



WORLD MOUNTAIN  
RUNNING ASSOCIATION

## NEWSLETTER 2010

Issue No 15 - March 2010  
*25th Anniversary Edition*



# Campionato del Mo di Corsa in Monta CAMPODOLCINO - MADESI





## Message from the WMRA President – Bruno Gozzelino

I first became involved in the mountain running movement in 1985/6 as an official and judge and in 1990 organised an International Mountain Running Conference in Bardonecchia (Italy) in the presence of the then IAAF President Primo Nebiolo. I have attended all the World Trophy's since 1990 and when the 7th World Mountain Running Trophy came to the Susa Valley in 1992 I acted as General Secretary of the LOC.

In 1997 I became Secretary of WMRA and had a wonderful working relationship and friendship with Danny Hughes and his wife Norma and family, until his death in February last year. At that time I became Acting President until the WMRA Congress in 2009 when I was elected President. In my new role I hope to continue to build on all that has been accomplished during the past 25 years.

The IAAF (especially President, Lamine Diack, and General Secretary, Pierre Weiss) have been a great support to WMRA and I thank them for their fantastic co-operation over the past years. The WMRA Council are a good group of people to work with and the Continental Area Athletic Associations and many National Athletics Federations give us their support and cooperation, which is very important for the future of mountain running.

part of athletics in all the National Athletic Federations: mountain races are everywhere in the world but sometimes our discipline is still not part of the athletics family inside the Federations.

WMRA Council discussed in January in Monaco proposals to change some parameters of the technical aspects of Championship events such as race distances for men and women becoming the same: WMRA Council confirmed that Championship race distances for men and women should remain different for many reasons, both technical and organizational. One important reason is that we should remain committed to attracting young athletes, both male and female, and more endurance running coaches to Mountain running. My personal dream would be for an athlete to become a mountain running champion and at the same time a cross country champion or 10k Champion. This situation would surely raise the profile of our sport.

Many people ask me what are the chances for the inclusion of mountain running into the Olympic program. I would reply to this question that it will be very hard to achieve this: many other great disciplines are not in the Olympics Games, but it is something that we should work and dream for!



Bruno Gozzelino, WMRA President, with Council Members and IAAF Officials:

Pierre Weiss (General Secretary) Otto Klappert (Chairman, Cross Country Committee) and Carlos Cardoso (Cross Country Committee Member). Photo: T Sarf

Our Mountain Running Calendar clearly shows our activities: a World Championship; four Continental Area Championships (European, African, North and Central America, and South America); a Long Distance Challenge; a Youth Challenge; a Grand Prix Series; a Balkan Championship; a Commonwealth Championship; a World Masters Championship and a European Veterans Championship too.....much work for WMRA!

During my presidency I would like to make a few significant changes to the organization: we need to have an official headquarters for WMRA; the WMRA Constitution needs reviewing; we need to be continually updating our anti-doping controls; our relationships with the media need to be improved. Another important goal is to stage a more attractive Grand Prix and with this in mind, local organising committees (LOC's) of the most important mountain races in the world will be invited to a special meeting in Kamnik (Slovenia) at the time of the next World Championship to discuss a new format for 2012. Of course, one of the most important challenges for our sport is to find sponsors, so we need to improve our marketing techniques!

Perhaps the most important aim of WMRA is to show everybody that mountain running is a branch of athletics and not an extreme sport! Athletes can run cross country, road, track and mountain at the same time. In this direction, another goal is that mountain running becomes

All the fans of mountain running would have seen that the results of the major races seem to show that the "classic" mountain running nations like Italy, Austria, Switzerland, and so on have lost their supremacy. This indeed could be true especially if more African runners enter into the mountain running arena. This could make it even more difficult for the European mountain runners to stay at the top; but we cannot forget also other talented runners from countries such as New Zealand, Australia, America and Columbia .... and we are still waiting for the Japanese and Chinese runners to arrive!! This will be an important development that shows that mountain running is truly a world-wide sport!

For the reasons outlined I am convinced – along with the WMRA Council – that our sport will develop strongly and become more and more popular. I thank all the people with a passion for mountain running who work for our sport. Finally I am sure that 2010 will be an important year and I wish to thank all the Federations and all the LOC of the 2010 events for their valued support.

Bruno Gozzelino  
President WMRA



## MESSAGE FROM IAAF PRESIDENT

It gives me great pleasure to write this foreword for the WMRA newsletter; although that feeling is tinged with sadness as we all come to terms with the fact that Danny Hughes, who was for so long a driving force inside this organisation, is no longer with us. Fortunately though, Norma Hughes has decided to continue her husband's legacy and will work on behalf of the WMRA. We are very glad to welcome Norma on behalf of the IAAF! I would also like to welcome the new WMRA Council, which was elected at the last WMRA Congress in Campodolcino. Bruno Gozzelino, who was previously General Secretary, was elected WMRA President and the new General Secretary is Adrian Woods. Nancy Hobbs was reconfirmed as Treasurer as was the WMRA Council, with the exception of new member Erhan Basoglu (Turkey), and Ingrid Kristiansen (Norway) who was replaced by Galia Puhaleva from Bulgaria. The IAAF is very happy to continue to strongly support the WMRA, who represent the world of mountain running, and this partnership is underlined by the fact that the "World Trophy" - the most important worldwide mountain running event - was last year renamed the WMRA "World Championships", with 35 countries taking part, including 72 women, 148 men, 49 junior women and 76 junior men competitors. We can look forward to the 26th edition of the WMRA World Championships in Kamnik, Slovenia, as the highlight of a busy 2010 season.

I was also very pleased to note that in 2009 Africa held its first official Mountain Running Championships, part of the Obudu Mountain Race in Nigeria, as the globalisation of the sport of athletics is something that is very important to the IAAF. Ethiopia's Habtamu Fikadu Awash became the first ever African Mountain Running Champion with Ethiopia also winning the Continental title, in front of Uganda and host country Nigeria.

To conclude, I would simply state that the IAAF will continue to work closely with the WMRA, and to underline the fact that mountain running resembles other distance races, from 10k to Marathon, with one difference - as well as requiring the athletic virtues of endurance and speed, mountain running also offers something unique - beautiful and rugged landscapes as challenging competition venues.

Lamine Diack  
IAAF President



Lamine Diack Photo: IAAF

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WMRA Website (Courtesy of European Athletic Association):

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

Contact Treasurer, Nancy Hobbs (above) regarding money transfers to WMRA account.

Newsletter compiled and edited by Norma Hughes



## 1ST COMMONWEALTH MOUNTAIN AND ULTRA DISTANCE CHAMPIONSHIPS

Keswick – The Lake District (England)

16th – 20th September 2009

The world's first organised mountain race took place in the Lake District and, almost 160 years later, the town of Keswick hosted the 1st Commonwealth Mountain and Ultra Distance Championships. The event was a tremendous success and is being seen as the first major step towards getting mountain and long distance running included in the Commonwealth Games by 2018.

Over 200 athletes representing Australia, Canada, Gibraltar, India, Isle of Man, Kenya, New Zealand, Northern Ireland, Scotland, Wales, and the host nation England, took part in this inaugural event. In the men's mountain races Wilson Chenweno (Kenya) proved to be unbeatable, winning both the uphill race to the top of Skiddaw on the Friday and the up and down race on the Sunday. Anna Frost (New Zealand) was the winner of the ladies uphill race and Katie Ingram (England), second in the uphill race, was the winner of the up and down

Jonathan Wyatt (NZL)  
and K Wilson Chemweno (KEN)  
Photo: © Steve Razzetti



## MEN - Uphill (12km)

<b>1. K Wilson CHEMWENO</b>	<b>KEN</b>	<b>50:42</b>
2. Jonathan WYATT	NZL	51:21
3. Kris SWANSON	CAN	52:49
4. Orlando EDWARDS	ENG	52:52
5. James WALSH	ENG	53:22
6. Adam OSBORNE	ENG	53:55
7. Robert JEBB	ENG	54:08
8. Dougal THORBURN	NZL	54:19
9. James MCMULLAN	ENG	54:30
10. Robert QUINN	SCO	54:48
11. James COUBROUGH	NZL	55:02
12. Lloyd TAGGART	IOM	55:18
13. Scott MCTAGGART	AUS	55:34
14. Jason LOUTITT	CAN	55:38
15. Rob HOPE	ENG	56:12
16. Andrew DAVIES	WAL	56:18
17. Scott MCDONALD	SCO	56:25
18. Andrew LISTON	SCO	56:32
19. John WINSBURY	AUS	56:42
20. Prasad PRASAD	SCO	56:59
21. Matthew COLLINS	WAL	57:02
22. Ed MCCARTHY	CAN	57:21
23. Aaron JACKSON	NZL	57:24
24. Dewi GRIFFITHS	WAL	57:46
25. Alexander HENDRY	SCO	59:04
26. Matthew GILBERT	WAL	59:12
27. Murray STRAIN	SCO	1:00:06
28. Afan HUMPHREYS	WAL	1:00:41
29. Andy CANNELL	IOM	1:00:43
30. Stephen BROWN	AUS	1:00:52
31. Peter RYDER	WAL	1:01:41
32. Richard JAIMESON	IOM	1:01:43
33. Alex BRENNAN	NIR	1:02:16
34. Simon SILLICORN	IOM	1:02:54
35. Nigel ARMSTRONG	IOM	1:03:49
36. Eddie HANNA	NIR	1:04:21
37. Brian ERVINE N	IR	1:06:05
38. Mark MCMANUS	NIR	1:10:59
39. Richard BLAGG	GIB	1:11:35

## WOMEN - Uphill (8.0km)

<b>1. Anna FROST</b>	<b>NZL</b>	<b>48:06</b>
2. Katie INGRAM	ENG	48:43
3. Rebecca ROBINSON	ENG	49:12
4. Pamela BUNDOTICH	KEN	49:37
5. Victoria WILKINSON	ENG	49:50
6. Kate GOODHEAD	ENG	51:05
7. Angela MUDGE	SCO	51:20
8. Clare WHITEHEAD	SCO	51:54
9. Jessamy HOSKING	AUS	52:38

10. Nicola SYKES	ENG	53:14
11. Sula YOUNG	SCO	53:26
12. Lara PHILLIPS	NZL	53:50
13. Fiona MAXWELL	SCO	54:10
14. Sarah BISS	NZL	54:19
15. Clare MCKITTRICK	ENG	55:20
16. Syl CORBETT	CAN	55:35
17. Hubertien WICHES	AUS	55:42
18. Sue RIDLEY	SCO	56:01
19. Gina PALETTA	WAL	56:28
20. Kate SEIBOLD-CROSBIE	AUS	56:59
21. June PETRIE	AUS	57:14
22. Andrea ROWLANDS	WAL	57:33
23. Claire GORDON	SCO	57:41
24. Anna BARLTETT	WAL	58:36
25. Kerry IVESTON	NIR	1:00:01
26. Cathy MCCOURT	NIR	1:00:30
27. Angela JONES	WAL	1:03:06
28. Tish MCCANN	NIR	1:08:00

## MEN - Up &amp; Down (12km)

<b>1. K Wilson CHEMWENO</b>	<b>KEN</b>	<b>47:55</b>
2. Adam GRICE	ENG	48:12
3. Billy BURNS	ENG	49:00
4. Simon BAILEY	ENG	49:06
5. James COUBROUGH	NZL	49:07
6. Kris SWANSON	CAN	49:26
7. John BROWN	ENG	49:44
8. Joseph SYMONDS	SCO	49:47
9. Lloyd TAGGART	IOM	50:09
10. Jason LOUTITT	CAN	50:18
11. Tim DAVIES	WAL	50:26
12. Rob SAMUEL	WAL	50:39
13. Michael BANKS	NZL	50:46
14. Dougal THORBURN	NZL	50:52
15. Matthew WHITFIELD	ENG	51:00
16. Robbie SIMPSON	SCO	51:08
17. John WINSBURY	AUS	51:12
18. Richard ROBERTS	WAL	51:24
19. Aaron JACKSON	NZL	51:33
20. Edward MCCARTHY	CAN	51:47
21. Alastair ANTHONY	SCO	52:11
22. Jorge THOMAS	WAL	52:12
23. Michael WAKELIN	NZL	52:38
24. Stephen BROWN	AUS	53:03
25. Simon PEACHEY	SCO	53:28
26. Nick SWINBURN	ENG	53:36
27. Andy CANNELL	IOM	54:14
28. Nigel ARMSTRONG	IOM	54:46

29. Andrew NIBLOCK	NIR	55:53
30. Richard JAIMESON	IOM	55:57
31. Stephen CUNNINGHAM	NIR	56:00
32. Simon SKILLICORN	IOM	56:11
33. Matthew ROBERTS	WAL	56:54
34. Neil WILKINSON	SCO	57:10
35. Gary BAILEY	NIR	57:56
36. Jonny STEEDE	NIR	58:41

