



WORLD MOUNTAIN RUNNING ASSOCIATION NEWSLETTER 2008

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PATRONAGE IAAF

Jonathan Wyatt

(Long Distance)
(New Zealand)

Anna Pichrtova

(World Trophy) (Czech R)

Anita Håkenstad-Evertsen

(Long Distance) (Norway)

Marco de Gasperi

(World Trophy) (Italy)

**2007
MOUNTAIN
RUNNING
WORLD
CHAMPIONS**

EDITORIAL

During the past year WMRA have received many comments, some congratulatory, some critical, some advisory, from various bodies- the athletic hierarchy, athletic federations, race organisers, and athletes. It is therefore opportune to state some of the parameters defining the work of WMRA.

This work is carried out by a Council of eight people. All except one have full-time jobs, a Solicitor; a Chemist; a Postman; a Mayor; a Sports Administrator; a Sports Reporter; a Sports Instructor and myself (supposed to be retired but working almost full time on behalf of WMRA.) All our efforts are therefore constrained by the basic facts that we have no paid officials. All WMRA work has to be scheduled into our normal breadwinning work and family life.

That said, WMRA Council do in fact do a great amount of work on behalf of the WMRA Congress, organisers and athletes.

We are responsible for international mountain running competition and development under the auspices of the IAAF who recognise our organisation as such and who provide valuable support.

We are not responsible for the routine week to week, month to month mountain running competitions, their rules, their calendars, their programmes.

So, thinking about our international agenda, what have we achieved and what are we endeavouring to achieve in the future?

Starting with our flagship event, the World Trophy, we have been successful in presenting it as a truly world-wide event worthy of Championship status and this ambition we will continue to present to IAAF.

The WMRA Grand Prix has presented us with many difficulties in trying to harmonise the views of organisers and athletes. It is impossible to run such a Grand Prix without rules so one body has to take the final decisions and that say must rest with the controlling body, WMRA, who now finance the series at a level four times that of individual race organisers. Our aim with the GP is to present a series which will be of benefit to the involved organisers in attracting a high quality of participants, and to the athletes in presenting them with a series of well organised, well funded, challenging courses which they can enter throughout the season.

One of our most successful initiatives during the past several years has been the introduction of the World Masters Championships. Thousands of enthusiastic older mountain runners have now enjoyed these Championships and splendid organisation of the events. Our aim is to continue to provide international competitive opportunities for this age group when everyone has the opportunity of testing their abilities against their contemporaries.

The World Long Distance Challenge has been introduced into our programme in order to cater for the many excellent athletes who prefer

to run mountain races much longer than the traditional World Trophy courses. By organising this event in conjunction with established long distance races we are able to raise the profile of those races and at the same time bring together the world's best performers in one competition. Whilst entry to the Challenge is open to all, we aim to introduce formal national team competition in future when Federations will be invited to enter a national representative team.

The idea for an International Youth event springs from the annual Marco Germanetto memorial event held each year in Susa (Italy). The International Youth Challenge is now open for any country to organise and we aim to give it all our support in the coming years.

All these events require the attention of the WMRA Council if a high and consistent level of organisation is to be maintained. This is the work of the appointed delegates and we share out the workloads between us.

As part of our work in promoting the sport we try to keep a good web page. We aim to improve this provision in the coming year. We produce an annual newsletter which receives worldwide circulation and each year we increase the print run.

Finally, WMRA are in the forefront of the fight against doping and this has entailed a large amount of administrative work. We have only just become fully involved and this will constitute ongoing work

in the future. We are convinced that mountain runners, especially those achieving podium positions, will applaud this initiative which aims to confirm that our winners are clear of doping.

No organisation is perfect. Improvements can always be made. The only plea we make is that when you come to us with criticisms, suggestions, or other comments please be patient and understand the constraints on what can reasonably be achieved with the resources to hand.

Danny Hughes
President WMRA



Lamine Diack (IAAF President) welcomes WMRA Council to Monaco

IAAF SUPPORT

WMRA are pleased to announce that IAAF continue to support our mountain running programme with a \$55,000 grant. We share out this money by providing \$40,000 support for the World Trophy (normally in the form of travel assistance for competing teams). \$6,000 goes into the Grand Prix prize fund. The remainder is used to support the expenses of Council especially the production and distribution of the annual Newsletter. Treasurer Nancy Hobbs presents a full audited account each year that is presented to Congress.

Cover background is the mountain above Ovronnaz.



IAAF General Secretary, Pierre Weiss, in the process of being charmed by WMRA treasurer, Nancy Hobbs

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
COUNCIL MEMBER	Ingrid Kristiansen Nils Collett Vogts v, 51 b 0766 Oslo Norway Tel: +47 224 902 13 Mobile: +47 950 761 30 e-mail: ebas@c2i.net

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.

24TH WMRA ANNUAL CONGRESS 2007
OVRONNAZ (SWITZERLAND)

Ingrid Kristiansen (NOR) elected to WMRA Council

The 2007 WMRA Congress, held in Ovronnaz, Switzerland, re-elected the four existing Council directors. They are Wolfgang Muenzel (Organisation) Raimondo Balicco (Technical); Adrian Woods (Marketing) and Tomo Sarf (Development).

With four candidates for the Council position reserved for women, Ingrid Kristiansen was elected at the first ballot with an overall majority.

Ingrid, a past World Champion and record holder at Cross country, Marathon and 10k decided to learn more about mountain running by competing in the open race staged in conjunction with the World Trophy event. She showed good form in winning her age category over the 8km two lap course.

The 2009 World Trophy was conditionally awarded to Steamboat Springs (Colorado, USA) pending satisfactory answers to questions arising from their bid documentation. (see announcement about the latest developments concerning the 2009 World Trophy)



Ingrid Kristiansen

WMRA GRAND PRIX SERIES
NEW FORMAT 2008

Grand Prix extended to seven races

Responding to a suggestion by leading mountain runners, WMRA investigated the possibility of introducing more races into the Grand Prix but with a lower financial burden than normal. We received two positive responses for the several races that were invited to consider entering on the new terms. We have called these second level races, not because they are inferior to those Grand Prix races meeting the full financial obligations (we are calling them first level races), but because they pay less towards the prize fund, accommodation and travel, and attract fewer points.

The new regulations can be seen on the WMRA web page by clicking the Grand Prix' section. You can also see the modified Calendar.

We will closely monitor the athletes response to this new arrangement which is on an experimental basis for 2008.



Tomo Sarf, responsible for Grand Prix arrangements

WMRA ANTI-DOPING COMMISSION

The commission are pleased to announce that 2007 was a drug free year for mountain running. The athletes selected for out of competition testing are to be congratulated for their cooperation with IAAF in providing correct information about their whereabouts (out of competition tests take place without prior notice). IAAF give their full support in paying for all the costs of the out of competition programme and paying for the EPO element of the tests for the 'in competition' programme. All our major events, including Grand Prix races, are subject to anti-dope testing.



Dr. Sonja Ambrosy (GER)
medical advisor to the commission

ERITREAN WORLD TROPHY ATHLETES GO MISSING

Several members of the Eritrean team did not return to Eritrea from Switzerland with the team management. Their whereabouts are unknown to the Eritrean Athletic Federation or WMRA.

INOV8 SPONSORSHIP DEAL RENEWED

Wayne Edy, Director of Inov8, the mountain/trail running shoes and outdoor clothing has entered a new three-year sponsorship arrangement with WMRA.

We are pleased to be able to recommend their excellent products. Mountain runners should seriously consider having a pair of specialist mountain running shoes in their equipment for use when conditions demand them.

The Inov8 web page (www.inov-8.com) describes their products and a full list of international distributors.



WMRA PROGRAMME

WMRA invite mountain race organisers to note the following timetable for decisions concerning future international events:

At the time of going to press we are still awaiting an application to stage the 2009 Masters World Championships. The due date for applications, January 2008, is now past.

01.09.2008: 2009 Grand Prix applications.

01.09.2008: 2009 associate member races for inclusion in the 2009 International calendar

13.09.2008: (WMRA Congress): World Trophy 2010

January 2009: (WMRA Council): 2010 World Masters; 2010 Youth Challenge; 2010 Long distance challenge.

EAA MOUNTAIN RUNNING COMMISSION

The European Athletic Federation have appointed a new commission for the next four years.

They are previous members Phillippe Lamblin (FRA and EAA Council member) as the new Chairman; Danny Hughes (GBR), Bruno Gozzelino (ITA), and Tomo Sarf (SLO). Two new members are Christoph Seiler (SUI), organiser of the Jungfrau Marathon, and Christian Prestegård (NOR) race organiser and leader of the Norwegian mountain running movement.

The previous commission said thanks and goodbye to their chairman, Erika Strasser, who retired after the 2007 Championship. She has championed mountain running in the Council of EAA for many years and was instrumental in bringing about official Championship status for our European event.



Christoph Seiler

COMMONWEALTH CHAMPIONSHIPS

The Commonwealth Games Federation have approved an application from WMRA and the IAU (International Association of Ultrarunners) to stage a championship in both our sports. The present plan is for the Championships to take place in October 2009 in Keswick, England, the town which hosted the 1998 World Trophy and the 2005 World Masters. The Championships would consist of an uphill only race, an up/down race, a 100km and a 24hour race. Commonwealth countries taking part in mountain running at present are Australia, New Zealand, Canada, England, Scotland, Wales, N.Ireland, Nigeria, Cameroon, Uganda and Malaysia. It is hoped that this event will introduce many more countries to mountain running. A successful Championship would be followed by an application for our sports to be included in the 2014 Commonwealth Games in Glasgow (Scotland).



KATSIARYNA GETS MARRIED

Katsiaryna Pashkouskaya (Belorussia), a regular competitor for her country in the European Championships and World Trophy was married last year.

Congratulations Katsiaryna and our best wishes for a long and happy marriage.

2009 WORLD TROPHY VENUE IN DOUBT

The misgivings of the WMRA Congress in giving only provisional approval of a bid by Steamboat Springs (USA) to stage the 2009 World Trophy was born out in February this year when the leader of the bid retired from the post with no one able to take his place.

A replacement is still to be found.

