

Editorial

There can hardly be any leader of sport who does not regard the doping issue as a matter of greatest importance. Athletics is probably in the forefront of the war on drugs, with the IAAF adopting a policy of zero-tolerance. For this policy to work it needs the support of all branches of athletics and that includes mountain running.

I like to think that our sport is clean. I believe that it is clean, but it is wise to take nothing for granted. We have had dope testing at the World Trophy for many years (never a positive case) and it is carried out at the European mountain running championships.

Of course there is a financial cost involved in the testing process and this is where mountain race organisers often have a difficulty with tests costing about \$300 each and the expenses of accredited medical personnel added on to that.

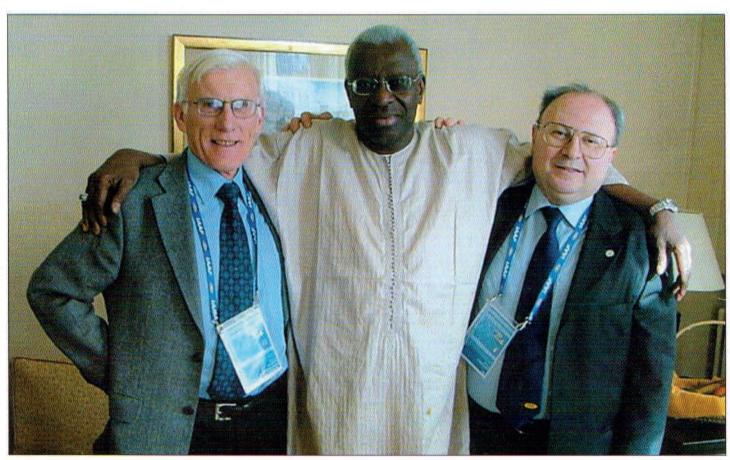
In future the WMRA Grand Prix races will need to budget for dope

testing as part of the privilege of being granted the prestigious IAAF permit and Grand Prix status.

We need, not only the cooperation of race organisers, but the sympathetic understanding of athletes themselves. It must be a dismal process, at the end of an exhausting mountain race, to produce a urine sample – and in the future a blood sample – knowing that your success was not dope assisted. Nevertheless, for the good of our sport of mountain running, for the assurance to all that our competitions are fair, and for the benefit of athletics generally, the process must be gone through.

Thank you for your understanding and please give the fight against doping your support.

Danny Hughes (WMRA President)



Danny Hughes (left) and Bruno Gozzelino (right) with the IAAF President symbolise the close cooperation between WMRA and IAAF

A message from the IAAF President

On behalf of the IAAF, it gives me great pleasure to write this short foreword for the latest edition of the WMRA newsletter.

The first thing I would like to underline is the IAAF's satisfaction with the ever-improving relationship with WMRA. It was a pleasure to be able to welcome the WMRA Council to Monaco again this January for its meeting.

As you will be able to read in the following pages, the WMRA competition programme is far from static, and we can look forward to the WMRA Grand Prix in addition to the annual European Championships and WMRA World Trophy.

Last year, the WMRA decided to create a new award which gives recognition to the specialists of long distance mountain running, using the classic Sierre-Zinal race as the first World Long Distance Mountain Running Championship. The first three men and first three women received medals and the two winners became the first official World Champions of long distance mountain running.

The 2004 edition of the World Trophy was also a great success and we are very pleased that this year it will be staged in Wellington, New Zealand. Although this will mean that it will hard to break records in terms of participating athletes and teams, nevertheless, it offers an outstanding opportunity to promote the sport in Oceania.

Lamine Diack (IAAF President)

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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:

Wells Fargo Bank 5710 Constitution avenue Colorado Springs CO 80915

USA

Routing number 102000076 Account number 1013312721

Note: add \$12 to your bill to cover all wire transfers.

Editorial

Il est peu probable qu'il existe, dans le monde du sport, un seul dirigeant qui ne considère pas la lutte anti-dopage comme un sujet d'importance vitale. C'est sans doute l'athlétisme qui montre la voie, avec la politique d'intransigeance totale instaurée par l'IAAF. Pour que cette approche fonctionne, il faut qu'elle soit soutenue par toutes les branches de l'athlétisme, dont, bien entendu, celle des courses de montagne.

J'aime à croire que notre sport est propre, mais il ne faut jamais rien tenir pour acquis. Cela fait des années que nous effectuons des tests anti dopage lors du Trophée Mondial (sans jamais aucun cas positif) et nos athlètes sont également susceptibles d'être contrôlés à l'occasion des Championnats d'Europe de Courses en

Montagne.

On le sait, tout cela a des implications financières: un seul test coûte environ \$300, avec en sus la nécessité d'avoir à disposition un personnel médical qualifié et dûment accrédité pour effectuer les contrôles, et ceci grève les budgets des organisateurs des courses en montagne.

A l'avenir le coût des contrôles devra être prévu dans le budget des courses de Grand Prix WMRA s'ils veulent se voir conférer le prestigieux permis délivré par l'IAAF et conserver leur statut.

Il nous faut non seulement la coopération des organisateurs des courses, mais également la collaboration active des athlètes euxmêmes. Ce n'est jamais très plaisant de devoir, sitôt une course terminée, produire un échantillon d'urine - et bientôt de sang - en sachant qu'on n'est coupable d'aucune forme de tricherie. Néanmoins, pour le bien de la course en montagne en général, pour avoir la certitude que toutes les compétitions sont au-dessus de tout soupçon, et pour soutenir l'athlétisme, c'est une voie que nous nous devons de poursuivre.

Je vous remercie pour votre compréhension, et vous engage à tout faire pour soutenir la lutte contre le dopage.

Danny Hughes (Président de la WMRA)

Photograph: Danny Hughes (à gauche) et Bruno Gozzelino (à droite) en compagnie du Président de l'IAAF, un symbole de l'excellente collaboration entre la WMRA et l'IAAF.

Message du Président de l' IAAF

Au nom de l'IAAF, je prends un plaisir immense à écrire cette courte préface pour cette nouvelle édition de la newsletter de la

Tout d'abord, je tiens à souligner la grande satisfaction de l'IAAF face aux relations cordiales auxquelles nous arrivons avec la WMRA. Ce fut une grande joie, en janvier, d'accueillir à nouveau le Conseil de la WMRA à Monaco pour sa réunion.

Comme vous le verrez dans les pages qui suivent, le programme des compétitions WMRA est loin d'être figé, et nous pouvons maintenant nous réjouir de l'existence du Grand Prix WMRA, en plus des Championnats d'Europe et du Trophée Mondial WMRA annuels

L'an passé, la WMRA a décidé de créer un nouveau trophée, qui vise à récompenser les spécialistes des courses de montagne de longue distance, la course classique 'Sierre-Zinal' ayant été désignée le 1er Championnat Mondial de Course en Montagne Longue Distance. Les trois premiers hommes et les trois premières femmes ont reçu des médailles et les deux vainqueurs sont devenus les premiers champions du monde officiels de la discipline.

L'édition 2004 du Trophée Mondial a aussi été un succès immense, et nous sommes ravis que cette année il se tiendra à Wellington, en Nouvelle Zélande. Même si ce choix ne va pas faciliter l'établissement de nouveaux records de participation, il représente une opportunité unique pour promouvoir la discipline en Océanie.

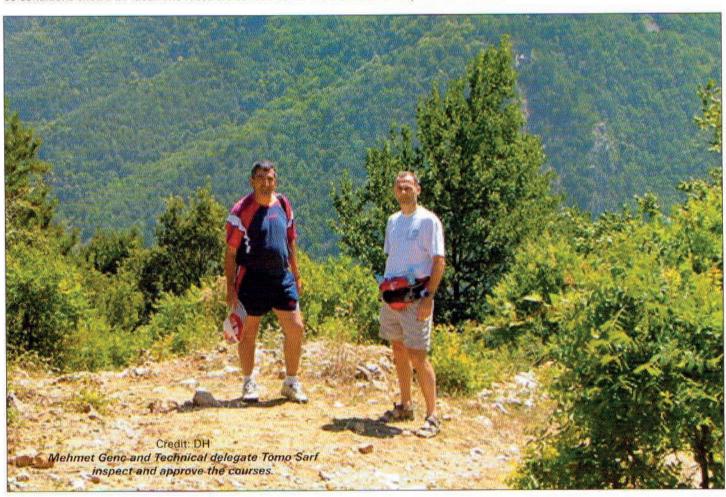
Lamine Diack Président de IAAF

2006 WORLD TROPHY GOES TO TURKEY

After rumours of bids from two or three countries, it was only Turkey that came up with an application to stage the uphill World Trophy races in 2006.

A fine and detailed presentation was made by Gokan Unal supported by LOC course supremo, and ex international steeplechaser, Mehmet Genc.

Races will take place on the slopes of Mt Olympus near the town of Bursa. Teams will stay high up on the mountain at a height of 1900m so conditions should be ideal. The races are scheduled for the weekend of September 9th-10th.

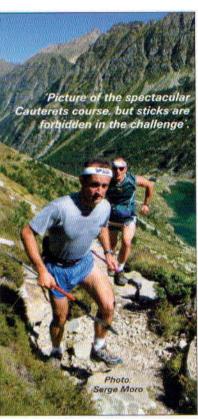




MASTERS RETURN TO SAUZE D'OULX IN 2006

By popular acclaim, following successful Masters Championships last year, we will return to this welcoming town (a 2006 winter Olympic venue) for the 2006 World Masters Championships. The town, under mayor Roberto Faure, and the LOC Atletica Susa, under club president Adriano Aschieris, enthusiastic to make Sauze d'Oulx a mountain running centre. Their enthusiasm has been further rewarded by the granting of one of the 2005 WMRA Grand Prix races.

Roberto Faure. Mayor of Sauze d'Oulx Photo: DH



2005 WORLD LONG DISTANCE MOUNTAIN RUNNING

After an experimental introduction of a WMRA award for long distance mountain running last year, the IAAF have ruled that the award be described as a 'Challenge' rather than a 'Championship', though the winners will indeed be recognised as 'world champions'.

The objective of the event remains the same – to attract all the best exponents of long distance mountain running into one competition each year. Go to our web page to read the regulations governing the Challenge.

