



WORLD MOUNTAIN RUNNING ASSOCIATION

## NEWSLETTER 2006

Issue No 11

March 2006



Jioulia Mochalova  
(Russia)

Jonathan Wyatt  
(N. Zealand)



Vedat Gunen  
(Turkey)

Kate McIlroy  
(N. Zealand)

2005 WORLD MOUNTAIN RUNNING CHAMPIONS



## EDITORIAL

Two thousand and six marks the start of my fourth 4-year period as president of WMRA.

When I took over on the retirement of our first president, Angelo de Biasi, in 1993, (Gap) the international mountain running movement was still in its infancy and the workload was relatively light. Our competition schedule was just one event, the World Trophy.

It is tremendously encouraging to see the results of the work of WMRA since then.

In 1995, we staged our first European Trophy event, which evolved into the present European Championship in 2002 after some years of negotiation with EAA.

In 1997, we introduced a junior womens category to the World Trophy, and at the 2005 Congress we voted in favour of a reserved place for a woman on the WMRA Council.

In 1999, the WMRA became involved in the Grand Prix movement started by Ernst Kunz (AUT). In 2004, races selected for the Grand Prix became IAAF permit races. This year sees the eighth edition with some innovations aimed at improving its attractiveness to a wider range of runners.

In 2001 we introduced the World Masters Championships which now provides top level competition for over a 1000 older mountain runners on an annual basis, and in 2005 we teamed up with the World Masters Athletic movement for staging this event.

2003 saw probably the most significant development to date as we secured the approval of the IAAF Congress to include mountain running in its definition of athletics, thereby fully committing IAAF to the development of our sport.

In 2004, we recognised that the wonderful athleticism of long distance mountain runners deserved a worldwide stage and, after some years of debate, introduced the World Long Distance Challenge, the equivalent of

the shorter distance World Trophy. In this, we have received the support of the organisers of the world's most prestigious mountain races, Sierrazinal (SUI), Cauteret (FRA), Pikes Peak (USA), and Jungfrau (SUI).

This year, 2006 sees the introduction of the first bi-annual European Masters championships in cooperation with EVAA.

Over the past 12 years we have tried to show that, although European countries are in a large majority, we are a movement with worldwide interest as our World Trophy was granted to Isle de la Reunion, Malaysia, USA, and New Zealand.

WMRA received \$15,000 in financial support from IAAF in 1993. Today, thanks to the excellent working relationship and cooperation with IAAF, we receive \$50,000.

This period of office will be my last but, in addition to consolidating all that has been achieved so far, I continue to look forward. Plans are afoot to establish a Commonwealth Games championship. Attention is turning to developing international competition for the younger teenagers following the example of the Marco Germanetto memorial races in Susa (ITA). We want to see regional championships along the lines of the

European taking place in all IAAF regions. A start has been made in North America with the NACAC championships. Countries in Africa are taking an increasing interest in our sport.

Of course, I am often asked about the possibilities of mountain running becoming an Olympic event or an IAAF world championship. These may be distant aspirations, why not? but our present focus must be on establishing a firm base of mountain running competition in as many countries as possible.

Danny Hughes (President WMRA)



Photo: R Greig

## IAAF PRESIDENT'S MESSAGE

It gives me great pleasure to write this message for the latest edition of the WMRA newsletter, just weeks before the start of the first event of the 2006 IAAF World Athletics Series, the World Indoor Championships in Moscow, shortly followed by the IAAF World Cross Country Championships, which itself comes right after the Athletics competition at the Commonwealth Games in Melbourne.

I highlight this busy schedule for the simple reason that I am happy that mountain running should be seen as a branch of athletics, rather than activities such as mountaineering or orienteering. It is for this reason that the IAAF is happy to support the WMRA and to continue to work closely with them as they work hard to develop their sport. As the most recent edition of the IAAF Magazine shows, the 21st edition of the WMRA World Mountain Running Trophy

in Wellington was a great success, with more than 10,000 spectators delighted to see a double New Zealand triumph in the senior men's and women's races.



Mountain running is increasingly popular because the characteristics of mountain running: closeness with nature, comradeship, special skills and tough challenges, have a growing appeal in today's frenetic world. Mountain running has a distinguished history but is also reaching out to new groups of participants.

I would like to commend WMRA President Danny Hughes, and his colleagues in the mountain running community, for all their hard work and look forward to an increasingly close

collaboration in future.

Lamine Diack (President of the International Athletic Foundation)

## WMRA COUNCIL

**PRESIDENT** Danny Hughes  
Hallsteads  
Gosforth  
Cumbria CA20 1BJ  
England  
Tel/Fax +44 19467 25366  
e-mail: dannyhughes@ukonline.co.uk

**SECRETARY** Bruno Gozzelino  
Via Susa 23  
I-10138 Torino  
Italy  
Tel (home) +39 011 3855914  
Tel/Fax (office) +39 011 4343372  
e-mail: bgozzel@libero.it

**TREASURER** Nancy Hobbs  
PO Box 9454  
Colorado Springs  
CO 80932  
USA  
Tel +1719-573-4133  
Fax +1719-573-4408  
e-mail: trlrunner@aol.com

**DIRECTOR OF COMPETITION** Raimondo Balicco  
via Div.Acqui 5  
I-24011 Alme, Bergamo  
Italy  
Tel (Home) +39 0355 45293  
Tel (Office) +39 0355 86500  
e-mail: balicco.rai@tin.it

**DIRECTOR OF ORGANISATION** Wolfgang Munzel  
Schipbacherstr 6  
D- 63906 Erlenbach  
Germany  
Tel +49 9372 71426  
Fax +49 9372 5610  
e-mail: W.M.52@web.de

**DIRECTOR OF DEVELOPMENT** Tomo Sarf  
Nedohova 6  
1210 Ljubljana-Sentvid  
Slovenia  
Tel +386 41 785859  
Fax +00 386 17 216 752  
e-mail: tomo.sarf@helios.si

**DIRECTOR OF MARKETING** Adrian Woods  
Ty'r Mynydd  
7, Heol Coed Cae Uchaf  
Blaenafon, Torfaen,  
NP4 9JA, Wales  
Tel (Home) +44 1495 791754  
Tel (Office) +44 1633 644551  
e-mail: adrian.woods@virgin.net

**WMRA WEB SITE**  
(Courtesy of European Athletic Association):

[www.wmra.info](http://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.

## 22nd WMRA CONGRESS 2005

The WMRA officers Hughes (GBR), Gozzelino (ITA), and Hobbs (USA), were elected unopposed for a further period of four years. The only contest for directors positions was for the Marketing Director and Adrian Woods of Wales was elected. Directors serve for a period of two years.

Congress approved a Council proposal that in future an additional council member will be elected by Congress who will always be a woman. This position will be filled for the first time at the 2006 Congress.

For the first time in the history of WMRA there was no application to stage the future World Trophy two years ahead. Congress therefore extended the deadline and authorised Council to make the decisions on venues which are reported below.

## WORLD TROPHY RETURNS TO SWITZERLAND for 2007 &amp; 2008

Chantal Dallenbach, vice president of the 'Running Club des 2 Rives, presented an application to stage the 2007 Trophy at Saillon-Ovronnaz in the Valais region of Switzerland.

WMRA Council, meeting in Monaco on 14th January, approved the application.

The races will be over two days. Four nights accommodation will be provided, and the date fixed is 15th - 16th September.



**Chantel Dallenbach**

In an unusual development, the Swiss federation had, before the Saillon-Ovronnaz bid, indicated that they wished to stage the 2008 World Trophy in Crans-Montana, also in the Valais region. Concerned that approval of a Swiss venue for 2007 would jeopardise their bid for 2008 they requested that Council accept the 2008 application at the same time as approving the 2007 bid. After consultation with WMRA member countries Council approved their application presented by the event director Jean Paul Aevoet, of Sierre Athletic Club.

Both these bids from Switzerland were of a very high and professional standard, guided and advised by Jacky Delapierre, vice president of the Swiss federation. WMRA Council are confident that the events will be organised to the same high standard, providing some spectacular mountain running competition for the worlds best mountain athletes.



**Jean Paul Aevoet**





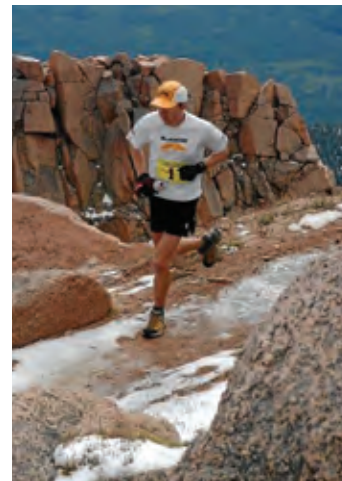
## 3rd World Long Distance Mountain Running Challenge

### 20th August 2006

WMRA are pleased to announce that the 51st edition of America's most famous mountain race will host this year's Long Distance Challenge. More than 800 athletes registered for last year's event. It is organised by the 'Triple Crown of Running Club' and the race director is Ron Ilgen.

The race distance is 42km up and down the mountain which has a climb of 2,382m. The first three men and first woman will be offered 75% of their travel costs to compete in the 2007 Challenge which is the Jungfrau marathon in Switzerland.