In the meantime other possible venues and organisers are being approached to consider taking over the organisation. Watch the WMRA web page news for latest information.

GERMANY TO STAGE 2009 INTERNATIONAL YOUTH CHALLENGE

The 2009 WMRA International Youth Challenge will be held from the town of Hausen near the Rhon mountains in central Germany. Regulations for the Challenge may be found on the WMRA web page.

The competition is for 16 and 17 year old boys and girls and for national teams which they form.

The exact date has yet to be agreed but it will be in late June.

WMRA WEB PAGE REDESIGN

The WMRA web page, www.wmra.info is being redesigned by Mediasprint (SUI) courtesy of the European Athletic Association.

The new web page will be accessible, for input of information, to WMRA officials and we hope this will ensure more immediate coverage and reportage of our major mountain running events. Event organisers should contact Tomo Sarf as to the correct format for entering results. Only those results provided according to Tomo's instructions (word or excel documents but not a .pdf file) can be posted immediately. Each event should also send good quality photographs of the winners, the podium, etc.

4TH WORLD LONG DISTANCE MOUNTAIN RUNNING CHALLENGE

Jungfrau Marathon – Interlaken (Switzerland)

Saturday 8 September 2007



Aerial view of the Moraine beneath the Jungfrau



E.Kaledina (2nd); A.H. Evertsen (1st); J.Malkova (3rd)



H.Achmuller (2nd); J.Wyatt (1st); G.Frick (3rd)

Wyatt dominates World Long Distance Challenge in the Jungfrau Marathon.

The fourth edition of the World Long Distance Mountain Running Challenge, held in conjunction with the Jungfrau Marathon, produced two new champions on Saturday 8 September.

4200 athletes from 50 different countries set off from Interlaken, Switzerland, for the 42.195km run to the Kleine Scheidegg 1839m above the town. It is a technically difficult race to judge since the first 25km is on fairly flat road. The early leaders rarely figure on the podium at the finish as the serious mountain climb is compressed into the last 17km.

So it proved in this race. At 19km V. Vlas (MKD) and S. Kaledin (RUS) were nearly a kilometre in front of a pack which contained the eventual medal winners. As soon as the climbing got under way, New Zealand's Jonathan Wyatt surged into the lead and at the 30km point was a minute ahead of Italy's Hermann Achmuller with another Italian Gerd Frick a further minute adrift in 3rd place. These positions remained unchanged to the finish, and as such Wyatt thus becomes the first mountain runner to win both short distance (World Trophy) and long distance (Challenge) titles.

In the women's race the same situation prevailed. Early leaders faded to leave Anita Håkenstad Evertsen of Norway to devastate her rivals on the climb to win by 8 minutes, just less than two minutes outside the course record.

An estimated 20,000 spectators, bathed in brilliant sunshine, with the North wall of the Eiger and the snow covered massif of the Jungfrau towering above them, enjoyed a feast of amazing endurance running amongst the finest scenery Switzerland has to offer.

Leading Results

WOMEN

1	Anita Håkenstad Evertsen (NOR)	3:23.05
2	Elina Kaledina (FRA)	3:31.16
3	Jeanna Malkova (RUS)	3:36.43
4	Anja Carlsohn (GER)	3:36.59
5	Claudia Landolt (SUI)	3:37.58
6	Elizabeth Hawker (GBR)	3:40.00
7	Corinne Zeller (SUI)	3:41.12
8	M-Luce Romanens (SUI)	3:42.51
9	Britta Muller (GER)	3:45.22
10	Daniella Wyss (SUI)	3:46.27

(822 women finished)

Leading Results

MEN

1	Jonathan Wyatt (NZL)	2:55.32
2	Hermann Achmuller (ITA)	2:58.35
3	Gerd Frick (ITA)	3:02.41
4	Ranulfo Sanchez (MEX)	3:05.56
5	Galen Burrell (USA)	3:11.05
6	Serguej Kaledine (FRA)	3:11.58
7	Marc Lauenstein (SUI)	3:13.41
8	Zac Freudenburg (USA)	3:14.58
9	Serhiv Oksenjok (UKR)	3:15.28
10	Urs Jenzer (SUI)	3:15.47

(3643 men finished)

CHAMPION PROFILE

ANITA HÅKENSTAD EVERTSEN (NORWAY)

2007 saw Anita triumph with victories in both the European Championships and the World Long Distance Challenge at the Jungfrau Marathon. She also put in a fine performance in Nigeria, finishing fourth against world class African competition in the Obudu race

Anita, please tell us something about yourself.

I am now 40 years old and married to Frank. We have three children, Anja (9), Ronja (7) and Birk (5). We live in the beautiful village of Beitostolan, a mountain area in the middle of Norway. It is 900m above sea level so there is much snow from November until the middle of April

When did you begin your running career?

I started serious running when I was 12 years old, training for biathlon as well as cross country skiing.

What is your athletic history before 2007?

My personal best times are 3k - 9.07; 5k - 15.44; 10k - 32.28; half marathon - 1.12.11; Marathon - 2.30.07

I competed in the 1996 Olympic Games, the 1995 and 1997 World Championships; the World Cross Country Championships in 1986, 87, and 88.

My best marathon positions were 7th in Berlin (1996) and 5th in London (1996)

I have been the Norwegian biathlon champion.

Why did you change from road running to mountain running?

I was leading the 1996 London marathon at the 37km point when I experienced a disc puncture resulting in loss of power in my right

leg which meant jogging slowly for the last 5k. After two operations and recovering from this injury I found that I had no problem when running uphill. Whenever I have to run downhill I have to run very carefully and so do not race downhill for this reason. I love to run in natural surroundings and mountain running gives me this pleasure.

You mention the winter snow. How do you prepare for the mountain running season?

My preparation in winter consists mainly of cross country skiing – about two hours in the afternoon. It is kind to my back and running on snow is too slippery. I do some running however, spending about an hour on our treadmill in the morning.

What are your impressions of your run in the Jungfrau Marathon?

Jungfrau marathon was a very hard race, but I liked the course very much. The nature and the mountains were very beautiful. There were people around the whole of the course. I have run many different races around the world, but the Jungfrau marathon is the most special and most well organised race I have seen. I hope to return



What are your racing plans for 2008?

I will do some local Norwegian uphill mountain races. I will compete in the World Trophy in Switzerland, and I am tempted to have another run in the London marathon, but this depends on how my back feels.

Have you any comments to make about the work of WMRA and development of mountain running worldwide?

I think WMRA are working well. I do not know much about your

WHERE ARE THEY NOW? JOHN LENIHAN (IRELAND)



Kenny Stuart (Left) with John Lenihan recently.

John Lenihan became World Mountain Running Champion in the Up/down event in Zermatt in 1991. It was the first, and to date only, World Trophy medal won by Ireland. As you can see from his record John has continued running and competing until the present day. Last year he won four local mountain races. Running is in his blood. John occupations are various. He does a little farming, he takes video's of weddings, and he works for an American tour group (Unique Global Tours) taking parties of walkers on hill climbs. He met up with another past champion, Kenny Stuart recently when taking a tour group on walks in the English

Lake District near Kenny's home. He hopes to be fit enough to make it into Ireland's European and World Trophy teams again this year. Look out for him. He is the one with the wild hair!

John Lenihan's
World Trophy positions

1986 (Morgegno/ITA) short 5th
1988 (Keswick/GBR) long: 19th
1989 (Chattillon-en-Diois/FRA) short 6th
1991 (Zermatt/SUI) short 1st
1992 (Susa/ITA) short 6th
1993 (Gap/FRA) 28th
1995 (Edinburgh/GBR) 37th
1998 (Reunion/FRA) 58th
1999 (Kinabalu/MAS) 58th
2001 (Arta Terme/ITA) 101st
2003 (Alaska/USA) 69th
2004 (Sauze d'Oulx/ITA) 72nd
2005 (Wellington/NZL) 53rd





6th European Championships Cauterets (France) 8th July 2007

MEN
12,8km / 1450m - 15m

1.	ARSLAN Ahmet	TUR	86	1:08:39
2.	GASPERI Marco de	ITA	77	1:08:50
3.	GAJARDO Marco	ITA	70	1:09:09
4.	BOLKHOVITIN Alexander	RUS	71	1:10:01
5.	EPINEY Sebastien	SUI	67	1:10:16
6.	FONTAINE Raymond	FRA	79	1:10:28
7.	CAPTAN Vicente	ESP	74	1:10:34
8.	BEHA Josef	GER	81	1:10:48
9.	ZEILER Timo	GER	81	1:11:08
10.	ABATE Gabriele	ITA	79	1:11:19
11.	JONES Andi	GBR	78	1:11:25
12.	DUPONT Jean-Christophe	FRA	71	1:11:28
13.	RANCON Julien	FRA	80	1:11:34
14.	SOUZA Aires	POR	71	1:12:05
15.	HAVLICEK Jan	CZE	79	1:12:07
16.	LANFRANCHI Mauro	ITA	78	1:12:20
17.	CAPTAN Jose Luis	ESP	76	1:12:27
18.	KRUPICKA Robert	CZE	78	1:12:49
19.	JENNE Markus	GER	76	1:13:07
20.	HORAK Ondrej	CZE	75	1:13:14
21.	SEGRIS Gilles	FRA	72	1:13:34
22.	CASTANER Cristofol	ESP	72	1:13:39
23.	BLAHA Jan	CZE	71	1:13:40
24.	BUHAUG Svein Inge	NOR	70	1:13:47
25.	URBANOVSKY Martin	SVK	85	1:14:09
26.	SYMONDS Joe	GBR	83	1:14:12
27.	GASPAR Jose	POR	77	1:14:30
28.	TVEDT Jon	NOR	66	1:14:32
29.	WALSH James	GBR	81	1:14:32
30.	VOLERY Georges	SUI	68	1:14:43
31.	MUSTAFA Shaban	BUL	78	1:15:07
32.	YILMAZ Sedat	TUR	83	1:15:12
33.	ZARNIK Sebastjan	SLO	77	1:15:24
34.	HUNT Andrew	GBR	74	1:15:26
35.	CURA Mehmet Munir	TUR	74	1:15:32
36.	SCHUFF Carlo	GER	80	1:15:35
37.	SERRALHEIRO Joao	POR	70	1:15:52
38.	WOSIK Daniel	POL	80	1:15:57
39.	TJOERNHOM Tormod	NOR	73	1:16:23
40.	CARVALHO Jose	POR	77	1:16:25
41.	SCHMUCK Helmut	AUT	63	1:16:30
42.	PEKDOGAN Adem	TUR	85	1:16:45
43.	CEH Joze	SLO	71	1:16:58
44.	SWIERC Marcin	POL	85	1:17:07
45.	BRYSON Robin	IRL	62	1:17:16
46.	HEIGL Thomas	AUT	80	1:18:00
47.	REDL Alois	AUT	72	1:18:35
48.	MULLEN Colm	IRL	81	1:18:36
49.	PUSKAR Ondrej	SVK	85	1:19:06
50.	BAILLY Gilles	SUI	77	1:20:11
51.	LAMOUR Jean	BEL	67	1:20:53
52.	MOERNAUT Kris	BEL	69	1:21:22
53.	HAIM MALKA	ISR	70	1:21:33
54.	DUNCAN Stephen	IRL	71	1:21:47
55.	WEBERHOFER Bernd	AUT	86	1:22:03
56.	KLISZ Tomasz	POL	81	1:22:26
57.	ZUPANCIC Marjan	SLO	71	1:23:31
58.	GUIREY Ronan	IRL	80	1:23:43
59.	CHYPIZUBAU Anton	BLR	84	1:26:59
60.	BRZESKI Tomasz	POL	72	1:27:23
61.	FAVEAUX Thierry	BEL	63	1:28:45
62.	CHARLIER Jean-Francois	BEL	76	1:29:15
63.	ALBIN Frederic	MON	78	1:32:05
64.	PANASENIA Sjarhei	BLR	82	1:38:08
65.	CUFFARO P. Antonino	MON	67	1:45:09
66.	ZANDOTTI Philippe	MON	68	1:46:52
67.	MENCHENIA Aleksandr	BLR	86	1:59:33
	TANCHYNSKI Uladzimir	BLR	69	DNF
	SYLTA Oeystein	NOR	78	DNF
	KOSOVELJ Mitja	SLO	84	DNF