Consequently, the WMRA World Long Distance Challenge' will be the title of the event to be staged in Cauterets, France, on 24th July 2005

Their web page is www.race-cauterets

WORLD MASTERS ASSOCIATION (WMA)

Discussions have taken place between WMRA and WMA concerning the current WMRA World Masters Mountain Running Championships (WMMRC).

WMA are delegated by IAAF to oversee all Masters athletics worldwide. WMA in turn have been content for WMRA to take full responsibility for organisation of the WMMRC.

The WMA, having observed the great success of the Championships, wish to take them under their wing, leaving WMRA to continue with the organisation. Pending the approval of the WMA congress to be held in Spain later this year, the Championship will become a WMA championship with a resulting higher profile and prestige.

EUROPEAN MASTERS CHAMPIONSHIPS

After discussions between WMRA and the European Veterans Athletic Association (EVAA) last year, the EVAA council have voted to stage a European Mountain Running Championships every 2 years commencing in 2006. They have asked WMRA to take responsibility for the organisation of the event which will take place in March or April.

Invitations to stage the first event have been issued and Zell am Harmersbach (Germany – New Forest), organisers of the 2003 World Masters Championships, have applied to organise the first event. Watch our web page for further developments.



Presidents meet in Tallin to discuss Masters Mountain Running, Torsten Carlius WMA (Left) Danny Hughes WMRA (centre) Dieter Massin EVAA (right) Photo: DH

IAAF SUPPORT

Support for the worldwide mountain running movement was reinforced in January when Istvan Gyulai, General Secretary of IAAF and IAAF council member welcomed the WMRA council to their annual meeting at the Monte Carlo headquarters.

Financial assistance for travel to the World Trophy in New Zealand was confirmed at \$40,000 and \$10,000 for WMRA administration.

The IAAF office in Monaco, with the encouragement of Pierre Weiss (General Manager), continues to give valuable assistance and advice in many areas of our work. His enthusiastic support provides the essential link between WMRA and the athletic federations.



Istvan Gyulai. General Secretary IAAF.

PIKES PEAK (USA) TO STAGE THE 2006 WORLD LONG DISTANCE MOUNTAIN RUNNING CHALLENGE

WMRA Council accepted the application of the USA Track & Field and race organiser Ron Ilgen to have the famous Pikes Peak marathon as the 2006 Challenge event. The mens race record is 3hours 16 minutes 39 seconds. The assembled athletes for this event promise to be the worlds best, so put the date down in your diaries now - 20th August 2006.

MORE MOUNTAIN RUNNING SEMINARS

The message about mountain running, how it is organised and administered as a part of the Athletic family, continues to be promoted by WMRA and IAF.

Croatia

In January 2005 Director of Development, Tomo Sarf conducted a seminar in Zagreb (Croatia) with the help of the local Athletic Federation and Dragan Jankovic. The syllabus covered mountain running-

as part of athletics; History; Technical aspects; Course design; Race organisation; Worldwide administration;

Calendar; Training & medical.

Countries represented were: Croatia (20), Serbia & Montenegro (3), Macedonia (3), Slovenia (2), Turkey (1)
Romania (1)

China

In March 2005, the International Athletic Foundation, the Asian Athletics Association, in collaboration with the Chinese Federation, are hosting a similar mountain running seminar in Guiyang. It is being held on the same weekend as the Asian cross country championships, in the same place, so a good attendance is guaranteed. The seminar will again be conducted by WMRA led by Tomo Sarf and Secretary Bruno Gozzelino.

GUIDO DOLD (Germany) TRAGEDY

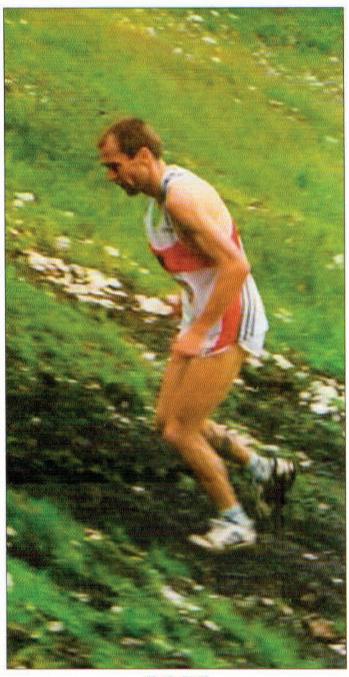
Born on March 22nd, 1963, mountain runner Guido Dold from the German Black Forest was well established among the world's top mountain runners for 12 years. The former cross country skier won the bronze medal in the 1987 Mountain Running World Trophy in Lenzerheide, Switzerland, behind Jay Johnson and Helmut Stuhlpfarrer. In 1998 he managed to repeat this triumph at the World Trophy on the Island of La Réunion, beaten only by Jonathan Wyatt and Antonio Molinari.

Not only was Guido a three-times German national mountain running champion, but also won the German national marathon championships in 1987. He set his personal record of 2:14:54 h at the London Marathon in 1990.

In 2003, a tragic traffic accident suddenly changed his life. While riding his bike to work, he was involved in a collision with a truck. He suffered severe brain damage and bone fractures.

Being used to fighting hard in competitions, Guido managed to struggle his way back to life. Today, Guido is paraplegic, wheelchair bound, and still unable to speak. He depends entirely on the help of his wife and his three children. Never again will he be able to run in his beloved Black Forest.

Wolfgang Muenzel



Guido Dold Photo: Franze Geigl

OBITUARY Jeremy Wright (USA) Aged 31, dies in Afghanistan

Jeremy was one of the leading USA mountain runners in recent years.

His record in the World Trophy is:

1997: 13th Upice (CZE)

1998 14th Isle de la reunion (FRA)

1999 73rd Sabah (MAS)

2001 17th Arta Terme (ITA)

He won the famous Pikes Peak race to the summit on a few occasions as well as winning the Vail Hill Climb, his home territory, on many occasions. He was also an outstanding cross country runner during his academic career.

Jeremy, a graduate in microbiology, joined the US military Special Forces 'Green Beret' division working as a communications sergeant. He was posted to Afghanistan in November 2004.

The mountain just outside the gates of his army camp base near

Kabul was an ideal training ground and the Army decided it was safe enough for him to run up.

The mountain was safe. The valley it turned out, was not. He was on a routine patrol when their vehicle was blown up. Jeremy was killed and two of his comrades seriously injured.

Nancy Hobbs, a long time friend, says of him 'Jeremy was humble and unassuming, but had a smile that lit up a room. He's the kind of guy girls would not hesitate to take home to their families' He is sadly missed by his many mountain running friends.

Extracts from the 'Vail Daily'



The congress received various reports, approved Turkey as the 2006 World Trophy venue and approved some small changes to the World Trophy rules concerning Juniors. There were no contentious issues or elections this year.

During the World Trophy races, some teams arrived with juniors who were too young to run under the rules approved in 2003. It was a hard decision to make to disallow their entry and a big disappointment for the young people. Managers have a big responsibility to make sure their squads adhere to the regulations in every respect.

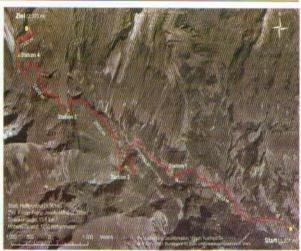
Another issue arose when a complaint was lodged against an athlete who, it was alleged, received assistance during the race. The Jury of Appeal did not uphold the complaint which, although it appeared to have some truth to it, did not effect the result. Again, team leaders and coaches have a responsibility to ensure that athletes are not assisted in any way during their race.

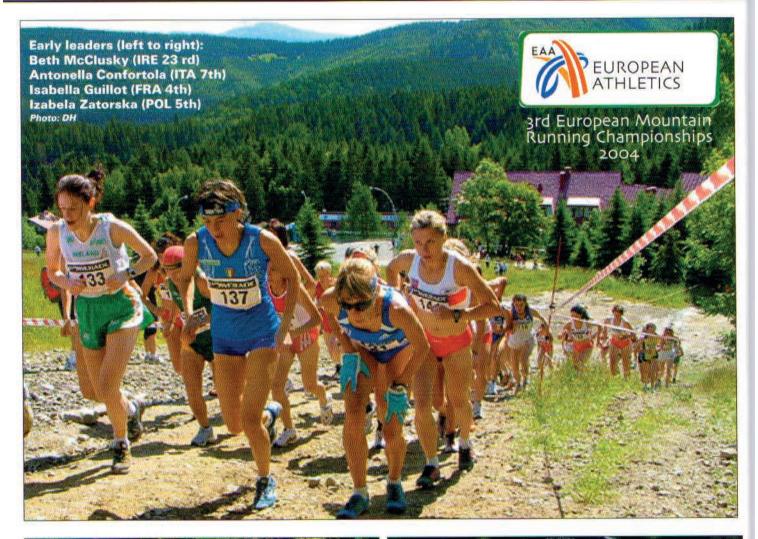


3rd European Mountain Running Championships Korbielow (Poland) - 4th July 2004 Results