## WOMEN - Up &amp; Down (8.0km)

<b>1. Katie INGRAM</b>	<b>ENG</b>	<b>40:12</b>
2. Sarah TURNSTALL	ENG	41:00
3. Pamela BUNDOTICH	KEN	41:54
4. Kate GOODHEAD	ENG	42:15
5. Angela MUDGE	SCO	42:40
6. Mary WILKINSON	ENG	43:05
7. Lara PHILLIPS	NZL	43:22
8. Olivia WALWYN	ENG	43:32
9. Jessamy HOSKING	AUS	43:42
10. Karen ALEXANDER	NIR	44:08
11. Lizzie ADAMS	ENG	44:11
12. Sarah BLISS	NZL	44:23
13. Melissa MOON	NZL	45:04
14. Nicola MEEKIN	SCO	45:14
15. Sue RIDLEY	SCO	45:15
16. Fiona MAXWELL	SCO	45:36
17. Kate SEIBOLD-CROSBIE	AUS	46:09
18. Andrea ROWLANDS	WAL	46:25
19. Syl CORBETT	CAN	47:38
20. Hebertien WICHES	AUS	48:00
21. Angela SPEIGHT	NIR	48:20
22. Shileen O'KANE	NIR	48:38
23. Diane WILSON	NIR	50:44
24. Tish MCCANN	NIR	51:05
25. Anne SANDFORD	NIR	51:24
26. Jenny HEMMING	WAL	52:17

## TEAM RANKING:

UP & DOWN		UPHILL	
MEN	WOMEN	MEN	WOMEN
1. ENG 9	ENG 7	ENG 15	ENG 10
2. NZL 32	NZL 32	NZL 21	SCO 26
3. CAN 36	SCO 34	CAN 39	NZL 27
4. WAL 41	AUS 46	SCO 45	AUS 46
5. SCO 45		WAL 61	WAL 65
6. IOM 64		AUS 62	NIR 79
7. NIR 95		IOM 73	
8.		NIR 106	

More photos on page 20



## 6TH WORLD LONG DISTANCE MOUNTAIN RUNNING CHALLENGE

Kaisermarathon, Soll (Austria)

10th October 2009

This year's long distance challenge, regarded as one of WMRA's premiere racing events, was part of the Kaisermarathon, which takes place annually in the Austrian tourist resort of Soll. The surprise winner was Marc Lauenstein (Switzerland) who beat the pre-race favourite Jonathan Wyatt (New Zealand) by almost six minutes, with Ricky Lightfoot (England) in third position. Last year's winner of the challenge, Anna Pichrtova (Czech) once again finished in the winning position, followed by Evgeny Danilova (Russia) and Anna Frost (New Zealand).

Full results on the event web page or the results page of [www.wmra.info](http://www.wmra.info)

## MEN

## Leading Individual Results

- |                           |         |
|---------------------------|---------|
| 1. Marc Lauenstein (SUI)  | 3.06.20 |
| 2. Jonathan Wyatt (NZL)   | 3.12.05 |
| 3. Ricky Lightfoot (ENG)  | 3.14.05 |
| 4. Kembol Chemungor (KEN) | 3.14.51 |
| 5. Marco Sturm (GER)      | 3.18.23 |
| 6. Daniel Bett (KEN)      | 3.19.02 |
| 7. R.Kipkemoi Yegon (KEN) | 3.21.11 |

## Team Results:

- |             |          |
|-------------|----------|
| 1. Kenya    | 9.55.05  |
| 2. England  | 9.58.16  |
| 3. Scotland | 10.13.58 |

## WOMEN

## Leading Individual Results

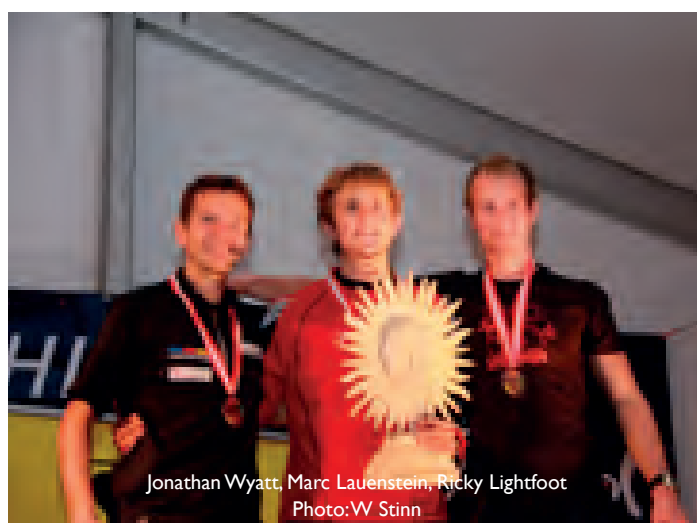
- |                            |         |
|----------------------------|---------|
| 1. Anna Pichrtova (CZE)    | 3.28.57 |
| 2. Evgeny Danilova (RUS)   | 3.29.23 |
| 3. Anna Frost (NZL)        | 3.33.20 |
| 4. Elena Rukhlyada (RUS)   | 3.38.19 |
| 5. Angela Bateup (AUS)     | 3.48.35 |
| 6. Irina Pankovskaya (RUS) | 3.48.55 |
| 7. Vanessa Haverd (AUS)    | 3.49.27 |

## Team Results:

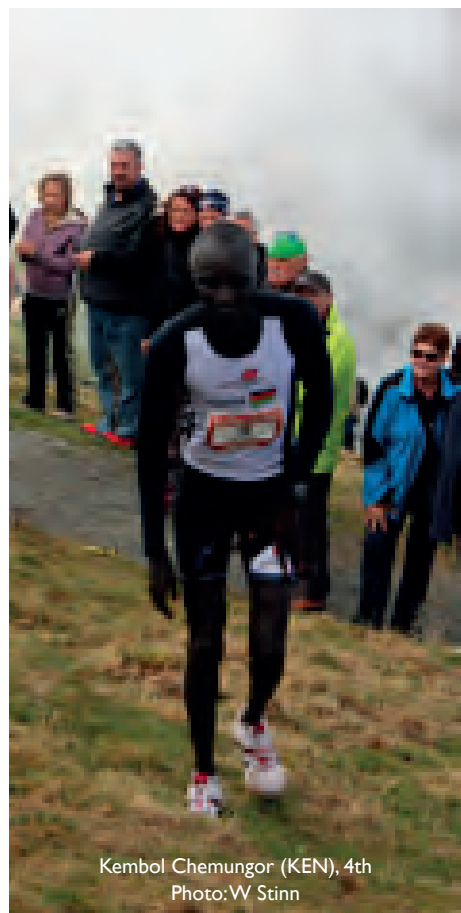
- |              |          |
|--------------|----------|
| 1. Russia    | 10.56.37 |
| 2. Australia | 11.28.11 |
| 3. Germany   | 12.03.20 |



Evgeny Danilova, Anna Pichrtova, Anna Frost  
Photo: W Stinn



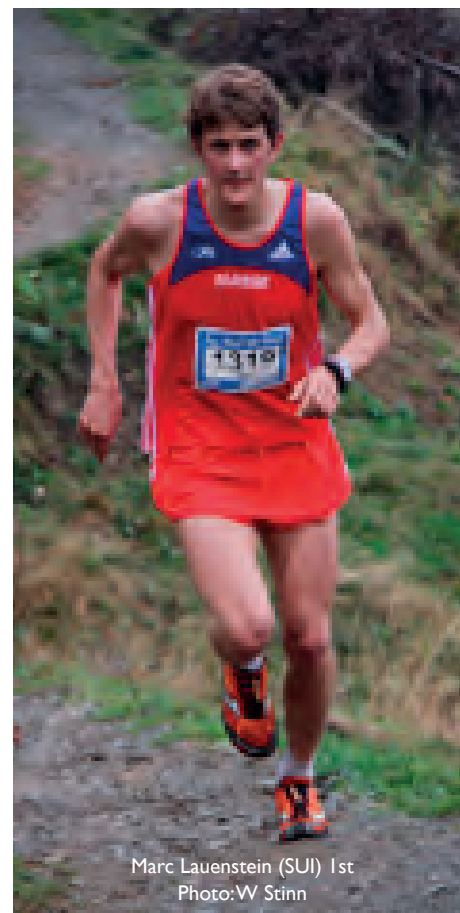
Jonathan Wyatt, Marc Lauenstein, Ricky Lightfoot  
Photo: W Stinn



Kembol Chemungor (KEN), 4th  
Photo: W Stinn



Anna Pichrtova (CZE), 1st  
Photo: W Stinn



Marc Lauenstein (SUI) 1st  
Photo: W Stinn



## CHAMPION PROFILE

### XAVIER CHEVRIER (Nus, Aosta, NW Italy)

In 2009 Xavier became the World Junior Men's Champion at the 25th World Mountain Running Championships in Campodolcino, Italy. He lives with his parents Ezio and Augusta and his brother and sister in the small village of Nus, near Aosta in North West Italy. Xavier, born in 1990, works as an electrician and his running club is APD Pont-Saint-Martin (Aosta). His personal coach and trainer is Erminio Nicco.

Xavier's first taste of success was in 2006 at the WMRA Youth Challenge, Trofeo Germanetto, Susa, when he finished in 2nd position. The following year he did even better and won the race! In 2008 he became the Italian Junior Champion, a member of the Italian Junior team who finished in 2nd position in the European Championships in Zell am Harmersbach, Germany, and a member of the Italian Junior team

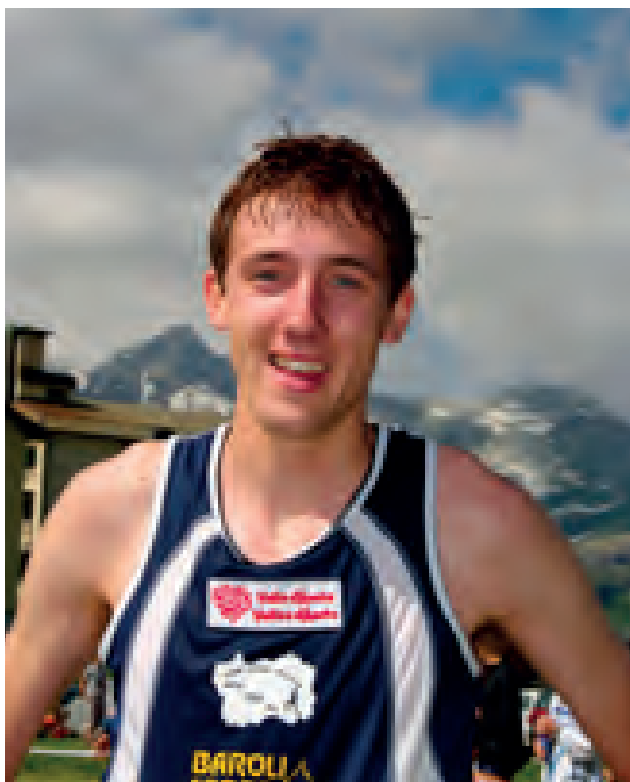


Photo: WMRA Gallery

finishing in 3rd position in the World Trophy in Crans Montana, Switzerland. He became the Italian Junior Champion again in 2009, finished 2nd Junior in the European Championships in Telfes, Austria, and competed in the European Junior Cross Country Championships in Dublin in December.

Xavier's ambition is to become a member of the Italian Mountain Running Team as soon as possible and hopes to enter a military sports club which will allow him full time training. Raimondo Balicco, Italian Team Leader/Coach, says that Xavier is a gifted athlete – one of the best runners that the discipline of mountain running has produced in the last few years. He is friendly and jovial and has always shown a great ability to listen to advice and much tactical sense in competitions

## INTRODUCING

### Pete Hartley – Fell Runner and Photographer

Many of you will have seen Pete, with camera, at European mountain races, and his name has appeared over the years on many of the photos in the WMRA Newsletter, so I thought you would like to know a little more about the man behind the camera!

Born in 1948, Pete has lived all his life in Lancashire (England) at the foot of the Pennine Moors. He bought his first serious camera in 1969 and began running seriously in 1972 so he could compete in 2-day mountain marathons. As his running progressed, he invested in a good quality lightweight camera, which fitted in his bumbag, to try and capture some of the atmosphere of the sport and the incredible sights a fell runner experiences when racing throughout the year in all conditions, especially whilst competing in the longer races in places like the Lake District.

When the World Trophy took place in Keswick in October 1988, Danny Hughes invited Pete to take photographs of the event. Pete recalls that on the Saturday, when the short races took place, the

weather was perfect for photos but on Sunday, when the long races were held, there was thick dark cloud! However, one of his friends running in the open race told him the top was in bright sunshine and he just managed to reach the summit in time to capture the lead runners in the World Trophy in perfect sunshine with a vast sea of cloud below – an incredible experience!