JUNIOR MEN
8,5km / 1010m - 15m

1.	AKKOYUN Mehmet	TUR	89	48:27
2.	AKALIN Emrah	TUR	89	48:35
3.	URUCLU Mahmut	TUR	88	48:40
4.	STOECKERT Manuel	GER	88	49:06
5.	STOECKERT Rene	GER	90	49:53
6.	VOJAK Jiri	CZE	88	51:01
7.	BALDACCINI Alex	ITA	88	52:05
8.	HARE Jonathan	GBR	89	52:15
9.	RAMPA Emanuele	ITA	89	52:46
10.	SALAMIN Augustin	SUI	90	52:49
11.	EGLI Pascal	SUI	88	53:32
12.	KOEHNLEIN Johannes	GER	88	53:36
13.	SZCZESNIEWSKI Milosz	POL	89	53:50
14.	SEMEDO Luis	POR	88	53:53
15.	ADDISON Tom	GBR	89	53:59
16.	ROUILLON Benjamin	FRA	88	54:22
17.	DURER Gokhan	TUR	89	54:59
18.	TABACCHI Andrea	ITA	88	55:01
19.	GROH Radek	CZE	89	55:26
20.	GUIGNARD David	SUI	88	55:54
21.	OBLAK Peter	SLO	89	55:58
22.	BREGAR Gasper	SLO	90	56:15
23.	HRDINA Pavel	CZE	88	57:07
24.	SWINBURN Nick	GBR	88	58:19
25.	CORNOCK Nicki	GBR	88	58:45
26.	ALLEGRET-PILOT Alexandre	FRA	89	59:04
27.	TORKAR Tine	SLO	90	59:22
28.	JODIDIO Alex	NED	90	59:44
29.	STEIN Nitay	ISR	88	1:00:04
30.	DOWLING Michael	IRL	91	1:00:11
31.	DA MOUTA Cyril	FRA	89	1:01:15
32.	MARKUS Rok	SLO	89	1:02:46
33.	WILSON Jason	IRL	89	1:03:19
34.	MOORE Conor	IRL	90	1:05:34
35.	GRENOT Maxime	FRA	89	1:05:55
36.	COLLINS Ciaran	IRL	88	1:10:21

WOMEN
8,5km / 1010m - 15m

1.	VERTHE Sylvie	BEL	76	1:01:03
2.	KRAPEZ Vanja	SLO	75	1:01:05
3.	HOLTH Christina	NOR	80	1:01:09
4.	MARTINEZ Maribel	ESP	66	1:01:15
5.	RUEDA O. Fabiola	SUI	63	1:01:27
6.	ROBINSON Rebecca	GBR	82	1:01:30
7.	MADUREIRA Rosa	POR	77	1:01:40
8.	METELKOVA Tana	CZE	72	1:02:27
9.	BLAU Orna	ISR	65	1:03:07
10.	SUSTARSIC Mateja	SLO	73	1:03:16
11.	MOREIRAS Monica	POR	79	1:03:50
12.	NOWAK Malgorzata	POL	83	1:03:56
13.	MAXWELL Fiona	IRL	61	1:04:05
14.	MRAC Valerija	SLO	71	1:05:04
15.	VERTHE Els	BEL	76	1:05:41
16.	OZTURK Lale	TUR	70	1:05:56
17.	CZUTAJ Irena	POL	66	1:06:34
18.	SLOAN Tricia	IRL	66	1:06:55
19.	PASHKOUSKAYA Katsiaryna	BLR	76	1:07:06
20.	MERKOVA Martina	SVK	79	1:08:31
21.	MAMMEDAVA Gulnara	BLR	84	1:09:21
22.	SHANNON Alwynne	IRL	61	1:09:56
23.	KARATKIKH Alena	BLR	84	1:11:55
24.	COPPINGER Aisling	IRL	71	1:12:41
25.	UZUNOVA Yulia	BUL	88	1:12:55
26.	BOTA Ivona	POL	85	1:12:58
27.	NUNES Joana	POR	85	1:14:04
28.	LEBOUTTE Noelle	BEL	76	1:17:18
29.	GERARD Stephanie	BEL	78	1:20:31

JUNIOR WOMEN
4,0km / 450m

1.	KRKOC Lucija	SLO	88	23:33
2.	STRAUB Kerstin	GER	88	23:58
3.	BATESON Hannah	GBR	90	24:50
4.	BAIERL Anita	AUT	88	25:09
5.	HAYWOOD Blue	GBR	91	25:30
6.	EBERHART Tanja	AUT	89	25:58
7.	FAUSTINI Clara	ITA	89	26:16
8.	OZBEY Azize	TUR	88	26:35
9.	CIMENKAYA Dilek	TUR	88	26:37
10.	VEVODOVA Martina	CZE	90	26:45
11.	BATI Fatma	TUR	88	26:52
12.	KOSMATIN Katja	SLO	89	27:22
13.	CHARABOT Manon	FRA	89	27:51
14.	SZMIGIEL Aleksandra	POL	88	27:56
15.	ARNOULD Laura	FRA	88	28:03
16.	LIGIER Marie	FRA	88	28:16
17.	GROHOVA Karolina	CZE	90	29:25
18.	STURM Michelle	IRL	88	29:35
19.	MUNSTER Laura	BEL	89	29:58
20.	PORTYSOVA Lucie	CZE	90	32:01
	TIMMINS Heather	GBR	90	DNF

TEAMS

Men	Jun. Men	Women	Jun. Women
1. ITA 15	TUR 6	SUI 17	GBR 8
2. FRA 31	GER 21	CZE 22	AUT 10
3. GER 36	ITA 34	ITA 29	SLO 13
4. ESP 46	SUI 41	FRA 33	TUR 17
5. CZE 53	GBR 47	NOR 42	CZE 27
6. GBR 66	CZE 48	GER 58	FRA 28
7. TUR 68	SLO 70	AUT 71	
8. POR 78	FRA 73	GBR 71	
9. SUI 85	IRL 97	ESP 85	
10. NOR 91		TUR 87	
11. SLO 133		SLO 114	
12. AUT 134		POL 114	
13. POL 138		BEL 149	
14. IRL 147		IRL 158	
15. BEL 164		POL 160	
16. BLR 190		BLR 168	
17. MON 194			



Winning junior mens team
(Turkey) 236 (Mahmut Uruclu,
3rd); 234 (Mehmet Akkoyn
1st); 233 (Emrah Akalin, 2nd)
Photo: N.Gouhier



Anita Håkenstad Evertsen
(NOR) 1st
Photo: DH



Marco De Gasperi (ITA) 2nd
Photo: N.Gouhier



GBR Junior ladies
squad (1st team)
with coaches
Photo: A Woods



Raymond Fontaine
(FRA) 6th
Photo: N.Gouhier



Belarus ladies
(16th team out of 16 teams!)