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3	GAIARDO Marco	ITA	00:45:10	65	ANISKEVICH Aliaksandr	BLR	00:53:58	25	RIEM Claudia	SUI	00:40:24
4	KRUPICKA Robert	CZE	00:45:17	66	DUREK Serdar	TUR	00:54:12	26	HAJKOVA Renata	CZE	00:40:33
5	SELCUK Selehattin	TUR	00:45:56	67	BOJOVIC Bojan	SCG	00:54:13	27	FROMENT Sabine	BEL	00:40:37
6	RINALDI Alessio	ITA	00:46:01	68	KRUHLENIA Aliaksandr	BLR	00:54:18	28	KRKOC Lucija	SLO	00:40:43
7	FONTAINE Raymond	FRA	00:46:07	69	McKIBBIN Alan	IRL	00:55:01	29	GRENIER Isabelle	FRA	00:40:46
8	GEX-FABRYAlexis	SUI	00:46:10	17.57.000	STEVIC Branko	SCG	00:55:20	30	BOZKURT Turkan	TUR	00:40:58
9	LAMOVEC Peter	SLO	00:46:12	71	RAJKOVIC Marko	CRO	00:55:33	31	HIZAR Tina	SLO	00:41:00
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14	CAPITAN Vicente	ESP	00:46:53	76	CHYPIZUBAU Anton	BLR	00:56:54	36	CZUTA-PAKOSZ Irena	POL	00:42:07
15	CARVALHO Jose	POR	00:47:05	77	STANIC Ivan	CRO	00:59:59	36	MARTINEZ Isabel	ESP	00:42:23
16	JONES Andy	GBR	00:47:10	78	KAZLOU Yahor	BLR	01:04:41	38	KUNCOVA Barbora	CZE	00:42:29
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25	JENNE Markus	GER	00:48:13	6	FRA	7, 23, 33		47	WOJTOWICZ Anna	POL	00:44:07
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36	KOSOVELJ Mitja	SLO	00:49:24	17		63, 67, 70		58	HRAKHOLSKAYA Ala	BLR	00:48:25
37	WOSIK Daniel	POL	00:49:25	18		59, 71, 74		59	GADOVA Gabriela	SVK	00:48:41
38	GIELEN Evert	NED	00:49:29	19	BLR	65, 68, 7	6 209	60	SOKOL Stojanka	SCG	00:49:23
39	CHEBOURKIN Alexander	RUS	00:49:31					61	SCHMIDT Tanja	GER	00:50:05
40	GNIEWEK Jaroslaw	POL	00:49:41	WC	OMEN			62	GIDAK Petra	CRO	00:50:18
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50	KRAYENBUEHL Jerome	IRL	00:50:44	10	WILSON Lynn	GBR	00:38:27	7	SLO	12, 20, 28	60
51	CARTYNeil	IRL	00:50:46	11	JOLY Angeline	SUI	00:38:27	8	TUR	17, 30, 33	80
52	MAGYAR Imrich	SVK	00:50:48	12	HIZAR Ines	SLO	00:38:35	9	POR	9, 34, 41	
53	JENSEN Jakob	DEN	00:51:27	13		AUT	00:38:40	10	POL	5, 36, 47	
54	JAMOULLE Patrick	BEL	00:51:28	14	BUSS Stefanie	GER	00:38:57	11	GER	14, 24, 52	
55	ZHELENOV Konstantin	UKR	00:51:30	15	LEHMANN Daniela	SUI	00:38:58	12	IRL		
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59	BELCIC Sasa	CRO	00:52:31	19	CLAUS Sylvie	FRA	00:39:43	16	BLR	55, 57, 58	170
60	HERRYGerard	IRL	00:52:44	20	KOSEVELJ Mateja	SLO	00:40:02				
61	OKSENYUK Sergiy	UKR	00:52:55	21	HARGREAVES Jackie	GBR	00:40:15				



















20th WORLD MOUNTAIN RUNNING TROPHY 2004

5th September, Sauze d'Oulx / ITA

RESULTS

Ser	Senior Men Individual					
1	WYATT Jonathan					
2	MESFIN Tesfayouhanis					





3	FONTAINE Raymond	FRA	50:26	
1	SCHIEBL Helmut	GER	50:50	
5	BURNS Billy	ENG	51:19	
3	GAIARDO Marco	ITA	51:27	
7	MERID Teklemariam	ERI	51:31	
В	BROWN John	ENG	51:39	
9	DE GASPERI Marco	ITA	51:42	
10	MEJIA Ricardo	MEX	51:48	
11	CHICCO Davide	ITA	51:52	
12	FOURDIN Arnaud	FRA	52:16	
13	EPINEY Sébastien	SUI	52:23	



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	Control of the Contro	ast .			ROBERTS Mark	WAL	58:20
				100,000	VAGENKNECHT Roman	CZE	58:26
		SE ME		100	COLLINS Matthew	WAL	58:31
					PEREIRA Abilio	POR	58:33
14	GEX-FABRY Alexis	SUI	52:34	102	MESNER Andrej	SLO	58:42
15	DAVIES Tim	WAL	52:40		MANN Lanny	CAN	58:45
16	REDL Alois	AUT	52:42	104	MALKA Haim	ISR	58:52
17	GUTIERREZ Simon	USA	52:53	105	ISTACE Jose	BEL	59:01
18	ABATE Gabriele	ITA	52:59		KOVACIC Lucos	SVK	59:04
19	LOW Paul	USA	53:06	107	BRADY Gerry	IRL	59:08
20	HEINZLE Florian	AUT	53:11	108	CHEBOURKIN Alexander	RUS	59:10
21	PORRO Roberto	ITA	53:14	109	CORDEIRO Vitor	POR	59:11
22	JOHL Toni	SUI	53:16	110	GIORGETTI Roberto	SMR	59:15
23	FETLE Teklesenbet	ERI	53:19	111	ERVINE Brian	NIR	59:18
24	ULRICH Dominik	GER	53:21	112	MISKOWIEC Tomasz	POL	59:23
25	MOLINARI Antonio	ITA	53:26	113	BELCIC Sasa	CRO	59:30
26	ANCAY Tarcis	SUI	53:27	114	MATUSZEWSKI Mariusz	POL	59:39
27	GREEN Andrè	GER	63:30	115	NEWSOM John	SCO	59:48
28	BLAKE Eric	USA	53:31	116	WINSBURY John	AUS	1:00:05
29	HOHEMWARTER Markus	AUT	53:36	117	KRUHLENIA Aliaksandr	BLR	1:00:06
30	COX Martin	ENG	53:37	118	BOOTH Michael	CAN	1:00:20
31	HORAK Ondrej	CZE	53:59	119	CONTI Italo	SYR	1.00:26
32	ZEILER Timo	GER	54:09	120	LENNOX Jethro	SCO	1:00:30
33	PITERTSEV Mikhail	RUS	54:18	121	Mc KIBBIN Alan	NIR	1:00:34
34	AHFEROM Mehari	ERI	54:23	122	ZHELEZOV Kastyantyn	UKR	1:01:12
35	PASQUION Nicolas	FRA	54:31	123	Mc NEILLY Deon	NIR	1:01:43
36	MORALES Israel	MEX	54:36	124	Mc NEILLY David	NIR	1:01:59
37	REITBERGER Rudolf	AUT	54:38	125	KLISZ Tomasz	POL	1:02:06
38	PARR Timothy	USA	54:41	126	O:HEIGEARTAIGH Sean	IRL	1:02:08
39	SHORT Tim	ENG	54:43	127	AMELINK Wouter	BEL	1:02:14
40	BRYDL Pavel	CZE	54:46	128	3 JONES Andrew	WAL	1:02:24
41	LEVASSIUR Matt	USA	54:49	129	DRANITSA Pavel	BLR	1:02:26
42	KURIL Patrik	SVK	54:51	130	VILLEGAS Cleofas	MEX	1:02:33
43	ROMA:N Gustavo Joel	MEX	54:56	131	ALEXEEV Alexander	RUS	1:02:35
44	LOUTITT Jason	CAN	54:57	132	2 RIDOLFI Stefano	SMR	1:02:40
45	JENNE Markus	GER	55:03	133	3 VAIL Peter	CAN	1:03:17
46	HARLAND Callum	NZL	55:06	134	4 SPASOJEVIC Danilo	SCG	1:03:19
47	AMES Andy	USA	55:08	138	O:SHEA Alan	IRL	1:03:34
48	JOLY Stéphane	SUI	55:13	136	6 STANIC Ivan	CRO	1:04:18
49	CARVALHO Jose	POR	55:14	133	7 FLORIDA - JAMES Geraint	NIR	1:04:52
50	VAUGHAN Alun	WAL	55:16	138	8 STOJANOVIC Srdjan	SCG	1:05:00
51	DUPONT Jean-Christophe	FRA	55:20	139	9 RAJKOVIC Marko	CRO	1:05:42
52	PELLE Ludovic	FRA	55:25	14	O MARKOVIC Zoran	SCG	1:05:42
53	SELCUK Selahattin	TUR	55:28	14	1 MILENKOVIC Nebojsa	SCG	1:05:57
54		POL	55:29	14	2 MISOVIC Zdravko	SCG	1:06:28
55		AUS	55:32	14	3 IPERT Lionel	MON	1:06:38
56		FRA	55:34	14	4 HABUS Hrvoje	CRO	1:06:54
57	JAMOULLE Patrick	BEL	55:37		5 LESJAK Goran	CRO	1:07:49
58		WAL	55:43		6 ALBIN Frederic	MON	1:08:57
59		SCO	55:46		7 GIULIANO Giancarlo	MON	1:08:57
60	THE REAL PROPERTY OF THE PROPE	MEX	55:48	14	8 CHYPIZUBAU Anton	BLR	1:10:49
61	ZARNIK Sebastjan	SLO	55:49	14	9 SYSHKO Dimytro	UKR	1:11:13
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35		4.00	FF.FO
6		NZL	55:50
6		SLO	55:58
	4 KOSOVELJ Mitja	SLO	56:01
80	5 ZOUBEK Zdenek	CZE	56:03
- (75)	6 VOLERY Georges	SUI	56:04
	7 HOPE Rob	ENG	56:12
	8 SALAMUN Igor	SLO	56:18
57%	9 WAKELIN Mike	NZL	56:23
	O HEIGL Thomas	AUT	56:28
	1 WYDRA Jan	POL	56:31
	2 LENIHAN John	IRL	56:33
	3 GONCALVES Paulo	POR	56:45
	4 BIBERGER Andreas	GER	56:56
	5 VILLENEUVE Phil	CAN	57:00
	6 MARZEC Stanislaw	POL	57:01
	77 GIELEN Evert	NED	57:05
	78 MAMLEEV Mikhail	RUS	57:07
4.16	79 CEH Joze	SLO	57:20
	30 DUBRAVCIK Zdenek	CZE	57:25
- 7	31 PAGE Steven	AUS	57:28
	32 MYERS Ken	CAN	57:31
	33 CARTY Neil	NIR	57:33
8	34 PIGGIN Jo	NZL	57:38
8	35 LISTON Andrew	SCO	57:40
- 25	36 QUINN Robert	SCO	57:49
- 657	B7 ARKHIPOV Eduard	RUS	57:52
	88 BARTLETT Graeme	SCO	57.54
	89 OSMOND David	AUS	57:57
	90 LONERGAN George	IRL	58:00
	91 LETONIA Zeljko Franjo	CRO	58:02
	92 KRAYENBUHL Jerome	IRL	58:03
	93 MACINA Gian Luigi	SMR	58:04
	94 VYMAZAL Petr	CZE	58:09
	95 HOGARTH Kim	NZL	58:11
	96 DEBUGNE Gauthier	BEL	58:14
3	97 MALAK Michal	SVK	58:17
ď	98 ROBERTS Mark	WAL	58:20
	99 VAGENKNECHT Roman	CZE	58:26
	100 COLLINS Matthew	WAL	58:31
	101 PEREIRA Abilio	POR	58:33
	102 MESNER Andrej	SLO	58:42
	103 MANN Lanny	CAN	58:45
	104 MALKA Haim	ISR	58:52
	105 ISTACE Jose	BEL	59:01
	106 KOVACIC Lucos	SVK	59:04
	107 BRADY Gerry	IRL	59:08
	108 CHEBOURKIN Alexander	RUS	59:10
	109 CORDEIRO Vitor	POR	59:11
	110 GIORGETTI Roberto	SMR	59:15
	AAA PROMOTE PARTY	KIID	EQ-10

