WORLD MOUNTAIN RUNNING ASSOCIATION
NEWSLETTER 2003

ISSUE No. 8
March 2003

WORLD CHAMPIONS 2002

(Top Left) World Champion
Jonathan Wyatt (New Zealand)
H. Brindl

(Top Right) World Champion
Svetlana Demidenko (Russia)
T. Sarf

(Bottom Right) Victoria Ivanova
(Russia) Junior Champion
H. Brindl

(Bottom Left) Stefano Scaini
(Italy) Junior Champion
T. Sarf
Editorial

Looking back on 2002, the sport of mountain running enjoyed yet another year of progress. It was marked by the first official European Athletic Association Championships, by an exciting Grand Prix race series, by the newly developing Masters World Championship and by a record number of countries attending the World Trophy in the beautiful city of Innsbruck and the surrounding mountains. The year was capped by an IAAF seminar that reassessed the full integration of mountain running into the traditional family of Athletics.

Looking forward to 2003, some of the obstacles that resulted in two mountain running Grand Prix series for the past two years have been overcome, and the desire on the part of athletes for a unified Grand Prix has been achieved. We anticipate well organised major events in Trento (Italy) for the European championships, an exciting venue in Alaska for the World Trophy, and a visit to the beautiful Black Forest region of Germany for the Masters Championships.

Looking beyond 2003, at the time of writing, we await bids for the 2004 and 2005 European Championships, for the 2005 World Trophy and Masters World Championships. The 2004 Venue of Sause d’Ouils (Italy) for both the World Trophy and Masters on successive weekends follows the pattern in Innsbruck last year and may well be a formula to follow in the future.

In this 8th edition of the newsletter I am indebted to those who have provided photographs, especially Tomo Sarf and Herbert Brindl. Any photographs without acknowledgement were probably taken by myself.

Danny Hughes (President WMRA)

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A Message from the International Association of Athletic Federations (IAAF)

It gives me great pleasure to write this brief message for the latest edition of the WMRA newsletter.

As I write these lines, the continued co-operation between IAAF and the WMRA is being underlined by the fact that a booklet summing up the proceedings of the first Seminar in Mountain Running that was organised at the end of last year in Innsbruck - will be printed in the coming weeks. I think the very title of this Seminar - “Mountain Running as a Branch of Athletics” sums up our relationship. Thanks to the friendly relationship we enjoy with Danny Hughes and the rest of the WMRA team, the IAAF is able to continue its active support with the knowledge that mountain running is a well-run, thriving branch of athletics, with increasing numbers of participants in every corner of the world.

Although 2003 will be an extremely busy time for the IAAF - with a World Indoor Championships in Birmingham and the outdoor World Championships in Paris in August - we still look forward to working closely with the WMRA and supporting the organisation in every way possible.

Lamine Diack
IAAF President
**WMRA COUNCIL**

**PRESIDENT**
Danny Hughes  
Hallsteads  
Gosforth  
Cumbria CA20 1BJ  
England  
Tel/Fax +44 19467 25366  
e-mail: dannyhughes1@aol.com

**SECRETARY**
Bruno Gozzelino  
Via Susa 23  
I-10138 Torino  
Italy  
Tel (home) +39 011 855914  
Tel/Fax (office) +39 011 4343372  
e-mail: bgozzel@libero.it

**TREASURER**
Nancy Hobbs  
PO Box 9454  
Colorado Springs  
CO 80932  
USA  
Tel +1719-573-4405  
Fax +1719-573-4408  
e-mail: Trrlrunner@aol.com

**ORGANISATION DIRECTOR**
Raimondo Balicco  
via Dm Acqu 5  
I-24011 Alme, Bergamo  
Italy  
Tel +39 35 545293  
e-mail: balicco.rai@t-in.it

**COMPETITION DIRECTOR**
Wolfgang Muenzel  
Schippacherstr 6  
D-63906 Erlenbach  
Germany  
Tel +49 9372 71426  
Fax +49 9372 5610  
e-mail: Petra-Muenzel@t-online.de

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

**MARKETING DIRECTOR**
Roland Herzog  
Roterstr. 45 / Haus 6  
A - 1160 Wien.  
Austria  
Tel +43 676 485 49.43  
Fax +43 1-485.41.50  
e-mail: roland_herzog@aon.at

**WMRA WEB SITE**  
(Courtesy of European Athletic Association):  
www.wmra.info

**THE WMRA ACCOUNT**
Our account details, held in US$, is as follows:  
Wells Fargo Bank  
5710 Constitution avenue  
Colorado Springs  
CO 80915  
USA  
Routing number 102000076  
Account number 1013312721  
Note: add $12 to your bill to cover all wire transfers.

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**WMRA NEWS**

**INTERNATIONAL ATHLETIC FOUNDATION (IAF) SEMINAR**

'MOUNTAIN RUNNING AS A BRANCH OF ATHLETICS'

On September 16th 2002, one day after completion of the World Trophy, a seminar took place in Innsbruck (Austria) which sought to demonstrate that our sport belongs, both actively and administratively, to the traditional athletic family. It was attended by 22 delegates from 16 countries and the IB lecturers included members of the WMRA council. The was chaired by Pierre Weiss on behalf of the IAF. A booklet covering the proceedings has been produced and will be issued by the IAF at about the same time as this newsletter (March 2003). It will receive wide distribution and will be of particular interest to administrators who wish to promote international mountain running. Further copies may be obtained by application to the IAF office (the same as the IAAF office) in Monaco.