Photo: DH



Lucija Krkoc (SLO)
1st Junior lady
Photo: T Sarf

Ahmet Arslan (TUR) 1st
Photo: DH



116 Anna Pichrtova CZE, 2nd;
145 Kirsten Otterbu NOR, 3rd;
164 (Martina Strehl SUI, 4th
Photo: N. Gouhie



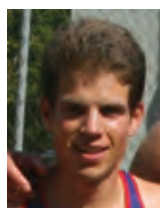


MEN

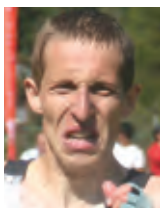
1.	GASPERI Marco de	77	ITA	51:49
2.	TESFAY Yohannes	86	ERI	52:19
3.	TESFAZGHI Ermias	89	ERI	53:02
4.	SYMONDS Joseph	83	SCO	53:02
5.	GRICE Adam	86	ENG	53:10
6.	GAJARDO Marco	70	ITA	53:31



7.	GEX-FABRY Alexis	83	SUI	53:38
8.	EPINEY Sebastien	67	SUI	53:40
9.	FONTAINE Raymond	79	FRA	54:23
10.	KOKOB Tewoldeberhan	86	ERI	54:27
11.	ABATE Gabriele	79	ITA	54:31
12.	REGAZZONI Andrea	78	ITA	54:39
13.	ALIWA Moses	86	UGA	54:43
14.	RANCON Julien	80	FRA	54:49
15.	GHEBREZGHIABIER Kessele	82	ERI	54:56
16.	EDRIS ADEM Mohamed	71	ERI	54:56
17.	ZEILER Timo	81	GER	55:14
18.	GASPAR Jose	77	POR	55:17
19.	RINALDI Marco	83	ITA	55:36
20.	YILMAZ Sedat	84	TUR	55:50
21.	LAMBERT Adrian	85	CAN	55:52
22.	SCHNEIDER David	81	SUI	55:53
23.	CHICCO Davide	73	ITA	56:03



24.	SUTZ Andy	81	SUI	56:12
25.	BATLINER Payton	84	USA	56:13
26.	TAGGART Lloyd	69	ENG	56:17
27.	BOLKHOVITIN Alexander	71	RUS	56:27



28.	JENNE Markus	76	GER	56:39
29.	MEYSSAT Emmanuel	80	FRA	56:39
30.	HOPE Rob	74	ENG	56:40
31.	PECHIEK Peter	83	CZE	56:47
32.	LUGO R. Enrique	79	VEN	56:47
33.	WOSIK Daniel	80	POL	56:49
34.	BOURNE Mark	83	AUS	56:51
35.	DAVIES Tim	77	WAL	56:58
36.	ZARNIK Sabastjan	77	SLO	57:04
37.	MIELKE Shiloh	80	USA	57:10
38.	CARVALHO Jose	77	POR	57:14
39.	LENNOX Jethro	76	SCO	57:16

40.	SERRALHEIRO Joao	70	POR	57:17
41.	SILVA Cslos	67	POR	57:20
42.	JEBB Rob	75	ENG	57:30
43.	CURA Mehmet Munir	74	TUR	57:36
44.	SKOPAC Ivica	75	CRO	57:42
45.	ZAK Dariusz	83	POL	57:46
46.	SEGRIS Gilles	72	FRA	57:49
47.	VOLERY Georges	68	SUI	57:51
48.	SOSA Aires	71	POR	57:58
49.	MCTAGGART Scott	77	AUS	58:00
50.	JONES Andres	77	WAL	58:12
51.	KUTS Dmitry	79	RUS	58:14
52.	SALO Taras	81	UKR	58:20
53.	ANTHONY Alistair	77	SCO	58:24
54.	CARABALLO Andy Jose	83	VEN	58:29
55.	CEH Joze	71	SLO	58:36
56.	BRYDL Pavel	80	CZE	58:41
57.	GATES Rickey	81	USA	58:43
58.	WELLS Clint	75	USA	58:43
59.	BERTRAND Pascal	73	FRA	58:43
60.	BARDSLEY Ben	71	ENG	58:49
61.	STEWART Grant	76	SCO	58:50
62.	FREI Martin	83	CZE	58:55
63.	CHARASSE Philippe	67	FRA	58:59
64.	SCHMOELZ Quirin	87	GER	59:02
65.	GUTIERREZ Simon	66	USA	59:04
66.	WALSH James	81	ENG	59:29
67.	FREI Max	67	GER	59:32
68.	URBANOVSKI Martin	85	SVK	59:33
69.	PEKDOGAN Adem	85	TUR	59:37
70.	BEE Gragam	84	SCO	59:37
71.	SWIERC Marcin	85	POL	59:39
72.	HEIGL Thomas	80	AUT	59:40
73.	ZOLOTUHIIN Alexei	84	RUS	59:46
74.	ZUPANCIC Marjan	71	SLO	59:48
75.	PEREZ Tomas	78	MEX	59:50
76.	HROVAT Bostjan	76	SLO	59:53
77.	CARTY Neil	66	NIR	59:57
78.	ONDRACEK Tomas	77	CZE	1:00:00
79.	MARTI Andre	78	SUI	1:00:08
80.	MC KENNA Eoin	72	IRL	1:00:15
81.	WEBERHOFER Bernd	86	AUT	1:00:18
82.	BROWN Stephan	85	AUS	1:00:29
83.	CERON Luis	77	MEX	1:00:30
84.	BRYSON Robin	62	IRL	1:00:38
85.	COLLINS Matthew	79	WAL	1:00:42
86.	HEIT Manfred	66	AUT	1:00:44
87.	VOLLMER Mark	80	CAN	1:00:54
88.	BRZESKI Tomasz	72	POL	1:01:02
89.	DUNCAN Stehnen	71	NIR	1:01:07
90.	DOYLE Stuart	66	AUS	1:01:13
91.	SALAMUN Igor	66	SLO	1:01:27
92.	BELL Angus	80	NZL	1:01:34
93.	STURM Marco	77	GER	1:01:35
94.	WOODS Des	66	NIR	1:01:41
95.	MATTHEWS Harry	79	WAL	1:01:42
96.	RAVIC Nedeljko	65	CRO	1:01:46
97.	KOZAN Bostjan	79	SLO	1:02:06
98.	FILIP Marinel	85	ROM	1:02:09
99.	ADNAOCHKA Yury	84	BLR	1:02:09
100.	LIACHAU Stanislaw	83	BLR	1:02:17
101.	DRIVER Simon	79	CAN	1:02:18
102.	ROBERTS Richard	78	WAL	1:02:26
103.	DAVIDIK Martin	77	SVK	1:02:31
104.	BELCIC Sasa	69	CRO	1:02:43
105.	KAYA Serkan	84	TUR	1:02:45
106.	MALYY Anatoliy	74	UKR	1:02:52
107.	LOPEZ Miguel Angel	79	MEX	1:02:58
108.	NYS Sven	80	BEL	1:03:03
109.	GAHAN Owen	80	IRL	1:03:09
110.	STARK Robert	69	AUT	1:03:14
111.	ALTINOK Muammer	75	TUR	1:03:41
112.	HUMPHRIES Afan	87	WAL	1:03:42
113.	MINNOCK Barry	75	IRL	1:03:47
114.	MOERNNHOUT Kris	69	BEL	1:03:55
115.	LISTON Andrew	78	SCO	1:04:10
116.	CHARLIER JEAN-F.	76	BEL	1:04:19
117.	OKSENYUK Serhiy	80	UKR	1:04:28
118.	LOW Paul	73	USA	1:04:36
119.	BACHIR Omen	86	MON	1:04:42
120.	CHESTER Sean	84	CAN	1:04:46
121.	MALKA Haim	70	ISR	1:04:58
122.	CUNNINGHAM Stephen	77	NIR	1:05:12
123.	RAJKOVIC Marko	77	CRO	1:05:19
124.	BRADSHAW Martin	81	IRL	1:05:21
125.	ZIMA Pawel	84	POL	1:05:26
126.	ALEXEEV Alexander	56	RUS	1:05:54

127.	BLANEY Paul	71	NIR	1:06:31
128.	MCCROY Health	70	CAN	1:06:45
129.	BARYSEVICH Vasily	62	BLR	1:07:18
130.	BAILEY Gary	80	NIR	1:07:35
131.	FITZPATRICK Ciaran	86	IRL	1:07:57
132.	VILLEGAS Cleofas	57	MEX	1:08:01
133.	MURIC Goran	80	CRO	1:09:38
134.	JANKULOVSKI Todor	82	MKD	1:13:38
135.	DIMOV Zoran	63	MKD	1:15:27
136.	ZANDOTTI Philippe	68	MON	1:16:11
137.	PANASENIA Sierhei	82	BLR	1:18:27



138.	JAKIMOVSKI Igor	75	MKD	1:20:12
139.	KOJINE Petr	61	RUS	1:21:15
140.	PIRES Antonio	53	CDV	1:22:40
141.	MIALIK Sierhei	61	BLR	1:23:33
142.	KOVTYUNENKO Yuriy	71	UKR	1:27:35
143.	MASCARENHAS Francis	59	CDV	1:30:37
144.	GONÇALVES De Pina O.	76	CDV	1:32:26
145.	ALEXKOSVKI Sinisa	57	MKD	2:07:15
	MIRANDA Luis	79	CDV	DNF
	LACKOVIC Josip	65	CRO	DNF
	SANCHEZ Ranulfo	71	MEX	DNF
	PEREIRA Abilio	74	POR	DNF
	DEDEK Ales	75	CZE	DNF
	OLEKSYK Grzegorz	61	POL	DNF
	ORTIZ C. Rolando G.	70	COL	DNF

MENS TEAMS

1	ITA	30	13	SLO	241	25	MKD	552
2	ERI	30	14	AUS	255			
3	SUI	61	15	WAL	265			
4	FRA	98	16	RUS	277			
5	ENG	103	17	CAN	329			
6	POR	137	18	AUS	349			
7	SCO	157	19	CRO	367			
8	GER	176	20	NIR	382			
9	USA	177	21	IRL	386			
10	CZE	227	22	MEX	397			
11	POL	237	23	UKR	417			
12	TUR	237	24	BLR	465			

WOMEN

1.	PICHRTOVA Anna	73	CZE	39:11
2.	MAYR Andrea	79	AUT	39:52
3.	HAFFELI Laura	67	USA	41:19
4.	DESCO Elisa	82	ITA	41:25
5.	RODRIGUEZ Q. Maria E.	71	COL	41:38
6.	GRANDOVEC Daneja	84	SLO	42:17
7.	MEIER-B. Bernadette	72	SUI	42:22
8.	LUNDY Christine	70	USA	42:23
9.	GUILLOT Isabelle	61	FRA	42:25
10.	MILESOVA Iva	77	CZE	42:31



11.	ROBERTI M. Grazia	66	ITA	42:39
12.	CUELLAR Rachael	84	USA	42:40
13.	METELKOVA Tana	72	CZE	43:12
14.	MORSTOFOLINI Monica	70	ITA	43:15
15.	WILKINSON Victoria	78	ENG	43:19
16.	SALVINI Vittoria	65	ITA	43:21
17.	TUNSTALL Sarah	86	ENG	43:31
18.	INGRAM Katie	85	ENG	43:31
19.	UNTERBERGER Birgit	76	GER	43:32
20.	CAMBOULIVES Aline	73	FRA	43:37
21.	BERESOVA Katarina	87	SVK	43:45
22.	SALAZAR CRUZ Aleida	79	VEN	43:52
23.	DRIVER Katarina	78	CAN	44:00
24.	CHISNALL Sarah	83	NZL	44:06
25.	KUBICKA Irmgard	60	AUT	44:08
26.	REISINGER Lisa	84	GER	44:12
27.	LEONTIEVA Natalya	87	RUS	44:13