CAN	57:00
POL	57:01
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SCO	57:40
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BEL	58:14
SVK	58:17
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SMR	59:15
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CAN	1:00:20
SYR	1.00:26
SCO	1:00:30
NIR	1:00:34
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MEX	1:02:33
RUS	1:02:35
SMR	1:02:40
CAN	1:03:17
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IRL	1:03:34
CRO	1:04:18
NR	1:04:52
SCG	1:05:00
CRO	1:05:42
SCG	1:05:42
SCG	1:05:57
SCG	1:06:28
MON	
CRO	1:06:54
CRO	1.07:49
MON	1:08:57
MON	1:08:57
BLR	1:10:49
LIKE	1-11-12

150	PASHKOVSKY Yauheni		1:12:08
151	KOZHIN Petr	RUS	
152	TERENZI William		1:12:37
153	CUFFARO PISCITELLO		1:13:11
154	ZANDOTTI Philippe		1:16:37
	CEGAR Goran	SCG	DNF
	RIBEIRO Armindo	POR	DNF
	TAGGART Lloyd	ENG	DNF
Mer	teams		
1	ITALY	ITA	44
2	ERITREA	ERI	66
3	SWITZERLAND	SUI	75
4	ENGLAND	ENG	82
5	GERMANY	GER	87
6	FRANCE	FRA	101
7	AUSTRIA	AUT	102
8	USA	USA	102
	MEXICO	MEX	149
10	NEW ZEALAND	NZL	178
11		CZE	216
12	17 C C C C C C C C C C C C C C C C C C C	WAL	221
	SLOVENIA	SLO	256
14		CAN	304
	RUSSIA	RUS	306
-	POLAND	POL	313
	SCOTLAND	SCO	318
18	TA TOO INDICATE OF THE PARTY OF	POR	332
	AUSTRALIA	AUS	341
20	IRELAND	IRL	361
21		BEL	385
22	NORTHERN IRELAND	NIR	438
23	CROATIA	CRO	479
24	SAN MARINO	SMR	
	BELARUS	BLR	
26		SCG	553
27	MONACO	MON	589
Sei	nior Women Individual		CHINDS
1	ROTA GELPI Rosita	ITA	
2	PICHRTOVA Anna	CZE	
3		AUT	50:52
4		ITA	51:04
5	BRINDLEY Tracey	SCO	51:16
D	DEMIDENKO Svetiana	RUS	
7	ZATORSKAA Izabela	POL	51:57
8		NZL	51:59
9	GAVIGLIO Flavia	ITA	52:18
**	CLIBANACO Destero	ALIT	52-51



GAVIGLIO Flavia SUMMER Petra

The state of the s	AND DESCRIPTION OF THE PERSON NAMED IN COLUMN	
ORTIZ Anita	USA	53:03
BUSS Stefanie	GER	53:10
GASSMANN Daniela	SUI	53:28
SUKHOVA Vera	RUS	53:29
HAEFELI Laura	USA	53:4
BUCHER Renata	SUI	54:00
BOTT Alexandra	GER	54:10
HORTON Maddie	ENG	54:32
MURA Evelyne	FRA	54:54
WILKINSON Victoria	ENG	54:51
CZUTA-PAKOSZ Irena	POL	55:00
SADKOVA Irena	CZE	55:10



23	RAVIZZA Matilde	
24	LARSON Erica	
25	PENNLY Rachel	
26	JOLY Angeline	

9,11		-	
27	RIDLEY Susan	SCO	55:53
28		GER	55:58
29	Marie Marie Control Brown State Control	SUI	56:04
30	JURISIC Veronika	CRO	56:36
31	ISOM Lisa	USA	56:39
32		CAN	56:45
33		SVK	56:48
34		SCO	56:50
35	MOSTECKA Jana	CZE	57:07
36	BAUMANN Sandra	AUT	57:22
37	EROFEEVA Nelli	RUS	57:46
38	KOMKOVA Elena	RUS	57:55
39	RAUSCH Patrizia	AUT	58:20
40	MOREIRAS Lucinda	POR	58:38
41	VLCOVSKA Marta	CZE	58:46
	SHARP Louise	ENG	58:53
43	CLAUS Sylvie	FRA	59:15
	FROST Anna	NZL	59:32
45	FARGET Patricia	FRA	59:54
46	ARMITAGE Sonia	SCO	1:00:16
47	ZIVKO Anica	SLO	1:00:55
48	SLOAN Tricia	NIR	1:01:02
49	CERUT Anja	SLO	1:01:15
50	BELUSIC Barbara	CRO	1:01:18
51	WOJTOWICZ Anna	POL	1:01:51
52	LINDNER Romy	GER	1:02:11
53	MESIARIKOVA Vanda	SVK	1:02:45
54	FAIRFAX Louise	AUS	1:02:58
55	McCOURT Cathy	NIR	1:03:19
56	McCLUSKEY Elizabeth	IRL	1:03:31
57	WHITE Natalie	ENG	1:03:43
58	LLOYD Jayne	WAL	1:04:03
59	PONTON Marnie	AUS	1:04:19
60	TROBEC Ursa	SLO	1:04:21
61	RAJCIC Lidija	CRO	1:04:34
62	HARTY Kerry	NIR	1:04:46
63	SAIZEWA Katsiaryna	BLR	1:04:51
64	WINNERS Belinda	NZL	1:04:55
65	LEE Jacqueline	WAL	1:05:23
66	BARRY Lisa	AUS	1:05:34
67	TUOHY Orla	IRI	1:06:17

Junior Men Individual



45:16

ERI

1	HABEN Mohamed	ERI	45:16
2	WELDEMICHAEL Kiflom	ERI	45:42
3	CARERA Juan Carlos	MEX	
4	TEWELDE Binjam	ERI	46:21
5	DEMATTEIS Bernardo		
6	DONNAN lain	ITA	46:54
		SCO	47:03
7	URBANOVSKY Martin	SVK	47:24
8	KAYA Nihat	TUR	47:35
9		TUR	48:14
	ELLIS Andrew	ENG	48:17
11	ROPPOLO Mattia	ITA	48:49
	OZTURK Mugdat	TUR	49:08
13	SANCHEZ Michael	GIB	49:21
	DEMATTEIS Martin	ITA	49:29
	GHEZZI Ruggero		
	GEBRESELASI Kidane	ITA	49:53
10	GEBRESELASI Kidane	ERI	49:57
	BUCKINHGAM Mark	ENG	50:11
18		RUS	50:14
	WEBERHOFER Bernd	AUT	50:22
	BRZEZINSKI Blazej	POL	50:39
21	JAHN Markus	GER	50:59
22	JANECKO Frantisek	SVK	51:07
23	TURNER Colm	IRL	51:10
24	HOMA Boguslaw	POL	51:15
25	DOYLE Christopher	ENG	
	CHROMEK Petr		51:26
		CZE	51:31
	BROWN Stephen	AUS	51:34
28	UHL Jurgen	GER	51:35
29	GREIG Kyle	SCO	51:48
30	FRASER Scott	SCO	51:58
31	LENGAUER Christian	AUT	52:00
32	VACULKA Petr	CZE	52:01
33	HAHLEN Kilian	SUI	52:01
34	SCHMOLZ Quirin	GER	52:09
35		POL	52:10
	GOROKHOV Ivan		
37		RUS	52:15
	KUHAR Nejc	SLO	52.19
38	BADURA Jan	CZE	52:19
39	PAURITSCH Steve	AUT	52:21
40	GUTTIERREZ Clément	FRA	52:26
41	VANTHUYNE Axel	BEL	52:37
42	STACH Krystian	POL	52:48
43	SUBIC Cene	SLO	53:00
44	CORTES Michel	MEX	53:03
	BERSAN Florian	FRA	53:06
	Mc LAREN Hayden	NZL	53:08
47	SHEEHAN Niall		
48		IRL	53:10
	KERN Andreas	SUI	53:15
	TRATNIK Marko	SLO	53:39
50	ZAKAROVSKY Peter	SVK	53:59
51	RICARDI John	USA	54:05
52		WAL	54:16
53	TOMLINSON Scott	AUS	54:24
54	WILLIAMS Ian	WAL	54:29
55	SINGLETON Matthew	NZL	54:39
56	ZIEGLER Fabien	FRA	54:55
57	MULHARE Daniel		
58	RAYNER Toby	IRL.	54:59
		AUS	55:01
59	BROWNLEE Alistair	ENG	55:05
60	EGELUS Rory	USA	55:09
61	CHOQUERT Benjamin	FRA	55:32
62	McCALL Christopher	SCO	55:56
63	STEVANS Bevan	NZL	56:18
64	TROST Mitja	SLO	56:44
65	CLAREBURT Hanish	NZL	57:06
66	HORDEJCUK Vaclay	CZE	57:16
67	SKELTON Todd	USA	57:18
68	PAYTON Andrew	USA	
69	REITMAN lain		58:43
70	LYONG Makes	AUS	1:00:11