**WMRA WEB PAGE**

www.wmra.info

In the modern world of communication technology it is now unheard of for any organisation to be without its web page. WMRA are privileged to receive the help of the EAA and their communications manager Nick Russi in the compilation of our web page and regular updating. The cost to WMRA has been kept to a minimum thanks to EAA assistance. Regular news items are published and there exists an excellent means of keeping yourself informed by registering your address. In this way you will be alerted to any changes on the web page without having to continually visit it to see if you have missed anything. Registration carries no cost and no implications for 'Spam' mail. Besides news, the page publishes the WMRA constitution, rules, results, photographs, calendar, statistics, and links relevant to our activities and events.
WMRA NEWS

EAA MOUNTAIN RUNNING COMMISSION

The European Athletic Association, having introduced a mountain running championship into their programme, have created a ‘Commission’ to advise the council on matters pertaining to mountain running. Al Guy (EAA council member from Ireland) is the chairman of the commission. Erika Strasser (EAA council member from Austria) and a long time champion of mountain runners in the higher administrative echelons of athletics, is also a member. WMRA council members, Danny Hughes, Bruno Gozzelino, Tomo Sarf and Wolfgang Muenzel make up the remainder of the 6 member commission.

2002 WMRA CONGRESS - INNSBRUCK (AUSTRIA)

The annual congress of WMRA was attended by delegates from 30 countries (a further 5 countries with athletes competing in the World Trophy did not send delegates). Apart from the formal business of receiving and approving various reports, the congress voted on several proposals. It was agreed to modify the parameters of the World Trophy distances and heights. These slight changes bring the WMRA parameters into line with the EAA championship parameters. A proposal to place a lower limit on the age of juniors was defeated. The World Trophy rules were also modified slightly to improve the bidding procedure. The up to date World Trophy rules and constitution can be seen by visiting the WMRA web page. Congress awarded the 2004 World Trophy to Italy and it will be staged in the winter Olympic town of Sauze d’Oulx.

WMRA NEWS

Further increase in IAAF financial support for 2003 Trophy in Alaska

For 2003, the IAAF have DOUBLED the level of financial support being made available to enable athletes to reach the remote destination of Alaska for the World Mountain Running Trophy. $40,000 will be distributed evenly between all competing athletes at a rate of $200 each. Responding to this generous and encouraging grant, the WMRA council have added, from their tight financial resources, a further $50 per athlete making the total level of support $250/athlete. It is hoped that national athletic federations, who we know also have tight financial resources, will also find means of supporting their mountain running athletes in travelling to the competition.

2003 WMRA Grand Prix (GP) Series

Following the situation in 2001 and 2002 when the WMRA GP and a ‘Berglauf’ GP were run in parallel, protracted discussions have taken place between WMRA (Wolfgang Muenzel) and the Berglauf GP race organisers. Whilst there are some contentious issues still to be resolved, sufficient agreement was reached (using the track & field GP experience of Hansjorg Wirz) to enable a single unified GP to take place in 2003. Our research amongst leading athletes indicated that a single GP was their preference. WMRA have therefore set up a GP working group consisting of the current GP organisers and WMRA representatives whose responsibility will be to set the GP rules and select future GP races, both for the approval of the WMRA council.

Wyatt plans for 2003

World mountain running champion, Jonathon Wyatt (NZL), is aiming to run an Olympic qualifying time in a marathon this year. He will run a spring marathon but has yet to decide between Rotterdam or an event in USA, or Japan. Plans for mountain running are on hold until his performance in the marathon is known. Failure to reach a qualifying standard in his first race may mean a second attempt later in the year.
1st EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS
CAMARA DE LOBOS - MADEIRA - PORTUGAL, 7TH JULY 2002
RESULTS

Men
1 Alexis Gex-Fabry SUI 56.37
2 Marco de Gasperi ITA 56.55
3 Abdulkadum Turk TUR 57.52
4 Emanuele Manzi ITA 58.00
5 Marco Gaidano ITA 58.45
6 Florian Heinzel AUT 59.15
7 Markus Kroll AUT 59.45
8 Alexander Rieder AUT 59.47
9 Paulo Goncalves POR 59.54
10 Lucio Frugone ITA 60.00
11 Markus Jenne GER 60.04
12 Petr Vynaza CZE 60.23
13 Franck Leblat FRA 60.26
14 Bex Zmak CZE 60.27
15 Gilles Roux FRA 60.47
16 Cristofor Castaner ESP 60.50
17 Victor Lopez ESP 60.52
18 Luca Senniheizo POR 60.54
19 Raymond Fontaine FRA 60.56
20 Pedro Rodrigues POR 61.11
21 Georges Volery SUI 61.18
22 Pascal Micheli BEL 61.22
23 Alan Bowness GBR 61.26
24 Zden Zoubek CZE 61.34
25 Jerome Graefenstahl SUI 61.42
26 Robyn Bryson IRE 61.48
27 Simon Bailey GBR 61.59
28 Giles Segriss FRA 62.03
29 Ric Ceelemans BEL 62.05
30 Tim Davies GBR 62.09
31 Raphael Vanckkerken BEL 62.02
32 Marcel Mautani SVK 62.19
33 Bojstan Novak SLO 62.37
34 Evert Gilien NED 62.52
35 Jazz Cohn SLO 63.30
36 Igor Salama SLO 63.06
37 Fernando Garcia ESP 63.10
38 Frank Turk GER 63.21
39 Alex Deák CZE 63.50
40 Tomasz Klisz POL 63.55
41 Michal Malak SVK 64.08
42 Helmut Schmuck AUT 64.23
43 Christoph Fuhrbach GER 64.59
44 Robert Rolko SVK 65.00
45 Lubos Kvaček SVK 65.17
46 Boštjan Hrovat SLO 65.31
47 Benjamin Barbiere BEL 65.32
48 Stephan Holzer SUI 66.07
49 Klaus-Jaeobi Holstria NED 66.35
50 Josef Castelli ESP 66.47
51 Gian Luigi Macina SMR 67.03
52 Brian Ervine IRE 67.10
53 Joao Valente POR 67.52
54 Andrej Dragoš POL 69.24
55 George Lombergen IRE 69.34
56 Matteo Zaffarani SMR 70.11
57 Mike Boulardie GBR 72.34
58 Stefano Baledi SMR 81.25
59 Peter Fallekens SWE 81.52
60 Viatcheslav Bushuev RUS 81.53