28.	GALLAND Valerie	75	FRA	44:15
29.	HAVLOVA Pavla	82	CZE	44:17
30.	MOREIRAS Lucinda	96	POR	44:20
31.	ORTIZ Anita	64	USA	44:29
32.	KIRAZ Ummu	82	TUR	44:35
33.	RUEDA O. Fabiola	63	SUI	44:39
34.	MRAK Valerija	71	SLO	44:51
35.	ASIKOGLU Gulsen	67	TUR	45:08
36.	ANNEN-L. Sandra	77	SUI	45:14
37.	LILGE-LEUTNER Carina	60	AUT	45:28
38.	MOONEY Edel	75	IRL	45:37
39.	LESERVOISIER Michele	65	FRA	45:49
40.	BARTLETT Anna	70	WAL	45:52
41.	BUSS Stefanie	75	GER	45:53
42.	TODD Mari	73	WAL	45:55
43.	MAXWELL Fiona	61	NIR	45:57
44.	FARAONE Jeniffer	74	CAN	46:05
45.	RAUSCH Patrizia	72	AUT	46:10
46.	VERTHE Sylvie	76	BEL	46:16
47.	OZCAN Birgul	82	TUR	46:23
48.	DRAGOTOIU Georgiana	85	ROM	46:29
49.	BELUSIC Barbara	81	CRO	46:37
50.	WICHERS Hubertien	65	AUS	46:49
51.	ORLIC Antonija	77	CRO	46:56
52.	TARANTINOVA Natalya	87	RUS	47:07
53.	NOWAK Malgorzata	83	POL	47:09
54.	COBAIN Sherlene	75	CAN	47:13
55.	LESINKOVA Elena	84	RUS	47:18
56.	JURISIC Veronika	77	CRO	47:33
57.	MALAYA Natalia	82	UKR	47:36
58.	TUSAR Mihaela	66	SLO	47:41
59.	VOKAUEVA Janna	87	RUS	47:48
60.	CERNIUC Danijela	77	CRO	48:04
61.	SHANNON Alwanne	61	NIR	48:14
62.	ROBERTS Andrea	74	WAL	48:29
63.	JONES Angela	66	WAL	48:35
64.	MOAGA Elena	86	ROM	49:28
65.	BORDEA Ana Maria	83	TUR	49:30
66.	SLOAN Tricia	66	NIR	49:51
67.	VERTHE Els	76	BEL	49:54
68.	KING Cindy	71	AUS	50:36
69.	COPPINGER Aisling	71	IRL	50:47
70.	ORR Frances	79	NIR	50:50
71.	GOLEK Diana	83	POL	50:59
72.	BARROS Dainne	85	BRA	51:25
73.	COTUK Rahime	78	TUR	51:35
74.	PRAGER Sabrina	87	GER	51:38
75.	FLYNN Laura	65	IRL	51:45



76.	PASHKOUSKAYA Kat.	76	BLR	51:52
77.	CHARLOT Christille	74	BEL	52:19
78.	ROMANAS Izabela Leonida	87	ROM	53:18
79.	JOYCE Aoife	77	IRL	53:36
80.	STSESHYTS Marina	85	BLR	1:04:09
81.	KARATKIKH Alena	84	BLR	1:07:57
82.	TAVARES Maria	73	CDV	1:12:30
83.	GOMES Isabel	73	CDV	1:15:36
84.	JAKIMOVA Aleksandra	83	MKD	1:17:17
85.	DIMOVA Olivera	70	MKD	1:22:52
86.	SIMIC Verica	57	MKD	1:48:42
	WHITE Natalie	82	ENG	DNF

WOMEN'S TEAMS

1	USA	23	11	CAN	119
2	CZE	24	12	RUS	132
3	ITA	29	13	CRO	153
4	ENG	50	14	WAL	164
5	FRA	57	15	NIR	167
6	AUT	64	16	ROM	174
7	SUI	76	17	IRL	180
8	GER	85	18	BEL	187
9	SLO	97	19	BLR	234
10	TUR	113	20	MKD	252

JUNIOR MEN

1.	KUSURO Geoffrey	89	UGA	34:27
2.	SEMERE Moussie	90	ERI	34:32
3.	TSEGGAY Ougbit	91	ERI	34:34
4.	HIYABU Michael	91	ERI	34:53

5.	PAK Hasan	89	TUR	35:44
6.	CARERA Juan Carlos	88	MEX	36:27
7.	TSEGGAY Zer'emariam	89	ERI	36:51
8.	BAYLEY Matthew	89	AUS	37:00
9.	MUSLU Ercan	88	TUR	37:11
10.	STOECKERT Manuel	88	GER	37:15
11.	KUS Erkan	88	TUR	37:21
12.	STEINHAMMER Christian	88	AUT	37:37
13.	SEMEDO Luis	88	POR	37:49
14.	GUEST Ben	88	AUS	37:59
15.	JACKSON Aaron	88	NZL	38:08
16.	BALDACCINI Alex	88	ITA	38:19
17.	THOMPSON Christian	88	USA	38:25
18.	ORUCLU Mahmut	88	TUR	38:31
19.	SHKLYAEV Andrey	89	RUS	38:31
20.	STOECKERT Rene	90	GER	38:32
21.	POLEDNAK Andreas	89	AUT	38:39
22.	GROH Radek	89	CZE	38:47
23.	VOJAK Jiri	88	CZE	38:56
24.	TABACCHI Andrea	05	ITA	38:58
25.	OBLAK Peter	89	SLO	39:01
26.	BARNBY Simon	89	ENG	39:01
27.	BECK Alessandro	89	SUI	39:08
28.	DUFFIELD Alec	88	ENG	39:11
29.	HOHL Christian	89	SUI	39:17
30.	TIRABOSCHI Richard	88	ITA	39:23
31.	SZCZESNIEWSKI Milosz	89	POL	39:27
32.	HARE Jonathan	89	ENG	39:30
33.	SWINBURN Nic	88	ENG	39:49
34.	MCDONALD Scott	90	SCO	40:04
35.	BENDOTTI Valerio	05	ITA	40:05
36.	CZARNOTA Tomasz	88	POL	40:12
37.	TORKAR Tine	90	SLO	40:21
38.	SALAMIN Augustin	90	SUI	40:26
39.	VAJS Roman	89	SVK	40:38
40.	BREGAR Gasper	90	SLO	40:48
41.	HAJEK Daniel	88	CZE	41:07
42.	HOMOLAC Jiri	90	CZE	41:11
43.	EGLI Pascal	88	SUI	41:17
44.	STEVENS Jonny	89	USA	41:19
45.	GILLESPIE Matthew	90	SCO	41:20
46.	CHALLINOR Ricky	90	WAL	41:22
47.	VAKTOR Igor	88	SVK	1:38
48.	STADNICKI Jaroslaw	90	POL	41:53
49.	COLLINS Noel	90	NIR	41:54
50.	WITHERS Ian	88	WAL	42:06
51.	OBLAK Matija	91	SLO	42:10
52.	LEBEDEV Yuri	88	RUS	42:12
53.	SCHRAMM Michael	90	GER	42:19
54.	GHIOCA Gabriel	88	ROM	42:25
55.	STAUDER Fabio	89	AUT	42:34
56.	HOLKOVIC Alexander	90	AUT	42:36
57.	WOSIK Wojciech	90	POL	42:52
58.	O'BYRNE Jasson	89	IRL	43:00
59.	JODIDIO Alex	90	USA	43:06
60.	KALLENBERG Michael	91	WAL	43:27
61.	CAMMACK Robbie	91	SCO	43:40
62.	RICARDO Gregorio	90	MEX	44:16
63.	RIVERS Zach	90	USA	44:20
64.	PIERCE Eoin	89	IRL	44:27
65.	REID Mike	88	CAN	44:33
66.	JONES Alex	89	SCO	44:47
67.	COLLINS Ciaran	88	NIR	45:32
68.	JOVIC Ante	88	CRO	45:37
69.	MOORE Conor	90	NIR	46:12
70.	MILLS-CONNERY Fraser	89	CAN	46:20
71.	PESEC Ante	90	CRO	46:49
72.	WILSON Jason	89	NIR	47:16
73.	SKVORC Nikola	89	CRO	48:17
74.	JENNINGS Kian	90	IRL	49:38
75.	BARISIC Ivan	90	CRO	58:09
76.	NAUMOV Ordance	90	MKD	1:02:47
	O'RUADHAIN Eoin	89	IRL	DNF
	MARSHALL Tom	89	WAL	DNF

JUNIOR MEN'S TEAMS

1	ERI	9	10	POL	115
2	TUR	25	11	USA	120
3	ITA	70	12	SCO	140
4	GER	83	13	WAL	156
5	ENG	86	14	NIR	185
6	CZE	86	15	IRL	196
7	AUT	88	16	CRO	212
8	SUI	94			
9	SLO	102			

