



# WORLD MOUNTAIN RUNNING ASSOCIATION NEWSLETTER 2009

Issue No 14  
May 2009



2008  
MOUNTAIN  
RUNNING  
WORLD  
CHAMPIONS



Andrea Mayr (AUS)  
and  
Jonathan Wyatt (NZL)

Photo: Stinn



Laura Park (ENG)

Photo: P Hartley



Sindre Burras (NOR)

Photo: P Hartley





As many of you will already know, Danny died suddenly on 9th February this year. He had already planned most of 2009 Newsletter, selected photos he wanted to use and written several of the articles. I felt it only right that these should be used, so offered to finish off the Newsletter for the WMRA Council.

I would like to take this opportunity of



thanking everyone for their kind messages of condolence following Danny's death. I know he will be greatly missed in the world of international mountain running and hope that the sport will continue to grow from strength to strength in his memory. I look forward to meeting many of you at the World Championships in Italy this year as WMRA celebrates its 25th anniversary.

Norma Hughes

## EDITORIAL

2008 was a significant year in the development of the worldwide mountain running movement as the IAAF Council granted the 'Championship' title to our flagship 'World Trophy' making our 25th anniversary in 2009 a special celebration. Having been involved with WMRA, formerly ICMR, since its inception I am writing up the history of the first 25 years for publication later this year.

Looking to the future, what are the goals which WMRA hope to achieve? As our integration into the IAAF becomes ever closer we will continue to build up the WMRA World Championships (Patronised by IAAF) to attract the involvement of all major athletic countries so that an IAAF World Championship is achieved. I am often asked 'Is there any chance of Mountain Running becoming an Olympic event?'. The answer is 'No chance' until it becomes an IAAF world event, and even then we have to bear in mind the difficulty cross country is having in its efforts to be introduced into the Olympic programme.

Another goal is to see

development of IAAF Area Championships. At present we have a highly successful European Championships which will include juniors for the first time in 2009. There are also Area Championships in North America (NACAC) and South America (CONSUDATLE), both still in the development stage. We have just reached an agreement with the African Athletic Confederation for a first African Mountain Running

Championships to take place this year in Obudu (Nigeria) on November 28th.

As always, a major goal each year is to present an attractive Grand Prix series open to all mountain runners. Since most of them have jobs, and travelling between countries is expensive, it needs considerable dedication to compete seriously in the series. We cannot satisfy the many different preferences so compromises on the programme are always necessary.

Plans to develop the Long Distance Challenge include a national team competition to be incorporated into the challenge for 2009.

Danny Hughes  
President WMRA



WMRA Council members, with Pierre Weiss, IAAF Secretary and Otto Klappert, Chairman of IAAF Cross Country Committee, in front of the IAAF Headquarters, Monte Carlo - 18th January 2009.

## MESSAGE FROM IAAF PRESIDENT



As President of the IAAF, I would like to take this opportunity to pay my respects to the memory of WMRA President Danny Hughes, who passed away from a heart attack on 9 February 2009. Danny had been a driving force in the development of international mountain racing for 25 years of the WMRA's existence and will be sadly missed by all his colleagues and friends within the sport.

The IAAF will continue to work closely with the WMRA. One of the dearest wishes of Danny was for IAAF to give a "championship" designation to the World Mountain Trophy, as the WMRA heads towards its 25th anniversary in September.

As the WMRA Council continues to develop ideas for the continued growth in this branch of athletics, promoting further worldwide participation and increased opportunities for athletes and administrators, I would like to underline that the IAAF will continue to be a close and supportive partner.

Lamine Diack  
IAAF President

## WMRA COUNCIL

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## WMRA WEB SITE

(Courtesy of European Athletic Association): [www.wmra.info](http://www.wmra.info)

## THE WMRA ACCOUNT

Our account details, held in US\$, is as follows:

Wells Fargo Bank  
5710 Constitution Avenue  
Colorado Springs  
CO 80915  
USA

Routing number 102000076

Account number 1013312721

Note: add \$12 to your bill to cover all wire transfers.