LYONS Michael

DYLAN Dafydd

DOHERTY Shane

FOURNIER Pierre MITTEN Adam

KOHNLEIN Johannes

Mc CLOY Jonathan

DAVIES Mark

IRL WAL

NIR

WAL

NIR

NIR

GER

1:00:17

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1:02:15

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DNF

DNF

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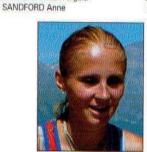
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Jun	ior Men teams		
1	ERITREA	ERI	7
2	TURKEY	TUR	29
3	ITALY	ITA	30
4	ENGLAND	ENG	52
5	SCOTLAND	SCO	65
6	POLAND	POL	79
7	SLOVAKIA	SVK	79
8	GERMANY	GER	83
9	AUSTRIA	AUT	89
10	CZECH REPUBLIC	CZE	96
11	IRELAND	IRL	127
12	SLOVENIA	SLO	129
13	AUSTRALIA	AUS	138
14	FRANCE	FRA	141
15	NEW ZEALAND	NZL	164
16	WALES	WAL	177
17	USA	USA	178
Jun	ior Women Individual		
1	MOCHALOVA Jioulia	RUS	26:40
2	KRKOC Lucija	SLO	28:11
3	KOSOVELJ Mateja	SLO	29:48
4	WISNIEWSKA Dominika	POL	29:54
5	POLLAZZON Serena	ITA	30:14
6	MAKAROVA Tatiana	RUS	30:14
7	BATI Fatma	TUR	30:27



8	TUNSTALL Sarah	ENG	30:45
9	NEMKINA Natalia	RUS	30:56
10		SCG	31:05
11	STRAUB Kerstin	GER	31:16
12	PRAGER Sabrina	GER	31:19
13		POL	31:45
14		SCO	31:55
15		ITA	32:00
16	OZBEY Azize	TUR	32:08
17	BLAKE Sarah	sco	32:17
18	STUART Emma	ENG	32:27
	COLBERG Dominique	USA	32:42
20	BOTA Iwona	POL	32:46
21	DOLL Juliane	GER	33:00
22	POLJAK Ana	CRO	33:07
23		SLO	33:15
24	A STATE OF THE PARTY OF THE PAR	SVK	33:26
	ZEIGLE Caitlin	USA	33:44
	HOCKMAN Jennifer	USA	34:18
	PECHKOVA Jana	CZE	34:53
28		BEL	35:10
29	The state of the s	SCO	35:17
30		WAL	35:30
31		WAL	35:42
32		CRO	35:56
33		NI	36:10
	GOODBAND Elizabeth	WAL	36:29
35	BREBER Nikolina	CRO	41:29
	SUCHANKOVA Barbora	SVK	DNF
	TAZZIOLI Martina	ITA	DNF
	INGRAM Katie	ENG	DNF
	or Women teams		
1	SLOVENIA	SLO	5
2	RUSSIA	RUS	7
	POLAND	POL17	
1	ITALY	ITA	20
9	GERMANY	GER	23
3	TURKEY	TUR23	
	ENGLAND	ENG	26
3	SCOTLAND	SCO	31
)	USA	USA	44
0	CROATIA	CRO	54
11	WALES	WAL	61



IRL

SCG

IRL

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WAL

1:06:17

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1:09:36

1:11:32

TUOHY Orla

SOKOL Stojanka

FOLEY Maureen

VALCHOK Volha

CORBETT Syl HRAKHOLSKAYA Ala

SHANNON Alwynne WEBER Maria

BRAND-BARKER Angela

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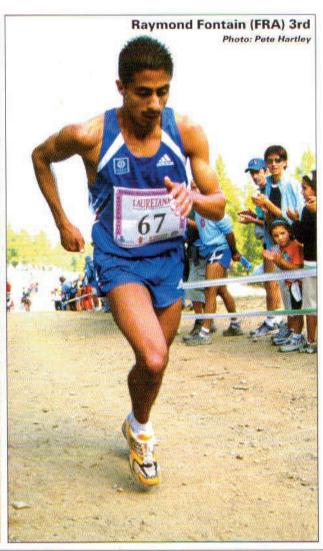
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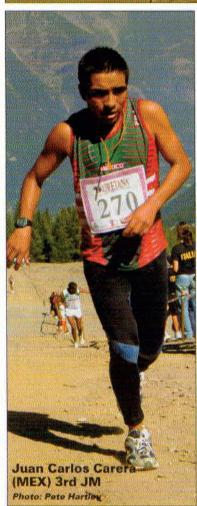
77	ORLIC Antonija	CRO	1.10.00
78	SAPOLKINA Lilia	CRO	1:13:30
79		UKR	1:14:08
80		UKR	1:15:20
B1		UKR	1:20:38
01	KHORZOM Selma	UKR	1:34:44 DNF
	men teams		
1	ITALY	ITA	14
2	AUSTRIA	AUT	49
3	USA	USA	50
4	SWITZERLAND	SUI	55
5	GERMANY	GER	57
6	RUSSIA	RUS	57
7	CZECH REPUBLIC	CZE	59
8	SCOTLAND	SCO	66
9	NEW ZEALAND	NZL	77
10	POLAND	POL	79
11	ENGLAND	ENG	80
12	FRANCE	FRA	107
13	CROATIA	CRO	141
14	SLOVENIA	SLO	156
15	NORTHER IRELAND	NIR	165
16	AUSTRALIA	AUS	179
17	IRELAND	IRL	192
18	WALES	WAL	198
19	BELARUS	BLR	209
20	UKRAIN	UKR	237







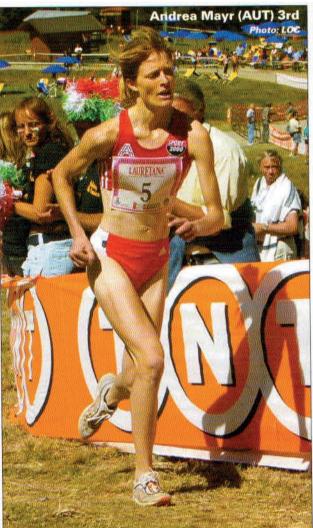






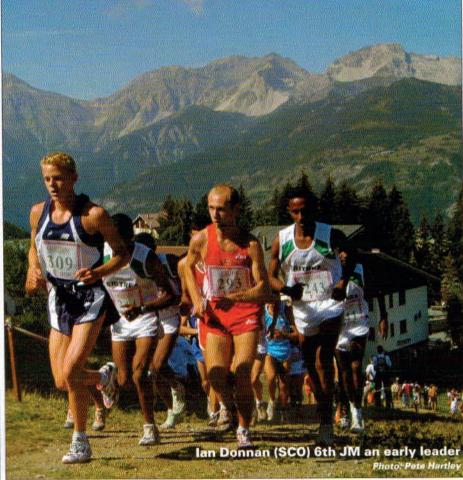
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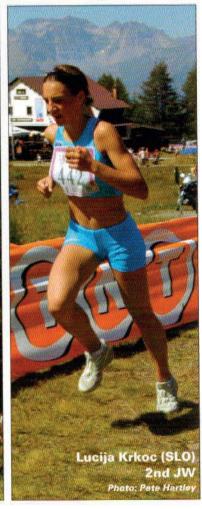












The 20th World Mountain Running Trophy Sauze d'Oulx, Italy - September 4th/5th 2004

The following report appeared in the IAAF magazine 2004 Review of the year together with some photographs.

The 20th World Mountain Running Trophy took place on 4-5th September in the attractive mountain ski resort of Sauze d'Oulx (Italy), the location of the 2006 Olympic freestyle skiing

competitions.

There were some astonishing performances, the greatest of from coming Zealander, Jonathan Wyatt who secured his 4th world trophy title. The manner of his victory was not so much in his unbeaten run (he was always the race favourite) but in the fact that it came just 6 days after his Olympic marathon in Athens where he finished a creditable 21st in a time of 2 hours 17 minutes 45 seconds

The challenge from Jonathan's Italian rivals, Marco de Gasperi and Marco Gaiardo (current and ex European champions) failed to materialise and his main opposition came from Eritrea. Tesfayouhanis Mesfin, who eventually had to give way to Jonathan's relentless climbing power on the steep sections of the course. Raymond Fontaine of France, junior champion in 1998

finished in bronze position to add to his silver in 2002. Gold next

Raymond?

The Italian men, having failed to gain a place in the individual medals recorded their 20th consecutive team victory in convincing

Another outstanding performance came from Anna Pichtrova (CZE), another Olympic marathon competitor who had just two weeks recovery time from her race in Athens. She led the ladies race for much of the distance and coming to the top of the final steep ascent was still 20m ahead of her pursuer, Rosita Rota Gelpi (ITA). On the relatively flat final 400m Gelpi was able to produce a sprint, which the tired legs of Pichtrova could not quite match. Rosita thus repeated her world trophy victory of 1999 in Malaysia. The Italian ladies lifted the team title by a massive margin from Austria.

In the junior ladies race Russia, with gold for Jioulia Mochalova, kept up their tradition of fine performances in this category, as did Slovenia with silver and bronze positions and the team title.

The junior mens race dominated by the unknown (in Europe anyway) Eritreans who tracked one of the race favourites, lan Donnan of Scotland, for much of the way. They placed 1st 2nd and 4th for a convincing team victory. Mexico again showed up in the medal list with a fine run from Carlos Carera only 51 seconds behind the winner to finish in bronze position.

One of the fascinating aspects interesting Mountain Running Trophy are the possibilities for many countries to be placed on the medal podium. No fewer that 13 countries shared out the medals from the 4 races, with the USA winning their first

ever medals by placing 3rd team in the senior ladies.

35 Countries were represented at the event, equalling the previous highest number in 2002.

The 2005 World Trophy moves to the home of champion Jonathan Wyatt, and 2003 champion Melissa Moon - New Zealand. The event takes place on September 25th on a spectacular up & down course on Mt Victoria, Wellington.

Danny Hughes (President WMRA)



USA team (3rd): Anita Ortiz, Laura Haefeli, Erica Larson, Lisa Isom Photo: Dragan Jankovic.

