

I.C.M.R.



I.A.A.F. (Patrons)

INTERNATIONAL COMMITTEE MOUNTAIN RUNNING

NEWSLETTER

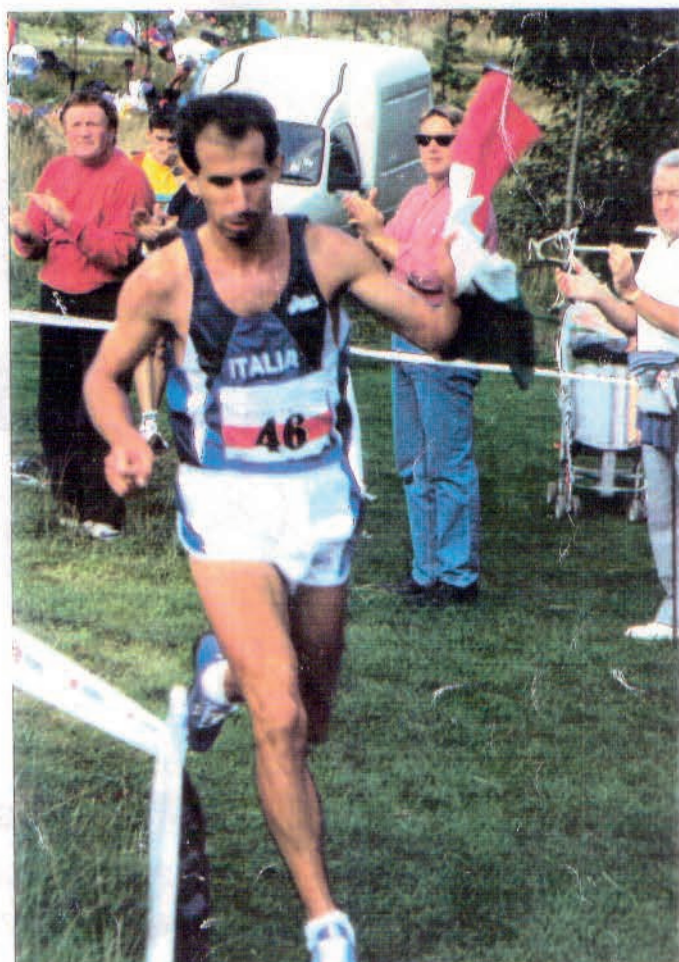
MAY 1996



Josef Thaler leads the Telfer delegation in Edinburgh



Gudrun Pfluger (Austria) Champion 1995



Lucio Fregona (Italy) Champion 1995



Mountain Running World Trophy 1996

**31 August &
1 September**

**Telfes im Stubai
Tyrol / Austria**

World Trophy Secretariat:
Tourist Office, Ms. Alexandra Haas,
A-6165 Telfes im Stubai
Tel. +43-5225-62750, Fax +43-5225-64171

FOREWORD

This first edition of the ICMR Newsletter is the result of a decision taken by the Technical Committee at their January 1996 meeting in Monte Carlo. We will produce two editions per year initially, the next one in September.

The purpose of the Newsletter is to promote ICMR's policy of encouraging and promoting mountain running worldwide.

It will report on current developments in the sport; important race results; profiles of leading athletes; and new ideas. Your letters are welcome and ICMR Associate Member races will be advertised. Each edition will highlight the organisation and development of mountain running in a different country - we start with the easy one (for me) of Great Britain. Photographs, reports, articles and news of any developments in mountain running in your country are welcome and will make the task of putting together an interesting Newsletter much easier.

This issue has been posted free of charge to about 70 addresses. The cost (including postage) was £2 per copy. If you require additional copies for distribution within your country then I can supply them, but they must be paid for. Perhaps a better idea would be for you to copy it and distribute it yourself - there is no copyright! The format will be improved for the next copy when I have access to a computer.

Danny Hughes
President - ICMR

INTERNATIONAL COMMITTEE MOUNTAIN RUNNING

ICMR.