## WMRA WORLD CHAMPIONSHIPS

As already widely announced, the World Trophy becomes the World Championships from 2009 onwards courtesy of a decision by IAAF Council. We are constrained to comply with the IAAF regulations concerning member countries and this means that the concession enjoyed by the UK for the past 24 World Trophies, whereby they competed as four separate countries,



Welsh athletes Photo: DH

is no longer possible. There is no doubt that the change in the title is a big step forward for the development of mountain running worldwide but a disappointment for the UK teams. England, being by far the largest of the home countries, has no particular problem with accepting that the UK competes as one stronger Great Britain team. Scotland, Wales, and N.Ireland having contributed to the success in the growth of the competition to reach Championship status are understandably upset at losing their right to compete. Scotland have accumulated several medals over the years and staged the World Trophy in 1995. Wales also have had medal winners. Their enthusiasm for this mountain running competition will be greatly missed and the gaps left by their absence difficult to fill. Let us hope that their mountain runners are inspired enough to bid for places in the GB teams of the future.

2009 WORLD CHAMPIONSHIPS -  
ITALY TO THE RESCUE

Following the withdrawal of the USA to stage the 2009 Championships WMRA Council had to search for an alternative venue. Secretary Gozzelino identified some willing organisers in the town of Campodolcino last August, and it was hoped that they would present their plans to the WMRA Congress in 2008. However, Italian Federation (FIDAL) procedures meant that a final signing of the contract to stage the event was not completed until February this year. We are most grateful to the Italian Federation and the LOC for agreeing to stage the Championships at such short notice.



Map of area

The courses are located at the ski resort of Motta at 1715m altitude and consist of three laps for men, two laps for women and junior men, and one lap for junior girls. The host towns are Campodolcino and Madesimo in the far northern Italian region of Valchiavenna.

## WMRA DECISION PROGRAMME

Potential organizers should note the following dates for submission of bids to stage WMRA events:

Dates	Events
2009.September - WMRA Congress.	2011 World Championships
2009. October - Calendar Conference.	2010 Grand Prix races
2010. January - WMRA Council.	2011 Youth International
2010. January - WMRA Council.	2011 Long Distance Challenge
2010 January - WMRA Council.	2011 World Masters

N.B. Event venues are still sought for the 2010 World Championships.



## 2009 GRAND PRIX SERIES

The GP series consists of seven events, six of which are level 1 and one is level 2. We have adopted the same principle as last year, offering races cheaper entry into the GP at level 2. The major innovation this year is the inclusion of the World Championships into the Grand Prix. Enhanced points will be awarded for this event due to the much higher standard of competition for point winning positions. This remains an event open only to those selected to represent their countries, but with the best four results to count there are plenty of alternative opportunities.



Skaala Mountain, Norway  
Photo: C Prestegard

There is also an exciting new GP race in Norway to the top of Skaala mountain. (won by Jonathan Wyatt last year) The 2009 regulations appear on our web page together with individual race web page links.



## COMMONWEALTH CHAMPIONSHIP STATUS FOR MOUNTAIN RUNNING

Invitations to send teams to Keswick (England) for the first Commonwealth Championships for Mountain and Ultra Distance have now been issued. The championships consist of four events. The mountain races will be an uphill only race to the summit of Skiddaw on day one and an up/down race (lap course) on Latrigg on the third day. The Ultra's have a 24 hour run and a 100km race over the three days of the competition. A successful and well supported event could lead to an application for inclusion in the 2014 Commonwealth Games in Glasgow (Scotland). The event web page is: [www.cumbriacommonwealthchampionships.org](http://www.cumbriacommonwealthchampionships.org)



## FIRST AFRICAN MOUNTAIN RUNNING CHAMPIONSHIPS

The Obudu Ranch International Mountain Race (report of the fourth edition on page 23) in Cross River State, Nigeria, will serve as the first African Mountain Running Championships. At a meeting in Monaco, President of the African Athletic Confederation, Hamad Malbourn Kalkaba approved a proposal by WMRA and the Obudu Local Organising Committee Chairman, William Archibong (on behalf of the Governor of Cross River State) to incorporate an African Team



Pierre Weiss (IAAF)  
Danny Hughes (WMRA),  
William Archibong (Obudu)  
Hamad Malbourn Kalkaba (AAC)  
Photo: DH

Championship into the international Obudu Race. The first edition will be held this year on November 29th and will be for men only, although the traditional womens race will continue as normal. Depending on the response of African federations and the level of sponsorship obtained it is planned to include a womens championship in future.