JUNIOR WOMEN

1.	TAMSETT Lara	88	AUS	20:48
2.	BASTUG Hulya	88	TUR	20:01
3.	WALLINGTON Veronica	90	AUS	21:06
4.	LIEB Anna	88	USA	21:23
5.	CROFT Ruth	89	NZL	21:34
6.	INGLIS Mhairi	91	SCO	21:36
7.	ANDERSON Anna	89	ENG	21:45
8.	DALZOT Maria	88	USA	21:48
9.	BAIERL Anita	88	AUT	21:58
10.	BATESON Hannah	91	ENG	22:14
11.	BATI Fatma	88	TUR	22:20
12.	EBERHART Tanja	89	AUT	22:34
13.	BUCHANAN Catriona	91	SCO	22:43
14.	BEROUSKOVA Katerina	91	CZE	22:51
15.	GUPPENEN Maria	88	RUS	22:57
16.	MALPAGA Anna	88	ITA	22:59
17.	SZLEZAK Matylda	89	POL	23:00
18.	BYKOVA Maria	89	RUS	23:05
19.	ZATLUKALOVA Jana	88	SVK	23:06
20.	UZNAEVA Alena	90	RUS	23:07
21.	MC KILLOP Lauren	90	AUS	23:10
22.	BELOVIC Valentina	90	CRO	23:11
23.	ABLER Barbara	91	GER	23:12
24.	STRAUB Kerstin	88	GER	23:13
25.	FAUSTINI Clara	89	ITA	23:16
26.	JOHANIDESOVA Lea	90	CZE	23:20
27.	BASTUG Fatma	90	TUR	23:25
28.	WACLAWSKA Anita	89	POL	23:32
29.	MARTIN Jessica	90	SCO	23:40
30.	HELMERICK Kathryn	89	USA	23:45
31.	KOSMATTIN Katja	89	SLO	23:45
32.	SPEIGHT Angela	88	NIR	23:46
33.	KIRK Elinor	89	WAL	23:48
34.	SCHENK Victoria	88	AUT	24:01
35.	FINN Michelle	89	IRL	24:10
36.	VERODOVA Martina	90	CZE	24:13
37.	MABILLARD Delphine	88	SUI	24:14
38.	MORANO Giorgi	89	ITA	24:19
39.	MILKOVIC Marina	91	CRO	24:23
40.	WOODS Bethan	90	WAL	24:24
41.	STURM Michelle	88	NIR	24:31
42.	SITAR Ajda	91	SLO	24:53
43.	LUISIER Marie	89	SUI	25:07
44.	PAGE Danielle	89	WAL	25:28
45.	CVIRN Cita	90	SLO	25:46
46.	CRAUWELS Yenthe	89	BEL	25:59
47.	BERGER Tamara	90	SUI	26:12
48.	DIKLIC Dajana	91	CRO	27:13
49.	TANGNEY Eimear	91	IRL	27:54
50.	TONGUE Katie	90	CAN	29:10
51.	IVESTON Kerry	88	NIR	29:33
52.	DUKOSKA Tatjana	90	MKD	29:48
53.	HUET Carol	91	IRL	30:47
	PARK Laura	91	ENG	DNF
	NIERODA Iwona	90	POL	DNF

JUNIOR WOMEN'S TEAMS

1	AUS	4	9	ITA	41	17	IRL	84
2	USA	12	10	POL	45			
3	TUR	13	11	GER	47			
4	ENG	17	12	CRO	61			
5	SCO	19	13	WAL	73			
6	AUT	21	14	NIR	73			
7	RUS	33	15	SLO	73			
8	CZE	40	16	SUI	80			



USA Gold medal team: Laura Haefeli; Anita Ortiz; Christine Lundy; Rachel Cuellar.
Photo: N Hobbs



369 Geoffrey Kusuro (UGA) 1st. 320 Moussie Semere (ERI) 2nd
Photo: Stinn



Lara Tamsett (AUS) 1st junior.
Photo: Stinn



Andrea May
Photo: Stinn



Host country (Switzerland) Bronze medal team with organiser Chantal Dallenbach
Photo: Stinn



r (AUT) 2nd
Photo: Stinn



Elisa Desco (ITA) 4th
Photo: Stinn



77, Marco de Gasperi (1st) tracks the Ethiopians on the first lap, 47, Tesfay Yohannes(2nd) and 45, Ermias Tesfazghi (3rd)
Photo: Stinn



23rd World Mountain Running Trophy

Ovronnaz (Switzerland) - 15th September 2007

(This report was written for and published on the IAAF news web page)

De Gasperi and Pichrtova triumph

Marco De Gasperi (ITA) won his fifth world title in the mountains of the Canton of Valais, holding off the strong challenge of an African duo from Eritrea.

De Gasperi who excels in the up/down version of the World Trophy had a comfortable margin of victory on the three lap course of 12km and 933m of ascent/descent, beating Tesfay Yohhanes by 30 seconds in a time of 51.49. Italy beat Eritrea in the team race, both finishing with 30 points but Italy's last counter in 12th position was better than Eritrea's 'last man' (15th position).

Anna Pichrtova (CZE), also a downhill specialist, lifted the women's world title at last after several high positions in previous trophy races. The 2006 champion, Andrea Mayr (AUT) gave her a hard fight. It was not until the descent on the second and final lap that the Czech woman pulled away to win by 41 seconds in a time of 39.11 for the 8km

622m ascent/descent course.

Laura Haefeli (USA) led the American team to their second successive world title with a score of 23 points, just one more than Czech Republic with 24.

Australia won their first world medals after 20 years of attempts as their junior women won individual gold with Lara Tamsett and team gold from USA, second, and Turkey, third.

Eritrea dominated the junior men's race with positions 2, 3, 4, and 7th. However the individual gold went to Ugandan Geoffrey Kusuro who won a thrilling sprint finish by 5 seconds.

The event closed with the WMRA flag being handed over to Crans-Montana (SUI) who stage the 2008 World Trophy.

A record number of 390 athletes took part. 35 nations were represented equalling the previous highest number in 2003.



77 Marco de Gasperi (1st); 80 Andrea Regazzoni (12th); 78 Davide Chicco (23rd); 75 Gabriele Abate (11th); 74 Marco Gaiardo (6th); 79 Marco Rinaldi (19th)

PROFILE

LAURA HAEFELI (USA) - WORLD TROPHY BRONZE MEDALIST

Laura Haefeli has represented the Teva U.S. Mountain Running Team at three World Trophy events finishing 15th in 2004 (Team Bronze), 8th in 2005, and her best finish – third in 2007 to lead the U.S. women to a team gold medal. This 40-year-old mother of three is a beekeeper with her husband in Del Norte, Colorado. She is a dedicated athlete who always peaks for the World Trophy. "Laura is very consistent and focused. In 2007 it was evident that she wanted to make the squad after missing the chance to run in the 2006 gold medal team. There's no question that she went to the Trophy set on a top-ten finish," said Nancy Hobbs, manager of the Teva U.S. Mountain Running Team.

Laura manages to balance motherhood, work, running, and volunteer projects.

She is head coach of the boys and girls cross country team at Del Norte High School.



After the cross country season she coaches for Junior Olympics. Laura says, "I want my cross country kids to enjoy running, to be enthusiastic, and to have a great self-esteem. I want others to know that 'You can do it!'"

People ask me how I do it (training and competitive racing), with three children, homeschooling, coaching, and helping with the family business. I love what I do! It is not always easy, there are rough times, but I continue to do what I feel is necessary and good for me, so that others might benefit as well. If I can touch others through my life and through my running, if just one person says, 'If she can do it, I can, too!' then I really am obtaining my goals!"

Nancy Hobbs

2007 South American (Consudatle) Mountain Running Championships

Caracas (Venezuela) 11th August

More than 300 athletes took part in the 3rd edition of the S.American Mountain Running Championships which was also an open race.

The mens course, set on the mountains which surround the city of Caracas, was 12km long with a single ascent-descent of 500m. The womens course was shortened to 10km.

The international representatives from Columbia, Brazil, Chile and Venezuela headed the results list with Columbia providing the two new champions. The big surprise in the mens race was the defeat of 2006 World Champion, Rolando Ortiz (COL) who finished 7th. The tricky descent with wet underfoot conditions did not suit his style of running. The race was won in impressive style by his countryman Jhon Jairo Vargas in a time of 53:47. Venezuelan runners filled the next three positions and 6th position to win the team event. Only two seconds separating Andy Carvalho (2nd) and Robert Lugo (3rd).

The Colombian women provided both the

individual Champion in Maria Rodriguez, and the team title by filling positions 1; 3 and 4. Maria, a top class long distance performer (2nd positions in Europe's prestigious Sierre Zinal and Matterhornlauf races in recent years) won by the narrow margin of 15 seconds from Cruz Salazar (VEN) in a time of 46:29.

The only Chilean representative, Roberto Echeverria finished a respectable fifth.

The two Brazilian athletes (one man, one woman) brought up the rear.

General Secretary of the Venezuelan Federation, who is also chairman of the S.American mountain running commission, Marcos Oviedo expressed satisfaction that the championship is beginning to attract the attention of more S.American countries whose terrain is ideally suited to the sport of mountain running.

The event was preceded by a well attended seminar on mountain running conducted by WMRA President, Danny Hughes, assisted by



South American champions
Rolando Ortiz
Jhon Jairo Vargas and Maria Rodriguez
of Colombia
Photo: DH



Venezuelan ladies team (2nd)
Photo: DH

Leading Results;

Men:

1 Jhon Jairo Vargas (COL)	53.47
2 Andy Carvalho (VEN)	54.31
3 Robert Lugo (VEN)	54.32
4 Jose Pedro Puentes (VEN)	55.30
5 Roberto Echeverria (CHI)	55.33

Women:

1 Maria E. Rodriguez (COL)	46.28
2 Cruz Salazar (VEN)	46.43
3 Martha Ronceria (COL)	47.38
4 Bertha Sanchez (COL)	48.39
5 Yeimi Gonzalez (COL)	50.16

The NACAC (North American) 2007 Mountain Running Championships

Canmore, Alberta (Canada) July 28th

The NACAC (North American) 2007 mountain running championships took place in Canmore, Alberta (Canada). The same course, 12km, up and down, was used by both men and women. The downhill sections suited winner Nick Schuetze (USA). Nick, a newcomer to the sport, was a minute clear of Eric Blake. These, together with J Neilson led USA to a team win.. In the womens race, USA World Trophy team gold medallist Chris Lundy and Lisa Goldsmith led USA to another team victory.