Men Team
1 Italy 2.45 11
2 Austria 6.78 21
3 France 13.15 47
4 Portugal 16.01 57
5 Switzerland 16.21 47
6 Czech R. 12.14 24 0
7 Spain 16.17 37 0
8 Great Britain 23.27 30 0
9 Belgium 22.29 31 2
10 Germany 11.38 43 0
11 Slovenia 33.53 36 104
12 Slovakia 32.41 44 117
13 Ireland 26.52 55 133
14 San Marino 51.56 58 165

Women
1 Svetlana Demidenko RUS 39.59
2 Catherine Laffonnet BEL 41.05
3 Anna Pichardo CZE 42.01
4 Izabela Zatorowska POL 42.11
5 Angela Mudge GBR 42.23
6 Valentina Belotti ITA 42.47
7 Romina Sedoni ITA 43.45
8 Ines Hizac SLO 43.49
9 Vittoria SalvinI ITA 44.09
10 Lucinda Moreiras POR 44.17
11 Ludmilla Mallersherova SVK 44.44
12 Cornelia Heuzle AUT 45.04
13 Paula Matysyova CZE 45.06
14 Asha Tominun ITA 45.13
15 Tina Hizac SLO 45.16
16 Tina Walter GER 45.30
17 Ellen Schoner GER 45.38
18 Romy Lindner GER 46.04
19 Collete Bonnard SUI 46.14
20 Sabine Froment BEL 46.18
21 Rowan Smith GBR 46.27
22 Silvia Samborovova SVK 46.36
23 Masieh Ona TUR 47.04
24 Natalie White GBR 47.09
25 Pavla Rożekowecz CZE 47.22
26 Patricia Sloan IRE 47.40
27 Marion Kapucinski AUT 48.34
28 Louise Sharpe GBR 48.45
29 Mateja Sustaric SLO 49.05
30 Alena Briedova SVK 49.28
31 Ludeme Monzorio POR 50.01
32 Barbara Kuncova CZE 50.21
33 Irena Majaorova RUS 50.41
34 Jasmina Plamic SLO 50.44
35 Karolina Kajer AUT 51.04
36 Shillek O'Kane IRE 52.47
37 Monica Moreiras POR 53.31
38 Hazel McCausland IRE 57.48
39 Evelin Landuyt BEL 60.09

Women Team
1 Italy 6.79 22
2 Czech R. 3.13 25 41
3 Great Britain 5.21 24 50
4 Germany 16.17 18 0
5 Slovenia 8.15 29 52
6 Belgium 2.20 39 61
7 Slovakia 11.22 30 63
8 Austria 12.27 35 74
9 Portugal 10.31 37 78
10 Ireland 26.36 38 100

2nd European Mountain Running Championships.

A web page containing all details of the championship arrangements can be seen via the WMA or EAA web pages, otherwise details can be posted by application to the LOC secretary at:
Via Salve, 25 - Loc.Provo - 38050 Trento - Italy
The EAA are pleased to announce that each European country will be offered travel assistance for one male and one female athlete taking part in the championships. The LOC provide full board from Friday until Monday morning free of charge.

Local Organising Committee
Memories of 2002 European Championships
‘Studies in descending techniques’

Alex Gex-Fabry (SUI), Gold Medalist

Svetlana Demidenko (RUS), Gold Medalist

Catherine Lallemont (BEL 2nd), Tina Hizar (SLO 15th), Svetlana Demidenko (RUS 1st), Ines Hizar (SLO 8th)
### 2002 WORLD MOUNTAIN RUNNING TROPHY