BALKAN MOUNTAIN RUNNING SEMINAR  
FUNDED BY THE INTERNATIONAL  
ATHLETIC FOUNDATION (IAF)

A grant of \$30,000 by the IAF has enabled the Bulgarian Athletic Federation to organize a mountain running seminar for the Balkan countries. The seminar will be conducted by WMRA, from 23rd to 26th April, in Sapareva Banya, the venue for the 2010 European Championships; it will be of special interest to coaches, mountain race organizers and officers of IAAF member federations. Enquiries for inclusion in the seminar should be addressed to Galia Puhaleva at: [galia@bulathletics.info](mailto:galia@bulathletics.info)

Bulgaria will also host the second Balkan Mountain Running Championships on 31st May.



Galia Puhaleva  
(Bulgarian A.F.  
International Secretary)  
Photo: DH

## TRAGIC DEATH IN NORWAY

Jon Tvedt, Norwegian mountain runner, died on January 11th 2009 during a training run.

He was running up to a mountain called Gullfjellet, just outside his home town of Bergen, together with his brother Øyvind and his training partner Jan Fjærestad. It was normally a three hour run and one Jon did most Sundays. It was extremely bad weather with lot of wind and a mixture of rain and snow. After passing the top at about 1000 m, on the way down again, Jon got very tired and started to totter.

Both his brother and Jan had to support him, but this slowed them down considerably and Jon got extremely cold and wet (the wind made it feel like -6 C). This temperature made it dangerous and it started to get dark. His brother Øyvind therefore ran to try to find a mobile connection and get help, while Jan stayed with Jon and tried to keep him warm. After a while Jon passed away, and Jan tried hard for about 30 - 45 minutes to bring him back to life with heart compression, unfortunately with no result. There and then Jon lost his life about 500 m above his hometown Bergen.

Extremely sad....Jon Tvedt leaves two daughters and a multi-handicapped son. His wife, their mother, died about ten years ago.

Jon represented his country in mountain races on many occasions winning the Norwegian mountain running championship four times from 2005-2008. Jon was also the Norwegian orienteering champion on ten occasions.



Jon Tvedt  
Photo:  
C Prestegard



## 5TH WORLD LONG DISTANCE MOUNTAIN RUNNING CHALLENGE

54th Three Peaks - Horton in Ribblesdale (England)

26th April 2008

## Pichrtova in fine form breaks long standing record

900 athletes and supporters descended on the tiny Yorkshire (England) Dales village of Horton to contend for the World Championship titles on offer for the winners of the brilliantly organised 54th Three Peaks Race.

The local, vastly experienced, and leading English fell runners were faced with an overseas invasion determined to prove that they could succeed in the British version of mountain running. And so it proved.

The star performance came from the diminutive 2007 World Trophy champion Anna Pichrtova (CZE). Dominating the womens entrants from the start, she sped around the 37.4km course that included 1608m of ascent and descent in a new record time of 3 hours 14 minutes 43 seconds. This beat the old record set in 1996 by 1 minute 34 seconds. Anna thus follows Jonathan Wyatt (NZL) in becoming both short and long distance mountain running champion. Long distance expert Angela Mudge (Scotland) was six minutes behind in second place. There was a fierce tussle for the bronze medal between Australian Angela Bateup and New Zealander Anna Frost with the former winning by just 40 seconds on the final run in. The Russian ladies, in 6th, 7th and 8th position won the team award.

In contrast, the mens race was one of ever changing positions. Early leader coming off Pen-y-Ghent, Martin Cox (GBR) was nowhere to be seen as the leaders descended the second mountain, Whernside. Young Slovenian Mitja Kosovelj was in the lead closely followed by Jethro Lennox (Scotland). On the long 10km run off the final summit of Ingleborough, Lennox overtook the tiring Slovenian to become a surprise winner in the time of 2:53.39.

English pride was salvaged by Thomas Owens, the only English runner to gain a medal in second position, 37 seconds later. Kosovelj completed an excellent run in third position, beating the winner for the past three years Rob Jebb (GBR) and the British fell running champion Rob Hope into 4th and 5th positions. The next overseas competitor was Jon Tvedt in 18th position.