Web page: [www.pikespeakmarathon.org](http://www.pikespeakmarathon.org)



### JUNGFRAU CHOSEN FOR THE 2007 WORLD LONG DISTANCE CHALLENGE

The 15th edition of the famous Jungfrau Marathon, starting from Interlaken, Switzerland, will take place on 8th September 2007 and will incorporate the WMRA World Long Distance Challenge.

The organisers agree with WMRA that it is important that the world's best long distance mountain running athletes are in the competition and to encourage this, significant travel assistance has been promised to the medal winners of the 2006 Long Distance Challenge, which will take place in the Pikes Peak Marathon (USA) on August 20th. The first three men and first woman will each receive 75% of their travel costs to Interlaken. In addition, 3 nights full board is being offered to 15 elite men and 15 elite women.

The Jungfrau marathon web page is [www.jungfrau-marathon.ch](http://www.jungfrau-marathon.ch)

### IAAF SUPPORT FOR MOUNTAIN RUNNING

IAAF Council have again agreed financial support of \$50,000 for WMRA activities. Most of this is distributed in the form of a travel subsidy to teams competing in the World Trophy. The amount of money offered to each country is worked out using a complicated formula, which takes into account their performance by individuals and teams in the previous years World Trophy, the distance to travel to the venue, and the perceived wealth of the country. The IAAF office, under the direction of Managing Director Pierre Weiss, are actively involved in encouraging and inviting countries to compete in the World Trophy.

They are supporting WMRA in anti-doping matters and are raising the profile of the WMRA Grand Prix by granting IAAF permit status to those races selected for the Grand Prix series.

## WMRA GRAND PRIX PRIZE FUND INCREASED

WMRA will contribute an extra 1,500 euros for the prize fund of the 2006 Grand Prix taking the total for distribution up to 12,000 euros. More athletes will receive prizes and the value has been increased in many cases.

In order to raise interest level in the Grand Prix beyond the few who establish themselves in certain prize positions early in the series, the points system has been changed. We hope that in this way interest is maintained right up to the final event. The full version of the new rules and regulations can be seen on the WMRA web page.

The best 4 results from the 6 races count towards the final total.

See [www.wmra.info](http://www.wmra.info) and select the results tab to see the original format of the results above.

## AGREEMENT WITH WORLD MASTERS ASSOCIATION (WMA)

An agreement between the WMRA and the WMA was reached last year and signed by the Presidents (Hughes and Carlus) of both organisations and confirmed by their respective Councils. It provides for the World Masters Mountain Running Championships to be run under the auspices of both bodies, with WMRA continuing to take responsibility for all organisational details of the event.

A formal commitment to close cooperation will ensure that the traditions of the mountain running sport are retained whilst the event will have the added prestige and publicity associated with the WMA World Championship series.

## 2006 MASTERS WORLD CHAMPIONSHIPS VENUE CHANGED

Sauze d'Oulx, withdrew their commitment to stage the 2006 World Masters Championships for a variety of reasons including the pressure of hosting the winter Olympics.

The Running Club des 2 Rives (Saillon – Ovronnaz, Switzerland) contenders for the 2007 World Trophy (later granted that event) stepped into the breach at short notice and offered to organise the event. At the time of writing the courses have to be approved, but they will be uphill only. The web page [www.coursedes2bains](http://www.coursedes2bains) contains provisional information. The date fixed is September 23rd.



## 2007 MASTERS WORLD CHAMPIONSHIPS

The 2007 World Masters will take place in Bludenz, Austria on September 23rd on Mt Muttersberg 'uphill only' courses.

Bludenz is the home of the famous chocolate manufacturer Suchard, who produce the Milka brand. It also has a brewery making the Fohrenburg beer. The event is being organised by the club 'Berglauf Team' whose president is Hubert Rodhammer.

WMRA HAVE AGREED to cooperate with the European Veterans Athletic Association to stage a bi-annual European Mountain Running Championship for Masters. The first event is in Zell am Harmersbach (Black Forest – Germany) on April 30th 2006.

The organisers are those who staged the successful 2003 World Masters and one of the 2005 Grand Prix races, so participants are guaranteed a great event.

The championships are open to all in the Masters age groups (Men & Women 35 to 75+ in 5

year steps on the day of the race) who live in European countries.

The web page, containing all details in several languages is:

[www.brandenkopfberglauf.de](http://www.brandenkopfberglauf.de)



## SIGN UP TO THE WMRA WEB PAGE

So many people now have access to the internet that the WMRA web page has become our primary means of communication. It is nice to have a hard copy record of our activities such as this newsletter, but in order to keep people informed of changes and ongoing developments the internet is essential.

Rather than having to visit the site to see if anything new is happening you can register to receive news flashes which will alert you to any changes on the page which you can then visit to see the detail.

The procedure is as follows:

Go to the web page [www.wmra.info](http://www.wmra.info). On the home page you will see 'All news – Subscribe'. Click on 'Subscribe' and a page comes up 'WMRA Newsboard'. Simply select to subscribe, fill in your e-mail address, and click 'subscribe'.

You will see on the same page that you can unsubscribe at any time.

## ANTI-DOPING CONTROL

Doping is a deadly threat to sport. Winning with the aid of dope is cheating on your fellow competitors and on yourself, therefore the fight against doping in athletics continues to have a very high priority.

WMRA are in complete harmony with IAAF in their dedicated fight against doping and this can only be done with a comprehensive testing programme. 'In competition' dope testing is of course standard for the World Trophy and the European Championships. This requirement is being extended to include World and European Masters competition, and to Grand Prix events.

At their Council meeting in January, WMRA were invited by IAAF to consider 'out-of-competition' testing for mountain runners to bring them into line with practice in other branches of athletics. WMRA have agreed, and IAAF will be supplied with the names of about 20 mountain runners (male and female) who should go onto the 'out-of-competition' testing list. Those athletes effected, and their federations will therefore be notified in due course.

IAAF have taken responsibility for making arrangements, for the cost of the programme, and for follow up.



## OLYMPIC SUCCESS FOR ANTONELLA CONFORTOLLA



**Antonella competing at Molten when she finished in 2nd place**  
Photo by T Sarf

The Italian 4 x 5km cross country ski team have taken a bronze medal in the winter Olympics. Antonella skied the third leg of the relay. Preparing for the Olympics meant that she could not take her accustomed place in the Italian womens team for the World Trophy in Wellington.

## MARCO GERMANETTO MEMORIAL RACES (SUSA – ITALY)



**The winning Slovenian team of Mateja Kosovelj (2nd) and Lucia Krkok (1st)** Photo by T Sarf

The initiative of Atletica Susa in staging an international race for youth under the age of 17 is beginning to pay dividends. The 2005 edition attracted teams from SLO, ENG, ITA, WAL, SCO, FRA and GER, full results, etc. can be seen on [www.atleticasusa.it](http://www.atleticasusa.it). The event is in memory of one of their club members, Marco, who was tragically killed in a road accident several years ago. In 2006 the races have been fully approved by WMRA and the event will carry the title 'WMRA Youth International Mountain Race'. Countries interested in sending a youth team should contact the organisers for an invitation. Accommodation is provided.

## OBITUARY Torsten Carlius - World Masters Athletics

On behalf of the World Mountain Running Association I wish to record our appreciation of the work of our friend Torsten Carlius whose sudden death from a heart attack has shocked us all. Such is the frailty of life.

It is strange to have on my e-mail list, messages exchanged with Torsten only a short time ago. Although he had no direct experience of our branch of athletics – Mountain running – he was sympathetic to, understood well, and respected our traditions. Consequently we came to a fine agreement to bring the successful WMRA Masters World Championships under the joint WMRA/ WMA umbrella from 2006 onwards.

He had just started out as an enthusiastic secretary of WMA following his 8 year term as president and it was obvious that he loved the work and the involvement it gave him with many people of different nations. He will be greatly missed and difficult to replace. Our condolences to all his close friends and relatives.