**INNSBRUCK (AUSTRIA)**

#### SENIOR MEN

| 1. | Wyatt Jonathan  | NZL  | 56.31 |
| 2. | Fontaine Raymond | FRA  | 60.05 |
| 3. | Sánchez Ramón   | MEX  | 60.12 |
| 4. | Cox Martin      | ENG  | 60.14 |
| 5. | Guadalupe Mora  | ITA  | 60.15 |
| 6. | Vasko Marcov    | SVK  | 60.34 |
| 7. | Mutuana Marcu   | SVK  | 60.35 |
| 8. | Molinari Antonio| ITA  | 60.55 |
| 9. | De Gasperi Marco | ITA  | 61.03 |
| 10. | Richard Syrha   | FRA  | 61.07 |
| 11. | Heitzsch Peter  | AUT  | 61.09 |
| 12. | Faschingbauer Pavel | CZE | 61.21 |
| 13. | Stebbi Robert   | SVK  | 61.34 |
| 14. | Bronz John      | ITA  | 61.36 |
| 15. | Marini Emanuele | ITA  | 61.47 |
| 16. | Crake Paul      | AUS  | 61.47 |
| 17. | Schlesch Helmut | GER  | 61.49 |
| 18. | Gas-Fabre Alexis| SUI  | 61.50 |
| 19. | Wagner Eckart   | GER  | 62.04 |
| 20. | Melis Risto     | MNE  | 62.05 |
| 22. | Turk Abdalatir | TUR  | 62.31 |
| 23. | Kroll Markus    | AUT  | 62.40 |
| 24. | Dupont Jean-Christophe | FRA | 62.56 |
| 25. | Burrier Edmond  | FRA  | 63.07 |
| 26. | Jenne Markus    | GER  | 63.13 |
| 27. | Rodrigues Pedro | POR  | 63.26 |
| 28. | Hanfcheck Jarle | NOR  | 63.29 |
| 29. | Barczy Iwan     | SVK  | 63.34 |
| 30. | Gregor Thomas   | GER  | 64.63 |
| 31. | Johl Karl       | SUI  | 64.74 |
| 32. | Low Paul        | USA  | 64.84 |
| 33. | Fontaine Guillaume | FRA | 64.89 |
| 34. | Serralheiro Joao | POR  | 65.34 |
| 35. | Rajeska Martin  | SVK  | 65.46 |
| 36. | Mileis Davide   | ITA  | 65.80 |
| 37. | Bryson Robin    | IRE  | 66.03 |
| 38. | Vick Miroslav   | CZE  | 66.05 |
| 39. | Quim Abert      | SCO  | 66.07 |
| 40. | Bardsley Benjamin | ENG | 66.19 |
| 41. | Rieder Alexander | AUT  | 66.12 |
| 42. | Osmond David    | AUS  | 66.15 |
| 43. | Renaldi Alessio | ITA  | 66.19 |
| 44. | Stark Robert    | AUT  | 66.22 |
| 45. | AltenkMonmann  | TUR  | 66.29 |
| 46. | Salamun Igor    | SLO  | 66.43 |
| 47. | Jell Robb       | ENG  | 66.43 |
| 48. | BoudlMüller Thierry | ENG | 66.44 |
| 49. | Castner Christel | ESP | 66.46 |
| 50. | Reitberger Rudolf | AUT | 66.47 |
| 51. | Volery Georges  | SUI  | 66.51 |
| 52. | Harland Callum  | NZL  | 67.57 |
| 53. | Zawierucha Jerzy | POL | 68.55 |
| 54. | Dansan Jonsson  | ENG  | 69.30 |
| 55. | Ceurlemans Rik  | BEL  | 69.54 |
| 56. | Billeander Anders | GER | 69.52 |
| 57. | Snowdon Alastair | NZL | 57.17 |
| 58. | Vyvsaart Per    | CZE | 65.21 |
| 59. | Gouveia Roberto | POR  | 65.83 |
| 60. | Denias-Charrusel | AUS  | 65.31 |
| 61. | Cun Musir      | TUR  | 65.35 |
| 62. | Heinzer Stefan  | SUI  | 65.44 |
| 63. | Ceb Jacek      | SLO  | 66.03 |
| 64. | Horak Ondrice  | CZE  | 67.03 |
| 65. | Gielen Evert   | NED  | 66.14 |
| 66. | Costa Cesare   | POR  | 66.21 |
| 67. | Ancay Tarcisi  | SUI  | 66.24 |
| 68. | Shelley Richard | USA  | 66.33 |

#### SENIOR MEN TEAMS

1. **Italy** (5.8.9.15) 37
2. **Slovakia** (6.7.13.29) 55
3. **France** (2.10.24.25) 61
4. **Germany** (17.19.26.30) 92
5. **Austria** (1.21.23.41) 96
6. **England** (5.14.40.47) 103
7. **Czech Republic** (22.38.58.39) 136
8. **Switzerland** (18.31.51.62) 162
9. **New Zealand** (1.52.57.71) 181
10. **Turkey** (27.34.59.66) 186
11. **Mexico** (42.65.71.79) 201
12. **Australia** (15.42.60.112) 230
13. **USA** (22.68.74.88) 262
14. **Slovenia** (46.62.69.97) 286
15. **Poland** (73.77.87.97) 295
16. **Belgium** (55.73.83.106) 366
17. **Scotland** (38.76.99.107) 315
18. **Wales** (69.90.96.113) 368
19. **Ireland** (37.110.135.149) 421
20. **Canada** (86.94.100.144) 434
21. **N.Ireland** (93.102.106.128) 459
22. **Ireland** (82.104.132.142) 459
23. **Beihurs** (103.120.142.145) 519
24. **San Marino** (111.125.141.145) 525
25. **Yugoslavia** (123.131.133.146) 557

#### SENIOR WOMEN

1. Demidzenko Svetlana | RUS | 56.16
2. Confortola Antonella | ITA | 54.15
3. Zatorska Izabelka | POL | 54.44
4. Burt Mona | NZL | 65.12
5. Guiffot Isabelle | FRA | 55.43
6. Crempont Shireen | NZL | 56.09
7. Baronechelli Angelia | ITA | 56.13
8. Mudge Angela | SCO | 56.35
9. Vignera Lulian | ECU | 56.42
10. Giussam Danielia | SUI | 56.49
11. Ortiz Azia | USA | 56.57
12. Pichonova Anna | CZE | 57.02
13. Rota Gelpi Rossa | ITA | 57.08
14. Brindley Tracy | SCO | 57.21
15. Raus Corenna | FRA | 57.30
16. Silvani Vittoria | FRA | 57.32
17. Chobert Nathalie | FRA | 57.38
18. Schober Ellen | GER | 57.49
19. Heidrich Cornelia | GER | 57.57
20. Sadowska Irene | CZE | 58.03
21. Linder Renny | GER | 58.05
22. Moon Melissa | NZL | 59.85
23. May Andrea | AUS | 59.86
24. Lallermand Cath | BEL | 59.25
25. Dragoni Asser | FRA | 59.42
26. Matynova Pavia | CZE | 60.01
27. McDonald Carlene | SUI | 60.21
28. Spiecker Erin | SUI | 60.54
29. Hizar Ines | GER | 60.55
30. Bus Stefanie | AUT | 61.03
31. Jakumpasconi Marion | LAT | 61.63