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

## Leading Results

## MEN

1.	Jethro Lennox (SCO)	2:53.39
2.	Thomas Owens (ENG)	2:54.16
3.	Mitja Kosovelj (SLO)	2:57.36
4.	Rob Jebb (ENG)	2:59.13
5.	Rob Hope (ENG)	2:59.51
6.	Ricky Lightfoot (ENG)	3:00.25

(576 finished)

## Leading Results

## WOMEN

1.	Anna Pichrtova (CZE)	3:14.43
2.	Angela Mudge (SCO)	3:20.53
3.	Angela Bateup (AUS)	3:25.33
4.	Anna Frost (NZL)	3:26.13
5.	Sharon Taylor (ENG)	3:34.15
6.	Elena Rukhlyada (RUS)	3:34.35

(109 women finished)



Anna Pichrtova (CZE)  
Photo: P Hartley



Jethro Lennox (Shettleston Harriers & Scotland)  
Photo: P Hartley

## CHAMPION PROFILE

## LAURA PARK (Maryport, Cumbria, England)

In 2008 Laura became the Junior Women's Champion in the World Trophy at Sierre/Grans-Montana at the age of 16.

**How old are you now?**

17 at the moment 18 on Halloween ! (End of October)

**Are you still at school/college or working?**

I am still at school, Netherhall Sports College 6th Form, I hope to go to University.

**When did you start taking part in athletics?**

I ran when I was 7 years old but took it up seriously when I was 13.

**What made you decide to try mountain running?**

Steve Fletcher, the former England Junior coach/manager, saw me run in a cross country at Cockermouth and suggested I ran in the British junior fell champs at Keswick the following week, I did, came 5th and loved it !

**Do you have a coach?**

Yes, I have just started being coached by Liz Yelling ( the Olympic marathon runner)

**How did you prepare for your World Trophy 2008 victory?**

I just worked to my normal training schedule, but added a bit more hill work into it. I feel I have a natural ability for hills.

**You have had a great winter of races, appearing on the front cover of Athletics Weekly, Britain's major athletic publication. Just summarise for us what you have been doing and your results.**

Since the World Trophy I had a slight injury but bounced back and gained selection and competed for GB at the European X Country

Champs where I came 6th in the u20 race and was part of the historic team that took the first 6 places in the race. I also got Cumbria Junior Sports Personality of the year in Nov 2008 , a title that I also got in 2007. Shortly I hope to regain my national X country title and also gain selection and compete in the World X Country Champs in Jordan.



Photo: DH

**Steve Vernon, a member of England's Mountain Running team, has also had a great season and puts it down to his mountain running last summer. Do you agree that mountain running has helped your winter season?**

I think it does help as it provides me with stamina.

**Do you think mountain running slows you down?**

Yes, I think it does have an effect - it means I need to do more speed work for my athletics.

**What are your plans for the immediate future? Will they include more mountain races?**

As above, I hope to do the World X Country, and I am considering doing the European Mountain Champs as it is uphill only. I will also hopefully try and regain my World Title in September.

**What are your long term athletic goals?**

To make it as a senior, compete in the Olympics (London hopefully!) and become a professional athlete.

**You live a long way away from the major centres of athletics in England. How does this affect you?**

It affects me a great deal as it means I have to travel a long distances to train and compete, which is quite time consuming and expensive!

## INTRODUCING

## Denise Park, WMRA Accredited Physiotherapist

Denise Park is a Chartered Physiotherapist from Lancashire, England. She qualified as a physiotherapist in 1984 and began working with English fell runners in 1989 after sponsoring her local village fell race. In 2004, Denise was invited to serve as physiotherapist at the 1st International Gibraltar Rock Race. Shortly after Gibraltar, Denise was invited to be the physio to the England Team and she has now been the England Team Physio since the World Trophy in Sauze d'Oulx in 2004. She has attended several events as 'race physio' (Grossglockner, Sierre-Zinal, Mount Washington, the European Championships and the 3 Peaks WMRA Long Distance Championship) and has worked with many of the world's top mountain runners.

At previous WMRA events, local physiotherapists have been approached by the LOC to provide medical backup, but as they are often unknown to the athletes they are often wary of receiving treatment in case it affects their racing performance.

It was suggested that there needed to be one physiotherapist who the runners knew and trusted who could be at the major events throughout the season. This wasn't just to deal with medical emergencies, but to enable runners to receive ongoing treatment throughout the season. As any sport becomes more professional, the role of the physiotherapist becomes more important to keep its participants in the best possible shape – not just for treatment after injury.



Denise at Crans-Montana  
Photo: P Hartley

Jonathan Wyatt, Anna Pichrtova, and Marco de Gasperi all supported Denise's proposal, and in 2008 Danny Hughes recommended to the WMRA Council that Denise became the first WMRA Accredited Physiotherapist. Danny was passionate about mountain running and over the last few years he has been determined to improve the profile of the

sport. Hopefully, Denise's new position will be seen as a great step forwards for mountain runners.