Danny Hughes (President WMRA)





# 4th European Championships Heiligenblut (Austria) - 10th July 2005

## Results

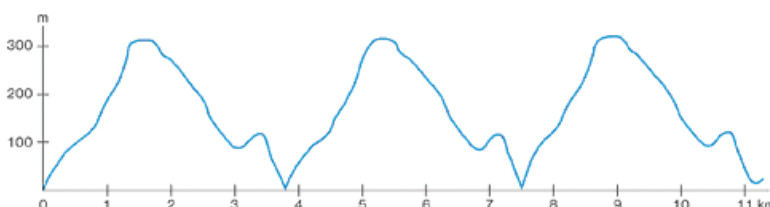
MEN														
1.	Heinze Florian	82	AUT	1:11:36	58.	O'heigeartaigh Sean	84	IRL	1:23:15	21.	Matyášová Pavla	80	CZE	1:16:06
2.	Schiessl Helmut	72	GER	1:12:16	59.	Dekanenko Valeriy	74	UKR	1:23:17	22.	Fernandez Marta	71	ESP	1:16:24
3.	DeGasperi Marco	77	ITA	1:12:35	60.	Green Andre	73	GER	1:23:39	23.	Sukhova Vera	63	RUS	1:16:34
4.	Fontaine Raymond	79	FRA	1:13:08	61.	Dorszynski Grzegorz	83	POL	1:24:06	24.	Hizar Ines	80	SLO	1:16:54
5.	Krupicka Robert	78	CZE	1:13:10	62.	Bojovic Velimir	85	SCG	1:24:21	25.	Havlová Pavla	82	CZE	1:16:56
6.	Bajcicak Martin	76	SVK	1:13:38	63.	De-Vilder Tim	82	BEL	1:25:12	26.	Carlssohn Anja	78	GER	1:17:05
7.	Gaiardo Marco	70	ITA	1:13:41	64.	Marzec Stanislaw	62	POL	1:25:14	27.	Chaika Olga	81	UKR	1:17:59
8.	Cox Martin	69	GBR	1:14:06	65.	Rindzevicius Marijus	80	LTU	1:25:36	28.	Morstofolini Monica	70	ITA	1:18:00
9.	Vernon Steven	80	GBR	1:14:07	66.	Ahola Asmo	64	FIN	1:26:07	29.	Clauss Sulvie	65	FRA	1:18:41
10.	Abate Gabriele	79	ITA	1:14:22	67.	Ervine Brian	67	IRL	1:26:21	30.	Lafaye Celine	81	FRA	1:18:57
11.	Gex-Fabry Alexis	73	SUI	1:14:26	68.	Letonia Zeljko-Franjo	73	CRO	1:26:23	31.	Harbich Kerstin	74	GER	1:19:03
12.	Uich Dominik	81	GER	1:14:36	69.	Bojovic Bojan	83	SCG	1:26:59	32.	Moreiras Lucinda	68	POR	1:19:06
13.	Rancon Julien	80	FRA	1:14:57	70.	Ikäheimonen Jari	72	FIN	1:27:37	33.	Czuta-Pakosz Irena	66	POL	1:19:24
14.	Jones Andrew	78	GBR	1:15:07	71.	Stolic Sasa	81	SCG	1:28:02	34.	Madureira Rosa	77	POR	1:19:30
15.	Nogueira Jose	72	POR	1:15:21	72.	Hellström Magnus	75	FIN	1:28:12	35.	Riem Claudia	71	SUI	1:19:44
16.	Joehl Toni	66	SUI	1:15:26	73.	Pacheco Manuel	67	POR	1:28:26	36.	Mrak Valerija	71	SLO	1:20:09
17.	Davies Timothy	77	GBR	1:15:33	74.	Vanhanen Jari	72	FIN	1:28:48	37.	Kiraz Ummu	82	TUR	1:20:13
18.	Lamovec Peter	84	SLO	1:15:38	75.	Zhalybin Denis	85	RUS	1:29:32	38.	Rausch Patrizia	72	AUT	1:20:15
19.	Dupont Jean-Christophe	71	FRA	1:15:48	76.	Hamelinck Wouter	82	BEL	1:29:55	39.	Spiess S. Eroica	63	SUI	1:20:24
20.	Tvedt Jon	66	NOR	1:16:02	77.	Loneragan George	71	IRL	1:30:40	40.	Summer Petra	75	AUT	1:20:54
21.	Bátory Ivan	75	SVK	1:16:23	78.	Katic Ante	63	CRO	1:31:36	41.	Martinez Maribel	66	ESP	1:21:09
22.	KROLL Markus	72	AUT	1:16:30	79.	Durant Patrick	67	BEL	1:32:22	42.	Béresová Katarína	85	SVK	1:21:15
23.	Dastan Hikmet	80	TUR	1:16:36	80.	Zhelezov Kostyantyn	69	UKR	1:34:07	43.	Buss Stephanie	75	GER	1:22:20
24.	Zeiler Timo	81	GER	1:16:44	81.	Malka Haim	70	ISR	1:34:11	44.	Korotkova Eudokia	79	RUS	1:22:48
25.	Chicco Davide	73	ITA	1:16:46	82.	Paripovic Drago	59	CRO	1:35:56	45.	Juodeskiene Inga	71	LTU	1:23:07
26.	Capitan Vicente	74	ESP	1:16:51	83.	Cegar Goran	77	SCG	1:37:54	46.	Yilmaz Fatma	85	TUR	1:23:08
27.	Kraehenbuehl Jacques	64	SUI	1:16:56	84.	Dimov Zoran	63	MKD	1:41:18	47.	Monteiro Lurdes	67	POR	1:23:29
28.	Arslan Ahmet	86	TUR	1:17:02	85.	Zandotti Philippe	68	MON	1:51:07	48.	Juric Veronika	77	CRO	1:24:39
29.	Bláha Jan	71	CZE	1:17:28	86.	Mihov Trajce	69	MKD	1:52:59	49.	Wojtowicz Anna	82	POL	1:25:09
30.	Castaner Cristofol	72	ESP	1:17:44	87.	Cuffaro-P. Nino	67	MON	1:55:33	50.	Berberoglu Reyhan	76	TUR	1:25:33
31.	Faschingbauer Pavel	73	CZE	1:17:50	88.	Giuliano Giancarlo	66	MON	1:55:33	51.	Mesiariková Vanda	77	SVK	1:25:53
32.	Rieder Alexander	69	AUT	1:17:54	89.	Kosakyan Arsen	87	ARM	2:00:40	52.	Gashi Edit	76	SLO	1:26:14
33.	Zarnik Sebastjan	77	SLO	1:18:07	90.	Zlobin Vadim	64	RUS	2:04:38	53.	Khokhlova Oxana	75	RUS	1:26:41
34.	Carvalho Jose	77	POR	1:18:15	91.	Oksenyuk Serhiy	80	UKR	2:10:57	54.	Ilavská Lenka	72	SVK	1:26:50
35.	Ambrasas Svajunas	67	LTU	1:18:18	92.	Nedelkovski Dragan	51	MKD	2:15:31	55.	Mccourt Cathy	73	IRL	1:27:21
36.	Heuberger Bruno	71	SUI	1:18:25	93.	Jamoule Patrick	70	BEL	DNF	56.	Subotic Ana	83	SCG	1:27:53
37.	Heneghan John	82	IRL	1:18:34	WOMEN					57.	Skyarenko Oxana	81	UKR	1:28:24
38.	Burrier Georges	79	FRA	1:18:38	1.	Mayr Andrea	79	AUT	1:07:42	58.	Belusic Barabara	81	CRO	1:28:34
39.	Tuncan Fahri	87	TUR	1:18:39	2.	Pichrtova Anna	73	CZE	1:09:38	59.	Weber Marianna	66	MON	1:28:52
40.	Redl Alois	72	AUT	1:18:48	3.	Joly-Flueck Angeline	74	SUI	1:10:44	60.	De-Las-Heras Alma	77	ESP	1:29:27
41.	Wosik Daniel	80	POL	1:19:08	4.	Demidenko Svetlana	76	RUS	1:11:03	61.	Harty Kerry	81	IRL	1:29:42
42.	Gielen Evert	71	NED	1:19:21	5.	Salvini Vittoria	65	ITA	1:11:34	62.	Uciechowska Teresa	87	POL	1:30:08
43.	Stefko Robert	68	CZE	1:19:41	6.	Etzensberger Nathalie	68	SUI	1:13:25	63.	Orlic Antonija	77	CRO	1:31:47
44.	Madsen Christian	77	DEN	1:19:49	7.	Wilkinson Mary	80	GBR	1:13:35	64.	Sandford Anne	65	IRL	1:32:03
45.	Gjedrem Hans-Martin	80	NOR	1:19:51	8.	Wilkinson Victoria	78	GBR	1:13:44	65.	Ikäheimonen Taru	76	FIN	1:36:07
46.	Salamun Igor	65	SLO	1:19:52	9.	Confortola Antonella	75	ITA	1:13:48	66.	Radonjic Tanja	84	SCG	1:37:23
47.	Pitertsev Mikhail	84	RUS	1:19:56	10.	Guillot Isabelle	61	FRA	1:13:57	67.	Cernic Danijela	77	CRO	1:39:18
48.	Post Arne	83	NOR	1:20:01	11.	Farget Patricia	65	FRA	1:14:09	68.	Cahill Jane	82	IRL	1:41:59
49.	Wydra Jan	75	POL	1:20:22	12.	Baumann Sandra	71	AUT	1:14:11	69.	Soroka Yulia	85	UKR	1:42:06
50.	Matanin Marcel	73	SVK	1:20:55	13.	Melicherova Ludmila	64	SVK	1:14:40	70.	Dimova Olivera	70	MKD	1:56:12
51.	Vanko Miroslav	73	SVK	1:20:56	14.	Sink Petra	80	SLO	1:14:46	71.	Brindley Tracey	72	GBR	DNF
52.	Capitan Jose-Luis	76	ESP	1:21:19	15.	Bott Alexandra	79	GER	1:14:48	TEAMS				
53.	Janzekovic Stanko	76	SLO	1:21:21	16.	Zatorska Izabela	62	POL	1:15:18	Men		Women		
54.	Sousa Jose	65	POR	1:21:37	17.	Haakenstad-E. Anita	68	NOR	1:15:31	1	Italy	20	Great Britain	34
55.	Skopac Ivica	74	CRO	1:21:40	18.	Sádková Irena	69	CZE	1:15:45	2	Gt Britain	31	Italy	34
56.	Pekdogan Adem	85	TUR	1:21:54	19.	Wilson Lyn	71	GBR	1:16:00					
57.	Toptun Andriy	80	UKR	1:21:59	20.	Gaviglio Flavia	63	ITA	1:16:04					