Leading Results:

Men:

1 N.Schuetze (USA)	49.09
2 E.Blake (USA)	50.10
3 J.Neilson (USA)	50.59
4 S.Driver (CAN)	51.41
5 A.Campbell (CAN)	51.45

Women:

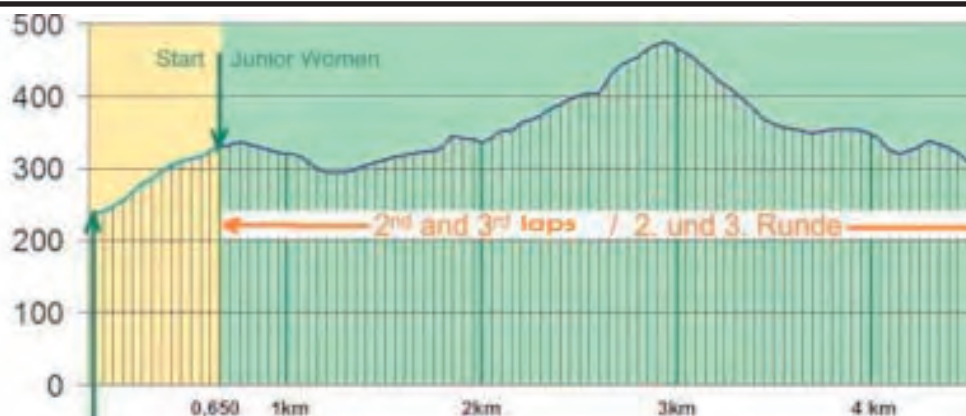
1 C.Lundy (USA)	57.28
2 L.Goldsmith (USA)	57.51
3 K.Driver (CAN)	58.11
4 B.Erholtz (USA)	59.12
5 S.Cobain (CAN)	62.42



Nick Schuetze (USA)



July 12th

www.ZellamHarmersbach2008.eu.tf

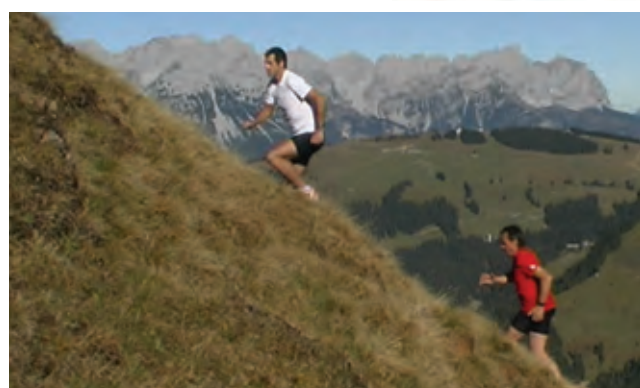
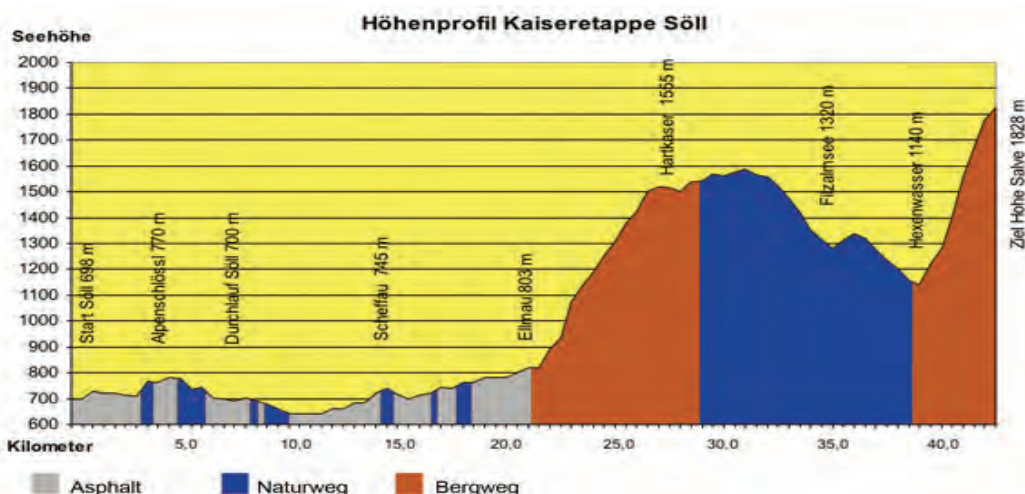
Junior men 0,75 km +500 / -170 m 2 laps
 Senior Women 8,75 km +566 / -476 m 2 laps
 Senior Men 12,85 km +804 / -714 m 3 laps

5th World Long Distance Mountain Running Challenge

October 10th

Kaisermarathon (Austria)

in the heart of the Alps



The Kaisermarathon starts in Söll at 698m where magnificent views of the mountains of the Wilder Kaiser can be enjoyed.

The Kaisermarathon is the highlight stage of the legendary Tour de Tirol. You will be surprised of the enthusiasm of the cheerful helpers along the 42,195 km and an ascent of 2000 metres.

The last 3.5 kilometres of the marathon are the steepest but it will be rewarded by beautiful scenery and lots of enthusiastic spectators waiting for you at the top of the "Hohe Salve" mountain at 1829m.

You can prepare for the challenge by running the 2008 course at the Tour de Tirol.

For more information visit www.tourdetirol.com



SECOND INTERNATIONAL YOUTH CHALLENGE



Italy (2nd) Germany (1st) England (3rd) Photo: Woods



England (2nd) Italy (1st) Scotland (3rd) Photo: Woods

The WMRA International Youth Challenge mountain races took place on Sunday 24th June in the picturesque location of Susa in the Italian Alps. The event was very well organised by the local Susa club and attracted strong teams from 8 Countries namely, Italy, France, Germany, England, Scotland, Ireland, Slovenia and Wales.

WMRA medals were awarded to athletes for the first time in recognition of the importance of this event and it was a wonderful opportunity for all the junior athletes present to experience a true introduction to International mountain running. The opening and closing ceremonies together with the friendly but very competitive races gave the event the atmosphere of a mini World Trophy for all present.

2006 Results Summary:

Boys:	1. Xavier Chevrier (ITA)	17.29
	2. Rene Stockert (GER)	17.31
	3. Jonathan Brownlee (ENG)	17.33
Boys teams	1. Germany	6 points
	2. Italy	7
	3. England	8
Girls:	1. Hannah Bateson (ENG)	13.58
	2. Sabina Borsoi (ITA)	14.10
	3. Jessica Martin (SCO)	14.16
Girls teams	1. Italy	6 points
	2. England	7
	3. Scotland	8

Sabina Borsoi (2nd) followed by Hannah Bateson (1st)
Photo: Germanetto

7th World Masters Mountain Running Championships WMRA - WMA Bludenz (Austria) 23rd September 2007

Entries for this years championships in Bludenz/Nuziders (Austria), were the second highest to date, falling just short of the 1000 mark at 985.

Defending champions proved hard to dislodge from their titles.

Simon Gutierrez (USA-M40) retained his by holding off multiple World and European title holders of the past, Antonio Molinari (ITA) and Helmut Schmuck (AUT), winning by just 14 seconds.

Albert Andereg (SUI-M60) sped off at high speed never to be caught and winning by the large margin of 3 minutes 2 seconds. It looks like he may chalk up a hat trick of victories next year.

Four of the eight womens categories saw titles retained.

Marie H-Duventaster (W45-GER) was another convincing winner by almost three minutes; Paula Blanka W50-CZE won by two and a half minutes; Barbel Berghaus (W65-GER) won by four and a half minutes; and with just two entrants for the W70+ Maria Marcibalova (SVK) was one hour four minutes (!) in front of the oldest person to enter, Xenia Nicolaev (MDA) who was born in 1927.

There was a satisfying share out of medals with Germany again taking three gold thanks to their older ladies.

Also on the podium with medal winners were Scotland, England, Austria, Holland, Switzerland, USA, Italy, Ireland, France, Czech Republic, Columbia, and Slovakia.

The course was 9.2km long climbing the Muttersberg mountain with a height difference of 818m.

The fastest time of the day was recorded by Simon Gutierrez M40) with 42.50

And the fastest woman was Marie H-Duventaster (W45) with 49.58

Mens Champions

Age group		Birth Year	Time	Numbers Competing
35 – 39	Robert Stark (AUT)	69	44.49	78
40 – 44	Simon Gutierrez (USA)	66	42.51	141
45 – 49	Franco Torresani (ITA)	62	44.21	151
50 – 54	Nigel Gates (ENG)	53	47.15	148
55 – 59	Trevor Jacobs (AUS)	51	48.56	79
60 – 64	Albert Andereg (SUI)	45	50.55	62
65 – 69	Peter Lessing (GER)	41	54.01	40
70 +	Jiri Libra (CZE)	37	61.02	36

Womens Champions

35 – 39	Tracy Brindley (SCO)	72	50.21	27
40 – 44	Claudia Helfenberger (SUI)	66	50.46	36
45 – 49	M Heilig-Duventaster (GER)	61	49.59	40
50 – 54	Paula Blanka (CZE)	54	56.18	26
55 – 59	Rosy Pattis (ITA)	52	62.00	16
60 – 64	Lilo Plener (GER)	45	63.44	11
65 – 69	Barbel Berghaus (GER)	40	70.09	7
70 +	Maria Marcibalova (SVK)	34	83.07	2

Medal Table

Nation	Gold	Silver	Bronze
Germany	3	4	4
Switzerland	2	2	2
Czech R	2	-	-
Austria	1	2	2
Italy	1	2	1
England	1	1	2
USA	1	-	1
Australia	1	-	-
Scotland	1	-	-
Slovakia	1	-	-
Columbia	-	1	-
Ireland	-	1	-
Moldova	-	1	-
France	-	-	1
Netherlands	-	-	1

M35 Robert Stark (AUT)
Photo: Stinn



Hubert Rodhammer
Event Organiser
Photo: Stinn



8th WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS

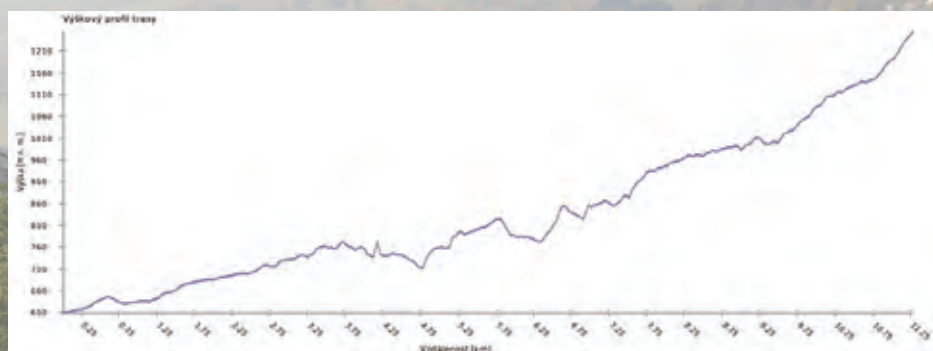
6th September 2008

Dolní Morava (Czech Republic)