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1995 MOUNTAIN RUNNING WORLD CHAMPIONS - P R O F I L E S

Gudrun Pfluger (Austria)

Gudrun is only 24 years old yet already she is a triple World Champion in mountain running. Her astounding record in World Trophy races is -

- 1st - 1992 (Italy) beating Sarah Rowell (England) by 1 min. 21 sec. (up/down)
- 2nd - 1993 (France) beaten by Isabelle Guillot (France) by 34 secs. (up/down)
- 1st - 1994 (Germany) beating Isabelle Guillot (France) by 41 secs. (up only)
- 1st - 1995 (Scotland) beating Isabelle Guillot (France) by 28 secs. (up/down)

With the 1996 World Trophy on her home ground (Telfes, Austria) she is a firm favourite to win the race, which this year is uphill only. Her fine current form was confirmed in March as she carried off the Austrian ladies cross country title for the second time.

Her home base in the old town of Radstadt (Salzburg), in the centre of the Austrian Alps, is ideal training ground for mountain running and her other sporting love, cross country skiing. Here too, her results are impressive with positions 21st (1993) and 24th (1995) in the Nordic Skiing World Championships and wins in the World Loppet series at Gatineau (Canada), Birkebeiner (USA), and King-Ludwig (Germany). She has won the Austrian National Cross Country Skiing Championship several times.

These performances seem to indicate a strong correlation between cross country skiing and mountain running in which the physical and mental attributes needed must be complimentary.

Although she is a very active athlete, her studies in Botany at Salzburg University are making good progress. She hopes to find a job in the field of nature protection.

When asked about the secret of her success, she believes it lies in her very natural and positive lifestyle, her mental strength and the careful planning of competition and training by Michael, her longtime friend and manager. No doubt she was also born with the right kind of genes!

Her club is LCC Vienna where one of her training companions is Helmut Schmuck, himself two times winner of the men's championship.

Lucio Fregona (Italy)

Lucio's victory in Edinburgh, after a ferocious battle up and down the hills of "Arthur's Seat" with Scotland's Tommy Murray, represents the pinnacle of a long and steadily improving athletic career.

Now 32, Lucio from Treviso (near Venice) is married and news of his wife (Ivana) expecting their first child reached him on the victory rostrum in Edinburgh - cause for a mighty double celebration!

His work as a forest guard in the National Forestry Service enables him to live a healthy, active, outdoor life. His club is CS Forestale, managed by national coach Raimondo Ballicco.

Lucio first showed his potential in 1983 when he won the Italian Junior Championship. Since then he has made steady progress as the following record shows -

- 1988 - 4th in World Trophy; Italian National Champion
- 1989 - 5th in World Trophy.
- 1990 - 3rd in World Trophy; Italian National Team Champion.
- 1992 - 11th in World Trophy; Italian National Team Champion.
- 1993 - 19th in World Trophy.
- 1994 - Italian National Champion.
- 1995 - 1st in World Trophy (World Champion); Italian National Champion.

He excels on the up/down hill courses where his bravery on the descent wins him many races. However, coach Ballicco has recently made him concentrate on specific uphill training and the fruits of these combined skills "up" and "down" was his

victory in Edinburgh.

Occasional races in other athletic disciplines, without specific training, have resulted in reasonable times of 30.28 for 10 km. and 2.20.40 for the marathon.

Fregona is a simple modest man in his lifestyle - a very good team man and even prepared to be the national team reserve runner.

The big question for Fregona now is can he successfully defend his title on the uphill only course in Telfes. If he does he will be the first man to achieve the double, but he faces formidable opposition from the Austrian uphill experts including Helmut Schmuck, who already has two World Trophy uphill titles to his credit.

- - - - -

THE ORGANISATION OF MOUNTAIN RUNNING IN GREAT BRITAIN

The sport in Britain is more often called Hill or Fell Running rather than Mountain Running, perhaps because the mountains are rather small by Alpine standards.

Before it became "organised", fell/hill running was a regular feature of the "Highland Games" in Scotland and the "Shepherd's Meet" (agricultural show days) in the North of England. These short races, up and down a local fell/hill, have taken place for more than a hundred years. (150 years for the famous Grasmere Sports race in Cumbria.)

Nowadays, it is a branch of athletics fully recognised by the British Athletic Federation (BAF), which is the national body affiliated to the IAAF. BAF appoints a Fell/Hill Running Commission to manage the sport and its secretary sits on the BAF Council. Regional committees in England, Wales, Scotland and Northern Ireland are responsible for races in their countries, producing programmes and organising championships, as well as selecting national teams to compete in the World and European Trophies.