July 9th 2006

Web page:  
[www.maratonstav.cz](http://www.maratonstav.cz)

Men: 11.16km/90m (3 laps) Women: 7.74km/600m (2 laps)



TEAMS				
Men		Women		
1	Italy	20	Great Britain	34
2	Gt Britain	31	Italy	34
3	France	36	Czech R	41
4	Germany	38	Switzerland	44
5	Switzerland	54	France	50
6	Austria	55	Austria	51
7	Czech R	65	Russia	71
8	Slovakia	77	Germany	72
9	Turkey	90	Slovenia	74
10	Slovenia	97	Poland	98
11	Portugal	103	Slovakia	106
12	Spain	108	Portugal	113
13	Norway	113	Spain	123
14	Poland	151	Turkey	133
15	Ireland	162	Ukraine	153
16	Ukraine	196	Croatia	169
17	Croatia	201	Ireland	180
18	Serbia & Monte	202		
19	Finland	208		
20	Russia	212		
21	Belgium	218		
22	Monaco	260		
23	Macedonia	262		





Andrea Mayr (AUT) 1st  
She was awarded the  
accolade of 'top athlete of  
the year' by the Austrian  
Athletic Federation  
Photo: DH



Marco de Gasperi (ITA) 3rd  
Photo: P Hartley



Organisers Heide Pichler, Hans Pichler  
and Calaudia Riebnegger  
Photo: P Hartley



Helmut Schiessl (GER) 2nd  
Photo: P Hartley



Florian Heinzle (AUT) 1st  
Florian was 3rd in the Austrian Athletic Federation 'top athlete of  
the year' awards. Photo: P Hartley





Isobelle Guillot (10th) sets the pace at the start  
Photo: P Hartley



Above:  
Mary Wilkinson (7th) led the  
GBR Team to victory  
Photo: DH

Italy 2nd, Gt Britain 1st, Czech R 3rd  
Photo: P Hartley







# World Mountain Running Trophy

Wellington 2005



New Zealand 2nd team. Photo by R Greig



France 3rd team. Photo by R Greig

## Senior Men 13.5km

1 Jonathan WYATT	NZL	53:23	36 Timothy PARR	USA	59:46
2 Gabriele ABATE	ITA	55:35	37 Michael WAKELIN	NZL	59:47
3 Davide CHICCO	ITA	55:41	38 Thomas HEIGL	AUT	59:50
4 Marco GAIARDO	ITA	56:08	39 Andy NORMAN	ENG	1:00:07
5 Helmut SCHIESSL	GER	56:22	40 Stephen BROWN	AUS	1:00:11
6 Dale WARRANDER	NZL	56:24	41 Dominik ULRICH	GER	1:00:15
7 Ricardo MEJIA	MEX	56:28	42 Jiri ZAK	CZE	1:00:15
8 Emanuele MANZI	ITA	56:47	43 Rob HOPE	ENG	1:00:18
9 Sebastian EPINEY	SUI	57:13	44 Antonio MOLINARI	ITA	1:00:25
10 Simon GUTIERREZ	USA	57:20	45 Barry KEEM	AUS	1:00:26
11 Alessio RINALDI	ITA	57:30	46 Stephane JOLY	SUI	1:00:35
12 Julien RANCON	FRA	57:34	47 Marcus ENDERS	GER	1:00:38
13 Peter LAMOVEC	SLO	57:42	48 Callum HANLAND	NZL	1:00:41
14 Mitja KOSOVELJ	SLO	57:43	49 Phil COSTLEY	NZL	1:00:45
15 Jean-Christophe DUPONT	FRA	57:58	50 Paul LOW	USA	1:00:52
16 Billy BURNS	ENG	58:03	51 Igor SALAMUN	SLO	1:00:59
17 Joseph SYMONDS	SCO	58:05	52 Jethro LENNOX	SCO	1:01:01
18 Lloyd TAGGART	ENG	58:08	53 John LENINHAN	IRL	1:01:03
19 Markus KROLL	AUT	58:17	54 Arnaud FOURDIN	FRA	1:01:13
20 Thierry BREUIL	FRA	58:22	55 Tomas ONDRACEK	CZE	1:01:18
21 Martin BIALER	SVK	58:24	56 Matthew COLLINS	WAL	1:01:24
22 Miguel LEON	MEX	58:28	57 Andrew HUNT	WAL	1:01:31
23 Eric BLAKE	USA	58:30	58 Neil CARTY	NIR	1:01:37
24 Tarcis ANCAY	SUI	59:02	59 Ryan PAULING	USA	1:01:39
25 Selahattin SELCUK	TUR	59:08	60 Thierry ICART	FRA	1:01:52
26 Geoff WILLIAMSON	CAN	59:11	61 Petr PECHEK	CZE	1:01:57
27 Tim DAVIES	WAL	59:11	62 Bostjan HROVAT	SLO	1:02:13
28 Scott MCTAGGART	AUS	59:12	63 Andre GREEN	GER	1:02:15
29 Timo ZEILER	GER	59:22	64 Peter KASTELIC	SLO	1:02:19
30 Tomas PEREZ	MEX	59:26	65 Evert GIELEN	NED	1:02:24
31 Benjamin REVELL	NZL	59:28	66 Alasdair ANTHONY	SCO	1:02:31
32 Jason LOUTITT	CAN	59:28	67 Tomasz KLISZ	POL	1:02:41
33 John BROWN	ENG	59:30	68 Markus HOHENWARTER	AUT	1:02:53
34 Alois REDL	AUT	59:38	69 Svajunas AMBRAZAS	LTU	1:03:01
35 Joerg HAFNER	SUI	59:42	70 Jean-Daniel MASSEREY	SUI	1:03:06
			71 Kevin TILTON	USA	1:03:14

72 Robert STARK	AUT	1:03:22
73 Thomas DOLD	GER	1:03:27
74 Petr VYMAZAL	CZE	1:03:31
75 David OSMOND	AUS	1:03:35
76 Phil VILLENEUVE	CAN	1:03:44
77 Miguel Angel LOPEZ	MEX	1:04:03
78 Bostjan NOVAK	SLO	1:04:09
79 Kevin KEANE	IRL	1:04:13
80 Evan JARDINE	SCO	1:04:23
81 Alun VAUGHAN	WAL	1:04:24
82 Sean O'HEIGEARTAGH	IRL	1:04:41
83 Zdenek ZOUBEK	CZE	1:05:05
84 Haim MALKA	ISR	1:05:08
85 Alan MCKIBBIN	NIR	1:05:09
86 Desmond WOODS	NIR	1:05:09
87 Danny HOPE	ENG	1:06:08
88 Kevin LAWS	AUS	1:06:21
89 Bjorn GEERDINK	NED	1:06:27
90 Pavel DOBSICEK	CZE	1:06:40
91 Gary BAILEY	NIR	1:06:57
92 Martin BRADSHAW	IRL	1:07:18
93 Andrew DAVIES	WAL	1:07:20
94 Eoin MCKENNA	IRL	1:07:24
95 Maykel GEERDINK	NED	1:07:52
96 Brian ERVINE	NIR	1:07:57
97 Lanny MANN	CAN	1:08:09
98 Edward HANNA	NIR	1:08:39
99 Daniel LEWIS	WAL	1:09:20
100 Richard RODGERS	IRL	1:09:45
101 John LOFRANCO	CAN	1:11:27
102 Andriy REYER	UKR	1:11:56
103 Miguel Angel ESPARZA	MEX	1:12:11
104 Peter VAIL	CAN	1:13:39
105 Luis GARCIA	MEX	1:29:25

## Senior Men Teams

1 ITALY	17
2 NEW ZEALAND	75
3 FRANCE	101
4 ENGLAND	106
5 SWITZERLAND	114
6 USA	119
7 GERMANY	122
8 MEXICO	136
9 SLOVENIA	140
10 AUSTRIA	159
11 AUSTRALIA	188
12 SCOTLAND	215
13 WALES	221
14 CANADA	231
15 CZECH R.	232
16 IRELAND	306
17 NIRELAND	320

## Senior Women 9.1km

1 Kate MCILROY	NZL	39:40
2 Tracey BRINDLEY	SCO	41:42
3 Anna PICHRTOVA	CZE	41:59
4 Mary WILKINSON	ENG	42:39
5 Isabelle GUILLOT	FRA	42:47
6 Vittoria SALVINI	ITA	42:56
7 Melissa MOON	NZL	43:21
8 Laura HAEFFELI	USA	43:38
9 Maria Grazia ROBERTI	ITA	43:46
10 Pierangela BARONCHELLI	ITA	44:10
11 Vivian POTT	AUS	44:20
12 Jackie FAIRWEATHER	AUS	44:34
13 Ludmila MELICHEROVA	SVK	44:38
14 Ines HIZAR	SLO	44:46
15 Natalie WHITE	ENG	44:48
16 Sula YOUNG	SCO	45:02
17 Nathalie ETZENSBERGER	SUI	45:04
18 Chris LUNDY	USA	45:09
19 Pavla MATYASOVA	CZE	45:14
20 Angela MUDGE	SCO	45:16
21 Inga JUODESKIENE	LTU	45:19
22 Valerija MRAK	SLO	45:23
23 Daniela LEHMANN	SUI	45:26
24 Sylvie CLAUS	FRA	45:33