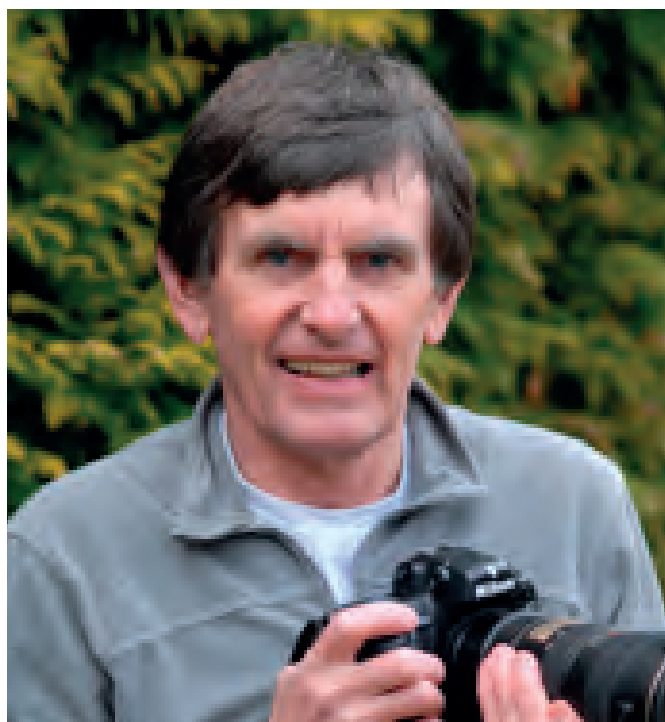


Photo: P Hartley

Danny suggested to Pete that he travel to Europe to photograph some of the mountain races there, so when he retired from teaching in 2004 he flew out to Turin with bike and camera, cycled to Sauze d'Oulx, covered the World Master's Championships there, spent the week cycling the mountain cols on the French border and returned the following weekend for the World Trophy!

Since then Pete has taken photos at 2 World Trophies, 5 European Championships, 2 Master's Championships and the Long Distance Championship in 2008, which was held almost on his doorstep! We hope Pete will continue to cover as many WMRA events as he is able in the future.





# 8th European Mountain Running Championships

## Telfes im Stubai (Austria)

### 12th July 2009

## MEN

11 km/1440 m /80 participants

<b>1</b>	<b>ARSLAN Ahmet</b>	<b>TUR</b>	<b>58:26</b>
2	DE GASPERI Marco	ITA	59:09
3	EPINEY Sebastien	SUI	59:19
4	ZEILER Timo	GER	59:31
5	FONTAINE Raymond	FRA	59:37
6	DEMATTEIS Martin	ITA	1:00:04
7	JANDARI Said	FRA	1:00:29
8	MEYSSAT Emmanuel	FRA	1:00:58
9	STERNI Riccardo	ITA	1:01:05
10	CRESPO Javier	ESP	1:01:09
11	RANCON Julien	FRA	1:01:11
12	HOHENWARTER Markus	AUT	1:01:36
13	HAVLICEK Jan	CZE	1:01:38
14	FREI Martin	CZE	1:01:45
15	TEKGOZ Ali Haydar	TUR	1:01:47
16	KUS Erkan	TUR	1:01:49
17	KOSOVELJ Mitja	SLO	1:01:54
18	WENK Stephan	SUI	1:01:59
19	EDWARDS Orlando	GBR	1:02:05
20	DEMATTEIS Bernard	ITA	1:02:36
21	PECHEK Petr	CZE	1:02:43
22	GASPAR Jose	POR	1:02:51
23	SOUZA Aires	POR	1:03:01
24	SUTZ Andy	SUI	1:03:11
25	MUGA Rui	POR	1:03:19
26	HEIBERG S. Oeyvind	NOR	1:03:42
27	RAVEN Gareth	GBR	1:03:42
28	BEHA Josef	GER	1:03:42
29	WEBERHOFER Bernd	AUT	1:03:51
30	WALSH James	GBR	1:04:00
31	CARVALHO Jose	POR	1:04:13
32	AGGVIN Terje Charles	NOR	1:04:13
33	CASTANER Cristofol	ESP	1:04:21
34	OSBORNE Adam	GBR	1:04:31
35	MUSTAFA Shaban	BUL	1:04:49
36	MACMAHON Brian	IRL	1:05:07
37	HEIGL Thomas	AUT	1:05:19
38	GUSEV Aleksandr	RUS	1:05:41
39	ALIC Simon	SLO	1:05:54
40	DORSZYNSKI Grzegorz	POL	1:06:09
41	SOCIATS Just	ESP	1:06:13
42	RYAN Mark	IRL	1:06:18
43	ZAK Dariusz	POL	1:06:25
44	MOCK Joergen	AUT	1:06:27
45	GOEPFERT Thomas	GER	1:06:35
46	WILLSENS Koen	BEL	1:06:51
47	KEANE Kevin	IRL	1:07:09
48	MATANIN Marcel	SVK	1:07:18
49	STURM Marco	GER	1:07:23
50	CEULEMANS Rik	BEL	1:07:41
51	GROENIG Kaspar	SUI	1:07:50
52	SKOPAC Ivica	CRO	1:07:54
53	BEREC Lajos	HUN	1:08:05
54	KUCERA Martin	CZE	1:08:34
55	SWIERC Marcin	POL	1:08:55
56	ISHUTKIN Dmitry	RUS	1:09:12
57	Stolic Kristijan	SRB	1:09:14
58	ZLOTUKHIN Alexey	RUS	1:09:31
59	SIRAKOV Ivan	BUL	1:09:36
60	CEH Joze	SLO	1:09:41
61	SALAMUN Igor	SLO	1:09:55
62	LUPIEZOWIEC Piotr	POL	1:10:11
63	STAIN Nitai	ISR	1:10:19
64	KOCEIC Marin	CRO	1:10:43
65	CHARLIER Jean Francois	BEL	1:10:55
66	EKIN Erdinc	TUR	1:11:09
67	URBAN Jozef	SVK	1:11:20
68	SALPETER Dan	ISR	1:12:02
69	LAMBEV Stanislav	BUL	1:12:25
70	KOMARCEVIC Miroslav	SRB	1:12:45
71	O'FARRELL Peter	IRL	1:12:59
72	JUHASZ András	HUN	1:13:35
73	MALYY Anatoliy	UKR	1:14:48
74	LOVELO S. Hrvoje	CRO	1:16:10
75	JOVIC Ante	CRO	1:18:40
76	ZORIAL Shavit	ISR	1:19:47
77	MISOVIC Zdravko	SRB	1:20:36
78	MALKA Haim	ISR	1:23:54
79	PANAYIOTIS Kuprianou	CYP	1:23:54
80	KOZHIN Petr	RUS	1:32:29

## JUNIOR MEN

9.4 km/970 m /59 participants

<b>1</b>	<b>ALICI Yusuf</b>	<b>TUR</b>	<b>50:29</b>
2	CHEVRIER Xavier	ITA	50:44
3	PRALONG Candide	SUI	51:39
4	BAJZA Jakub	CZE	52:58

5	MCDONALD Scott	GBR	53:06
6	TOENSETH Didrik	NOR	53:13
7	GRAS Michael	FRA	53:28
8	CAGNATI Luca	ITA	53:37
9	BYE BREVIK Joergen	NOR	53:51
10	CRIPPA Kelemu	ITA	53:54
11	PRESTSAETHER Sjur	NOR	54:14
12	SALAMIN Augustin	SUI	54:20
13	HENDRY Alexander	GBR	54:25
14	SIMPSON Robbie	GBR	54:34
15	JEREB Urban	SLO	54:39
16	LEONI Marco	ITA	54:56
17	MAYER Jakob	AUT	55:11
18	TSVETANOV Tsvetan	BUL	55:12
19	HOMOLAC Jiri	CZE	55:32
20	STOECKERT Rene	GER	55:40
21	NOVOTNY Michal	SVK	55:54
22	IVANOV Plamen	BUL	56:34
23	GRAS Damien	FRA	56:40
24	UDRIOT Robert	SUI	56:46
25	REISSNER Leopold	AUT	56:52
26	DEMIR Mustafa	TUR	56:55
27	EBNER Lukas	GER	56:55
28	SANTOS Miguel	POR	56:59
29	BOLIS Vasco	SUI	57:09
30	VLADKOV Stoyan	BUL	57:18
31	TASDEMIR Aykut	TUR	57:20
32	BREGAR Gasper	SLO	57:34
33	VANDECASTEELE Angelo	BEL	57:40
34	WOZNIAK Jakub	POL	57:52
35	HORCIACK Jiri	CZE	57:57
36	AKINCI Mustafa	TUR	58:09
37	TREACY Michael	IRL	58:15
38	ALRAUN Fabian	GER	58:24
39	ZUPAN Domen	SLO	58:30
40	MATTE Martin	AUT	58:41
41	SIDOROV Oleg	RUS	58:58
42	CHALLINOR Ricky	GBR	59:14
43	BIERCZAK Maciej	POL	59:47
44	PODOBNIK Jaka	SLO	1:00:38
45	ZUBRZYCKI Mateusz	POL	1:01:04
46	RASCHUPKIN Sergii	UKR	1:01:06
47	HUTERER Gernot	AUT	1:01:12
48	MAI Christian	GER	1:01:21
49	SPEIGHT James	IRL	1:01:29
50	BALASKO Kresimir	CRO	1:01:54
51	KUCINSKY Josef	CZE	1:02:57
52	GRIFFIN James	IRL	1:04:56
53	MAJDANDZIC Sinisa	CRO	1:05:32
54	KHARITONOV Alexey	RUS	1:05:56
55	JENNINGS Kian	IRL	1:06:35
56	SAMSONOV Roman	RUS	1:06:42
57	KOCHARYAN Heorhiy	UKR	1:07:42
58	MALINOWSKI Przemyslaw	POL	1:08:14
59	ERENT Bruno	CRO	1:14:58

## WOMEN

9.4 km/970 m/64 participants

<b>1</b>	<b>STRAEHL Martina</b>	<b>SUI</b>	<b>54:39</b>
2	BELOTTI Valentina	ITA	55:28
3	MAYR Andrea	AUT	56:55
4	RUNGGGER Renate	ITA	57:17
5	LEONTYEVA Natalia	RUS	57:29
6	MEIER-B. Bernadette	SUI	57:36
7	VOKUEVA Zhanna	RUS	58:01
8	GOODHEAD Kate	GBR	58:34
9	INGRAM Katie	GBR	58:37
10	ROBERTI Maria Grazia	ITA	58:40
11	MILESOVA Iva	CZE	59:00
12	HELFENBERGER Claudia	SUI	59:11
13	DISSLER Lisel	FRA	59:25
14	REISINGER Lisa	GER	1:00:06
15	MIHAYLOVA Milka	BUL	1:00:21
16	SANCHEZ Amada	ESP	1:00:38
17	ROBINSON Rebecca	GBR	1:00:46
18	BASTUG Hulya	TUR	1:01:07
19	SADKOVA Irena	CZE	1:01:19
20	KOSOVELJ Mateja	SLO	1:01:29
21	MERKOVA Martina	SVK	1:01:41
22	ULRICH Veronika	GER	1:01:45
23	DUMERGUES Marie-L.	FRA	1:01:49
24	DEVILLERS Constance	FRA	1:02:00
25	SCOLARI Cristina	ITA	1:02:16
26	ARDID Monica	ESP	1:02:25
27	POBORSKA Helena	CZE	1:02:30
28	MCKITTRICK Clare	GBR	1:02:40
29	ADIYAMAN Suheyla	TUR	1:02:50
30	METELKOVA Tana	CZE	1:02:52

31	SUMMER Petra	AUT	1:02:54
32	MOREIRAS Lucinda	POR	1:03:07
33	KRKOC Lucija	SLO	1:03:11
34	LAFAYE Céline	FRA	1:03:35
35	CHOLLET Maya	SUI	1:03:38
36	GULLU Esra	TUR	1:03:43
37	KONOWALSKA Mariola	POL	1:03:57
38	CERNIC Danijela	CRO	1:03:59
39	LILGE-LEUTNER Carina	AUT	1:04:17
40	HEILIG-D. Marie-Luise	GER	1:04:20
41	MRAK Valerija	SLO	1:04:40
42	STAROKOVA Natalia	RUS	1:04:49
43	PANOVSKA Rumyana	BUL	1:05:07
44	EGELSEDER Margit	AUT	1:05:11
45	MAHON Donna	IRL	1:05:40
46	GRANDOVEC Daneja	SLO	1:05:47
47	MARTINEZ Maribel	ESP	1:06:02
48	CZUJA-PAKOSZ Irena	POL	1:06:29
49	BELUSIC Barbara	CRO	1:06:36
50	MONTEIRO Lurdes	POR	1:06:50
51	DIMITROVA Natalya	BUL	1:07:43
52	YILMAZ Leyla	TUR	1:07:52
53	BAEUSCHER Lea	GER	1:08:14
54	MELICHEROVA Ludmila	SVK	1:08:32
55	GREENAN Mags	IRL	1:09:03
56	MALAIJA Natalia	UKR	1:09:42
57	PILARSKA Karolina	POL	1:09:52
58	WHITE Helen	IRL	1:10:33
59	MARTINS Marcia	POR	1:11:38
60	MISONISCHNIK Jessica	ISR	1:11:50
61	SUSTIC Nikolina	CRO	1:12:10
62	MOREIRAS Monica	POR	1:14:34
63	SHANNON Alwynne	IRL	1:21:31
64	SAMSONCHYK Diana	UKR	1:45:54

