountain running scene by storm, winning many of the big events.

His victory in the long uphill race in Lenzerheide marked the peak of his mountain running career as he beat Helmut Stuhlpfarrer from Austria (silver) and Guido Dold from Germany (bronze).

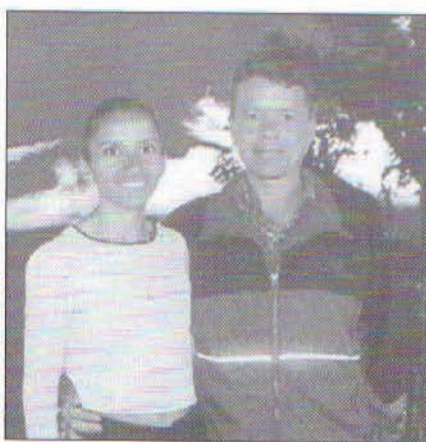
In subsequent years he was 9th in Telfes (1990), 22nd in Zermatt (1991) and 24th in Susa (1992).

Today, his home base is still Colorado, but he spends the winter in Ecuador, where he is now, with his Ecuadorian girlfriend Lilly Guerra who happens to

be the national 1500m and 5km champion. Jay reports that her brother Silvio is a fantastic uphill runner who would surely win the world trophy if he could compete. We are working on it!

Since dropping out of the European mountain running scene, Jay had his own running store company in Boulder. A legal dispute with partners resulted in Jay being given a significant settlement which enables him to live the laid back lifestyle of which he dreamed. He runs, swims, bikes, helps other athletes, and travels.

Now over 40, and still an active athlete and is considering a comeback in the Masters championships!



Jay Johnson with his girlfriend in Ecuador.



Jay Johnson, a winner in his heyday.

MT. KINABALU 2001 Sabah - Malaysia

Anna Pichrtova (CZE) followed up her silver medal in the World Trophy in Italy, by a magnificent victory in the severe Mt Kinabalu race on 6th October. She beat a previous race winner, local girl Kuilin Gongot, by 20 minutes to record a ladies race record of 3 hours 8 minutes 12 seconds, and in the process collected prize money of \$4,500 US. The mens race was won for the first time by Mexican Ricardo Mejia who we would hope to see representing Mexico one day in the World Trophy

Results

Men:	1. Ricardo Mejia (Mexico)	2.42.35
	2. Jean Pallisier (Italy)	2.44.42
	3. Simon Booth (Gt.Britain)	2.48.20
	4. Mius Balinting (Malaysia)	2.52.28

Women:	1. Anna Pichrtova (Czech R)	3.08.12
	2. Kuilin Gongot (Malaysia)	3.28.23
	3. Hasny Salagan (Malaysia)	3.37.34
	4. Elom Unding (Malaysia)	3.41.39

Right - Anna Pichrtova

Below - Simon Booth, Ricardo Mejia, Jean Pallisier



The full results and details of the 2002 event can be seen on the web page: www.sabahtourism.com
There is also a link to this page on the WMRA web page
The 16th Edition of the Mt Kinabalu race will be held on 5-6th October 2002

2002 WMRA Grand Prix Sponsors

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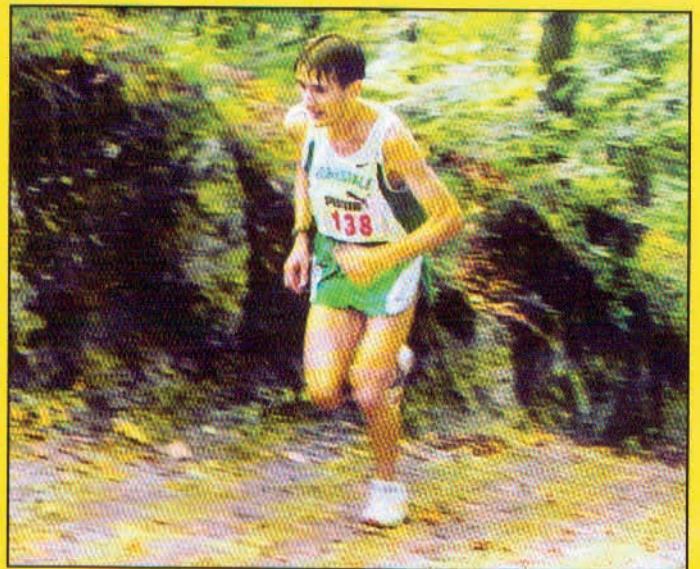
For further information visit
www.salomonoutdoor.com

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MEMORIES OF 2001 GRAND PRIX



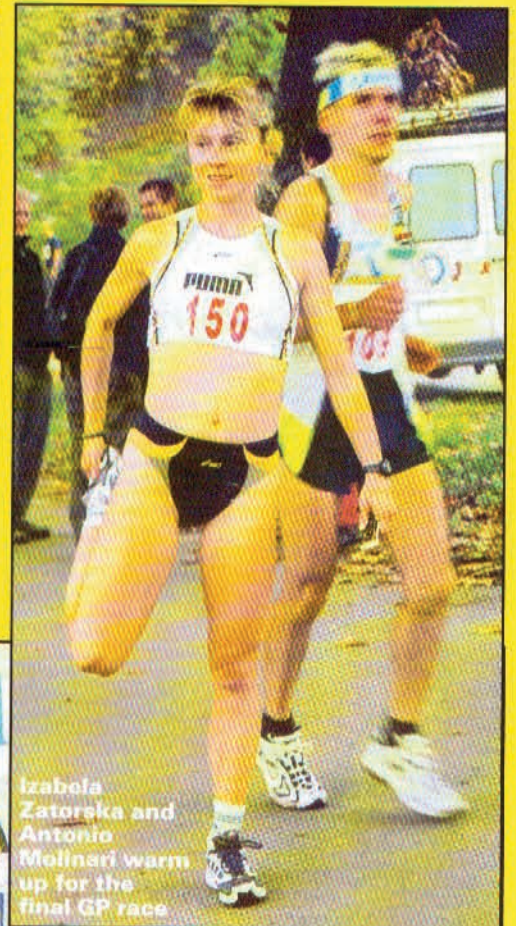
Marco de Gasperi winning at Snowdon



Emanuele Manzi rounding the final bend to win Smarna Gora



Jonathan Wyatt winning the Challenge Stellina



Izabela Zatorska and Antonio Molinari warm up for the final GP race



Overall GP Prize winners: left to right J. Wyatt (2nd), M de Gasperi (1st), E. Manzi (3rd), M. Cox (4th), A. Molinari (5th), W. Burns (6th), P. Crake (8th), R. Quinn (9th).