25	Elisa DESCO	ITA	45:34
26	Iva MILESOVA	CZE	45:41
27	Stefanie BUSS	GER	45:42
28	Patrizia RAUSCH	AUT	45:53
29	Christine HOWARD	ENG	46:17
30	Annette BENDIG	GER	46:25
31	Victoria WILKINSON	ENG	46:43
32	Daneja GRANDOVEC	SLO	46:50
33	Patricia FARGET	FRA	46:52
34	Emma MURRAY	AUS	47:04
35	Marmie PONTON	AUS	47:14
36	Kerstin HARBICH	GER	47:22
37	Julien BRYAN	USA	47:28
38	Anja CARLSOHN	GER	47:32
39	Sandra BAUMANN	AUT	47:36
40	Sarah DEVOY	NZL	48:26
41	Irena PAKOSZ	POL	48:30
42	Magi SCALLION	CAN	48:39
43	Petra SINK	SLO	48:40
44	Jill MYKURA	SCO	48:43
45	Anita ORTIZ	USA	49:12
46	Marion KAPUSCINSKI	AUT	49:47
47	Kerry HARTY	IRL	49:51
48	Michelle CORMIER	CAN	49:51
49	Edel MOONEY	IRL	49:56
50	Angela BRAND BARKER	WAL	50:07
51	Patricia SLOAN	NIR	50:39
52	Karen SMOUT	WAL	50:51
53	Sabrina HARPER	CAN	50:53
54	Jayne LLOYD	WAL	51:21
55	Catherine MCCOURT	IRL	51:30
56	Alwynne SHANNON	NIR	52:42
57	Bobbie-Jean JENSEN	CAN	52:46
58	Martina CERMAKOVA	CZE	53:38
59	Clare MCKENNA	NIR	53:40
60	Justyna CHLOSTA	POL	54:57
61	Ailbhe CREEDON	IRL	55:23
62	Martina HAWKINS	NIR	56:37

## Senior Women Teams

1	ITALY	25
2	SCOTLAND	38
3	CZECH R.	48
4	ENGLAND	48
5	NEW ZEALAND	48
6	AUSTRALIA	57
7	FRANCE	62
8	USA	63
9	SLOVENIA	68
10	GERMANY	93
11	AUSTRIA	113
12	CANADA	143
13	IRELAND	151
14	WALES	156
15	NIRELAND	166

## Junior Men 9.1 km

1	Vedat GUNEN	TUR	36:48
2	Juan Carlos CARERA	MEX	37:20
3	Martin DEMATTEIS	ITA	37:28
4	Ahmet ARSLAN	TUR	37:46
5	Bernard DEMATTEIS	ITA	38:34
6	Jan HAMR	CZE	38:57
7	Fahri TUNCTAN	TUR	38:59
8	Diego SCAFFIDI INGIONA	ITA	39:02
9	Benjamin CHOQUERT	FRA	39:38
10	Bernd WEBERHOFER	AUT	40:00
11	Ben GUEST	AUS	40:03
12	Manuel STOCKERT	GER	40:08
13	Andrea RIZZARDINI	ITA	40:46
14	David ROSENBERG	CZE	40:57
15	Marko TRATNIK	SLO	41:18
16	Boguslaw HOMA	POL	41:24
17	Quirin SCHMOLZ	GER	41:37
18	Nicki CORNOCK	WAL	41:48
19	Aaron JACKSON	NZL	41:53
20	Steve PAURITSCH	AUT	42:04
21	Martin ZAPALAC	CZE	42:06
22	Scott FRASER	SCO	42:06
23	Kyle COWIE	SCO	42:13
24	Jonathan MELLOR	ENG	42:15
25	Matt SINGLETON	NZL	42:18
26	Mitja TROST	SLO	42:27
27	Alistair BROWNLEE	ENG	42:28
28	Christian THOMPSON	USA	42:31



Scotland 2nd team. Photo by R Greig



Czech R 3rd team. Photo by R Greig

29	Jason MCGONIGLE	ENG	42:36
30	Dominik WAGNER	GER	42:47
31	Peter OBLAK	SLO	42:50
32	David PHEE	SCO	42:54
33	Rory EGELUS	USA	42:59
34	Ciaran FITZPATRICK	IRL	43:47
35	Brendon BLACKLAWS	NZL	43:55
36	Martin TUKA	SVK	43:56
37	Andreas ROIS	AUT	44:01
38	Chris DOYLE	ENG	44:18
39	Miha ROBNIK	SLO	44:20
40	Carwyn THOMAS	WAL	44:21
41	Jonny STEVENS	USA	44:26
42	Karol NOWAK	POL	44:28
43	Scott TOMLINSON	AUS	44:31
44	Rory MCDONNELL	IRL	44:41
45	Mark DAVIES	WAL	45:15
46	Lukas PAZDERA	CZE	45:34
47	Jon HORN	USA	45:35
48	Eoin CALLAGHAN	IRL	46:40

## Junior Men Teams

1	TURKEY	12
2	ITALY	16
3	CZECH R.	41
4	GERMANY	59
5	AUSTRIA	67
6	SLOVENIA	72
7	SCOTLAND	77
8	NEW ZEALAND	79
9	ENGLAND	80
10	USA	102
11	WALES	103
12	IRELAND	126

## Junior Women 4.7 km

1	Jioulia MOCHALOVA	RUS	21:50
2	Mateja KOSOVEJ	SLO	22:00
3	Hulya ONGUN	TUR	22:46
4	Lucija KRKOC	SLO	22:54
5	Suza MLADENOVIC	SLO	23:31

6	Ruth CROFT	NZL	23:45
7	Rachael THOMPSON	ENG	23:46
8	Katarina BERESOVA	SVK	23:46
9	Valentina GHIAZZA	ITA	23:48
10	Narin SAGLAN	TUR	23:50
11	Natalia NEMKINA	RUS	23:51
12	Dionne ALLEN	ENG	23:57
13	Sabrina PRAGER	GER	23:58
14	Isadora CASTELLANI	ITA	24:11
15	Hayley GREEN	NZL	24:15
16	Estelle COUDURIER	FRA	24:17
17	Alice MASON	NZL	24:21
18	Ellen DISKIN	IRL	24:23
19	Elodie CRESPO	ITA	24:49
20	Lea JOHANIDESOVA	CZE	24:52
21	Dominika WISNIEWSKA	POL	24:59
22	Emma STUART	ENG	24:59
23	Melike UGAR	TUR	25:27
24	Kathryn HELMERICK	USA	25:37
25	Tereza ZUZANKOVA	CZE	25:42
26	Teresa UCIECHOWSKA	POL	26:47
27	Elinor KIRK	WAL	27:51
28	Natalia MARKIEL	POL	28:00
29	Mary HALLISSEY	USA	28:36
30	Hana JIRASKOVA	CZE	30:58
31	Tatiana MAKAROVA	RUS	DNS

## Junior Women Teams

1	SLOVENIA	6
2	RUSSIA	12
3	TURKEY	13
4	ENGLAND	19
5	NEW ZEALAND	21
6	ITALY	23
7	CZECH R.	45
8	POLAND	47
9	USA	53





Switzerland Squad. Photo by R Greig



Davide Chicco (147) & Simon Gutierrez (218) 2nd. Photo by R Greig



Mary Wilkinson (ENG) 4th. Photo by R Greig



Anna Pichrtova (13-CZE) 3rd & Tracey Brindley (52 - SCO) 2nd. Photo by R Greig



John Brown (124 - ENG) 33rd & Gabriele Abate (146 - ITA) 2nd. Photo by R Greig



Junior Men: Boguslaw Homa (POL) & Ben Guest (AUS) 11th. Photo by R Greig





7 - ITA) 3rd  
00 - USA) 10th  
Greig



Junior Womens flower ceremony  
Photo by R Greig



Mateja Kosovelj (SLO)

Jioulia Mochalova (RUS)

Hulva Ongun (TUR)

# WORLD MOUNTAIN RUNNING TROPHY 2005 Wellington

6th



Julien Rancon (FRA) 12th  
Photo by R Greig



Helmut Schiessl (GER) 5th  
& Ricardo Mejia (MEX) 7th  
Photo by R Greig





Mt Victoria, Wellington, New Zealand

- 25th September 2005

The following report appeared  
in the IAAF magazine Special Review of 2005

## An 'All Blacks' Whitewash



The 21st edition of the World Mountain Running Trophy under IAAF patronage took place in a sunny Wellington (New Zealand) on 25 September 2005.

The lap course started on the seafront boulevard and went to the top of Mt Victoria. With such easy access for spectators there were an estimated 10,000 enthusiastic supporters of the home athletes cheering them on to two dominant performances which gave them gold in both the men's and women's individual races. Both winners were in fact local athletes from Wellington.