## JUNIOR WOMEN

4 km/390 m /38 participants

<b>1</b>	<b>ALTINTAS Derya</b>	<b>TUR</b>	<b>23:15</b>
2	KARABULUT Elif	TUR	23:20
3	CAN Yasemin	TUR	23:29
4	OLOGU Andra Loredana	ROM	23:39
5	PROROKOVA Tatiana	RUS	23:43
6	PALETTA Gina	GBR	23:45
7	HORKA Ludmila	CZE	23:51
8	MORJAN Raluca	ROM	23:59
9	GRAVES Victoria	GBR	24:03:00
10	OBIDIC Kaja	SLO	24:15:00
11	BEROUSKOVA Katerina	CZE	24:26:00
12	FORNI Erika	ITA	24:32:00
13	HAYWOOD Molly	GBR	24:41:00
14	DELAC Monika	CRO	25:00:00
15	REBOULET Margaux	FRA	25:03:00
16	LEUTNER Lisa-Maria	AUT	25:14:00
17	STOKOWY Eliza	POL	25:30:00
18	MILITARU Iulia Alina	ROM	25:37:00
19	BELOVIC Valentina	CRO	25:37:00
20	CORNELSEN Sarah	GER	25:43:00
21	MIKHAYLOVA Anastasia	RUS	25:49:00
22	TSUPRUNOVA Ksenia	RUS	25:50:00
23	STRZELECKA Natalia	POL	26:00:00
24	SITAR Ajda	SLO	26:06:00
25	TIRINZONI Mabel	ITA	26:08:00
26	MCCANN Aine	IRL	26:16:00
27	DENNY Niamh	IRL	26:30:00
28	KOZJEK Katja	SLO	26:34:00
29	VEVODOVA Martina	CZE	26:42:00
30	MILANOVA Simona	BUL	26:44:00
31	CRONIN Sinead	IRL	27:01:00
32	PARLOV Matea	CRO	27:10:00
33	NINEVA Marinela	BUL	27:14:00
34	WALLNER Sophie	AUT	27:25:00
35	COUDURIER Delphine	FRA	28:19:00
36	SCHAEFER Lena	GER	28:40:00
37	MANDLBAUER Michaela	AUT	30:18:00
38	SOARES Bebiana	POR	DNF

Men		Jun. Men		Women		Jun. Women	
1	ITA 17	1	ITA 20	1	ITA 16	1	TUR 3
2	FRA 20	2	NOR 26	2	SUI 19	2	ROM 12
3	TUR 32	3	GBR 32	3	GBR 34	3	GBR 15
4	SUI 45	4	SUI 39	4	RUS 54	4	CZE 18
5	CZE 48	5	TUR 58	5	CZE 57	5	RUS 26
6	POR 70	6	CZE 58	6	FRA 60	6	CRO 33
7	GBR 76	7	BUL 70	7	AUT 73	7	SLO 34
8	GER 77	8	AUT 82	8	GER 76	8	ITA 37
9	AUT 78	9	GER 85	9	TUR 83	9	POL 40
10	ESP 84	10	SLO 86	10	ESP 89	10	AUT 50
11	SLO 116	11	POL 122	11	SLO 94	11	FRA 50
12	IRL 125	12	BUL 138	12	BUL 109	12	IRL 53
13	POL 138	13	RUS 151	13	POR 141	13	GER 56
14	RUS 152	14	CRO 162	14	POL 142	14	BUL 63
15	BEL 161			15	CRO 148		
16	BUL 163			16	IRL 158		
17	CRO 190						
18	SRB 204						
19	ISR 207						





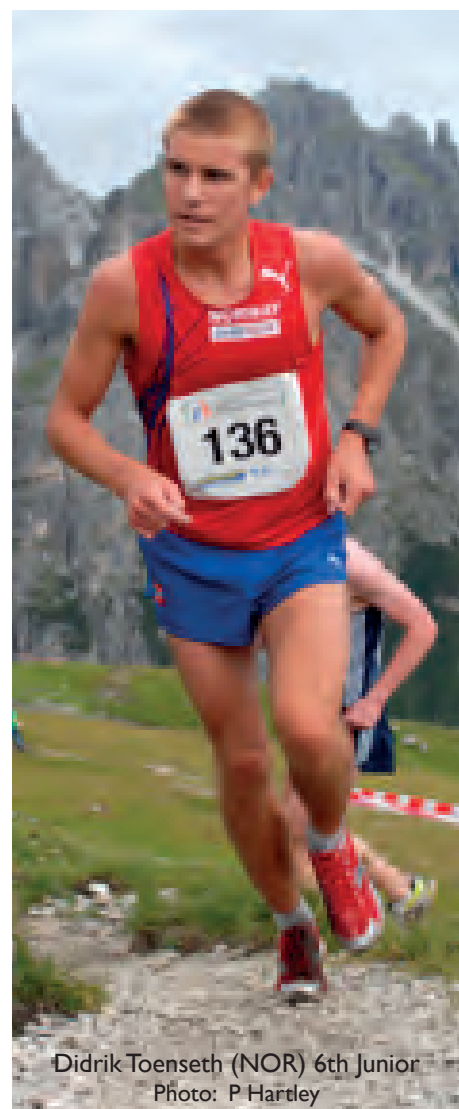
Ahmet Arslan (TUR) 1st  
Photo: P Hartley



Martina Straehl (SUI) 1st  
Photo: P Hartley



Christien Prestegard leading the  
Norwegian team in the opening parade  
Photo: P Hartley



Didrik Toenseth (NOR) 6th Junior  
Photo: P Hartley



Valentina Belotti (ITA) 2nd, Martina Straehl (SUI) 1st, Andrea Mayr (AUT) 3rd  
Photo: P Hartley



Winning Junior Women's Teams, 1st Turkey, 2nd Romania, 3rd Great Britain  
Photo: P Hartley

Junior Men L-R Xavier Chevrier (ITA) 2nd, Yusuf Alici (TUR) 1st, Candide Pralong (SUI) 3rd  
Photo: P Hartley







## MEN

<b>1</b>	<b>Geoffrey KUSURO</b>	<b>UGA</b>	<b>54:51</b>
2	Azerya T. WELDEMARIAM	ERI	55:45
3	James KIBET	UGA	55:54
4	Bernard DEMATTEIS	ITA	56:02
5	Zemichael TESFAMICHAEL	ERI	56:08
6	Jean Baptiste SIMUKEKA	RWA	56:17
7	Debesay TSIGE BEHLBI	ERI	56:20
8	Marco DE GASPERI	ITA	56:20
9	Martin DEMATTEIS	ITA	56:34
10	Ahmet ARSLAN	TUR	56:34
11	Teklya KESETE ABRAHA	ERI	57:52
12	Abraham KIDANE HABTOM	ERI	57:59
13	Andrew BENFORD	USA	58:09
14	Martin TOROITICH	UGA	58:09
15	Jose GASPAR	POR	58:39
16	Joe GRAY	USA	58:43
17	Mehmet CAGLAYAN	TUR	58:46
18	Emanuele MANZI	ITA	58:49
19	Said JANDARI	FRA	59:10
20	Selahattin SELCUK	TUR	59:13
21	David SCHNEIDER	SUI	59:20
22	Gabriele ABATE	ITA	59:28
23	Billy BURNS	GBR	59:40
24	Mitja KOSOVELJ	SLO	59:49
25	Petr PECHEK	CZE	59:54
26	Julien RANCON	FRA	59:57
27	Raymond FONTAINE	FRA	1:00:03
28	Erkan KUS	TUR	1:00:07
29	Marco GAIARDO	ITA	1:00:10
30	Nick SWINBURN	GBR	1:00:19
31	Jan HAVLICEK	CZE	1:00:31
32	Lonut ZINCA	ROU	1:00:38
33	Emmanuel MEYSSAT	FRA	1:00:39
34	Adam OSBORNE	GBR	1:00:49
35	Peter LAMOVEC	SLO	1:00:56
36	Simon LECHLEITNER	AUT	1:01:01
37	Pavel BRYDL	CZE	1:01:04
38	Gilles SEGRIS	FRA	1:01:06
39	Adam GRICE	GBR	1:01:07
40	Joe SYMONDS	GBR	1:01:11
41	Bernard WEBERHOFER	AUT	1:01:20
42	Matt BYRNE	USA	1:01:26
43	Rui MUGA	POR	1:01:30
44	Uros VODOPIVEC	SLO	1:01:30
45	Jose CARVALHO	POR	1:01:33
46	Zac FREUDENBERG	USA	1:01:34
47	Rickey GATES	USA	1:01:36
48	Tim PARR	USA	1:01:38
49	Ranulfo SANCHEZ	MEX	1:01:42
50	Brian MACMAHON	IRL	1:01:48
51	Joel BOURGEOIS	CAN	1:02:13
52	Lukas BASTAK	SVK	1:02:30
53	Alexis SALAZAR	VEN	1:02:32
54	Ulrich STEIDL	GER	1:02:34
55	Jason TERAUCHI-LOUTITT	CAN	1:02:38
56	Koen WILSENS	BEL	1:02:45

57	Marcin SWIERC	POL	1:02:47
58	Sebastjan ZARNIK	SLO	1:02:52
59	Manuel STOECKERT	GER	1:02:55
60	Milosz SZCZESNIEWSKI	POL	1:02:55
61	Simon AYEKO	UGA	1:03:01
62	Georges VOLERY	SUI	1:03:01
63	Dusan PODROUZEK	CZE	1:03:06
64	Kris SWANSON	CAN	1:03:08
65	Simon BAILEY	GBR	1:03:09
66	Tomas BLAHA	CZE	1:03:22
67	Sven NIJS	BEL	1:03:26
68	John HENEGHAN	IRL	1:03:28
69	James COUBROUGH	NZL	1:03:29
70	Olivier PIERRON	BEL	1:03:29
71	Artur RODRIGUES	POR	1:03:31
72	Daniel WOSIK	POL	1:03:33
73	Dougal THORBURN	NZL	1:03:47
74	Miguel angel LOPEZ	MEX	1:03:54
75	Scott MCTAGGART	AUS	1:03:56
76	Rinas AKHMADEEV	RUS	1:03:56
77	John WINSBURY	AUS	1:03:57
78	Ihsan GANI	TUR	1:04:01
79	Dmitry ISHUTKIN	RUS	1:04:03
80	Inrick MAGYAR	SVK	1:04:04
81	Joze CEH	SLO	1:04:25
82	Mark TOLSTIKHIN	RUS	1:04:31
83	Edouard BURRIER	FRA	1:04:35
84	Adrian LAMBERT	CAN	1:04:35
85	Aleksandr GUSEV	RUS	1:04:42
86	Mark RYAN	IRL	1:04:54
87	Alexey TSVETKOV	RUS	1:05:06
88	Aaron JACKSON	NZL	1:05:09
89	Simon ALIC	SLO	1:05:24
90	Constantin IFRIM	ROU	1:05:43
91	Ivica SKOPAC	CRO	1:05:43
92	Dominik ZIERLER	AUT	1:05:49
93	Andrzej LACHOWSKI	POL	1:05:53
94	Ian CONROY	IRL	1:06:00
95	Edward MCCARTHY	CAN	1:06:27
96	Jiri VOJAK	CZE	1:06:31
97	Richard OBENDORFER	AUT	1:06:41
98	Stefan HALDIMANN	SUI	1:07:10
99	Stephen SCULLION	IRL	1:07:28
100	Stephen BROWN	AUS	1:07:36
101	Yannick BUDELOT	MON	1:07:57
102	Juergen MOCK	AUT	1:07:58
103	Anatoliy MALYY	UKR	1:08:07
104	Neido GUILLEN	VEN	1:08:18
105	Sevak YEGHIKYAN	ARM	1:08:21
106	Luis CERON	MEX	1:08:23
107	Miroslav KOMARCEVIC	SRB	1:08:33
108	Kevin KEANE	IRL	1:08:33
109	Cristian PRASNEAC	ROU	1:08:34
110	Daniel CLENDON	NZL	1:08:35
111	Kristijan STOSIC	SRB	1:09:26
112	Jean-François CHARLIER	BEL	1:09:34
113	Pieter HENDRICKX	BEL	1:09:34
114	Pawel ZIMA	POL	1:10:26
115	Miguel Angel ESPARZA	MEX	1:11:14
116	Nebojsa MILENKOVIC	SRB	1:11:27
117	Trevor CALDWELL	CAN	1:11:34
118	Danijel CUKUSIC	CRO	1:11:38
119	Adrian BOSTAN	ROU	1:11:41
120	Ashot HAYRAPETYAN	ARM	1:11:59
121	Eustiquio CAMPOS	VEN	1:12:55
122	Gjorgji TRENDARLOV	MKD	1:13:10
123	Ante JOVIC	CRO	1:13:12
124	Lovelos Hrvoje SLOVINAC	CRO	1:14:24
125	Omar BACHIR	MON	1:14:27
126	Haim MALKA	ISR	1:15:47
127	Goran STOJANOV	MKD	1:17:10
128	Zdravko MISOVIC	SRB	1:17:30
129	Mitko KOSTOV	MKD	1:17:35
130	Mato SAPINA	CRO	1:19:31

131	Yigal LEV	ISR	1:19:34
132	Antonino CUFFARO	MON	1:19:53
133	Ricardo GONZALEZ	MEX	1:20:07
134	Igor JAKIMOVSKI	MKD	1:20:19
135	Yuriy KOVTYUNENKO	UKR	1:22:30
136	Jean-Philippe BIAMONTI	MON	1:22:51
137	Laurent DI GIUSTO	MON	1:24:29
138	Yeghishe YARAZYAN	ARM	1:25:01
	Sebastien EPINEY	SUI	DNF
	Adaii KAIS	MON	DNF
	Viktar VALCHOK	BLR	DNF
	Aliaksei NOVIKAM	BLR	DNF