#### 32 Wickmann Ruth

| 69 | Davide Tim       | WAL  | 66.40 |
| 70 | Donnelly Cola    | SCO  | 66.40 |
### JUNIOR WOMEN TEAM

<table>
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<td>Georgia McLeod</td>
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<td>3</td>
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<td>Lisa Schwalb</td>
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<tr>
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### JUNIOR WOMEN

- Ivanova Victoria
- Vetch Lea
- Reisinger Lisa
- Sandbichler Maria
- Trumner Tanja
- Kosmijew Mateja
- Beltrando Michela
- Dietl Julieta
- Stafna Agnes
- Marrchy Demetia
- Spindler Christina
- Herolda Friederike
- Sampieri Cecilia
- Matzner Stilva
- Naider Jane
- Dossena Sara
- Michalouda Julia
- Parytka Parytka
- Waczi Agnes
- Hawitz Kariisa
- Gorka Malgorzarz
- Vostokova Lenka
- Pruskova Lenka
- Prestera Agnes
- Biskup Santh
- Dogru Sairi
- Cano Lucy
- Gudin Andrea
- Tsekova Jan
- Ingam Kathe
- Hrutzova Zuzana
- Draskin Petra
- Babina Helena
- Hodgson Nicole
- Rodman Kelly
- Polesce Tes
- Neryn Adrian
- Shell Marbeth
- Morgan Frion
- Marts Melissa
- Shurz Staci
- Slovakia
- Scotland
- Wales
- Canada

### JUNIOR MEN

- Seacini Stefano
- Kroesinger Ian

### SENIOR WOMEN TEAMS

1. Italy
2. New Zealand
3. France
4. Greece
5. Germany
6. Switzerland
7. Austria
8. Scotland
9. USA
10. Poland
11. Ecuador
12. England
13. Slovenia
14. Russia
15. Turkey
16. Belgium
17. Australia
18. Wales
19. N.Ireland
20. Ireland
21. Hungary

### SENIOR MEN TEAMS

1. Italy
2. Slovenia
3. Germany
4. Czech R.
5. Poland
6. England
7. Russia
8. Austria
9. Slovakia
10. New Zealand
11. Turkey
12. USA
13. Ireland
14. Wales
15. N.Ireland
Izabela Zatorska (POL), Bronze Medalist
T. Sarf

Antonella Conforti (ITA), 2nd
T. Sarf

Sabine Froment (BEL 60th)
Wouler

Johanna Magauer (AUT) 49th
H. Brindle

Raymond Fontaine (FRA)
Silver Medalist
H. Brindle

New Zealand stars - Melissa Moon (2001 champion)
& Jonathan Wyatt. T. Sarf
2002 World Mountain Running Trophy - Innsbruck (Austria)
Report provided for publication in the IAAF magazine by Danny Hughes

The 18th edition of the world mountain running trophy attracted a record number of 35 countries including for the first time athletes from Mexico, Ecuador, Nepal, Croatia, Bosnia, and Turkey. The 4 races for men, women and juniors were staged on the beautiful Tyrolean mountains overlooking the city of Innsbruck.

The opening race for junior women (4km & 334m ascent) produced the first major surprise of the weekend. 14 year old Victoria Ivanova (RUS) beat defending champion Leah Vetsch (SUI) by 10 seconds and newcomers Turkey lifted the team trophy just one point ahead of Germany.

For the remaining 3 races, all the favourites, both individual and team took their expected gold medal positions. Italy won the team titles by comfortable margins and remain unassailable with their strength in depth under the expert guidance of coach and team leader Raimondo Balicco.

Stefano Scaini (ITA) delivered Italy’s only individual gold medal in retaining his championship title in his last year as a junior. Stefano, also a fine athlete in cross country (3rd in 2001 European championships) surely has a bright future in athletics whichever endurance discipline he decides to follow in the senior ranks.

European mountain running champion Svjetlana Demidenko (RUS) continued her winning ways in demolishing the women’s opposition which included current champion, Melissa Moon (NZL), and past champions Isabela Guillot (FRA), Angela Mudge (GBR), Rosita Rota Gelpi (ITA), and Rueda Fabiola (COL, now SUI). Her winning margin over cross country ski expert, Antonella Confortola (ITA) was 2 minutes on the tough 9.2km, 1000m ascent course.

New Zealand looked likely to upset the Italian domination, threatening to take the team with Burt Moana 4th and Shireen Crompton 6th, but their champion Melissa Moon trailed in an inexplicable 21st.

Whilst the Saturday races were blessed with blue skies and sunshine, the men had to face a mountain blanketed in heavy mist and rain on Sunday. This was cruel luck for the TV coverage because soon after the event the weather cleared again and remained sunny for days afterwards. However, the dull weather did not detract from a sparkling performance by Jonathan Wyatt (NZL) who came home to win by the astonishing margin of 3 minutes 34 seconds over the 11.7km & 1,331m ascent course to the Seegrube. This was Wyatt’s 3rd successive world mountain running title in uphill only races and follows closely on his fine run in the Commonwealth marathon when he placed 6th. Ex junior champion Raymond Fontaine (FRA) continues to improve his position in the senior ranks by taking silver. Bronze medal position went to newcomer Ramilfo Sanchez, proving that Mexico have mountain runners capable of challenging the best in the world as he hung on to beat Martin Cox of England by just 2 seconds.