Jonathan Wyatt, Olympic marathon runner and already 4 times World Mountain running champion in the 'uphill only' versions of the event, was out to prove that he could also win at the highest level in the 'up and down' event – one he tends to avoid since recovery times are longer and Jonathan keeps to a relentless competition schedule.

Taking the lead 800m after the start he steadily increased it over the chasing pack to win by 2 minutes 12 seconds in a time of 53:23 over a 3-lap course of 13.5km and 930m of ascent and descent. It was almost as if the opposition handed the first place to Wyatt, with his reputation, and decided to race for the minor places between themselves. Only 6 seconds separated the two Italians for 2nd and 3rd places with another Italian just 27 seconds behind in 4th place. Of course, this meant that Italy swept to yet another men's team gold and maintained their unbeaten record of 21 victories under coach Raimondo Balicco.

Kate McLroy\*, the 2005 New Zealand cross country champion showed her talent for this type of endurance event with an inspired run in only her second ever mountain race. Like Wyatt she took the lead shortly after the start and gradually increased it to win by a similar margin of 2 minutes 1 second in a time of 39:40 over the 2-lap course of 9.1km and 620m of ascent and descent.



Kate and Jonathan. Photo by R Greig

Melissa Moon, another local Wellington girl and pre-race favourite with two World Championship victories under her belt, tried to stay with the pace in the early stages, urged on by the crowd, (she is famous in this city) but paid the penalty as she faded to 7th position. It was left to the relatively unknown Tracy Brindley from Scotland to storm through on the final descent to take silver, 17 seconds in front of another Olympic marathon runner; Anna

Pichrtova (CZE). The Italian women won the team race comfortably led home by Vittoria Salvini in 6th position.

The junior ladies race saw an astonishing performance by the young Russian, Jioulia Mochalova whose journey to New Zealand was less than perfect preparation. Indeed, she only arrived after midnight on the day of the race after a journey of days with hold-ups due to visa problems. Undaunted she shot into the lead at the start, and held on grimly to beat Mateja Kosovelj (SLO) by 10 seconds retaining the title she won in 2004. Slovenia repeated their recent fine junior performances by taking the team title for the 3rd year in

succession.

The junior men results contained some surprises as next years World Trophy hosts, Turkey, took both individual and team gold medals to the delight of their president, Mehmet Terzi. Vedat Gunen won by more than half a minute from the young Mexican Juan Carlos Carera (the 2004 bronze medallist). Both are still eligible for the junior age categories next year.

Danny Hughes

\*Kate has been crowned New Zealand 2005 Sportswoman of the Year at the prestigious Halberg NZ Sports Awards Ceremony.

## THE WORLDS RICHEST MOUNTAIN RACE

Ben Dubois (AUS) travelled to remote Mt Obudu in Cross River State, Nigeria, to win the inaugural race up the mountain and claim \$50,000 first prize from over 200 competitors.

State governor; His Excellency Donald Duke, is the driving force behind an initiative to promote the Obudu Ranch as a tourist venue and the mountain race attracted media from all over Africa to see what developments have taken place.

The 2nd edition of the race will take place on 25th November 2006 with a total prize fund in excess of \$100,000 provided by the sponsors. [www.obuduranchmountainrace.com](http://www.obuduranchmountainrace.com)

Leading results.

1.	Ben Dubois (AUS)	48.44
2.	Danjuma Kopkuddi (NGR)	48.56
3.	Robert Krupicka (CZE)	49.27
4.	Alberto Mosca (ITA)	50.49
5.	Danjuma Gyang (NGR)	51.04
6.	Emanuele Manzi (ITA)	51.48
1.	Anna Pichrtova (CZE)	55.46
2.	Laraba Joseph (NGR)	63.49
3.	Cecilia Cyril (NGR)	64.47

Photo right: Krupicka, Dubois and Kopkudd.  
Photo: DH





## PROFILE OF A CHAMPION

### KATE McILROY (New Zealand)

When did you first take up athletics?  
Aged 7 at our local Wellington Harriers club where the emphasis was on having fun once a week. I loved cross-country, running through water jumps and mud! I didn't start doing track athletics until I was 13.

How old are you? 24

Was endurance running always your best event?

Yes. I have always run longer events right from an early age, starting with cross-country. I moved onto the track when I was 13 running 1500 and 3000m. I didn't start running slightly shorter distances until I was 15, when I ran 400m and 800m

Describe how, as a first class cross-country runner, you prepared for the up/down world mountain running trophy in 2005.

My training was very specific. I had a great winter build-up (my first real build-up ever), which involved increasing my mileage and racing frequently throughout the winter. With about 7 weeks to go my sessions were done on the Mt Victoria course. I broke the course down into sections and would concentrate on a different section for each session. I found this helped prepare my body for the pain it was going to go through in the race! I also worked hard on the downhill; this was my weakest point and really needed to be worked on. I had to learn to be fearless, relax and just let my body go as I went down the hill!

What are the important landmarks in your athletic career to date?

1st NZL Secondary Schools Cross Country Champs (3 times).  
Qualifying for World Junior Track champs, San Diego, Chile 2000  
1st NZL Short Course cross-country 2004  
1st NZL Short Course and Long Course Cross Country 2005  
1st World Mountain Running Champs 2005  
1st Zatopek, 10,000m, Melbourne Australia  
Qualifying for the Commonwealth Games and breaking the NZL Record  
3 times for the 3000m steeple chase

What are your PB's for distance races?

5000m.	15:57	(17.12.05)
3000m steeplechase	9.40	(5.2.06)
10,000m.	33.17	(1.12.05)
10k road.	33.02	(16.10.05)

Do you think competing in that event aided or hindered your plans for future track, road or cross-country honours?

The Mountain champs and the training I had to do for it, has given me



Photo by R Greig

a tremendous amount of strength and is probably a fantastic base to get me through the next 6 months. The transition from mountains and road running to track has been hard. I think that although I have great strength, my speed has suffered, and therefore my track times are not as flash as I was hoping. However, last winter was my first ever proper build up, so I can't be too harsh on myself. The fact that I have managed to get through a whole track season is an achievement within itself. By next summer, I should be much stronger, and my legs should have become pliable enough to handle some speed sessions!

Did you enjoy the mountain running experience?

I absolutely loved it; I loved the training for it especially. The enjoyment from the training was reflective in my performance on the day. I loved the challenge. The training that I did for the champs was by far the most gruelling and challenging that I have ever done. I had two favourite runs that I used to do each week with a group of guys as part of my build up.

I naturally became very competitive, and would have to beat my time each week.

Do you plan to take part in any future mountain races?

Yes definitely, I would love to do the European Mountain running circuit, and especially a Mountain champs that is just straight uphill. It would suit me much better.

Do you have a job or are you a full time athlete?

I work part time in a law firm doing administration. It is a job that I have taken up so I can fit it around my training. I have fantastic employers who give me time off whenever I need it.

What has been the most important support structure enabling you to become a champion (Family?, Club?, Federation? Friends?)

I have a great support network around me – my coach John Bowden, who started coaching me at the beginning of 2005; my family; my boyfriend Johnny; Pilates teacher Jocelyn. Everyone plays a really important part, and without them I definitely would not be at the level I am today.

Apart from athletics, what are your pastimes?

I love chilling out, catching up with friends, shopping, having a few glasses of wine, sitting in the sun, just being around good company and having fun!



## WHERE ARE THEY NOW?

In the mid 1990's Dita Hebelkova was the leading Czech Republic female mountain runner. In the 1994 World Trophy she was 3rd behind multiple world champions Pfluger (AUT) and Guillot (FRA), in 1995 she was 41st, in 1997 she was 19th and finally in 1998 she became World Champion. She never appeared in top level competition again. This is her remarkably frank and honest story of what happened.

Dear Danny,

I have decided to write openly about the sudden end of my mountain running career in 1998.

The main reason for this is that I would not wish anyone else to experience the same thing that happened to me.

The answer to most of your questions about my health problems is that I had an eating disorder, anorexia.

Today I know that this was the source of all my pains and injuries, the osteoporosis I now suffer from, and the quick end of my running career.

At that time (1998) I just lived on top of the world. I loved running more than anything else in my life. The trouble was that it became an obsession for which everything else was put aside. I was enjoying myself running in the forest, stretching in the evenings, and not eating at all. Today I am very well aware of the wrong eating habits I had fallen into and my calorie intake was totally insufficient.

Unfortunately I did not have anyone to give me good advice (or maybe I would not even have listened to it). I even did not have any sports doctor, no physiotherapist. To put it simply, I had no money to pay for such medical support.

But I am not complaining about those bad conditions. The worst mistake was in my brain, in my mind. Looking back now I realise that I suffered from mental anorexia which then developed into bulimia.

Today I'm trying to return my body to health, but it is long and painful way. Since 1998 I tried many times to get back to competitive running, but always after 1 or 2 months I got injured. I went through 3 stress fractures, the last one in the hip joint.

Last year my brother finished medical university, and works as an orthopaedist (one who specialises in disorders of bones and joints) in a hospital. He takes care of me and after many tests they found out that I have osteoporosis (like a 70 years old lady). And what is the reason for it? Malnutrition! Sorry, I do not want anyone to feel sorry for me, I speak about it so openly for the first time in my life because I want to give this as a warning case for other girls, especially those involved in mountain running.