## MENS TEAMS

1	ERI	24	10	POR	174	19	ROM	350
2	ITA	39	11	CAN	254	20	CRO	456
3	TUR	75	12	AUT	266	21	SER	462
4	UGA	79	13	POL	282	22	MON	494
5	FRA	105	14	IRL	298	23	MAC	512
6	USA	117	15	BEL	305		SUI	DNF
7	GBR	126	16	RUS	322			
8	CZE	156	17	NZL	340			
9	SLO	161	18	MEX	344			

## WOMEN

<b>1</b>	<b>Elisa DESCO</b>	<b>ITA</b>	<b>43:39</b>
2	Valentina BELOTTI	ITA	44:03
3	Maria Grazia ROBERTI	ITA	44:23
4	Sarah TUNSTALL	GBR	44:48
5	Hulya BASTUG	TUR	44:57
6	Anna PICHRTOVA	CZE	44:59
7	Katie INGRAM	GBR	44:59
8	Janna VOKUEVA	RUS	45:21
9	Mateja KOSOVELJ	SLO	45:23
10	Brandy ERHOLTZ	USA	45:23
11	Kate GOODHEAD	GBR	45:24
12	Iva MILESOVA	CZE	45:33
13	Christine LUNDY	USA	45:41
14	Mary WILKINSON	GBR	45:41
15	Megan KIMMEL	USA	45:46
16	Lucija KRKOC	SLO	45:46
17	Megan LUND	USA	46:11
18	Narin KAHRAMAN	TUR	46:53
19	Katarina BERESOVA	SVK	46:56
20	Martina MERKOVA	SVK	46:58
21	Fadime SUNA	TUR	47:00
22	Cristina SCOLARI	ITA	47:20
23	Daneja GRANDOVEC	SLO	47:26
24	Melissa MOON	NZL	47:37
25	Marie-laure DUMERGUES	FRA	47:41
26	Esra GÜLLÜ	TUR	47:52
27	Maya CHOLLET	SUI	47:54
28	Imghard KUBICKA	AUT	48:08
29	Lucinda MOREIRAS	POR	48:14
30	Cruz SALAZAR	VEN	48:17
31	Ivana SEKYROVA	CZE	48:18
32	Edel MOONEY	IRL	48:23
33	Jessamy HOSKING	AUS	48:30
34	Pavla HAVLOVA	CZE	48:34
35	Ekaterina SHKODRINA	RUS	48:39
36	Siobhan O'DOHERTY	IRL	49:00
37	Valerija MRAK	SLO	49:18
38	Karen ALEXANDER	IRL	49:23
39	Tanja EBERHART	AUT	49:28
40	Barbara BELUSIC	CRO	49:33
41	Lara PHILLIPS	NZL	49:36
42	Yulia KHAZOVA	RUS	49:42
43	Kathryn EWELS	AUS	49:56
44	Matea MATOSEVIC	CRO	50:35
45	Donna MAHON	IRL	50:40
46	Sylvia CORBETT	CAN	51:19
47	Amy GOLUMBIA	CAN	51:50
48	Maria Martina BOLCANES	VEN	51:57
49	Marion KAPUSCINSKI	AUT	51:57
50	Hubertien WICHERS	AUS	52:11
51	Marcia MARTINS	POR	52:18



52	Maria BYKOVA	RUS	52:24
53	Dominika WISNIEWSKA	POL	52:24
54	Jessalyn O'DONNELL	CAN	52:43
55	Natascha SCHMITT	GER	52:53
56	Karoline REICH	AUT	53:11
57	Natalia MALYA	UKR	53:34
58	Nikolina SUSTIC	CRO	53:57
59	Alena KARATKIKH	BLR	54:50
60	Anita WACLAWSKA	POL	55:13
61	Sarah BISS	NZL	55:31
62	Kataryna PASHKOUSKAYA	BLR	56:17
63	Emily SOLSBERG	CAN	56:52
64	Laura FLORES	MEX	57:37
65	Kate SEIBOLD-CROSBIE	AUS	58:39
66	Dubravka VESLIGAJ	CRO	58:40
67	Vesna KIRADZIEVA	MKD	1:07:31
68	Marija PELIKON	MKD	1:10:02
69	Biljana DELEVSKA	MKD	1:14:18

## WOMEN'S TEAMS

1	ITA	6	10 AUS	126
2	GBR	22	11 NZL	126
3	USA	38	12 CRO	142
4	TUR	44	13 CAN	147
5	SLO	48	14 MCD	204
6	CZE	49		
7	RUS	85		
8	IRL	108		
9	AUT	116		

## JUNIOR MEN

<b>1</b>	<b>Xavier CHEVRIER</b>	<b>ITA</b>	<b>38:26</b>
2	Muzaffer BAYRAM	TUR	39:22
3	Alper DEMIR	TUR	39:32
4	Brandon LORD	USA	39:51
5	Luca CAGNATI	ITA	40:00
6	Jakub BAJZA	CZE	40:09
7	Candide PRALONG	SUI	40:12
8	Rene STOECKERT	GER	40:50
9	Nuri KOEMUER	TUR	40:59
10	Kelemu CRIPPA	ITA	41:23
11	Marco LEONI	ITA	41:50
12	Michael BANKS	NZL	41:55
13	Martin MATTLE	AUT	42:11
14	Aykut TASDEMIR	TUR	42:22
15	Alexander HENDRY	GBR	42:22
16	Augustin SALAMIN	SUI	42:23
17	Jaroslav STEC	POL	42:30
18	Robbie SIMPSON	GBR	42:33
19	Scott MCDONALD	GBR	42:47
20	Jordan NELSON	AUS	42:48
21	Gasper BREGAR	SLO	42:48
22	Tsvetan TSVETANOV	BUL	42:59
23	Tibor GOLOB	SLO	43:00
24	Bartosz KARON	POL	43:01
25	Jakob MAYER	AUT	43:05
26	Oldrich SCHEJBAL	CZE	43:17
27	Ricky CHALLINOR	GBR	43:24
28	Stephen MCSHANE	AUS	43:24
29	Kamil JASTRZEBSKI	POL	43:29
30	Petr KAMINSKI	CZE	43:30
31	Oleg SIDOROV	RUS	43:52
32	Sergii RASCHUPKIN	UKR	43:53
33	Christopher O'BRIEN	IRL	43:57
34	Matija OBLAK	SLO	44:01
35	Plamen IVANOV	BUL	44:02
36	Roman SAMSONOV	RUS	44:03
37	Alexander GISHKO	RUS	44:08
38	Jan BOCEK	CZE	44:08
39	Dan NAFZIGER	USA	44:11
40	Stoyan VLADKOV	BUL	44:18

41	Brian ROONEY	USA	44:23
42	Miguel SANTOS	POR	44:29
43	Michael TREACY	IRL	44:48
44	David SALAMIN	SUI	44:54
45	Fabian ALRAUN	GER	44:55
46	Jonathan PHILLIPS	IRL	44:58
47	Matus ANTOLIK	SVK	45:04
48	Michael DOWLING	IRL	45:06
49	Leopold REISSNER	AUT	45:07
50	Tine TORKAR	SLO	45:14
51	Vasco BOLIS	SUI	45:17
52	Karl DOMINIK	GER	45:33
53	Ruslan DURAN	UKR	45:53
54	Charles BROOKS	AUS	45:58
55	Tim SMITH	USA	46:10
56	Mitko TSENOV	BUL	46:16
57	Philipp REITER	GER	47:02
58	Marcin NIEZGODA	POL	48:00
59	Kresimir BALASKO	CRO	48:09
60	Meza ELISEO DE JESUS	MEX	48:54
61	Goran GRDENIC	CRO	48:55
62	Oscar PHILLIPS	AUS	49:44
63	Marko VALICEVIC	CRO	49:54
64	Romain MIESZALSKI	BEL	50:03
65	Gernot HUNTERER	AUT	50:37
66	Gord MINAKER	CAN	50:41
67	Gregorio RICARDO	MEX	54:15
68	Ernest SAMSONCHJK	UKR	1:01:26

## JUNIOR MEN'S TEAMS

1	TUR	14	10 BUL	97
2	ITA	16	11 AUS	102
3	GBR	52	12 RUS	104
4	CZE	62	13 GER	105
5	SUI	67	14 IRL	122
6	POL	70	15 UKR	153
7	SLO	78	16 CRO	183
8	USA	84		
9	AUT	87		

## JUNIOR WOMEN

<b>1</b>	<b>Yasemin CAN</b>	<b>TUR</b>	<b>22:18</b>
2	Megan MORGAN	USA	22:35
3	Angelika MACH	POL	22:56
4	Zeynep YOK	TUR	23:05
5	Özlem KAYA	TUR	23:15
6	Raluca MORJAN	ROU	23:20
7	Andrea Loredana OLOGU	ROU	23:38

8	Katerina BEROUSKOVA	CZE	23:40
9	Ekaterina DOSEYKINA	RUS	23:42
10	Federica CERUTTI	ITA	23:50
11	Erika FORNI	ITA	24:05
12	Tatiana PROROKOVA	RUS	24:08
13	Petra KURIKOVA	CZE	24:15
14	Cristina MONDINO	ITA	24:28
15	Tekea GHEBREZGHI	IRL	24:38
16	Kaja OBIDIC	SLO	24:38
17	Katarzyna DULAK	POL	24:44
18	Katja KOZJEK	SLO	24:59
19	Tereza NOVOTONA	CZE	25:02
20	Valentina BELOVIC	CRO	25:06
21	Natalia WACLAWSKA	POL	25:36
22	Manca SOLAR	SLO	25:37
23	Robyn ARNOLD	USA	25:39
24	Cristina TATUCU	ROU	25:39
25	Géraldine BACH	SUI	25:42
26	Niamh DENNY	IRL	25:44
27	Melanie HYDER	GBR	25:44
28	Niamh KEARNEY	IRL	25:58
29	Monika DELAC	CRO	25:59
30	Samantha BLANCH	NZL	26:03
31	Petra FASUNGOVA	SVK	26:15
32	Blue HAYWARD	GBR	26:19
33	Alexandra BOGATYREVA	RUS	26:39
34	Melissa MURRIHY	NZL	26:50
35	Florence DE COCK	BEL	26:52
36	Briony SHAW	AUS	26:52
37	Rochelle SCEATS	NZL	27:54
38	Nora COENEN	GER	28:02
39	Franziska HUEHN	GER	28:22
40	Clara HILDT	GER	29:14
41	Kimberly DUTHIE	AUS	29:15
42	Leona VUKMIROVIC	CRO	29:48
	Heather TIMMINS	GBR	DNF
	Alex DENT	USA	DNF

## JUNIOR WOMEN'S TEAMS

1	TUR	5	10 CRO	49
2	ROM	13	11 GBR	59
3	POL	20	12 NZL	64
4	ITA	21	13 GER	77
5	RUS	21	14 AUS	77
6	CZE	21		
7	USA	25		
8	SLO	34		
9	IRL	41		



Concentration! Start of the Women's Race  
Photo: LOC





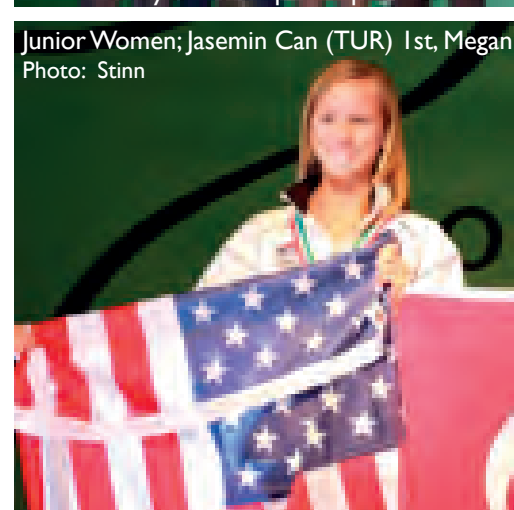
Raimondo Balicco congratulates Xavier Chevrier on winning the Junior Race



The African countries celebrate their success  
Photo: Stinn



National Team of Italy -  
host country for Championship



Junior Women; Jasemin Can (TUR) 1st, Megan  
Photo: Stinn



Andrzej Puchacz congratulates Angelika Mach (POL) after the Junior Race



Mens Race; Joe Gray (USA) leads a group of runners





Flower Ceremony following the Mens Race



Morgan (USA) 2nd,Angelika Mach (POL) 3rd



runners on the ascent



as otherwise stated



Junior Men: Xavier Chevrier (ITA) 1st, Mazaffer Bayram (TUR) 2nd,Alper Demir (TUR) 3rd



The Italian ladies winning team



Left to right:Azerya T Weldemariam (ERI) 2nd, Geoffrey Kusuro (UGA) 1st, James Kibet (UGA) 3rd





## 25th World Mountain Running Championships

### Campodolcino – Madesimo, Italy

#### 6th September 2009

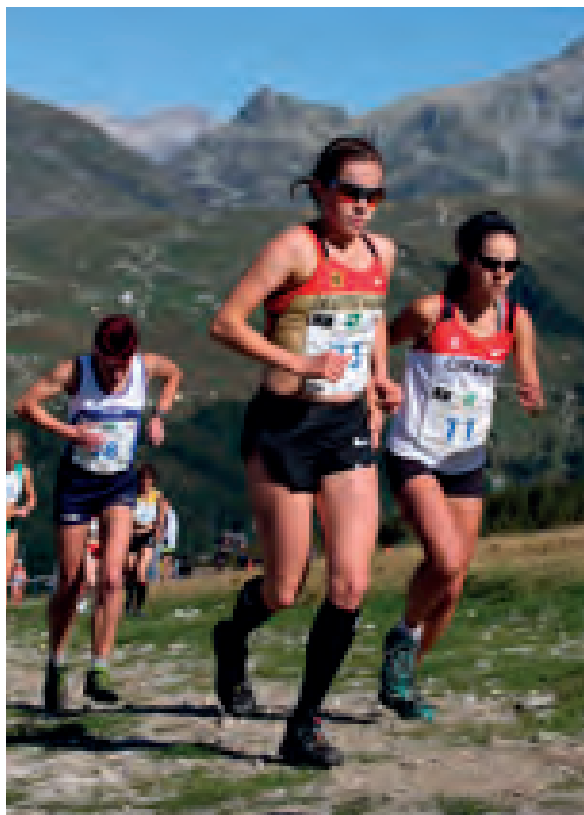


The jubilee of the 25th World Mountain Running Championships – formally called "World Trophy" – was a great success. It took place on a lapped up and down course in the Italian ski resort of Motta (Campodolcino) close to the towns of Chiavenna and Madesimo, in Valchiavenna. The start was 1750m above sea level, which made the races even more difficult for the athletes, who had to run at altitude.