The sport receives financial support from BAF and its associated bodies, but it is also financed by individual members who pay a subscription to receive a magazine (3 times a year) and a calendar of races. Currently, the race calendar has well in excess of 300 races per year listed and the individual membership is 4000. Many athletic clubs also have a hill/fell running section and these clubs are also part of the membership.

The sport is very strong throughout the UK, but due to the rough nature of the terrain over which races are often run, it often has difficulty in retaining or attracting the very top athletic talent. The tradition is solidly up and down, although recently one or two uphill only races have been introduced in order to prepare runners for the Alpine races.

Next edition: Organisation of Mountain Running in Italy.

WORLD MOUNTAIN RUNNING TROPHY 1995 - ARTHUR'S SEAT, EDINBURGH, SCOTLAND.

SUMMARY OF RESULTS

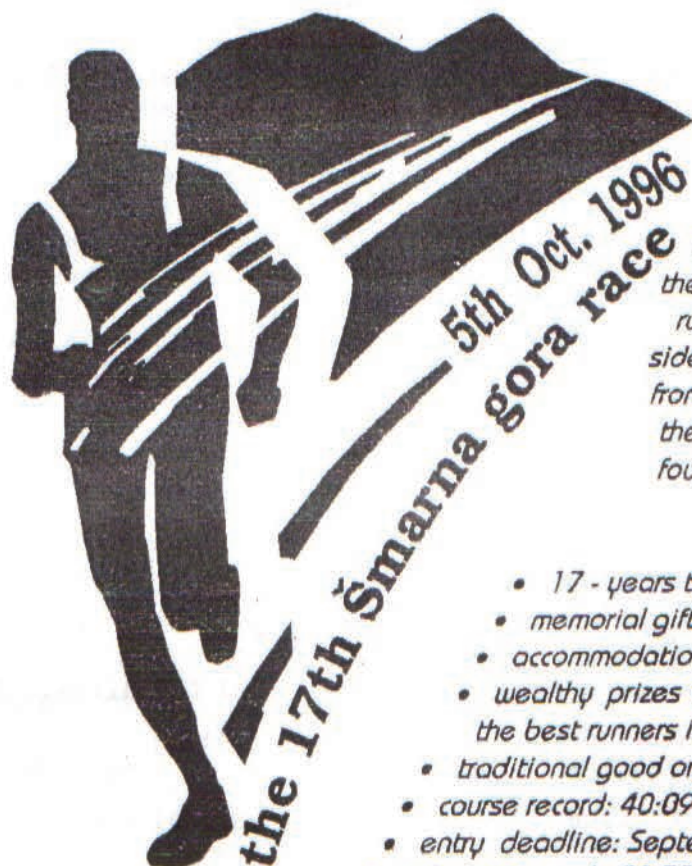
<u>Men:</u>	1. L. Fregona (Italy)	51.17
(First 6)	2. T. Murray (Scotland)	51.46
	3. M. Toini (Italy)	52.01
	4. A. Molinari (Italy)	52.55
	5. A. Agostini (Italy)	52.57
	6. R. Barbi (Italy)	53.04

<u>Women:</u>	1. G. Pflueger (Austria)	37.00
(First 6)	2. I. Guillot (France)	37.32
	3. N. Curti (Italy)	37.43
	4. C. Lallemand (Belgium)	38.14
	5. S. Manel (France)	38.25
	6. S. Young (England)	39.12

<u>Juniors:</u>	1. M. Bonetti (Italy)	33.21
(First 6)	2. M. Moorehouse (England)	33.42
	3. M. Brusak (Czech Rep.)	33.47
	4. E. Manzi (Italy)	34.03
	5. M. Denigris (Italy)	34.13
	6. M. Suchy (Czech Rep.)	34.16

Team Positions: (points)