If anyone would ask today whether I would like to return to my running days (even though they were often full of pain) I would always and again say YES. Everything I experienced with running, were the best times. I met many lovely people, had a lot of fun, and loved mountains and running up them.

One of the highlights in my running days was my stay with the Fairfax family in Australia. I will always be thankful to Louise Fairfax who taught me a lot



Dita Hebelkova, World Champion 1998. Photo DH



Dita Hebelkova today

about training, with whom I enjoyed many great runs and fun. She is the one who helped me become World mountain running champion in 1998.

And what am I doing now?

The best cure for getting out of my running addiction has been my boyfriend! We enjoy many other sports together. He introduced me to ski touring (going on skis in the wild nature up to a mountain and then skiing down). I love this sport, it is very tiring, hard, adventurous, and a person must be careful, patient, and calm. Every tour is a little expedition. For three years we drove most weekends for at least 6 hours to the Alps to enjoy 2 days of skiing. Now, this year, we have found a wonderful house in Ammergauer Alpen (Germany), which we bought. Reconstruction begins next month. It has 7 bedrooms and we plan to use it as a training camp. We want to invite mountain runners to consider using it and we will offer a special discount. The scenery is magnificent and the conditions for serious training could not be better (Altitude is 850m).

The second excellent medicine for my health problems has been my job. I work as a head of the marketing department in a development company. This job is nice, challenging, and creative. I meet many interesting people. I really love this work and do it as professionally as I can and with all the energy that I used to give to running.

I try to do some fitness training every day. Twice a week I spent 2 hours in a gym being coached with weights, cycling in summer, running (more like jogging), skiing, swimming. I feel the need to exercise every day. A day without sport seems flat and grey to me. I know there is a competing soul within me and I always feel I have to try hard and be better than others. But, since I do not now concentrate on racing or competition, I enjoy other pleasures of life. Theatres, at least once a week, cinemas, parties (dinners with friends and wine). Wine has always been a subject of my interest. Every year in summer we get on our bikes and travel to some wine country. Cycling in the morning and tasting wines from wineries in the evenings.

To sum it all up. I am happy and fully contented with my life at the moment. I have everything a person could wish for (except no baby yet!) But it took me long time to get used to a contented life that did not include racing and winning.

Dita Hebelkova.

e-mail: hebelkova@bohemiareal.cz

*I asked Dita a question:*

*'Do you think you could have become world champion had you not shed so much weight through your anorexia?'*

*She answers:*

*I was 3rd in Berchtesgaden weighing a healthy 44kg with little training. I trained hard in Australia for my championship run when my weight was down to 37kg.*

*I believe my victory was the result of my training regime and was not related to my weight.*



## CAUTERETS (FRANCE)

## 2nd World Long Distance Mountain Running Challenge

24th July 2005



1st Emma Murray (AUS)

Photo: DH



1st Helmut Schiessl (GER)

Photo: DH

6 medals shared between 6 countries

The 2nd edition of the WMRA World Long Distance Mountain Running Challenge was held in the Pyrenees (France) mountain town of Cauterets, in conjunction with the Marathon du Vignemale.

More than 600 runners, set out on the 50 km course, facing a climb of over 2000 meters in fine weather. Athletes from 12 countries were present.

Helmut SCHIESSL (GER) immediately took the lead and was never passed. At one stage, he was 4 minutes ahead, but at the finish, Toni VENCELJ (SLO) was only 37 seconds behind after 4 hours of running.

Whilst SCHIESSL started favourite in the mens race, the womens race over the same distance was more unpredictable. French record holder for the marathon, Chantal DALLENBACH, lined up with 4 times world mountain running champion, Isabelle GUILLOT (FRA). Both were surprised by the only Australian entry, Emma MURRAY (unknown in Europe), who established an early lead which she extended throughout the race. Despite a tumble on the upper part of the course, Emma finished in a fine time of 4 hours 37 minutes 42 seconds, in front of about 570 men!

Marion KAPUSCINSKI (AUT) started slowly, caught Isabelle GUILLOT at the highest part of the course and came home in second place with a time of 4:55.52. Guillot was third in 5:08.41 and Dallenbach retired.

The French spectators were delighted to see one French person on the podium to join the 5 other medal winning nations.



2nd Marion Kapuscinski (AUT)

## WOMEN

1. MURRAY Emma	FRA	4:37:29
2. KAPUSCINSKI Marion	AUT	4:55:52
3. GUILLOT Isabelle	FRA	5:08:41
4. CAPRON Danielle	FRA	5:18:14
5. SUSTARSIC Mateja	SLO	5:25:39
6. RADONDY Yvonne	FRA	5:29:30
7. FOUQUES Pascale	FRA	5:31:57
8. TONON-D. Myriam	FRA	5:39:11
9. KLAASSEN Lara	BEL	5:49:12
10. BERSANS Francoise	FRA	6:04:16

44 women finish the race

## MEN

1. SCHIESSL Helmut	GER	3:59:47
2. VENCELJ Toni	SLO	4:00:24
3. BOLT Daniel	SUI	4:05:20
4. FREZOUL Frederic	FRA	4:06:12
5. CAZAU Christophe	FRA	4:11:21
6. ZINGL Wolfgang	AUT	4:13:34
7. BONAUDO Samuel	FRA	4:14:42
8. SICHERMANN Paul	GER	4:16:12
9. ESCOTS Claude	FRA	4:22:23
10. LE SAUX Christophe	FRA	4:26:16

610 men finished the race



Toni Vencelj (SLO) 2nd &amp; Helmut Schiessl Photo:DH





## Record entry of 1,112

The increasingly popular WMRA Masters World Championships were blessed with fine sunny weather, record crowds and competitors, fine performances, and faultless organisation.

M70, Bruno Baggio (ITA) and W50, Maureen Laney (ENG) were the only two to retain their championship titles and deserve special congratulations.

Medals were nicely distributed between the countries, Italy, Germany, Switzerland, Czech R., Scotland, Wales, and England.

### Gold Medallists:

M40	Franco Torrersani	ITA	50.39	(194)
M45	Dave Neill	ENG	52.51	(188)
M50	Nigel Gates	ENG	55.57	(148)

### Shorter course

M55	Reinhart Volger	GER	44.38	(93)
M60	Raymond Wilby	SCO	47.43	(75)
M65	Peter Covey	ENG	50.05	(41)
M70	Bruno Baggio	ITA	52.51	(33)
W35	Angela Mudge	SCO	59.27	(28)
W40	Sally Newman	ENG	63.55	(44)
W45	Cecilia Greasley	ENG	65.23	(34)
W50	Maureen Laney	ENG	64.30	(31)

### Shorter course

W55	Alison Brentnall	ENG	57.16	(19)
W60	Gerlinde Scmittner	GER	56.30	(13)
W65	Heather Goodman	ENG	66.55	(5)

The numbers in brackets are the number of starters in each category.

Full results and extensive photo gallery may be seen on

[www.mountainrunningkeswick.org.uk](http://www.mountainrunningkeswick.org.uk)

Photo credits: PH = Peter Hartley



M45 Dave Neill (ENG)  
Photo by PH



Sally Newman (1337) W40 and  
Jackie Hargreaves (3rd) W40  
Photo by DH



W50  
Maureen Laney (ENG)  
Photo by PH



Bruno Baggio M70 Photo by DH



Franco Torresani M40  
Photo by DH



W60  
Gerlinde  
Schmittner (GER)  
Photo by PH



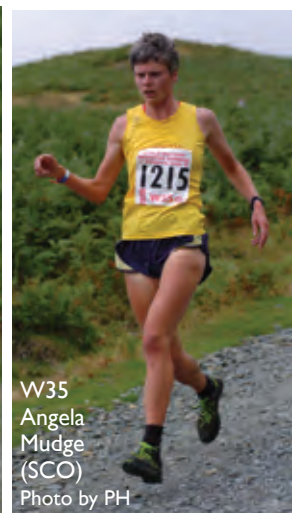
M60  
Raymond  
Wilby (SCO)  
Photo by PH