Weather conditions were excellent for the runners. After a cold and windy morning, with temperatures just above freezing point, the sun came out and it turned into a beautiful clear day.

Approximately 330 runners from 35 countries participated in the event. Pierre Weiss, IAAF General Secretary and Franco Arese, FIDAL President, joined thousands of spectators on the course to enjoy the competition. New countries are now joining the international mountain running family and the times when almost half of the medals were won by Italian athletes have passed. African, Turkish and South American runners are becoming stronger and challenging for medals. In the senior men's race seven of the top ten places were taken by African runners.

The races started with the Junior Women and the Turkish runners took a lead just after the start, led by Yasmin Can who finished in first position. However, Megan Morgan from the USA and Angelika Mach from Poland succeeded in splitting the strong



**Women's Race**  
Photo: Stinn

position. Eritrea won the team gold, with Italy in silver position and Turkey taking bronze.

Turkish squad, finishing in second and third positions. Turkey won the gold medals in the team competition with Romania in second place.

In the Junior Men's race the spectators anticipated a local winner and were not disappointed. Xavier Chevrier from Italy ran a smart race and proved unbeatable, especially on the technical descents. The Turkish boys, Muzaffer Bayram and Alper Demir finished in second and third places, with the Turkish team winning the team gold two points ahead of the Italians.

In the Senior Ladies race the Italians finished in first, second and third positions, led in by Elisa Desco, followed by Valentina Belotti and Maria Grazia Roberti, also winning the team gold. Great Britain won the silver team medal and USA the bronze.

Seven of the top ten places in the Senior Men's race were taken by African runners.

The winner, Geoffrey Kusuro from Uganda is no stranger to mountain running having won the junior title in 2007. Azerya Weldemariam from Eritrea finished in second place with James Kibet from Uganda in third



The eighth European Mountain Running Championship took place in the small village of Telfes in the famous Stubai Valley, which has in the past hosted two WMRA World Trophies (1990 and 1996). This year's uphill only course attracted a record number of 241 athletes from 25 different European countries and hundreds of supporters lined the tortuous 11 kilometer route to encourage the senior men, who finished at an altitude in excess of 1300 meters!

Two-time defending champion Ahmet Arslan from Turkey completed a hat-trick by winning the men's title and Martina Strahl from Switzerland won the women's gold medal.

Ahmet Arslan led from start to finish, although he received stiff challenges from Italian runner Marco de Gasperi, Sebastien Epinay from Switzerland and Timo Zeiler from Germany. The team title went to Italy, with France and Turkey in second and third position.

## 8th European Championships

### Telfes im Stubai, Austria – 12th July 2009

In the senior women's race, 22 year old Swiss mountain runner Martina Strahl finished just ahead of Italian runner Valentina Belotti, with world champion Andrea Mayr from Austria, in third place. The Italian women emulated their male counterparts to win the team title, with Switzerland and Great Britain in second and third position.

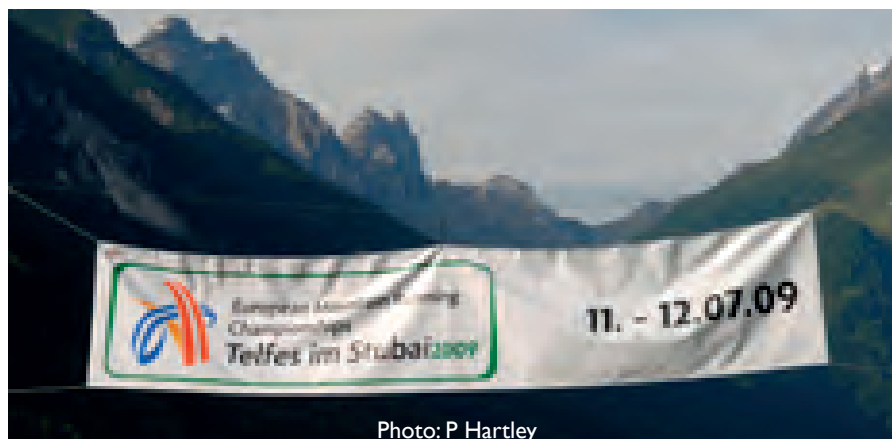


Photo: P Hartley

The junior categories, officially introduced for the first time, attracted high participation and received great support from the crowd. The two junior champions were both from Turkey – Yusuf Alici won the junior men's title and Derya Altinas won the junior women's title, followed by Elif Karabulet and Yasemin Can in second and third position, also from

Turkey, winning the team title. Romania and Great Britain finished in second and third position. In the junior men's category the team title was won by Italy with Norway and Great Britain in second and third place.



## 4TH INTERNATIONAL YOUTH CHALLENGE

Hausen-Ostheim, Germany – 27th June 2009

Eleven countries were represented this year in the Youth Challenge, which is for 16 & 17 year olds, with 34 boys and 27 girls taking part. In the boys competition the Russian team dominated, led home by Andrey Rusakov, who was also last year's winner; with Sergey Zvonarev in second position. The Italian team dominated the girls race which was won by Beatrice Curtabbi closely followed by Letizia Titon. It was a very successful event. The social programme was an unforgettable experience for both athletes and coaches!

## Leading results:

Boys:	1.	Andrey Rusakov (RUS)	20.42
	2.	Sergey Zvonarev (RUS)	21.16
	3.	James Stevenson (SCO)	21.20
	4.	Giovanni Olocco (ITA)	21.23
	5.	Billy Pinder (ENG)	21.24
	6.	Mitko Tsenov (BUL)	21.37

Girls:	1.	Beatrice Curtabbi (ITA)	14.20
	2.	Letizia Titon (ITA)	14.21
	3.	Justyna Jendro (POL)	14.26
	4.	Rachel Robinson (ENG)	14.33
	5.	Aine McCann (IRL)	14.45
	6.	Rachel Jefferson (ENG)	14.46

## Boys Team Results:

1.	Russia	12 pts
2.	Italy	27 pts
3.	England	40 pts

## Girls Team Results:

1.	Italy	12 pts
2.	Poland	31 pts
3.	Russia	38 pts

L-R: Letizia Titon (ITA) 2nd,  
Beatrice Curtabbi (ITA) 1st,  
Justyna Jendro (POL) 3rd  
Photo: T Sarf



Andrey Rusakov (RUS) winner  
Photo: T Sarf

## 5th INTERNATIONAL YOUTH CHALLENGE

(11th Memorial

"Marco Germanetto" Race)

(for 16/17 years of age)

26th June 2010 – Sauze d'Oulx, Italy

Organising Club – Atletica Susa

(email: [staff@atleticasusa.it](mailto:staff@atleticasusa.it))

Full details will be available on the  
event website – access via

WMRA web page

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



# 6th NACAC (North American Central American Caribbean) Mountain Running Championships

North Conway (New Hampshire – USA) – 28th July 2009

This year's NACAC Championship was part of the USA Mountain Running Championships. The course consisted of 2 x 5.5km loops with 2400ft of climbing. On a humid, overcast morning in the New England hamlet of North Conway, Joseph Gray from Washington and Christine Lundy from California outpaced one of the largest mountain running fields in recent memory to become the 2009 USA Mountain Running Champions, leading the USA men's and women's teams to gold medals in the NACAC Championships. Rickey Gates and Eric Blake finished second and third counters for the USA men's team with Brandy Erholtz and Laura Haefli second and third in the women's team. Christine Lundy and Brandy Erholtz were part of the USA team who won bronze medals at the World Mountain Running Championships in Italy later in the year.

## Leading Results:

### Men: (Course 11km)

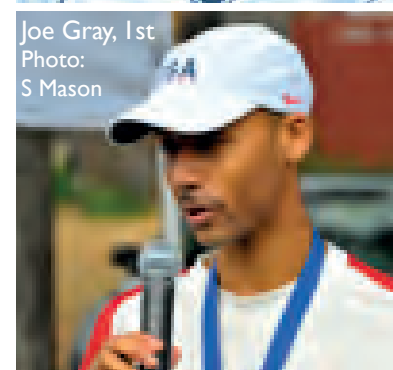
1. Joe Gray (USA) 48.37
2. Rickey Gates (USA) 50.04
3. Eric Blake (USA) 51.50
4. Simon Gutierrez (USA) 51.54
5. Paul Chafe (CAN) 55.32
6. Graydon Snyder (CAN) 55.46
7. Miguel Angel Lopez (MEX) 55.53

Teams: 1. USA – 6 pts. 2. CAN – 20 pts

### Women: (Course 11km)

1. Christine Lundy (USA) 57.16
2. Brandy Erholtz (USA) 58.08
3. Laura Haefli (USA) 58.15
4. Kasie Enman (USA) 58.50
5. Syl Corbett (CAN) 65.56
6. Sara Burger (CAN) 65.57
7. Marie Elliot (CAN) 67.20

Teams: 1. USA – 6 pts 2. CAN – 18 pts



## 4th South American (Consudatle) Mountain Running Championships

### Leading Results:

Quito, Ecuador – 1st August 2009

#### Senior Men: (Course 12 km)

1. Marco Almachi (ECU) 57.39
2. Stalin Barros (ECU) 59.13
3. Alexis Salzar (VEN) 59.39
4. Pedro Jose Puente (VEN) 1.02.09
5. Naval Freitas (BRA) 1.02.46
6. Neido Guillen (VEN) 1.03.21

#### Senior Women: (Course 8 km)

1. Rosa Alba Chacha (ECU) 41.51
2. Maria Rodriguez (COL) 42.52
3. Maria Paredes (ECU) 43.24
4. Cruz Salazar (VEN) 43.34
5. Marlene Acuna (ECU) 44.18
6. Martina Bolcanes (VEN) 46.29

#### Junior Men: (Course 8 km)

1. Jorge Juis Arias (ECU) 34.06
2. Jonathan Rodriguez (ECU) 36.07
3. Adrian Pillajo (ECU) 36.29
4. Fabricio Paz (ECU) 37.28
5. Jairo Puente (VEN) 41.13

#### Junior Women: (Course 4 km)

1. Andrea Torres (ECU) 20.50
2. Jesica Paguay (ECU) 20.55
3. Jovana De La Cruz Capani (PER) 20.59
4. Melania Ordonez (ECU) 22.13

### Teams:

Senior Men: 1. ECU 18 pts. (only team) Senior Women: 1. ECU 9 pts. 2. VEN 17 pts.  
Junior Men: 1. ECU 7 pts. (only team) Junior Women: 1. ECU 6 pts. (only team)



## 2nd Balkan Mountain Running Championships Teteven, Bulgaria – 21st May

2009

Runners from eight Balkan countries took part in this competition, which was held in the middle of the Balkan Mountains. Turkish runners went home with ten of the twelve medals to be won, dominating the Junior races, but Milka Mihaylova from Bulgaria won gold in the women's race and Ionut Zinca from Romania won the silver medal in the men's race. Well done Turkey!