	<u>Men</u>	<u>Women</u>	<u>Juniors</u>
Italy	1 (11)	2 (20)	1 (10)
Scotland	2 (47)	5 (60)	7 (57)
England	3 (62)	3 (41)	6 (56)
France	4 (101)	1 (17)	3 (41)
New Zealand	5 (108)	9 (98)	-
Czech Republic	6 (127)	8 (95)	2 (17)
Switzerland	7 (132)	Incomplete	-
Slovenia	8 (159)	15 (139)	5 (55)
Wales	9 (162)	10 (117)	4 (52)
Germany	10 (193)	4 (43)	-
Belgium	11 (204)	14 (134)	8 (73)
Ireland	12 (214)	11 (122)	10 (105)
Austria	13 (213)	6 (76)	9 (79)
Netherlands	14 (249)	12 (127)	-
USA	15 (267)	18 (164)	-
N. Ireland	16 (302)	17 (162)	11 (112)
Poland	17 (393)	13 (132)	12 (124)
Russia	Incomplete	16 (144)	-
Australia	Incomplete	7 (85)	-
Malaysia	Incomplete	Incomplete	-
Slovakia	Incomplete	-	Incomplete
Columbia	Incomplete	Incomplete	-
S. Africa	Incomplete	-	-

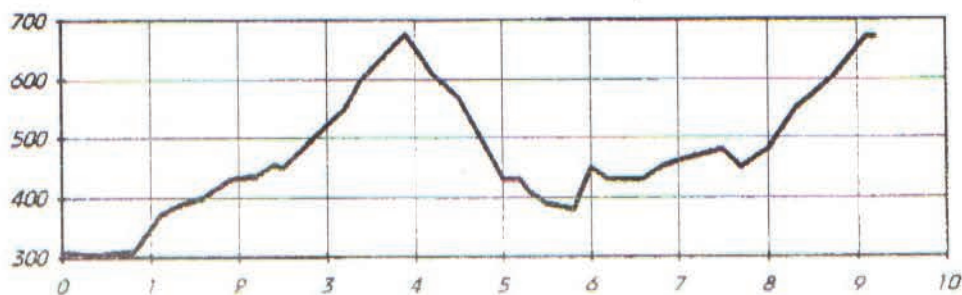


**Mountain running
in Slovenia?**

Why not?

The Šmarna gora Race -
the most popular mountain
running race on the sunny
side of the Alps, only 10 km
from the centre of Ljubljana,
the capital of Slovenia; the
fourth time the final race of
Slovenian Cup in MR.

- 17 - years tradition,
- memorial gifts for each competitor
- accommodation for national teams
- wealthy prizes and special medals for the best runners in each of 12 categories
- traditional good organisation
- course record: 40:09 (Lucio Fregona - 1995)
- entry deadline: September 20, 1996
- Information: tel.: 00 386 61 50 460 (Tomo Šarf, president of Slovenian MR organisation)
- course profile:



ICMR MOUNTAIN RUNNING GRAND PRIX

A proposal has been made to ICMR that they stage a Mountain Running Grand Prix each year. The format, rules, and level of sponsorship needed for such a competition need to be discussed and if possible agreed and finalized by the ICMR Congress 1996 in Telfes. This would enable the competition to take place in 1997, assuming a sponsor could be found.

In order to help in drawing up a proposal for the consideration of Congress, it would be useful to have the opinions of as many people and countries as possible. To assist in expressing these opinions, the following questionnaire has been prepared. It may not cover all questions so there is an invitation to add anything you think has been missed. Please return it to me (Danny Hughes) as soon as possible. Photocopies may be used if you know of a likely contributor to the discussion.

GRAND PRIX QUESTIONNAIRE

1. Which races should be included in a Grand Prix (GP) circuit?
 - a) The European Trophy races. Yes / No (Delete which does not apply.)
 - b) The World Trophy races. Yes / No
 - c) Any race which asks to be included. Yes / No
 - d) One race per country, decided by the Technical Committee. Yes / No
 - e) One race per country, nominated by the controlling organisation of that country. Yes / No
 - f) A limited number of races, chosen by the Technical Committee from races nominated by countries. Yes / No
 - The number of races to be - 3 / 4 / 5 / 6 /
 - g) A mixture of uphill only and up/down races. Yes / No
2. Should the GP races be required to become Associate Members of ICMR? (This is a Technical Committee recommendation.)? Yes / No
3. Should the GP races conform to specific parameters concerning distance and height difference? Yes / No
4. If Yes, then what should the parameter be?
5. Should the races be limited to mainland Europe + GB and Ireland? Yes / No
6. Should the GP be a worldwide competition? Yes / No
7. Suggest a scoring system to be used -
 - a) Number of points scored for each position -
 - b) Number of races to count towards the final GP result -

GRAND PRIX QUESTIONNAIRE (continued)

8. If the World or European Trophy races were included - should these attract premium points (as in the World Cross Country Championship, which is part of their Grand Prix)? Yes / No
9. What level of prizes for 1st, 2nd, 3rd - Men and Women - do you think is appropriate?
10. Should travel assistance be offered to the "leading runners" for sponsorship? Yes / No
11. Should accommodation be provided for "leading runners" by the race organiser? Yes / No
12. What would qualify an athlete to be a "leading runner"?
(i.e. World Trophy, European Trophy, Grand Prix race results.)