PROFILE UPDATE ROSITA ROTA GELPI

What has been happening with Rosita since she won the World Trophy in Sabah in 1999? Well, following that victory

her athletic career diversified to encompass road and cross country running with the result that her mountain running performances were not as good as expected. She was however selected to run for Italy in the Cross Country World Championships and has recorded a time of 2 hrs. 38 min. 37 secs. for the Milan Marathon.

Continuing with her mountain running she won a bronze medal at the 2000 European Trophy in Poland. She also collected team gold medals in the World Trophy in Arta Terme (2001) in 10th position, and in Innsbruck (2002) in 13th position.

2003 was a very bad year for Rosita. She developed a viral infection that made it impossible

for her to train. This almost brought her athletic career to a premature end, but with the encouragement of coach Balicco and

team "Corpo Forestale" she overcame this difficult period to resume her running after many months of sickness.

Early 2004 saw her back to almost her best with an individual bronze the European medal in Championships in July. After squad training in Campodolcino and Sauze d'Oulx she was well prepared for the punishing uphill only course of the World Trophy. Rosita prefers the up down courses but her determination to win just enabled her to pass Anna Pichtrova right at the end of the race.

working in the forestry (a military organisation in Italy), remains unmarried, and is ambitious to further her athletic career.

For the future, Rosita continues Raimondo Balicco



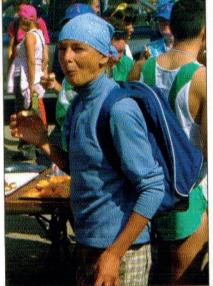
Photo: Dragan Jankovic.

OLYMPIC EXPERIENCES

Anna Pichtrova

The Olympics were a great experience for me. I fulfilled my childhood dream of competing in the Games but never believed

in my ability to do it.



Anna enjoying a cake in the friendly atmosphere of refreshments after the World Trophy race 2004.

Photo: Peter Hartley

finally However 1 qualified for Athens and was so pleased that we were going to run on the original route from Marathon to Athens.

At the start, on the route, and at the finish, there were thousands of cheering people...just unforgettable.

I started very cautiously because of the heat. I moved from position (at 5k) to 28th at the finish, passing an English girl just about 100m before the finish line.

Well... if I could choose between marathon and mountain running at the Olympics, I wouldn't hesitate a minute, of course the mountains! But unfortunately there's no such a thing as mountain running in the

Olympic games, so if you want to be an Olympian you have to find a different discipline so I did - the marathon.

I have mountains in my heart, that is my priority, but I also enjoy running marathons - perhaps I will do two a year to help me make my living.

In the future I want to stick with mountains and marathons together, although I could probably perform better if I concentrated on one discipline.

Marathons are very commercial, much more about money compared to mountain running. And my truly good friends are in mountain running! Isn't it better to run on scenic trails with beautiful views then on the road?

Well...I liked Olympics a lot...but after 14 days in Athens I was really happy to be back in the mountains.

Anna Pichtrova

Jonathan Wyatt
In 2004 the weeks between August and September were crazy. To run in an Olympic marathon and then expect to turn around a week later and race a world mountain champs is a big ask. To be honest at the time I wasn't really thinking about this. The Olympic Games are a huge spectacle and a media and celebrity circus. Somewhere in the middle of it all athletes who have been preparing for the last four years compete to the best of their abilities

It's a crazy atmosphere and one that its easy to get caught up in and carried away with. When you've been working toward this point you would be surprised at how many people in the village are in party mode from day one and the athletes pool where we ran past in 40 degree heat for our training runs always had a healthy amount of hot athletic bodies out in the sun to hold ones attention for a few moments as we ran past.

The men's marathon is held on the final day, the final day of almost 3 weeks and so I elected to arrive in Athens later in the Games. I had the slightly dubious distinction of being the last New Zealand athlete to be welcomed into the team.

In New Zealand we have a strong Maori indigenous culture and this means receiving a traditional Maori greeting haka and the presentation of pounamu (green stone) - very cool.

The track and field competitions were of a very high standard and a real buzz to watch an evening of this. The reality of being the last to compete is that you cannot go racing around in the heat of Athens to watch all the events. The walk to the dining hall (3 times a day) was generally as much as you would want to do! But for me as an architect visiting the Parthenon was a must and I was able to support our Mountain bikers at a venue close to the village.

In general the Games were organised to a very high standard. Traffic control was great with an Olympic lane set up where if local drivers were caught using it they were fined 1000 euro and lost their licence for a year - a pretty big incentive to not break the rules when every young Greek seems to be trying to emulate formula one as they go down to the local shops.

Public vehicles couldn't get within 3km of the Olympic village and every car going in or out was searched by a team of police with detectors and mirrors to see under the car. Our accreditation was our ticket in and out and the security while tight was not over the top and the games went by without any drama. Surface to air missiles in a field next to the village though were a reminder of how sport is not a safe haven anymore.

The race itself was really quite simple, simple but not easy, it was a case of hanging in near the front until the inevitable injection of pace. Then I followed my plan and tried to hold form and not loose any time. As we neared the end of the hilly section with only the last 11km of mostly down into the stadium I was picking up a lot of good guys who were slowing down. It was a solid last 10km where the result sheet put me at 21st position in a time of

2hr 17mins 45sec, a long way behind winner Italian Steffano Baldini and of course all the drama which unfolded around DaCosta who was assaulted by a spectator when in the lead.

One weeks recovery time before the World Trophy race required a bit of discipline - ie no getting out on the piss after the race, only two cheese burgers instead of four at the 'all you can eat Mackers' in the dining hall. The day after the Games its like a sinking ship - everyone leaves and I too wanted to get out of Athens and over to Italy to begin my preparation for the Our Mountain race. New Zealand team unit in Italy was awesome, a great bunch of people and I was able to have massage, relax and eat good Italian food.



Jonathan Wyatt (NZL). Olympian, 2004 World Mountain Running Champion, 2004 WMRA Grand Prix

Winner Credit: Tomo Sarf

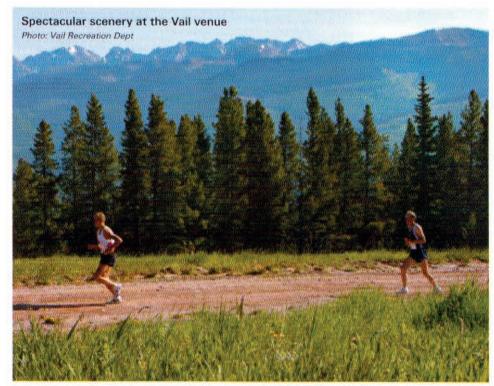
The race result is now well known and I am looking forward to

playing host for the Worlds 'down under' in New Zealand come September - just bring your rain coat.

Jonathan Wyatt

North & Central American, and Caribbean (NACAC) Mountain Running Championships

Incorporated into the Teva Vail HillClimb



Tim Parr	47:48
Matt Levassiur	48:28
Paul Low	48:35
Peter de la Cerra	48:53
Simon Gutierrez	49:02
Mark Stenbeck	49:48
Jason Loutitt	49:52
Andy Ames	49:57
Peter Maksimow	50:21
Mark Werner	50:36
Women	
Laura Haefeli	57:32
Lisa Isom	59:49
Kelly Ryan	60:21
Ann Sorenson	60:39
Julie Bryan	61:05
Kelly Smith	61:28
Kelly Low	61:59
	Matt Levassiur Paul Low Peter de la Cerra Simon Gutierrez Mark Stenbeck Jason Loutitt Andy Ames Peter Maksimow Mark Werner Women Laura Haefeli Lisa Isom Kelly Ryan Ann Sorenson Julie Bryan Kelly Smith

62:23

63:02

63:18

Top Men

Men's Team Championship USA 6 points, Canada 17 points (3 to count)

Rene Frazee

Meghan Day

10 Judith Leroy

Women's Team Championship USA 2 points. Canada 9 points (2 to count)

WHERE ARE THEY NOW?

Woody Schoch (SUI)
Junior World Champion 1988

Following his victory in Keswick in 1988 – an up & down event – Woody subsequently became the Swiss senior mountain running champion in 1991 and 1994

He represented his country in the World Trophies in Zermatt 1991 when he was bronze medallist in the short up & down race, and in Berchtesgarden 1994 finishing 17th. He also competed in the European Trophy events in 1995 coming 19th. By 1998, when he ran in Sestriere, work responsibilities had reduced his fitness level and he could only manage 71st. He was always high up in Swiss mountain races and in 1993 won the Matterhornlauf.

Now he lives in a 500 year old traditional Swiss mountain house in Pany, Graubunden with wife Martina and two children Lori (18 months) and Luzi (2 months). He works as a sales manager for a manufacturer of specialist Laboratory Tools which involves much worldwide travel. He gave up competing some years ago but keeps fit with Nordic

He gave up competing some years ago but keeps fit with Nordic walking; cycling; hiking; snowboarding; and skiing.

He loves: pure nature; democracy; Aston Martin cars; good food; being independent; tolerant people; coffee and cake; backcountry camping. He hates: narrow-minded people; lying on a beach; wearing a suit; lukewarm goats milk; extremists; loneliness; being restricted, being pushed.