W55  
Alison Brentnall  
(ENG)  
Photo by PH



M55  
Reinhart  
Vogler (GER)  
Photo by PH



W35  
Angela  
Mudge (SCO)  
Photo by PH



Start Men and Women 60 Photo by DH



## FINAL RANKINGS WMRA GRAND PRIX 2005

MEN					Race	2	3	4	5	6	Races	TOTAL
RANK	Surname	Forename	Year	Nat.	1 M-M	R-G	M-O	S-T	C-S	B-K	No.	POINTS
1	Wyatt	Jonathan	72	NZL	100			100	100		3	300
2	Capitan	Vicente	74	ESP		100	40	45		100	4	285
3	Krupicka	Robert	78	CZE	80		29	50		80	5	270
4	Gaiardo	Marco	70	ITA	50	36	80		60	60	5	250
5	Molinari	Antonio	67	ITA	36		60	60	80		4	236
6	Manzi	Emanuele	77	ITA	60	40	45			45	4	190
7	De Gasperi	Marco	77	ITA		80	100				2	180
8	Du Bois	Ben	75	AUS		29		80	45		3	154
9	Cox	Martin	69	GBR	29	45		32	29		4	135
10	Schiessel	Helmut	72	GER	40			40		50	3	130
11	Frick	Gerd	74	ITA	32	32	14		24		4	102
12	Kröll	Markus	72	AUT	22			29		40	3	91
13	Jones	Andy	78	GBR		50			32		2	82
14	Redl	Alois	72	AUT	45			24			2	69
15	Lopez	Victor	68	ESP	24			14	18		3	56
16	Zeiler	Timo	81	GER	20			15		21	3	56
17	Mosca	Alberto	78	ITA	16		32				2	48
18	Skalsky	Roman	75	CZE				18		29	2	47
19	Geerdink	Maykel	70	NED		24				14	2	38
20	Heigl	Thomas	80	AUT	1			36			2	37
21	Brown	John	69	GBR				22	14		2	36
22	Geerdink	Björn	70	NED		18				18	2	36
23	Lanfranchi	Mauro	78	ITA	26		8				2	34
24	Gielen	Evert	71	NED	12	20					2	32
25	Zanaboni	Massimiliano	72	ITA	10		13				2	23
26	Brydl	Pavel	80	CZE	3		7	13			3	23
27	Zanotti	Franco	71	ITA	4		11				2	15

WOMEN					1 M-M	2 R-G	3 M-O	4 S-T	5 C-S	6 B-K	Races	TOTAL
RANK	Surname	Forename	Year	Nat.							No.	POINTS
1	Zatorska	Izabela	62	POL	100	100			45	80	4	325
2	Salvini	Vittoria	68	ITA			100		100	100	3	300
3	Desco	Elisa	82	ITA	45	80	60			40	4	225
4	Confortola	Antonella	75	ITA	80				50		2	130
5	Baronchelli	Pierangela	72	ITA			45		80		2	125
6	Buss	Stefanie	75	GER		60				60	2	120
7	Rausch	Patrizia	72	AUT	50			29	32		3	111
8	Kapuscinski	Marion	67	AUT	32			36	26		3	94
9	Pakosz	Irena	66	POL				60		29	2	89
10	Frost	Anna	81	NZL			12	40	36		3	88
11	Martinez	Maribel	69	ESP	60			26			2	86
12	Carlsohn	Anja	78	GER				50		26	2	76
13	Wilkinson	Victoria	78	GBR			32		40		2	72
14	Krkoc	Lucija	88	SLO		45	26				2	71
15	Roberti	Maria	66	ITA	22		40				2	62
16	Serena	Angela	77	ITA	40		22				2	62
17	Lilge	Carina	60	AUT	24			32			2	56
18	Beatrice	Lorenza	70	ITA	29		24				2	53
19	Jimenez	Nuria	75	ESP	36			13			2	49
20	Fornelli	Marialaura	73	ITA			15		24		2	39
21	Mucci	Merri	75	ITA	26		10				2	36
22	Romanini	Paola	77	ITA	14		20				2	34
23	Biasolo	Nathalie	65	ITA	1			5		2	3	8

1	M-M	Mölsen	8 May			
2	R-G	Rock of Gibraltar	29 May	Melina		Italy
3	M-O	Montagne Olimpiche	31 July	Gibraltar		Gibraltar
4	S-T	Schlickeralm	7 August	Sauze d'Oulx		Italy
5	C-S	Challenge Stellina	21 August	Telfes		Austria
6	B-K	Brandenkopf	8 October	Susa		Italy
				Zell a.H.		Germany

## 2nd North American Central Caribbean Championships - Vail, CO - 4th June 2005

First two count for team result

## MEN

1	USA 11 points	
4.	Josiah Middaugh	48:23
7.	Simon Gutierrez	49:24
9.	Eric Blake	49:31
22.	Andy Ames	54:03

## 2 CANADA 16 points

6.	Jason Loutitt	48:40
10.	Geoff Williamson	50:29
13.	Phil Villinueva	50:44
39.	Peter Vail	59:39

## WOMEN

1	USA 8 points	
3.	Laura Haefeli	55:01
5.	Lisa Isom	57:34
10.	Anita Ortiz	60:23

The 3rd NACAC Championships will be hosted by Mexico.







Ladies start - a fine example of the type of promotion of the Grand Prix that we would like other GP races to adopt



Elisa Descò (ITA)  
Grand Prix 3rd  
Photo by T Sarf



Marco  
Gaiardo (ITA)  
Grand Prix 4th  
and Moelten 4th  
Photo by T Sarf



Vicente  
Capitan  
(ESP)  
GP 2nd

Fred Chappory  
(Chairman GAAA)

Izabela Zatorska  
(POL)  
GP 1st

Photo:  
T Sarf



Vittoria Salvini (ITA)  
Grand Prix 2nd  
Stellina Challenge 1st  
Photo by DH



Rock of Gibraltar  
Capitan (ESP) sets the pace followed by A Jones (GBR),  
M de Gasperi (ITA) and R Krupicka (CZE)  
Photo by T Sarf



## 2006 WORLD MOUNTAIN RUNNING TROPHY

BURSA, TURKEY - 10th September



Event details may  
be found on  
[www.wmrt2006.org](http://www.wmrt2006.org)

Photo right:  
Junior Men 2005 World Trophy  
team champions Turkey  
Photo: R Greig



Turkeys' juniors in New Zealand issue an  
invitation to this years World Trophy  
Photo: R Greig



## WMRA 2006 CALENDAR OF INTERNATIONAL MOUNTAIN RACES

## Championships

30th April	1st European Master Mountain Running Championships.	Zell am Harmersbach	Germany
25th June	3rd NACAC Mountain Running Championships	Ajjic (Jalisco State)	Mexico
9th July	5th EAA Mountain Running Championships	Male Svatonovice	Czech R.
20th August	3rd Long Distance Mountain Running Challenge	Colorado	USA.
10th September	22nd WMRA World Mountain Running Trophy	Bursa	Turkey
23rd September	World Masters Mountain Running Championships.	Saillon	Switzerland

## WMRA Grand Prix

23rd July	7th Großglocknerlauf International	Heiligenblut	Austria
30th July	9th Griintovec Mountain Race	Karnik	Slovenia
6th August	19th Schlickeralm Berglauf	Telfes	Austria
24th September	3rd "La course des 2 Bains	Saillon	Switzerland
7th October	27th Smarna Gora International mountain race	Ljubljana	Slovenia
28th October	3rd International "Rock of Gibraltar" Mountain Race	Gibraltar	Gibraltar

## WMRA 'Associate Member' races.

26th February	Mt. Cameroon Mountain Race	Cameroon
25th May	26th La Montée du Grand Ballon	Willer sur Thur France

27th - 28th May	22nd International Gamperney Berglauf	Grabs	Switzerland
17th June	46th Mt. Washington Hill Climb	New Hampshire	USA.
4th June	1st Jura Challenge	St. Cergue	Switzerland
25th June	7th Memorial "Marco Germanetto	Susa	Italy
2nd July	28th Teva Vail Hill Climb	Vail	USA
22nd July	31st International Snowdon Race	Llanberis	Wales
13th August	32nd Sierre-Zinal	Zinal	Switzerland
13th August	11th International Feuerkogel	Ebensee	Austria
19th August	51st Pikes Peak Ascent	Colorado	USA
27th August	18th Challenge Stellina	Susa	Italy
3rd September	28th Internationaler Kitzbueheler Horn.	Kitzbuehel	Austria
24th September	33rd Hochfeln Berglauf	Bergen	Germany
14th October	14th Corrida do Monge	Alcabideche	Portugal
22nd October	49th Trofeo "E. Vanoni" (relay )	Morbegno	Italy
25th November	2nd Obudu Ranch Mountain Race	Cross River State	Nigeria

Event web pages, when available, may be found on the links page of:

[www.wmra.info](http://www.wmra.info)



CHECK YOUR LANDING GEAR



f-lite™ 250  
new for 2006



mudroc™ 280  
BRITISH, ENGLISH &  
EUROPEAN CHAMPIONSHIP  
WINNING SHOE  
2005 WORLD TROPHY  
WINNING SHOE



roclite™ 285  
new for 2006



mudroc™ 290  
**RUNNER'S**  
PRODUCT OF THE YEAR 2003  
2003 WORLD TROPHY  
WINNING SHOE



flyroc™ 310  
**TRAIL**  
2005 BEST TRAIL  
RUNNING SHOE  
**Trail Runner**  
EDITOR'S CHOICE



roclite™ 315  
new for 2006



terroc™ 330  
**TRAIL**  
2004 BEST TRAIL  
RUNNING SHOE  
**tgo** EDITOR'S  
CHOICE



mudclaw™ 340 'O' +  
new for 2006

To see the complete inov-8™ range go to  
**inov-8.com** or call **+44 1388 526500**

**INOV-8**



Italy Mens Team 1st  
Photo by R Greig



Italy Womens Team 1st  
Photo by R Greig



## Memories of Wellington (New Zealand)

Slovenian Junior Womens Team 1st  
Photo by R Greig



Opening Parade  
Photo by R Greig



Opening Ceremony observed by officials  
Photo by R Greig