Any other comments:

INTERNATIONAL COMMITTEE - MOUNTAIN RUNNING (ICMR)

(Patrons - IAAF)

WORLDWIDE RECOGNITION FOR INTERNATIONAL MOUNTAIN RACES

The International Committee for Mountain Running (ICMR) decided, at their 1995 Congress, to strengthen ties between themselves and mountain race organisers worldwide.

Recognised international mountain races are invited to associate themselves with the international committee for the sport (recognised and patronised by IAAF) by becoming "Associate Members".

Details of the criteria for Associate Membership and the resulting benefits are as follows:

Criteria for Membership

1. The race must have been in existence for a period not less than two years.
2. There must have been at least 4 countries represented in recent races.
3. Competitors in the race may be liable to dope testing procedures in accordance with IAAF rules.
4. The race is registered with and sanctioned by your National Athletic Federation, which is itself a member of the International Amateur Athletic Federation.
5. ICMR must be supplied with race details by a set deadline date, advertising format, and with a copy of the official results.
6. All applicants for membership must be prepared to accept, as required by ICMR, a member nominated by them as an ICMR Technical Official to view the race and report on the conduct of the event. The cost of transport to the event and accommodation for the ICMR Technical Official must be borne by the applicant. The Technical Official will be chosen so as to minimise travel costs.

Advantages of Membership

1. Access to an international network of top mountain and marathon races in many different countries.
2. Increased international recognition of your event and international profile for your sponsors, town, country.
3. Increased worldwide international entry for your race, generating inward investment opportunities for your town/country.
4. Exchange of athletes with other ICMR races and other endurance athletic disciplines.
5. Free advertising and publication of results, editorial and possibly photographs, in the IAAF/AIMS (Association of International Marathons) magazine "Distance Running", distributed at major events worldwide free of charge and published twice per year. Circulation over 440,000 per annum. (Each member race receives a free copy for each runner in their race.) The magazine is also distributed to more than 5000 private subscribers (libraries, sponsors, sports organisations, etc.) and to all IAAF member countries.

6. Free advertising in the IAAF/ICMR Calendar of Events, circulated worldwide and reprinted by the athletic press in many countries.
7. A Newsletter keeping you up to date with developments in the sport worldwide and publicity for your event.
8. Your race is eligible to use the ICMR logo as a sign of quality.
9. Advice on race management, technical standards, publicity, promotion, doping control, through occasional congress for race directors, arranged by ICMR.
10. Membership will qualify your race for consideration for inclusion into an ICMR Grand Prix series.
11. ICMR will help, if required, in co-ordinating dates among member races.

The "free" advertisement of your race will be a $\frac{1}{2}$ page advertisement once per year in the international magazine "Distance Running". (See 5 above.)

The fees payable to ICMR are \$500 US per annum, plus a one time joining fee of \$250 US.

Note: ICMR members are National Athletic Federations who nominate representatives to carry their vote at the Congress. Associate Membership offered to races does not afford voting rights at the Congress or membership of any committee.



I.C.M.R.



ATHLETICS ASSOCIATION OF WALES

2ND EUROPEAN TROPHY FOR MOUNTAIN RUNNING I.A.A.F. (Patrons) LLANBERIS, WALES - 13 JULY 1996

HISTORY OF THE SNOWDON RACE - LLANBERIS, WALES

The International Snowdon Race is, primarily, a sporting event of a particularly challenging nature but it also serves to foster friendly relations and understanding between people of different nations. Indeed the organisers see a parallel between the Snowdon Race and the Llangollen International Eisteddfod, and as a result the race itself is but a central focus of a weekend of international friendship and companionship.

The race has developed an international flavour, with Italians, Swiss, Americans, Slovenians, Czechoslovakians, Germans, French, Canadians, Austrians as well as all the British nations having participated.