### LEADING RESULTS:

#### Men (Course 12.9km)

1.	Kus Erkan (TUR)	56.33
2.	Ionut Zinca (ROM)	57.29
3.	Muslu Ercan (TUR)	58.24
4.	Ekin Erdinc (TUR)	59.47
5.	Shaban Mustafa (BUL)	60.18
6.	Stanislav Lambev (BUL)	61.50

#### Mens Team:

1.	Turkey	8 pts
2.	Bulgaria	18 pts
3.	Romania	29 pts

#### Women (Course 8.6km)

1.	Milka Mihaylova (BUL)	45.37
2.	Bastug Hulya (TUR)	46.34
3.	Esen Nilay (TUR)	46.44
4.	Rumyana Panovska (BUL)	48.10
5.	Adiyaman Suheyli (TUR)	48.43
6.	Natalya Dimitrova (BUL)	49.07

#### Women's Team:

1.	Turkey	10 pts
2.	Bulgaria	11 pts
3.	Romania	25 pts

#### Junior Men (Course 8.6km)

1.	Demir Alper (TUR)	37.39
2.	Tasdemir Aykut (TUR)	38.30
3.	Karaday Emre (TUR)	38.50
4.	Tsvetan Tsvetanov (BUL)	41.24
5.	Stoyan Vladkov (BUL)	42.02
6.	Catalin Nicola (ROM)	43.10

#### Junior Men's Team:

1.	Turkey	6 pts
2.	Bulgaria	17 pts
3.	Romania	23 pts

#### Junior Women (Course 4.3km)

1.	Karabulut Elif (TUR)	21.43
2.	Yok Zeynep (TUR)	22.02
3.	Taman Yagmur (TUR)	22.30
4.	Argun Nigar (TUR)	23.01
5.	Raluca Morjan (ROM)	23.50
6.	Simona Milanova (BUL)	23.56

#### Junior Women's Team:

1.	Turkey	6 pts
2.	Bulgaria	23 pts
3.	Romania	23 pts

## 1st African Mountain Running Championships Obudu Ranch Park, Cross River State, Nigeria - 28th November 2009

The 1st African Mountain Running Championships was part of the 5th Obudu International Mountain Race and athletes from six African countries took part. The Ethiopian runners dominated the championship, finishing in first, third and fifth position to win the team title. In the women's race, which was not part of the championship this year, Ethiopian runners took all three places on the podium – Manilu Daska was the winner in a record time of 49.12, followed by Mestawet Tufa and Meselech Melkamu in second and third position.

### Leading results:

#### Men (Course 11 km)

1.	Habtamu Fikadu Awash (ETH)	42.03	6.	Worku Beyi (ETH)	45.10
2.	Geoffrey Kusuro (UGA)	42.11	7.	Aliwa Moses (UGA)	45.28
3.	Abebe Dinkesa (ETH)	42.35	8.	James Kibet (UGA)	46.32
4.	Martin Toroitich (UGA)	43.45	9.	Mohammed Oumarou (CAM)	47.54
5.	Halilu Mekonnen (ETH)	44.30	10.	Daniel Kiplimo Bett (KEN)	48.22
			11.	Danjuma Gyang (NGR)	48.57
			12.	Emmanuel Gyang (NGR)	49.22

#### Men's Team Results:

1. Ethiopia – 9 pts.	2. Uganda – 13 pts.	3. Nigeria – 37 pts.	4. Cameroon – 45 pts.	5. Kenya – 50 pts.
6. Egypt – 56 pts				



Colourful trophy table. Photo: W Archibong



Habtamu Fikadu Awash (ETH) 1st  
Photo: W Archibong



Manilu Daska (ETH) 1st Lady  
Photo: W Archibong



# 9th World Masters Mountain Running Championships 12th September 2009 – Zagreb (Croatia)

One week after the World Mountain Running Championships in Italy, the World Masters held their championships in Zagreb, allowing many competitors and supporters to travel from one championship to the other. This was the first time that the World Masters Mountain Running Championships had been held in the capital city of the host country. Almost 650 runners from 29 countries participated in this festival of mountain running for competitors aged 35 years and over. The event organization was shared between the Croatia Athletic Federation, the city of Zagreb and the local Athletic Club Sljeme. The 8.5km course started at 250m above sea level between the city and the nearby slopes of Sljeme, a 1030 m. high mountain. The finish was just beyond the peak of the mountain, which is the starting point for the Alpine Ski World Cup slalom competitions. The runners started on asphalt but after half a kilometre they left the road and followed an undulating trail that climbed for 850 meters to the finish.

The only man to retain his title was Oldrich Smida (CZE) in the M60 category but four women retained their titles – Irena Pakosz from Poland (W40), Mags Greenan from Ireland (W50), Marianne Spronk from Germany (W60) for the second time and Barbel Bergaus from Germany (W65) for the fourth time!

## Results Summary:

### Mens Results

M35	Marcel Matanin (SVK)	39.12
M40	Davide Milesi (ITA)	39.54
M45	Craig Roberts (ENG)	39.47
M50	Helmut Strobl (GER)	41.34
M55	Milos Smrcka (CZE)	40.50
M60	Oldrich Smida (CZE)	45.15
M65	Bruno Innocente (ITA)	48.51
M70	Kaspar Scheiber (SUI)	53.13
M75	Angelo Cerello (ITA)	59.32
M80	Rino Lavelli (ITA)	74.19

### Womens Results

W35	Laura Ursella (ITA)	45.40
W40	Irena Pakosz (POL)	45.58
W45	D.Marie Luise Helig(GER)	45.26
W50	Mags Greenan (IRL)	50.12
W55	Blanka Paulu (CZE)	49.01
W60	Marianne Spronk (GER)	55.39
W65	Barbel Bergaus (GER)	63.22
W70	Lojzka Bratusa (SLO)	64.29

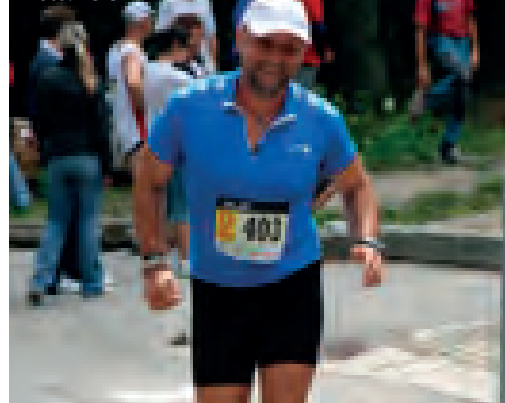
### Mens Team Results:

M35	Italy
M40	Germany
M45	Switzerland
M50	Germany
M55	Italy

### Womens Team Results:

W35	Italy
W40	Germany
W45	England
W50	Germany
W55	Italy

Rogic Zeljko (CRO) M50  
Photo: LOC



F40 Medalists Photo: LOC



M35 Medalists - Italian Mens Team Photo: LOC



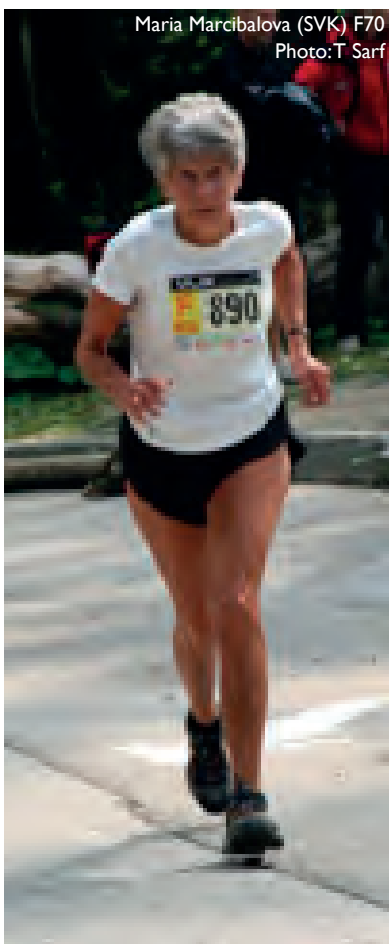
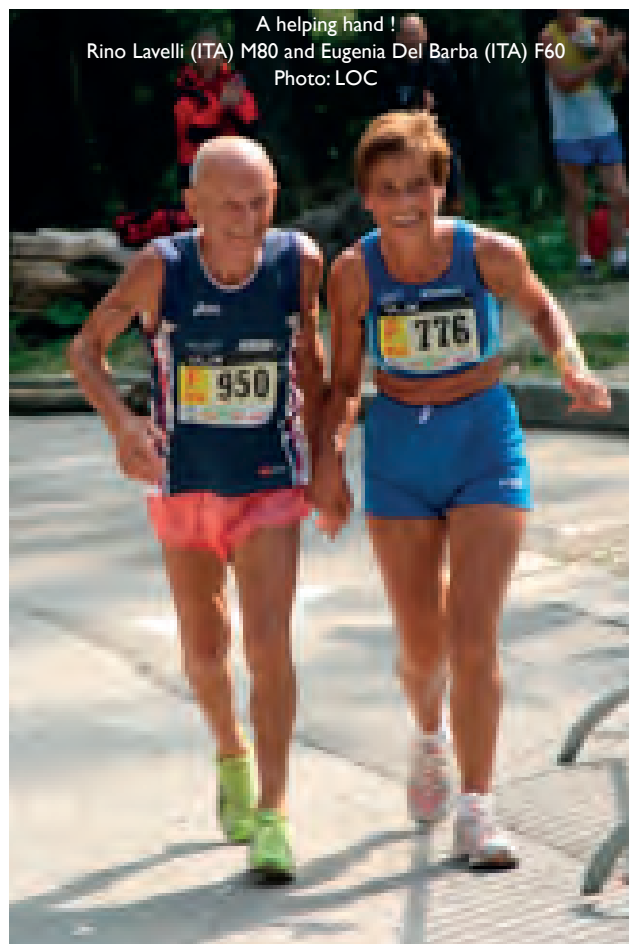
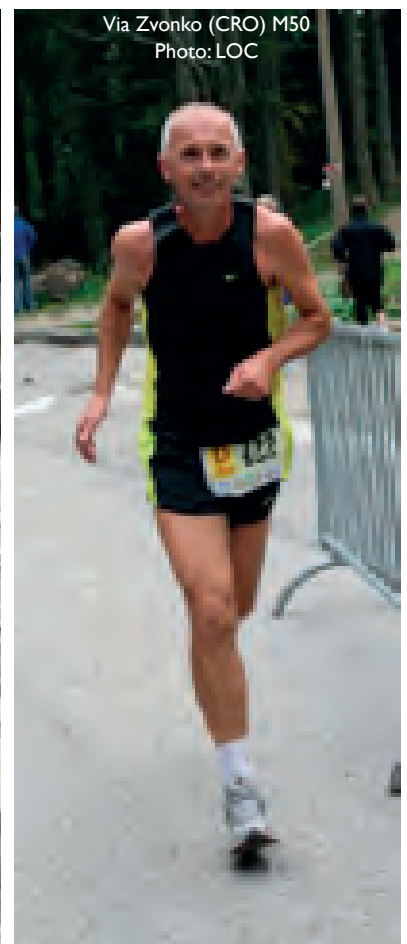
L-R Winners. M45 Craig Roberts (ENG), M35 Marcel Matanin (SVK), M40 Davide Milesi (ITA)  
Photo: LOC







M/W 35 - Start Photo:T Sarf

Maria Marcibalova (SVK) F70  
Photo:T SarfA helping hand !  
Rino Lavelli (ITA) M80 and Eugenia Del Barba (ITA) F60  
Photo: LOCVia Zvonko (CRO) M50  
Photo: LOC

## 10th WMRA/WMA Masters World Mountain Running Championships

28th August 2010 - Korbiew, Poland

Event Co-ordinator: Andrzej Puchacz (email: [apuch@poczta.onet.pl](mailto:apuch@poczta.onet.pl))

All the details will be available on the event website – access via

WMRA web page – [www.wmra.info](http://www.wmra.info)



## WMRA NEWS ITEMS

**2010 Grand Prix Series**

Five races have been chosen for this year's Grand Prix, three at Level 1, one (Grand Ballon) at Level 2, and the World Championships. This was considered an adequate number of races because it was a very busy calendar. The World Championship remains an event open only to those selected to represent their countries. The overall Grand Prix result will be calculated from the best four results from the five races. An athlete must score in at least 2 races to be included in the final results. Race organisers must offer, as a minimum, free entry and accommodation for at least one night for those athletes in prize-winning positions in the 2009 Grand Prix overall results.

A meeting will be held in Kamnik, Slovenia, during the World Championship weekend 2010 to discuss a new format for the Grand Prix series for 2011. Local organising committees of the most important mountain races will be invited to attend this meeting.

**World Mountain Running Championships 2011**

At the present time no official application has been received to stage the 2011 Championships. Any countries interested in hosting this prestigious event should contact a member of the WMRA Council as soon as possible.



Bruno Gozzelino (new WMRA President) presenting a plaque to Norma Hughes in recognition of Danny's dedication to mountain running worldwide over 25 years. This took place at the World Congress in Campodolcino, September 2009. Photo: LOC

**World Long Distance Mountain Running Challenge**

The 2011 event has been awarded to the Alpine Marathon – GM40, Podbrdo, Slovenia, and 2012 event to the Jungfrau Marathon, Switzerland, which that year celebrates its 20th anniversary.

**Balkan Mountain Running Seminar – April 2009**

This seminar, funded by an International Athletic Foundation grant of \$30,000 and organised by the Bulgarian Athletic Federation in Sapareva Banya, was a great success. Athletic Federations from 18 Eastern European Countries were represented by 76 participants, who wanted to learn more about the new athletic discipline of mountain running. The seminar was conducted by WMRA representatives who presented their experience and expertise gained from 25 years of mountain running development.