WMRA Associate Membership

One of the main objectives of WMRA is to strengthen our ties with international mountain races. We do this by offering to include these races in the WMRA calendar and encouraging a high standard of organisation and competition. Associate membership is compulsory for WMRA Grand Prix races. Applications for membership from other international race organiser is always welcome, but the following entry qualifications should be met:

Criteria for Associate Membership:
1. The race must have been staged on at least two consecutive years.
2. Doping testing procedures, in accordance with IAAF rules, must be complied with if requested by your national athletic federation.
3. The race must be registered with and sanctioned by your national athletic federation.
4. The WMRA secretary must be provided with all race details and a copy of the previous years and current results.
5. If required by WMRA, one of their council members may attend the race for the purposes of reporting. Accommodation will be paid for by the race organisation.

Advantages of Associate membership:
1. Access to a worldwide network of the top mountain races
2. Increased interest in your event from the worlds best mountain runners.
3. Publication of your race details in the official WMRA calendar which is published in many places, including the IAAF directory & calendar.
4. Permission to use the WMRA logo on all race material.

Applications for Associate Membership:

Supply the following information, in typewritten form, and post it to the WMRA treasurer:

Name of event - date - distance - ascent - descent - race records - race directors details. (If the women's race is different from the men, then give these details also.)

Provided your application is accepted, you will be billed for the membership fee of $50 US, giving various options for payment method. Since calendars are finalised in October for the following year, members need to join before that month in order to publicise any race that is to take place in the following year.
WMRA Grand Prix 2002

Final Ranking
GG = Grabs, Gamperney, SD = Sauze d'Oulx, GA = Girdwood, Alaska,
CS = Challenge Steimme, WT = World Trophy, SMG = Sarnia Gora
Best 3 results counted.
Two races required to appear in the final ranking

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<th>Men</th>
<th>GG</th>
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<th>GA</th>
<th>CS</th>
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WMRA Grand Prix 2003

<rules>
1. The total amount of prize money on offer for the overall winners will be 10,000 Euros.
2. Participating races and WMRA will contribute equally to the prize fund and for 2003 this will be 1,428 Euros each.
3. Prize money (in Euros) will be distributed as follows:

<table>
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<tr>
<td>13. 50.00</td>
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4. There will be 6 international mountain races in the 2003 grand prix.
5. The overall grand prix result and world ranking list will be calculated from an athletes best four results from the six races and prizes will be awarded according to this result.
6. An athlete must score in at least three races to be included in the final published results.
7. If athletes have the same number of points, their final position will be determined by reference to their highest race positions. Therefore, athletes with equal points, but one has a 1st position and the other has not, the athlete with the 1st position takes priority. If both have a first position, the next superior position is compared and so on until a priority is obtained. If this method does not resolve the final positions, the prize money for the final positions will be divided among the number of athletes involved.
8. The positions awarded for each race will be as follows (the same for men and women):
   a. 1st 100, 2nd 80, 3rd 60, 4th 50, 5th 45, 6th 40, 7th 36, 8th 32, 9th 29, 10th 26, 11th 24, 12th 22, 13th 20, 14th 18, 15th 16, 16th 15, 17th 14, 18th 13, 19th 12, 20th 11, then decreasing in 1 point steps to 30th position 1 point.
9. Each race organiser must offer as a minimum, free entry and accommodation for at least one night and (at least two nights for athletes with extra long journeys to make) for the top 10 men and top 10 women from the previous years ranking list.
10. See the WMRA 2003 Calendar for the 6 selected Grand Prix races.

Borno:
For all athletes taking part in the Borno WMRA Grand Prix race who finished in the first 50 men and 30 women, in the 2002 World Trophy in Linsbruck the LOC offer:
1. Free accommodation (meals excluded) for the period from before the Borno race on Saturday 21st to Thursday 3rd July just before the European Championships, provided that they are entered for the championships.
2. Free transport from Borno to the European championship venue at Trento (Italy) commencing Friday 4th July.
3. The offer in 1 & 2 above is also extended to one manager per European championship team, and to 2 athletes (male, female or both the same sex) per country who do not qualify via performance in the 2002 World Trophy, but are entered in the European championships.
4. Free transport will be provided to reach Borno from Milan Malpensa, Milan Malpese, or Bergamo Orio al Serio airports. For the above categories of entries.
5. For all other athletes, special rates for accommodation are available on application. They too will be transported free of charge to the European championships if they are entered.

Additional note. The European Athletic Association have offered financial travel support for one man and one woman from each European country to take part in the European mountain running championships in Trento. This support can be used to help travel to Borno, provided the athletes concerned then take up the above offer and continue on to Trento to take part in the championships.
2002 GRAND PRIX

Martin Cox
(Challenge Stellina)

Rosmarie Schoenholzer & Roland
Mueller, Gamperney (Grabs)
organisers

Marco Gaiardo (ITA)
- Smarna Gora
T. Sarf

Angela Mudge
(Gamperney - Grabs)
Masters World Mountain Running Championships

The 2002 Masters Championships utilised the same mountain at Igls, used a week earlier for the World Trophy. The younger categories used the same course as the World Trophy senior ladies and junior men, so you may be interested to compare the times. The older categories started at a higher point on the mountain, where the world trophy junior ladies finished. The day was blessed with fine weather giving splendid views of the mountains surrounding Innsbruck. Three of the 2001 champions (starred in the table) repeated their success in 2002. Elmar Rizzoli, Ernst Kunz and their team of assistants well deserve the thanks expressed to them for their work in ensuring the success of the championships.