The race was first held in 1976 and gained international status three years later in 1979. This makes it one of the oldest international mountain races of its kind. It is also regarded as one of the most popular mountain races in Europe. Very few other European races can attract so many foreign entries.

Always held in July, the race has become a spectators event, earning prominent Press and T.V. coverage. It made a modest start in 1976 with 87 runners. In the second year the entry more than doubled and is now limited to 500 runners for safety reasons. More than 1000 applications were received in 1995 and a strict vetting system has now been introduced.

(Runners wishing to compete in the Open Race should submit the entry form printed here.)

The race itself starts in the village of Llanberis. The runners leave the village and climb 3,300 feet to the summit of Snowdon, the highest peak in England and Wales. Without stopping they run all the way back again, a total of 10 miles. The current record time is 1 hour 2 minutes and 29 seconds which was set by Kenny Stuart of England. The ladies record was set by Carol Greenwood (Haigh) in 1993 in a time of 1 hour 12 minutes and 48 seconds.

The race attracts international teams of runners from an increasing number of countries.

The race is divided between categories of runners - juniors, (who run a shortened course) ladies, men, and an international class for men and ladies.

THE FIRST HYDRO 21st. INTERNATIONAL SNOWDON RACE

Saturday 13 July 1996
at 11.00 hours

SUPPLEMENTARY RULES AND REGULATIONS

1. Race Information Centre will be at the start line.
2. Competitors must report to the reception centre before 10.30 hours.
3. The start line will be on the Padarn Park, Llanberis (opposite the Snowdon Railway Station).
4. Retiring competitors should do so by reporting to the Course Officials.
5. Competitors must follow the main Llanberis-Snowdon Summit path, and must not intrude onto the Snowdon Mountain Railway track.
6. The Organisers reserve the right to cancel, postpone or change the course of the race.
7. Limited changing rooms and shower facilities are available at the Llanberis Football Club changing rooms.
8. Liquid refreshments will be available at the Summit and base. An evening buffet will be held at the Royal Victoria Hotel, Llanberis for all senior competitors.
9. Competitors will be issued with race instructions well before the event.
10. The team shall consist of a minimum of three accepted runners.

PLEASE NOTE

The Open Race start 11.00 a.m.
The European Trophy for the Ladies start 1.00 p.m.
The European Men's Race start 2.30 p.m.

We trust that the new times will not be an inconvenience
and we thank you for your co-operation



Assisted and supported by
Arfon Borough Council

THE FIRST HYDRO 21st. INTERNATIONAL SNOWDON RACE

Saturday 13 July 1996 at 11.00 hours

This is the Official Entry Form for the Snowdon Race and all those interested must complete the form and return it to the Secretary by 20 June 1996.

No late entries will be accepted. Entry limited to 450.

SURNAME

FIRST NAMES

ADDRESS

CLUB

AGE ON DAY OF RACE

CLASS: LADIES / MEN / VETERANS / JUNIOR (under 18) (Delete as appropriate)
I enclose an entry fee of £8.50 (Junior £1.50) payable to the Snowdon Race.

Senior entry fee includes the cost of a Buffet.
I have read the rules (enclosed with this form) and agree to abide with the organisers' decision.

The following questions must be answered in full for your entry to be considered

Have you previously competed in the Snowdon Race? YES / NO

IF YES, DATE OF YOUR LAST SNOWDON RACE AND YOUR TIME

Date

Time

Recent experience in class 'A' Mountain Race or your most recent Half or Full

Road Marathon time:

Event

Date

Time

I understand that this race is held in accordance with rules and safety requirements of the FRA. I am aware of the organisers information and stipulations and I accept that any injury occurring to me during the course of the race is no way the responsibility of the race organiser. I am over 14 years of age.

Signed

Date

Confirmation of acceptance will be issued after 20.06.96 (Closing Date).

Please return this form BY POST together with stamped addressed envelope to:

K. JONES, 6 BLAEN-Y-DDŴL, LLANBERIS, GWYNEDD, LL55 4TL.

ICMR ASSOCIATE MEMBER RACE

18th International Kitzbühler Horn Mountain Road Race - 25th August 1996

Length: 12.9 km.

Difference in altitude: 1234 meters.

Organiser: LSV 90 Kitzbühel,
Franz Puckl,
Kaiser Weg 111,
A-6353 Going.