**Mountain Running in all six Continents**

WMRA invited all six Continental Areas to inform us about the status

of mountain running in their area and if annual Area Mountain Running Championships took place at the present time. We have only received replies from 3 areas at the time of going to press (Europe, NACAC, and Oceania) so this will be reported in the next issue.

## More photos from the Commonwealth Championships - Keswick 2009



Anna Frost (NZ) winner of the Uphill Race  
Photo: © Steve Razzetti



England packing well on the Up & Down Race  
Photo: © Steve Razzetti



Up and Down Medalists:  
Kate Ingram, Sarah Tunstall, Pamela Bundotich  
Photo: © Steve Razzetti



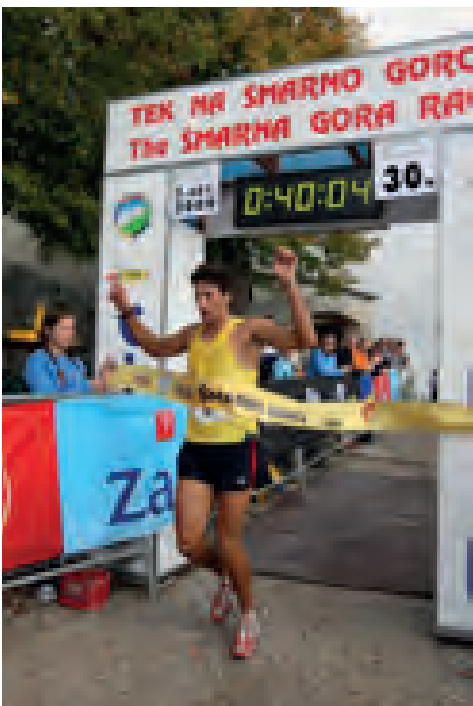
Mens Uphill Race Team Medalists: England 1st, New Zealand 2nd, Canada 3rd  
Photo: © Steve Razzetti



## 11th WMRA GRAND PRIX FINAL RESULTS

MEN				Race								Bonus	Total
RANK	Name	Born	Nat.	1	2	3	4	5	6	7			
1.	WYATT Jonathan	72	NZL	50	85	100		85		72	10	352	
2.	KRUPICKA Robert	78	CZE	37	100	85				102		324	
3.	KOSOVELJ Mitja	84	SLO			65	70		8	84		227	
4.	GATES Rickey	81	USA		75	75		40				190	
5.	KROELL Markus	78	AUT		55	50				54		159	
6.	DE GASPERI Marco	77	ITA						60	90		150	
7.	SCHMUCK Helmut	63	AUT			55	55			15		125	
8.	REDL Alois	72	AUT			60	65					125	
9.	SKALSKY Roman	75	CZE			35	60			26		122	
10.	TRILER Klemen	77	SLO		50	30	22			5		107	
11.	MANZI Emanuele	77	ITA						19	78		97	
12.	IIDA Yūjiro	85	JPN	18		27	50					95	
13.	ALI Simon	71	SLO		65					29		94	
14.	SCHNEIDER David		SUI					75	13			88	
15.	GRAY Joseph	84	USA					60	23			83	
16.	ŠKOPAC Ivica	74	CRO			24	20			11		55	
17.	ZUPANI Marjan	71	SLO		40					6		40	
18.	RANCON Julien		FRA	33					6			39	
19.	LEHMANN Wolfgang	74	AUT			18	18					36	
20.	JANJATOVI Mirko	71	SLO		10	16						26	
21.	SWINBURN Nick	88	GBR	6					2	17		25	
22.	PREINER Hubert	60	AUT			9	7					16	
23.	QUEHENBERGER Hans	54	AUT			10	4					14	

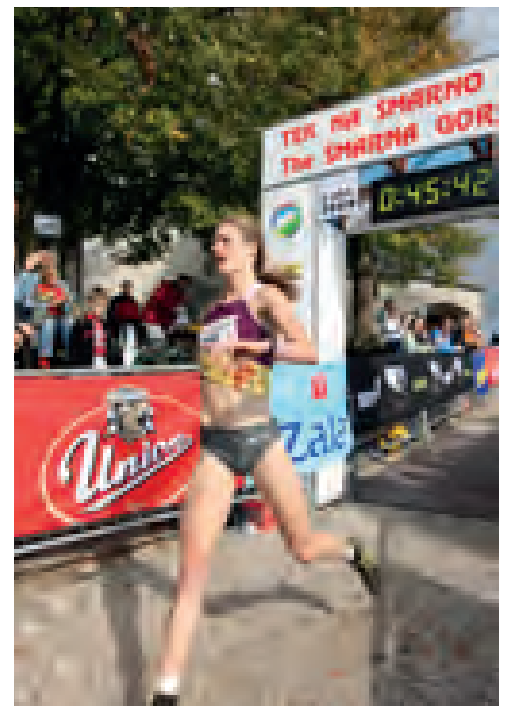
WOMEN				Race								Bonus	Total
RANK	Name	Born	Nat.	1	2	3	4	5	6	7			
1.	MILESOVA Iva	77	CZE		85	70	75	85	37	72	10	327	
2.	MAYR Andrea	79	AUT			100	100			120		320	
3.	KOSOVELJ Mateja	88	SLO			75	85		54	84		298	
4.	PICHRTOVA Anna	73	CZE		100	85			72			257	
5.	KRKO Lucija	88	SLO			60	70		23	90		243	
6.	ROBERTI Maria Grazia	66	ITA						90	78		168	
7.	CONFORTOLA Antonella	75	ITA			65		100				165	
8.	TUŠAR Mihaela	66	SLO		50					32		82	
9.	KUBICKA Irmí	60	AUT				65		4			69	
10.	STRAHINI Jana	64	SLO		40					23		63	
11.	TROBEC Urša	67	SLO		45					17		62	
12.	MEDJA Marija	61	SLO		55					15		60	
13.	MERKOVA Martina	79	SVK						15	42		57	
14.	CHOLLET Maya	87	SUI	50					5			55	
15.	QUEHENBERGER Maria	59	AUT			30	14					44	
16.	TRONTELJ Marija	69	SLO		20					9		29	
17.	KRUŠEC Tadeja	77	CRO		14					5		19	



Antonio Toninelli (ITA) winning the final Grand Prix race (Smarna Gora)  
Photo: T Sarf



Iva Milesova (CZE) and Jonathan Wyatt (NZL) Winners of 2009 Grand Prix  
Photo: T Sarf



Andrea Mayr (AUT) winning the final Grand Prix race (Smarna Gora)  
Photo: T Sarf





The Pikes Peak Ascent has been coupled with the Pikes Peak Marathon, which takes place the following day, for 55 years. Although a half-marathon distance the Pikes Peak Ascent is considered equivalent to a flat, low level full marathon in time and effort. Starting in Manitou Springs, Colorado, at 1920m. the race finishes on the summit of Pikes Peak at 4302m. A festive atmosphere and special events will celebrate the honour of staging such an important international championship race.

E-mail: [raceinfo@pikespeakmarathon.org](mailto:raceinfo@pikespeakmarathon.org)



4th July 2010

Sapareva Banya (Bulgaria)

[www.emrc2010saparevabanya.org](http://www.emrc2010saparevabanya.org)

LOC Event Co-ordinator:

Galia Puhaleva

email: [galia@bulathletics.info](mailto:galia@bulathletics.info)





## WMRA Calendar 2010 - International Mountain Running Races

### WMRA Events and Championships 2010

Date	Event	Place / Venue	Country
26th June	5th WMRA Youth Challenge (competition for 16 – 17 years old) 11th Memorial "Marco Germanetto"	Sauze d'Oulx	ITA
16 and 17 years old – boys and girls – individual and team			
21st August	7th WMRA Long Distance Mountain Running Challenge 55th Pikes Peak Ascent (km. 21)	Manitou Springs	USA
Senior, junior and masters – men and women - individual			
28th August	10th WMRA/WMA Master World Mountain Running Championships	Korbielow	POL
Masters: men and women individual and team			
5th September	26th WMRA World Mountain Running Championships (up hill)	Kamnik	SLO
Senior and junior - men and women - individual and team			

### IAAF Area Championships 2010

4th July	9th EA Mountain Running Championships (up and down)	Sapareva Banya	BUL
Senior and junior - men and women - individual and team			
9th July	7th NACAC Mountain Running Championships (uphill)	Nasiska Ski Resort, Kananaskis (Alberta)	CAN
Senior and junior - men and women - individual and team			
15th August	5th CONSUDATLE Mountain Running Championships	Mendoza	ARG
Senior and junior - men and women - individual and team			
27th November	2nd AAC Mountain Running Championships 6th Obudu Ranch International Mountain Race	Cross River State	NGR
Senior - men and women - individual and team			

### Other Championships 2010

16th May	3rd EVAA Master Mountain Running Championships	Cerdabyola	ESP
6th June	3rd Balkan Mountain Running Championships	Sapareva Banya	BUL
Senior and junior - men and women - individual and team			

### 12th WMRA Grand Prix 2010

13th May	30th La Montée du Grand Ballon	Willer sur Thur/Goldbach	FRA
1st G.P. race – 2nd level Senior, junior and master- men and women - individual			
1st August	2nd Mayrhofen Harakiri Run	Mayrhofen	AUT
2nd G.P. race – 1st level Senior, junior and master- men and women - individual			
8th August	15th International Sport 2000 Feuerkogel Berglauf	Ebensee	AUT
3rd G.P. race – 1st level Senior, junior and master- men and women - individual			
5th September	26th WMRA World Mountain Running Championships (uphill)	Kamnik	SLO
4th G.P. race - 1st level Senior and junior - men and women - individual and team			
2nd October	31st Smarna Gora International Mountain Running Race	Ljubljana	SLO
5th G.P. race Final G.P. – 1st level Senior, junior and master- men and women - individual			

### WMRA International 'associate member' races 2010

24th April	56th Three Peaks race	Horton in Ribblesdale	GBR	25th July	Velika Planina Race	Kamnik	SLO
Senior, junior and master- men and women - individual - Long Distance 37 km				Senior, junior and master- men and women - individual - test race for WCh. 2010			
29th - 30th May	26th Intern. Gamperney Berglauf	Grabs	SWI	22nd August	55th Pikes Peak Marathon (km. 42)	Manitou Springs	USA
Senior, junior and master- men and women - individual				Senior, junior and master- men and women - individual - Long Distance			
19th June	Podbrdo Marathon	Podbrdo	SLO	26th Sept	37th Hochfeln Berglauf	Bergen	GER
Senior and master- men and women - individual – test race for WLDMRCh. 2011				Senior, junior and master- men and women - individual			
19th June	50th Mt. Washington Hill Climb	Gorham, New Hampshire	USA	24th October	53rd Trofeo "E. Vanoni" (relay international male)	Morbegno (So)	ITA
Senior, junior and master- men and women - individual				27th Trofeo "E. Vanoni" (individual international female)			
				Senior, junior and master- men and women – only team (relay)			

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

**www.wmra.info**



# SOME RUNNING IS GOOD, MORE IS BETTER.



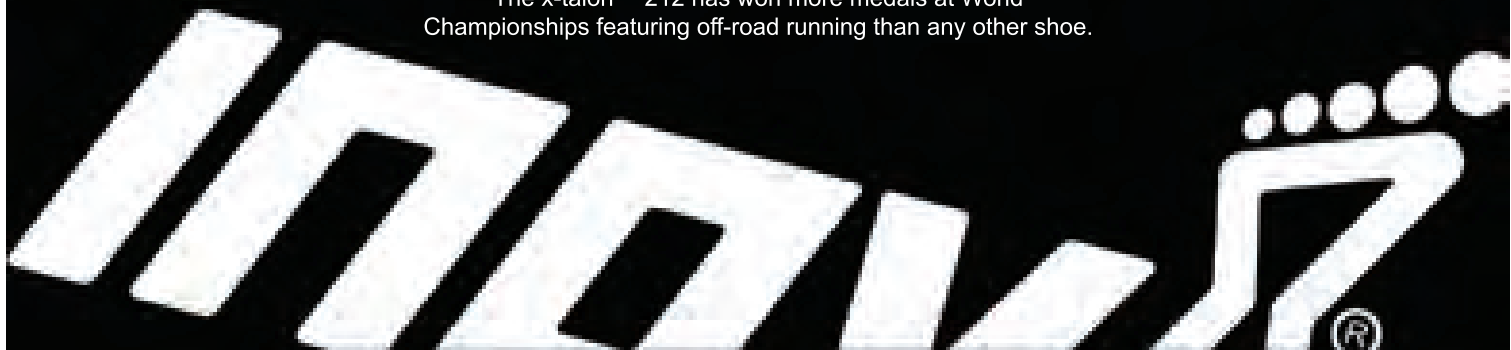
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- Geoffrey Kusuro won the 2009 World Mountain Running Championships wearing the x-talon™ 212.
- First five athletes in the 2009 men's 'Up and Down' race at the Mountain and Ultra Distance Commonwealth Championships in Keswick all wore the x-talon™ 212.
- All but one of the gold, silver and bronze medal winners in both the Men's and Women's Sprint Races at the 2009 World Orienteering Championships wore the x-talon™ 212.

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