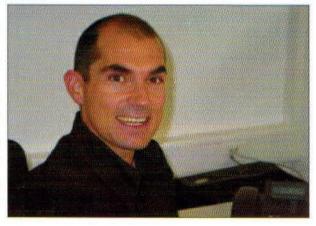
Top: Woody Schoch. Keswick 1998

Photo: Pete Hartley

Bottom: Woody Schoch today

Photo: W.Schoch





WMRA World Mountain Running Long Distance Challenge 1st Edition 2004 - SIERRE-ZINAL



Men - leading positions

1.	MEJIA RICARDO	63	MEX-EDO	2:34.35,0
2.	SCHIESSL HELMUT	72	GER-BUCHENBERG	2:36.06,7
3.	BURNS BILLY	69	GBR-LANCASHIRE	2:39.03,4
4.	ANCAY TARCIS	70	AYER	2:39.05,4
5.	EPINEY SEBASTIEN	67	HAUTE-NENDAZ	2:40.07,4
6.	LOW PAUL	73	USA-M A	2:40.55,7
7	REY JEAN-YVES	70	CRANS-MONTANA	2:41.39,4
8.	BROWN JOHN	69	GBR	2:42.42,1
9.	SHORT TIM	81	GBR-KENT	2:43.37,4
10.	PADUA SAUL	67	COL-CUNDINAMARCA	2:45.29,6
11.	FREI MAX	80	GER-FREIBURG	2:45.30,0
12.	LOVEY BERTRAND	82	LE CHABLE VS	2:50.03,7
13.	MASSEREY JEAN-DANIEL	72	HAUTE-NENDAZ	2:51.20,6
14.	VON KAENEL MARTIN	67	REICHENBACH I. K.	2:53.36.8
15.	CHARRIERE CHRISTIAN	75	VAULRUZ	2:54.05,8
16.	SANCHEZ FRANCISCO	67	COL-BOGOTA	2:54.10,8
17.	VON BURG RENÉ	67	BALSTHAL	2:54.22,4
18.	TURATI SILVANO	72	STABIO	2:54.29,3
19.	HAENI FRITZ	54	RUMISBERG	2:55.18,0
20.	TREMP STEFAN	63	BELP	2:55.45,9

736 mens finished the course

2nd Helmut SchiessI(GER) 1st Ricardo Mejia (MEX) 3rd Billy Burns (GBR)

Photo: A.Genoud

Ladies - leading positions

1	JOLY ANGÉLINE	74	SUI-TRAVERS	3:09.22,8
2.	RODRIGUEZ MARIA	71	COL-COLOMBIE	3:10.53,9
3.	GUILLOT ISABELLE	61	FRA	3:12.18,4
4.	ETZENSPERGER NATHALIE	68	GAMSEN	3:14.28,0
5.	RIEM CLAUDIA	71	LUGANO	3:14.55,5
6.	SOUKHOVA VÉRA	63	RUS	3:16.30,9
7.	LUSK KELLI	72	USA-CO	3:30.43.5
8.	MABILLARD CATHERINE	64	TROISTORRENTS	3:32.22,1
9.	HELD SANDRA	70	BIEL/BIENNE	3:36.54,4
10.	LENNARTZ BIRGIT	65	GER	3:38.10,3
11.	GUTKNECHT ARIANE	64	ALLSCHWIL	3:40.01,3
12.	LESERVOISIER MICHELLE	65	F-ST-JULIEN	3:42.30,6
13.	OESTER DORIS	52	ADELBODEN	3:42.46,2
14.	ROY STÉPHANIE	75	F-ARCON	3:43.22,6
15.	RAEBER-BURGDORFER BERN	65	ST-LÉGIER-CHIÉSAZ	3.47.44,7

109 ladies finished the course



1st Angeline Joly (SUI)

Photo: A.Genoud

Full results can be seen on the S-Z web page accessed via the link on the WMRA web page.

WMRA thanks the Sierre – Zinal race organisation for incorporating the Challenge into their event.

MASTERS WORLD MOUNTAIN RUNNING CHAMPIONSHIP

Sauze d'Oulx, Italy - 28th August 2004

The 2004 Masters Championships were staged magnificently by the town of Sauze d'Oulx and the LOC of Atletica Susa. They organised fine weather on the day despite some concerns in the days leading up to the event. Marriane Spronk was the only Master to retain her championship title and deserves special mention. Coming as it did just one week before the World Trophy in Sauze d'Oulx meant that athletes from all around the world were present to compete and the medals were spread between 7 different countries. As expected, the home country provided the bulk of competitors and took most medals. The medal table, that gives priority to Gold, was again headed by Germany.

The fitness and enthusiasm of all competitors was a splendid advertisement for mountain running as a lifestyle that promotes health and happiness.

Medal Table:

Gold SilverBronze

47000000111000

0000000021

Mens Champions:

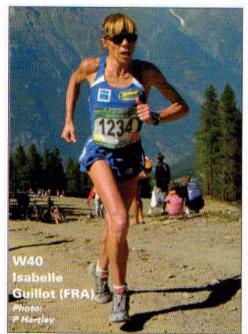
40-44	R.Meija	MEX	43.52	Nation
45-49	T.Borschel	USA	48.47	
50-54	M.Beha	GER	51.00	Germany
55-59	B.Grant	ENG	53.50	Italy
60-64	H.Reitmeir	GER	55.42	England
65-69	K.Scheiber	SUI	57.11	France
70+	B.Baggia	ITA	64.51	USA
	PRACTICAL ROBINSTA			Mexico
Wome	ns Champions	3:		Slovenia
				Switzerlar
35-39	A.Ortiz	USA	53.30	Austria

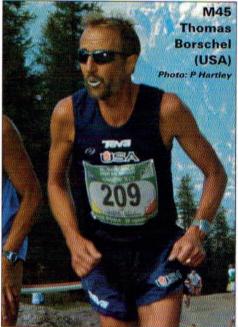
60-64	H.Reitmeir	GER	55.42	England	2	
65-69	K.Scheiber	SUI	57.11	France	2 2 2	
70+	B.Baggia	ITA	64.51	USA	2	
	HARACO AND COM LY I			Mexico	1	
Womer	ns Champions	3:		Slovenia	1	
				Switzerland	1	
35-39	A.Ortiz	USA	53.30	Austria	0	
40-44	I.Guillot	FRA	56.44	Australia	0	
45-49	C.Baillon	FRA	58.25	Poland	0	
50-54	M.Laney	ENG	58.47	New Zealand	O	
55-59	M.Spronk	GER	63.39*	Scotland	0	
60-64	S.Pesando	ITA	71.02	Slovakia	0	
65-69	L.Bratusa	SLO	76.58	The state of the s		

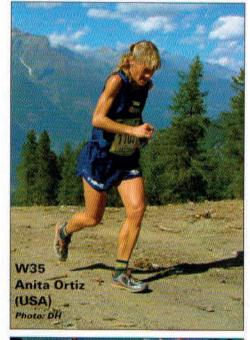
Number of Competitors per country

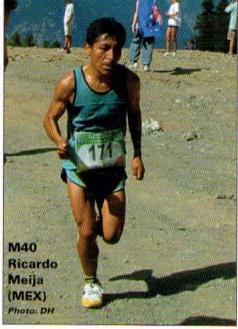
Italy	353
England	50
Germany	37
Czech R.	28
Slovenia	24
Scotland	23
Slovakia	12

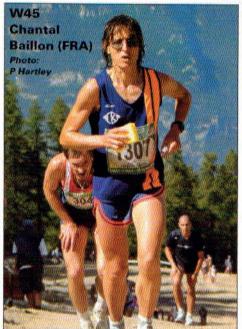
Countries less than 10: NIR; POL; SUI; AUS, AUT; MEX; USA; BEL; NZL; SMR; CAN; WAL; NOR; ESP; IRE; RUS; 620 athletes finished (651 in Zell in 2003)