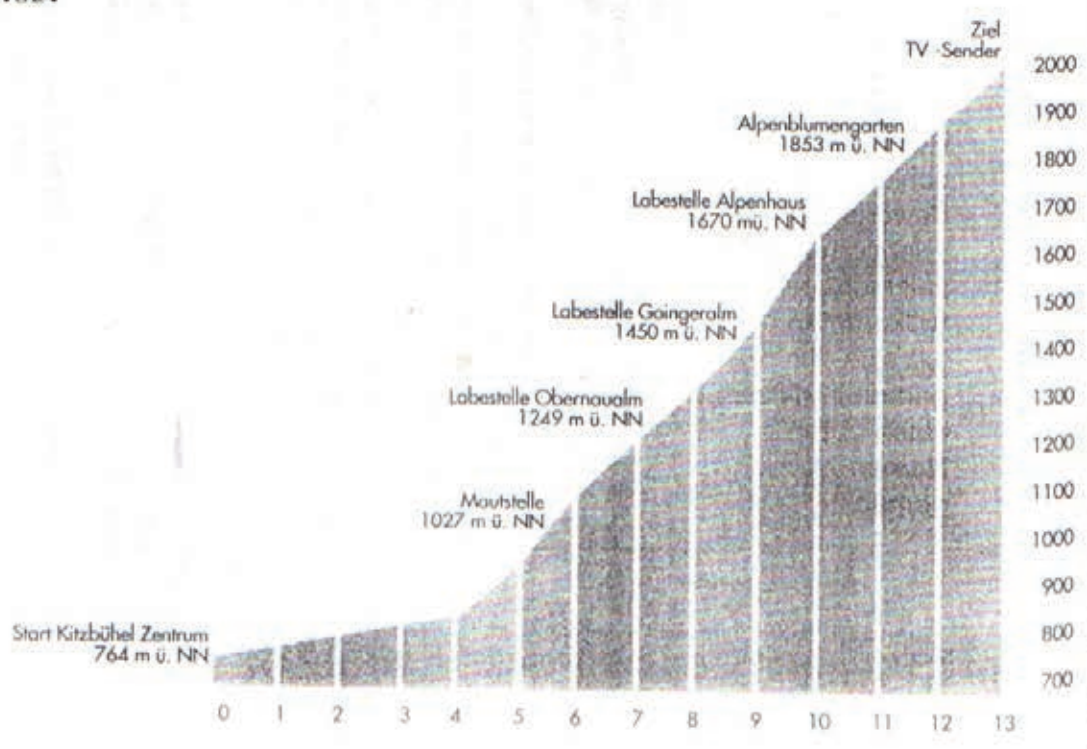
Tel: 0043 - (0)5358 - 2590.

The Kitzbühler Horn international mountain road race was first run seventeen years ago. After a straight flat start (9.00 a.m. at the main square in Kitzbühel) the route follows a constant asphalt road with an incline of between 12 and 16% up to the TV mast on the Kitzbüheler Horn, at an altitude of 1996 m. Extras, which the organiser Franz Puckl has arranged for the 800 competitors, include returning down the Kitzbüheler Horn in the cable car free of charge, showers at the Hotel Alpenhaus, relaxing at the Aquarena indoor swimming pool which is especially opened for all competitors, and no toll charge for the road.

Original Tombola and prizegiving ceremony at the Alpenhaus with many prizes. Prize monies worth 50,000 Austrian Schillings (increased this year) promise a start field of race celebrities.

In 1993 teams from Switzerland, Germany, Czechoslovakian Republic and Austria were included in the international team race and of course individual runners. The womens race was won by Isabella Moretti and the mens by Helmut Schmuck.

The record time is 57.38 minutes by Zdenek Mezulianik, who has already won this race four times. The women's record holder is Anna Baloghova who has a best time of 1.10.02.



P.B. TRAINER



THE CHOICE OF CHAMPIONS

THE WORLD'S PREMIER MOUNTAIN RUNNING FOOTWEAR

As worn in Scotland 1995 by -

MENS WORLD CHAMPION

Lucio Fregona - Italy

LADIES WORLD CHAMPION

Gudrun Pfluger - Austria



FOR ALL YOUR FELL RUNNING EQUIPMENT.
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