The Champions

**Men**

40-44 Bryson Robin IRE 50.07
45-49 Seroner Hugo ITA 53.36
50-54 Vello Giani ITA 56.18
55-59 Reitmeir Helmut GER 34.20
60-64 Schibler Kaspar* SUI 35.13
65-69 Liben Jin CZE 40.18
70+ Mrozinski B.* POL 46.32

**Women**

35-39 Macdonald C. NZL 60.46
40-44 De Pay Gudrun GER 60.22
45-49 Frotschmg Anni AUT 68.16
50-54 Fairfax Louise* AUS 65.31
55-59 Oweeka Erika AUT 46.36
60+ Wolf Barbara GER 49.21

Medal Table

<table>
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<tr>
<th>Nation</th>
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<th>Silver</th>
<th>Bronze</th>
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Number of Competitors per country (total 387)

- Czech R. (CZE) 78
- Italy (ITA) 60
- Austria (AUT) 53
- Germany (GER) 35
- England (ENG) 33
- Slovakia (SVK) 22
- Slovenia (SLO) 29
- Poland (POL) 25
- Scotland (SCO) 11
- N Zealand (NZL) 7
- USA (USA) 5
- Wales (WAL) 5
- France (FRA) 4
- Switzerland (SUI) 4
- Australia (AUS) 2
- Russia (RUS) 1
- Portugal (POR) 1
- Yugoslavia (YUG) 1
- Andora (AND) 1
- Ireland (IRE) 1

Race Distance & Height Climb per category.

- Men & Women age categories 35, 40, 45, 50: 9.2 km & 1,044 m ascent.
- Men and Women age categories 55 & older 5.0 km & 710 m ascent.

W35 Rueda-Opplinger Fabiola (SUI 3rd), Carline Mac Donald (NZL 1st), Jackie Hargreaves (ENG 3rd).
Obituaries

Angelo De Biasi, the first president of WMRA (in the days when we were called ICMR) died during 2002.
Angelo was a leading figure in Italian mountain running for many years right up to the time of his death. He was always an innovative administrator looking for new avenues in which to develop the sport of mountain running.
One of his ambitions was realised after discussions with myself (Danny Hughes, at that time Chairman of the English Fell Runners Association) at an international mountain race in S.Giovanni Marione in July 1983 when an international committee to promote mountain running was proposed.
In April 1984, a further meeting with Angelo at the FIDAL headquarters in Rome gained the support of the Italian federation and some rules were discussed.
In September 1984, at an international mountain race in Zogno, the International Committee for Mountain Running (ICMR) was created with Angelo as its president (Danny Hughes was appointed secretary and Raimondo Balicco, WMRA council member also joined the committee) Angelo then continued as president until his retirement from the post in 1993 when he was elected 'honorary life president'. He will be sadly missed by the mountain running fraternity.

John Taylor, English international mountain runner, died during 2002, of a rare heart condition he was unaware of called cardiomyopathy.
His career amongst the world's top mountain runners started in the 1988 world trophy in Keswick when he was junior bronze medallist. From then on he was a regular in the England team and made many appearances at international mountain races around the world. His full record in Trophy races is as follows:
1995 - 10th (up/down), 1998 - 38th (uphill), 2001 - 30th (up/down)
European Trophy results were 1999 - 28th (uphill), 2001 - 37th (uphill)
His former partner Kirstin Bailey has set up a charity to assist young athletes and to raise awareness and arrange screening for cardiomyopathy. Further details can be seen on the web page ‘www.johntaylorfoundation.org.uk’

2003 Masters championships.

The 2003 Championships will take place in the Black Forest region of Germany at Harmersbach. Visit the web page via the link on the WMRA web page for full details. The 10km course is uphill only, and climbs 700m to Brandenkopf. It is a course used for past German championship races. If you do not have access to the internet, write to the organiser for the event programme and entry forms at the following address: 'TV Unterharmersbach, Alfred Siegesmund, Muhlweg 9, D-77736 Zell a.H. Germany'
16th Mt Kinabalu Climbaathon
Sabah - Malaysia

Anna Pichrtova (CZE), 2001 World Trophy silver medallist, picked up $4,500 US in winning the race to the summit of 4,000m high Mt Kinabalu and back for the second year in succession, setting up a new record in the process. Congratulations to Irene Benggon Charukurs, the event chairman for many years, and organising chairman of the memorable 1999 World Trophy, who has been honoured by being awarded the title of Datuk, the equivalent of ‘Sir’ in the English honours system.

Results: (Full results, reports, and details of the 2003 climbaathon can be seen on the web page, accessible via the link on the WMRA page)

Men
1. Augusti Roc Amador ESP 2.41.21
2. Bruno Brunod ITA 2.42.13
3. Jean Pellisier ITA 2.44.33
4. Guianus Salangan MAS 2.54.17

Women
1. Anna Pichrtova CZE 3.11.04
2. Corinne Favre FRA 3.18.48
3. Danny Kulin Gongot MAS 3.27.08
4. Elom Binti Unding MAS 3.30.32