**M/W 35-50 11.3km.
954m ascent. 308m descent**

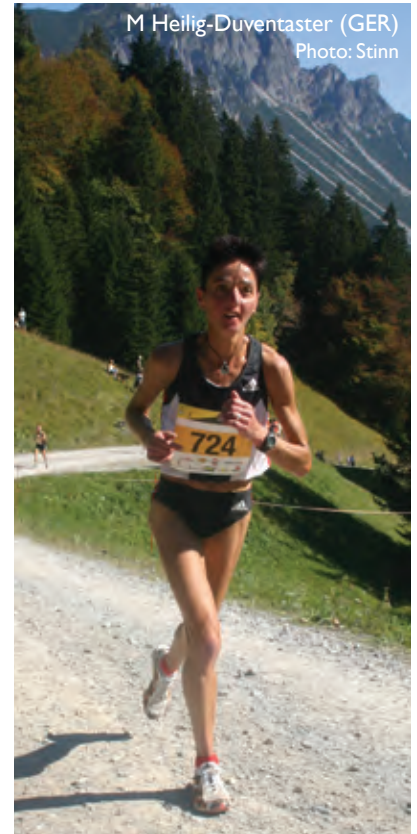
**M/W 55-80+ 9.75km.
868m ascent. 222m descent**

www.wmmr.2008





W35
Tracy Brindley (SCO)
Photo: DH



M Heilig-Duventaster (GER)
Photo: Stinn



M50 Rengifo Ortiz (COL) 2nd; Nigel Gates (ENG) 1st; Hugo Senoner (ITA) 3rd
Photo: DH



M60
Albert Anderegg (SUI)
Photo: DH



M40 Antonio Molinari (ITA) 2nd; Simon Gutierrez (USA) 1st;
Helmut Schmück (AUT) 3rd
Photo: DH

FINAL RANKINGS WMRA GRAND PRIX 2007

MEN					Race						TOTAL POINTS	Races
RANK	Surname	Forename	Year	Nat.	1	2	3	4	Bonus			
1.	GAJARDO	Marco	70	ITA	100	90	100	90	10	300	4	
2.	DLUGOSZ	Andrzej	78	POL		26	90	120	10	246	3	
3.	SYMONDS	Joe	83	GBR	70		75	72	10	227	3	
4.	ABATE	Gabriele	79	ITA	80		85	48	10	223	3	
5.	HAVLICEK	Jan	79	CZE		75	80	42	10	207	3	
6.	KROELL	Markus	72	AUT		85	70	0	10	165	3	
7.	ZARNIK	Sebastjan	77	SLO	50		35	66	10	161	3	
8.	MEYSSAT	Emmanuel	80	FRA	65			78	-	143	2	
9.	CORNTHWAITE	Tom	85	ENG	30		18	60	10	118	3	
10.	TOTH	Tamas	78	HUN		35	55	6	10	106	3	
11.	TURATI	Silvano	72	SUI	20	50	22		10	102	3	
12.	BRYDL	Pavel	80	CZE		70	30		-	100	2	
13.	COSTA	Eris	82	ITA			16	84	-	100	2	
14.	REZESSY	Gergely	74	HUN		45	28		10	83	2	
15.	COX	Martin	69	GBR	12	65			-	77	2	
16.	SKOPAC	Ivica	74	CRO	6	2		54	10	72	3	
17.	SZEKERES	Attila	85	HUN		14	8	30	10	62	3	
18.	SCHREINER	Franz	65	AUT		12	12		-	24	2	
19.	GIGL	Manfred	62	AUT		18	3		-	21	2	
20.	GEERDINK	Maykel	70	NED	4	16			-	20	2	

WOMEN					Race						TOTAL POINTS	Races
RANK	Surname	Forename	Year	Nat.	1	2	3	4	Bonus			
1.	PICHRTOVA	Anna	73	CZE		100	90	108	10	308	3	
2.	WILKINSON	Victoria	78	GBR	75	65	65	120	10	270	4	
3.	MILESOVA	Iva	77	CZE		85	75	96	10	266	3	
4.	ROBERTI	Maria-Grazia	66	ITA	85		70	72	10	237	3	
5.	HAVLOVA	Pavla	82	CZE		80	60	66	10	216	3	
6.	STRAEHL	Martina	87	SUI	100		85		-	185	2	
7.	MATYASOVA	Pavla	80	CZE		90		78	-	168	2	
8.	LILGE-LEUTNER	Carina	60	AUT		75	50	33	10	158	3	
9.	HAVLOVA	Petra	76	CZE		60	55		-	115	2	
10.	KUBICKA	Irmis	60	AUT		55	45		-	100	2	
11	PECHKOVA	Jana	85	CZE			16	42	-	58	2	
12	FARKAS	Agata	64	HUN			1	14	-	15	2	

Athletes who finished in the prize winning positions (first 15 for men and first 9 for women) should receive accommodation for one or two nights from the 2008 'level one' GP organisers.

Those who want to compete in the 2008 Grand Prix should note the new regulations which can be seen on the WMRA web page.

WMRA 2008 International Mountain Races

WMRA Events / Championships 2008

Date	Event	City	Country
26 April	5th WMRA Long Distance Mountain Running Challenge (54th Three Peaks race)	Horton in Ribblesdale	Great Britain
22 June	3rd WMRA Youth Challenge (competition for 16 – 17 years old) 9th Memorial "Marco Germanetto"	Susa (To)	Italy
28 June	2nd WMRA/EVAA Masters Mountain Running Championships	Lenzerheide	Switzerland
6 Sept	8th WMRA/WMA 'World Masters Athletic Championships' Mountain Running	Dolni Morava	Czech Rep.
14 Sept	24th WMRA World Mountain Running Trophy	Crans Montana	Switzerland

IAAF Area Championships 2008

12 July	7th EAA Mountain Running Championships	Zell am Harmersbach	Germany
27th July	3rd CONSUDATLE Mountain Running Championships	Tbd	Chile
7 or 14 June	5th NACAC Mountain Running Championships	Jalisco	Mexico

Other Championships 2008

29 June	1st Balkan Mountain Running Championships	Sapareva Banya	Bulgaria
10th WMRA Grand Prix 2008 (IAAF Permit races)			
01 May	Montee du Grand-Ballon. 2nd level	Willer-sur-Thur	France
24 May	5th Course des 2 Bains. 1st level	Saillon – Ovronnaz	Switzerland
15 June	3rd International Berglauf Meran 2000. 1st level	Merano	Italy
3 Aug	21st Schlickeralp Berglauf. 1st level	Telfes	Austria
10 Aug	13th International Sport 2000 Feuerkogel Berglauf. 1st level	Ebensee	Austria
27 Sept	International Schneeberglauf. 2nd level	Puchberg	Austria
4 Oct	29th Smarna Gora International mountain race. 1st level	Ljubljana	Slovenia

Further details of all WMRA associate member races may be obtained from the WMRA Secretary, Bruno Gozzelino
Event web pages, when available, may be found on the links page of:

www.wmra.info



Above: 2007 Overall prize winners.
 Back row Iva Milesova (3rd) Anna Pichrtova (1st)
 Victoria Wilkinson (2nd) Front row Maria Roberti (4th)
 Pavla Matyasova (7th) Pavla Havlova (5th)
 Carina Lilge-Leutner (8th) Photo: Sarf

Right: Anna Pichrtova & Marco Gaiardo
 2007 GP winners Photo: Sarf



PATRONAGE IAAF



Obudu International Mountain Race
Cross River State (Nigeria) - 24th November
Kenyan's and Ethiopian's dominate.

An impressive field of international runners lined up to contest the Worlds Richest Mountain race over a course of 11.5km ascending 800m to the Obudu ranch at 1600m.
Rita Jeptoo (winner of the Boston Marathon in 2006) won with a devastating change of pace 2km from the finish to cross the line in a new course record time. Anita Evertsen also broke the old record

in 4th position and Anna Pichrtova finished strongly in 6th position. The mens race was led from start to finish by Habtamu Awash (ETH) who was 24 seconds outside Francis Kibiwott's course record. Geoffrey Kusuro (UGA) the 2007 World Trophy Junior Champion came in second to break up the Ethiopian/Kenyan dominance

Leading Group at 4km mark. Anna Pichrtova, 19; Anita H. Evertsen, 58 and winner, Rita Jeptoo, 55 in the middle of the pack
Photo: DH



First three men receive their rewards Photo: DH

Results (Prizewinners)

Women:		
1. Rita Jeptoo Sitienei (KEN)	51.42	\$50,000
2. Ashu Kasime (ETH)	52.01	\$20,000
3. Angela Mutuku (KEN)	53.09	\$9,000
4. Anita H. Evertsen (NOR)	53.21	\$8,000
5. Mary Jekosgei (KEN)	53.25	\$7,000
6. Anna Pichrtova (CZE)	53.28	\$6,000
7. Rehima Kedir (ETH)	53.34	\$5,000
8. Pauline Winangui (KEN)	53.53	\$4,000
Men: (Same prizes as women)		
1. Habtamu Awash (ETH)	42.50	
2. Geoffrey Kuruso (UGA)	43.02	
3. John Sompol (KEN)	43.06	
4. Lishan Fanta (ETH)	43.35	
5. Tadesse Tola (ETH)	43.56	
6. Challa Demie (ETH)	44.01	
7. Robert Kipkorir (KEN)	44.28	
8. Solomon Molla (ETH)	44.50	



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Veronica Wallington (AUS)
3rd Junior
Photo: Stinn



Joe Symonds (SCO) 4th
Photo: Stinn



Maria Rodriguez (COL) 5th
Photo: Stinn

Memories of 2007 World Trophy in Ovronnaz



Junior women
medallists
Photo: Stinn



Junior men start
Photo: DH



Relaxing in the famous Ovronnaz thermal baths
Photo: Stinn