# 7th European Mountain Running Championships

## Zell am Harmersbach (Germany)

### 12th July 2008

MEN  
12.8 km/1515 m

1	ARSLAN Ahmet	TUR	50:01
2	DEMATTEIS Bernard	ITA	50:29
3	DE GASPERI Marco	ITA	50:57
4	GASPAR Jose	POR	51:09
5	RANCON Julien	FRA	51:13
6	GAJARDO Marco	ITA	51:22
7	ABATE Gabriele	ITA	51:33
8	KOSOVELJ Mitja	SLO	51:39
9	CRESPO Javier	ESP	51:46
10	CASTANER Cristofol	ESP	51:51
11	ZEILER Timo	GER	52:04
12	FONTAINE Raymond	FRA	52:12
13	CAPITAN Vicente	ESP	52:15
14	SELCUK Selahattin	TUR	52:21
15	MEYSSAT Emmanuel	FRA	52:48
16	BURRIER Georges	FRA	52:52
17	ABIS Selmani	TUR	52:58
18	RODRIGUES Artur	POR	53:10
19	CARVALHO Jose	POR	53:15
20	VERNON Steve	GBR	53:17
21	ZARNIK Sebastjan	SLO	53:30
22	SWIERC Marcin	POL	53:37
23	WALSH James	GBR	53:41
24	HAVLICEK Jan	CZE	53:48
25	MUSLU Ercan	TUR	54:03
26	JENNE Markus	GER	54:08
27	HOPE Rob	GBR	54:11
28	URBANOVSKY Martin	SVK	54:19
29	BRYDL Pavel	CZE	54:21
30	BEHA Josef	GER	54:24
31	PEREIRA Francisco	POR	54:35
32	KUTS Dmitry	RUS	54:40
33	MITSOV Dimcho	BUL	55:03
34	LUKIN Dmitry	RUS	55:06
35	DUNCAN Stephen	IRL	55:12
36	HEIT Manfred	AUT	55:17
37	PODROUZEK Dusan	CZE	55:22
38	STURM Marco	GER	55:31
39	PECHEK Petr	CZE	55:37
40	ZOLOTHKHIN Aleksey	RUS	55:39
41	VOLERY Georges	SUI	55:41
42	LOMBRISER Gabriele	SUI	55:43
43	SKOPAC Ivica	CRO	55:45
44	WOSIK Daniel	POL	55:57
45	MUSTAFA Shaban	BUL	56:02
46	CEH Joze	SLO	56:07
47	PECHNIKOV Ruslan	UKR	56:13
48	SYMMONDS Joe	GBR	56:37
49	BONDAR Sergiy	UKR	56:48
50	VODOPIVEC Uros	SLO	57:06
51	NYS Sven	BEL	57:33
52	HEIGL Thomas	AUT	57:48
53	MINNOCCK Barry	IRL	58:02
54	ZMIRO Zohar	ISR	58:04
55	CEGAR Goran	SRB	58:12
56	MOERNAUT Kris	BEL	58:57
57	SALTPETER Dan	ISR	59:31
58	PANOVSKI Aleksandar	BUL	59:48
59	CHARLIER Jean-François	BEL	60:13
60	KOVACIK Lubos	SVK	60:20
61	CUKUSIC Danijel	CRO	60:24
62	MARCHUK Sergiy	UKR	60:36
63	DURANT Patrick	BEL	61:12
64	HOGAN Tom	IRL	61:41
65	PERISIC Sasa	SRB	61:58
66	TZURIEL Shavit	ISR	62:18
67	MALKA Haim	ISR	62:20
68	MILENKOVIC Nebojsa	SRB	62:22
69	KOCEIC Marin	CRO	62:40
70	O'FARRELL Peter	IRL	62:49
71	HOLIGA Jan	SVK	62:57
72	KOVACIK Hrvoje	CRO	63:54
73	ZLATANOV Boyko	BUL	63:56
74	DIMOV Zoran	MKD	68:25
75	JAKIMOVSKI Igor	MKD	69:22
76	SAZDOV Zoran	MKD	73:22
77	GIULLIANO Giancarlo	MON	79:27
	KIRADZLEV Aleksander	MKD	DNF
	WEBERHOBBER Bernd	AUT	DNF
	LUPIEZOWIEC Piotr	POL	DNF
	BOLKHOVITIN Alexander	RUS	DNF