WMRA International Mountain Running Calendar 2003

24th May 24th Smarna Gora International Race Ljubljana Slovenia
25th May 19th Gamperney Berglauf Grabs Switzerland
22nd June 4th Trofeo Valle Camonica (1st WMRA GP) Borno Italy
6th July 2nd European Mountain Running Championships Trento Italy
7th July Vail Hill Climb & USA Championship race Vail USA
20th July 3rd Grossglocknerlauf (2nd WMRA GP) Heiligenblut Austria
3rd August 13th Schlickeralm-Berglauf (3rd WMRA GP) Telfes Austria
17th August 21st Matterhornlauf (4th WMRA GP) Zermatt Switzerland
24th August 15th Challenge Stellina (5th WMRA GP) Susa Italy
31st August 2nd Trofeo Montagne Olimpiche Sauze d’Oulx Italy
20th September 19th World Mountain Running Olimpiche Girdwood Alaska USA
27th September 3rd Masters World Mountain Running Champs Harmersbach Germany
4-5th October 16th Mt. Kinabalu Climbaathon Sabah Malaysia
5th October 30th Hochfelln-Berglauf (6th WMRA GP) Bergen Germany
26th October 46th Trofeo E. Vanoni (relay international) Morbegno Italy

Your event may be included in this calendar by registering (provided it meets certain conditions) as a WMRA Associate race.
PROFILE OF A JUNIOR CHAMPION

STEFANO SACINTI - ITALY

WORLD TROPHY JUNIOR GOLD MEDALLIST 2001 & 2002

Stefano dreams of representing Italy at the highest level and of Olympic glory. Why not? His performances in endurance athletic disciplines as a junior (he was born in 1983 in Udine) are outstanding. His current personal bests are:
8 minutes 21 seconds for 3km, 14m 26s for 5km, 30m 29s for 10km, 64m 49s for the half marathon. He has now represented Italy, in the junior ranks, on the track, the road, and cross country in addition to mountain running. He is a European championship junior bronze medallist in cross country (2001) and was 5th in 2002. His outstanding victories in mountain races, through all the junior age categories, have been the spur that has driven him on to take his athletic career seriously. This is his last year at high school, and on completion of his studies it will be necessary to earn a living. His dilemma will be to find enough time for the training that will be necessary to achieve his goals. His present training is under the direction of his club (Atletica Brugnera Dall'Agnese) coaches Stefano Chiabai and Gabriele Rosa. He usually trains twice a day. A light training session in the afternoon followed by another harder session in the evening. His favourite method of training is to go for long runs alone through the woods.

Stefano is a naturally physically strong person, but he also has great mental resolve. He says that it is mountain running that has given him the mental toughness to perform well in cross, road and track running. He is very hard on himself once he sets himself a goal.

His mountain running successes have been very satisfying and he will continue with his mountain running in the future. However he is now ambitious to succeed on the track because it is there that his dreams may best be realised. Like all Italians he loves food and cooking, also all kinds of music. He has now set himself a goal. In his own words ‘I have no limits. I want to follow in the steps of the best Italian runners in the world and go to the Olympic Games’

When he achieves this ambition, we, the mountain running fraternity, will be proud of him, and of the fact that our sport has helped him on his way.
PROFILE OF A CHAMPION
SVETLANA DEMIDENKO - RUSSIA

Svetlana was born in 1976, in the small town of Arzamas on the river Tesha in the Nijinii Novgorod region - a region without mountains - where she lives with her husband Alexander whom she married in 2000. They both work in an ‘Apparatus Plant’ and Svetlana is employed in the factories sports club as an instructor of sport.

Why mountain running?

She became interested in mountain running in 1999 when her coach, Vladimir Jouravlev suggested she compete in the Russian mountain running championship in St.Petersburg, which she won.

International mountain running record

She did not make the long journey to Sabah for the World Trophy that year, but she did run the European Trophy to finish a promising 6th place. In 2000 she again confined herself to the European Trophy, this time moving up to 4th place. 2001 saw Svetlana register her first major victory by winning the European Trophy, and in the World Trophy, 4th position behind the very strong trio of Moon, Pichrtova and Zatorska. In 2002 she became the undisputed ladies mountain running champion as she won on the up/down course of the European Championship and the uphill only course of the World Trophy.

Training Regime

Svetlana laughed when asked how she managed to train in the cold Russian winter, and joked ‘I put on a warm cardigan (tyelagryeyka), felt boots (valenki), old fashioned Russian dress, and go running in the snow’. However as the weather improves in March/April she spends 3 to 4 months training in the mountain regions of Kislovodsk and the Caucasus. Her training under the guidance of coaches Vladimir and Tatiana Jouravlevi is a mixture of high mileage, speed work, uphill sessions, special practice in downhill running, and work in the gymnasium.

Future plans

Defence of her European and World titles will be a priority for 2003. She hopes that the strength gained by mountain running competition will enable her to run even faster at the marathon distance.

Honours

She has not represented Russia in other athletic disciplines yet. However she is a recognised and celebrated sporting hero in her home town. Her European victory in 2001 was rewarded with a flat in which to live, and the title of ‘Master of Sport at international level’ Her 2002 victories brought the reward of a car presented by the Mayor of Arzamas and at the same time she was given official recognition in the town with an honorary title.

In April this year the Russian minister for sports will be award Svetlana with the highest sporting title of ‘Honoured Master of Sport’.

It is gratifying that the sport of mountain running and the work of WMRA in promoting international competition has helped Svetlana in her athletic career and brought her such rich rewards.
Join the World Mountain Running Trophy when it makes its first North American stop on the slopes of Mt. Alyeska, outside of Anchorage, Alaska, U.S.A. Some 400 athletes representing more than 30 nations are expected to compete on the 4.25-km junior women's, 8-km junior men's and senior women's and 11.5-km senior men's courses. There also will be open races on all three courses that feature cumulative elevation gains/losses of 285 m (940 ft), 620 m (2,046 ft) and 900 m (2,970 ft) respectively.