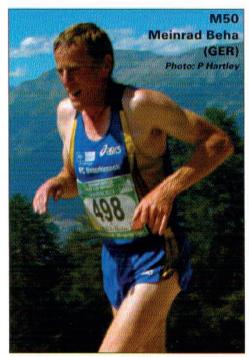




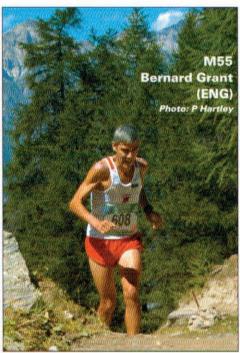






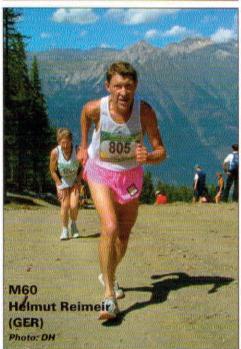


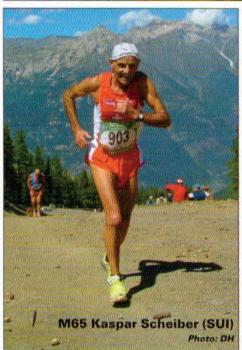


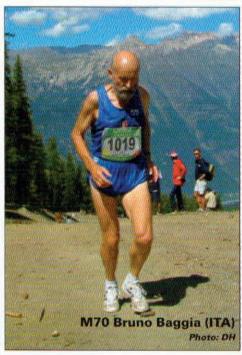










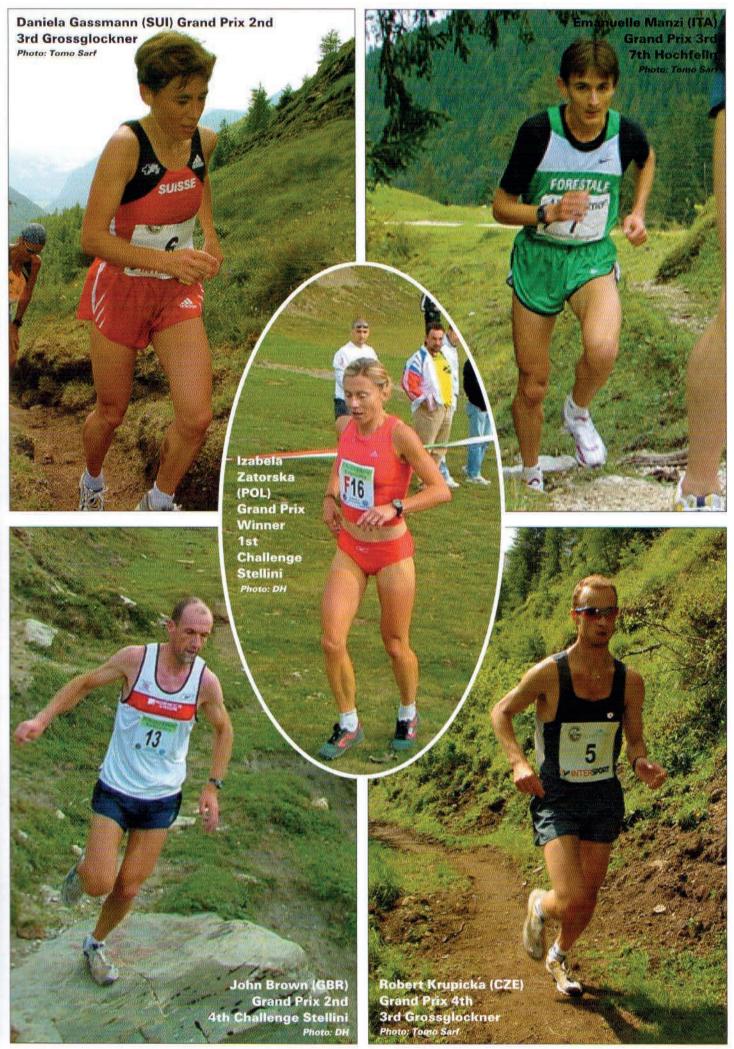


FINAL	RANKIN	IGS	WMRA	GRAND	PRIX	2004
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MEN	,	INALI	HIV	MIV	00 1	VIVII	17	JIA	IVD	THIA	2004	
RANK	Surname	Forename	Year	Nat.	M-M	G-H	S-T	C-S	5 H-B	6 SMG	Races No.	TOTAL
3/20										0.00		
1	Wyatt	Jonathan	72	NZL	100	100	100	100	100		5 5 4 4	400
2	Brown	John	69	GBR	Warner .	12	80	50	80	50	5	260
234567	Manzi	Emanuele	77	ITA	45	0.0	4.6	45	36	100	4	226
4	Krupicka	Robert	78	CZE	50	60	45		50		4	205
5	Kröll	Markus	72	AUT	32	24	60	29	40	36	6243442423532222222222222	168
6	Gaiardo	Marco	70	ITA	80	1000		80	pergere	224380	2	160
7	Skalsky	Roman	75	CZE	29	14		267950	45	60	4	148
8	Cox	Martin	69	GBR		80		12 24	32		3	124
9	Sichermann	Paul	65	GER			50	24	24	22	4	120
10	Lopez	Victor	68	ESP	18			10	29	40	4	97
11	Heinzle	Florian	82	AUT	36	50					2	86
12	Heigl	Thomas	80	AUT	13	36	22		8		4	79
13	Rieder	Alexander	69	AUT		40	36				2	76
14	Reitberger	Rudi	71	AUT		29	32	14			3	75
15	Obexer	Martin	64	ITA	6	16	13		18	18	5	65
16	Vitek	Miroslav	72	CZE	40	13	9			and the same of th	3	62
17	Lamovec	Peter	84	SLO	Total Control	45	170.1		15		2	60
18	Redl	Alois	72	AUT		15	29		1.0		2	44
19	Hohenwarter	Markus	80	AUT	22	20	40.00				2	42
20	Kipkorir	Rogers	77	KEN		22	20				2	42
21	Gutierrez	Simon	66	USA		2. 4.	20	18	20		2	38
22	Fischer	Michael	80	ITA	16		18	10	20		2	34
23	Du Bois	Ben	75	AUS	10	8	14	9			2	31
24	Ebiner	Matt	61	USA	2	10	12	3			9	24
21 22 23 24 25	Geerdink		70	NED	2	10	12 5 7		10		3	15
26	Geerdink	Maykel	70	NED			2		4		2	11
27		Björn					1	2	4	7	2	9
21	Ehrhardt	George	77	GBR				2		1	2	9
OMEN				122	2000							72.72
-1	Zatorska	Izabela	62	POL	60	80	80	100	80		5	340
2	Gassmann	Daniela	64	SUI	100	60	50	5895047	60		4	270
3	Confortola	Antonella	75	ITA	50			80	100		3	230
4	Pichrtova	Anna	73	CZE		100	100				2	200
5	Burt	Moana	80	NZL		50	60	45			3	155
2 3 4 5 6 7 8 9	Czuta-P.	Irena	66	POL		18	29		36	60	4	143
7	Buss	Stefanie	75	GER		45	40		50		3	135
8	Kapuscinski	Marion	67	AUT	29	24	26		45	32	5	132
9	White	Natalie	82	GBR	32			24	24	36	4	116
10	Emberger	Maria	54	AUT	24	13	16		22		4	75
11	Harbich	Kerstin	74	GER		36	32				2	68
12	Casaro	Elena	70	ITA	8	1	1000	20	26	14	5	68
13	Summer	Petra	75	AUT		22	45		- T	1.00	2	67
14	Rausch	Patrizia	72	AUT		32	24				2	56
15	Reithmayr	Andrea	79	AUT		02	20		29		5	49
16	Romanin	Paola	77	ITA	13		20		20	29	2	42
17	Wojtowicz	Anna	82	POL	10	16	22			20	5	20
18	Neubert	Gabi	61	GER		6	24		16		2	22
19	Cruschwitz		73	GER		7	15		10		2	22
20	Orlic	Katrin		CRO		6 7 3	13			13	2	38 22 22 16
21	Zipperle	Antonija	77 54	ITA	3	3			Ö	13	2	12
					3		5		9		2	
22	Sharipova Biasolo	Raissa Nathalie	74 65	KAS			5		6	4	5432343544252222222222222	11
	Diagolo	Hamaile	00	1100					-	57E.	60	0
EY ace												
M-M	Mölten	16 May		MAG	ltina		Ital					
G-H S-T C-S	Grossglockner	18 July		Hei	ligenblut		Aus	stria				
S-T	Schlickeralm	1 August		Telf				stria				
	Challenge Stellina	22 August	Charles .	Sus			Ital					
H-B	Hochfelln Smarna Gora	26 Septemb 9 October	er		gen oljana			many				
SMG								venia				

WMRA CALENDAR OF INTERNATIONAL MOUNTAIN RACES 2005

Championship	os			07.08.2005	15th Schlickeralm Berglauf	Telfes	Austria
Date 04.06.2005	Event 2nd NACAC Mountain	City Vail (Colorado)	Country		4th WMRA Grand Prix race		
	Running Championships (4th Teva Spring RunOff)	to the second		21.08.2005	17th Challenge Stellina 5th WMRA Grand Prix race (also for National teams)	Susa	Italy
0.07.2005	4th EAA Mountain	Heiligenblut	Austria				
	Running Championships 6th Großglocknerlauf International			08.10.2005	6th Brandenkopfberglauf 6th WMRA Grand Prix race	Zell am Harmersbach	Germany
24.07.2005	2nd Long Distance Mountain	Cauterets	France	WMRA Internat	tional 'associate member' races		
	Running Championships			Date	Event	City	Country
	The Vignemale Marathon			05.05.2005	25th La Montée du Grand Ballon	Willer sur Thur	France
				28-29.05. 2005	21th Intern. Gamperney Berglauf	Grabs	Switzerland
10.09.2005	5th WMRA Masters World Mountain Running Championships	Keswick	Great Britain	18.06.2005	45th Mt. Washington Hill Climb	Gorham, New Hampshire	USA
				26.06.2005	6th Memorial "Marco Germanetto"	Susa	Italy
25.09. 2005	21st World Mountain Running Trophy	Wellington	New Zealand		International race for national teams of youth under 17		
WMRA Grand	Prix 2005			03.07.2005	27th Teva Vail HillClimb	Vail (Colorado)	USA
Date	Event	City	Country	23.07.2005	30th International Snowdon Race	Llanberis	Wales
08.05.2005	16th Corsa in Montagna	Meltina	Italy	24.07.2005	8th Grintovec Mountain race	Kamnik	Slovenia
	Internazionale di Meltina		200000	14.08.2005	18th Sierre-Zinal	Zinal	Switzerland
	1st WMRA Grand Prix race			20.08.2005	50th Pikes Peak Ascent	Manitou Springs (Colorado)	USA
29.05.2005	2nd International "Rock of Gibraltar" Mountain Race	Gibraltar	Gibraltar	21.08.2005	50th Pikes Peak Marathon	Manitou Springs (Colorado)	USA
	2nd WMRA Grand Prix race			28.08.2005	27th Internationaler Kitzbueheler Horn	Kitzbuehel	Austria
				25.09.2005	32nd Hochfelln Berglauf	Bergen	Germany
31.07.2005	2005 5th Trofeo	Sauze d'Oulx	Italy	01 02.10. 2008	19th Mt. Kinabalu Climbathon	Sabah	Malaysia
	"Montagne Olimpiche"			23.10.2005	48th Trofeo "E. Vanoni" (relay intern.)	Morbegno	Italy
	3rd WMRA Grand Prix race			29.10.2005	26th Smarna Gora	Ljubljana	Slovenia



2005 WORLD TROPHY Mt VICTORIA, WELLINGTON, NEW ZEALAND. SEPTEMBER 25th

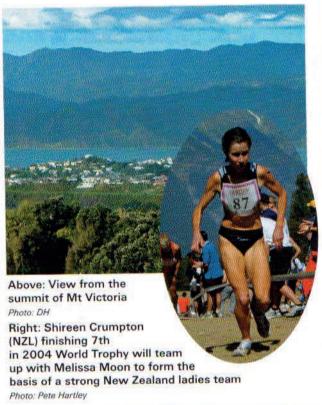
For full details of all arrangements for the 2005 World Trophy, visit the web page www.mountainrunning.org.nz Travel assistance is available to travelling teams. IAAF have contributed \$48,00 (US) and federations have been informed as to how much they will receive.

Athletics New Zealand have contributed \$120,000 (US) and have informed federations of their share.

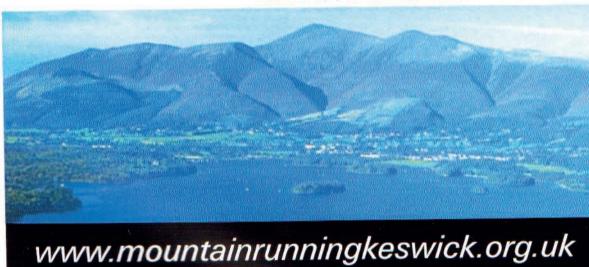
As soon as Quantas, the sponsor airline, know how many will travel on their flights, a discount will be announced. The New Zealand minister for Sport, the Hon Trevor Mallard, met with members of the LOC and WMRA to learn about the World Trophy and promise full government support.



Let to right – Arthur Klapp (Event director) Alan Stevens (LOC and member of IAAF cross country committee), Danny Hughes,
The Hon Trevor Mallard, Bruno Gozzelino,
Melissa Moon (LOC and World Champion 2001 and 2003)



5th World Masters Championships 10th September 2005 Keswick, Great Britain



Secure online entry is now available