JUNIOR MEN  
8.75 km/1040 m

1	PAK Hasan	TUR	35:23
2	DEMIR Alper	TUR	35:58
3	AKALIN Emrah	TUR	36:09
4	STOCKERT René	GER	36:27
5	KARATAS Adem	TUR	36:46
6	CHEVRIER Xavier	ITA	37:04
7	TOLSTIHN Mark	RUS	37:16
8	PRALONG Candide	SUI	37:18
9	RE Luca	ITA	37:39
10	OBLAK Peter	SLO	37:44
11	MAYER Jakob	AUT	37:46
12	SHKLYAEV Andrey	RUS	37:47
13	GISHKO Alexander	RUS	38:00
14	POLEDNAK Andreas	AUT	38:11
15	HOMOLAC Jiri	CZE	38:16
16	LEONI Marco	ITA	38:18
17	ADDISON Tom	GBR	38:19
18	BECK Alessandro	SUI	38:22
19	SZCZESNIEWSKI Milosz	POL	38:33
20	CAGNATI Luca	ITA	38:35
21	SILVA Bruno	POR	38:47
22	GROH Radoslav	CZE	38:48
23	BREGAR Gasper	SLO	38:50
24	CHALLINOR Ricky	GBR	39:07
25	FEJFAR Ondrej	CZE	39:26
26	SALAMIN Augustin	SUI	39:35
27	GILLESPIE Matthew	GBR	39:40
28	TORKAR Tine	SLO	39:53
29	HOLKOVIC Alexander	AUT	39:54
30	MATTHEWS Peter	GBR	39:55
31	MOREIRA Americo	POR	39:59
32	MACHADO Emanuel	POR	40:01
33	KAMINSKI Petr	CZE	40:07
34	STEININGER Paul	AUT	40:38
35	DOWLING Michael	IRL	40:49
36	VANDECASTEELE Angelo	BEL	41:33
37	BURA Lukasz	POL	42:05
38	MOREELS Jasper	BEL	42:18
39	POTOCNIK Rok	SLO	42:22
40	COHEN Yehonatan	ISR	42:24
41	NOVIKOV Vsevolod	RUS	42:30
42	MOORE Conor	IRL	45:14
43	JENNINGS Kian	IRL	47:16
	O'RUADHAIN Eoin	IRL	DNF

WOMEN  
8.75 km/1040 m

1	DESCO Elisa	ITA	40:00
2	DEVILLERS Constance	FRA	40:18
3	TUNSTALL Sarah	GBR	40:48
4	KOSOVELJ Mateja	SLO	41:20
5	WILKINSON Victoria	GBR	41:28
6	MEIER Bernadette	SUI	41:31
7	GUILLLOT Isabelle	FRA	41:49
8	ROBERTI Maria G.	ITA	41:54
9	INGRAM Katie	GBR	42:00
10	MILHAYLOVA Milka	BUL	42:04
11	VOKUEVA Janna	RUS	42:13
12	GALLAND Valerie	FRA	42:28
13	SCOLARI Cristina	ITA	42:45
14	SEKYROVA Ivana	CZE	42:50
15	LEONTYEVA Natalia	RUS	42:54
16	BERESOVA Katarina	SVK	42:58
17	LEAH Candice	GBR	43:05
18	MILESOVA Iva	CZE	43:06
19	FERNANDEZ Marta	ESP	43:12
20	CHOLLET Maya	SUI	43:14
21	KRKOC Lucija	SLO	43:20
22	MERKOVA Martina	SVK	43:27
23	KUBICKA Irmgard	AUT	43:41
24	ESEN Nilay	TUR	43:42
25	UNTERBERGER Birgit	GER	43:44
26	SANCHEZ Amada dj.	ESP	43:48
27	MADUREIRA Rosa	POR	43:54
28	FRUMZ Christina	ROM	43:59
29	POBORSKA Helena	CZE	44:04
30	SCHMITT Natascha	GER	44:11
31	MOREIRAS Lucinda	POR	44:19
32	GRANDOVEC Daneja	SLO	44:27
33	PANOVSKA Rumyana	BUL	44:38
34	BUSS Stefanie	GER	44:50
35	LILGE-LEUTNER Carina	AUT	44:59
36	MARTINS Marcia	POR	45:04

37	BELUSIC Barbara	CRO	45:33
38	PETROVA Oksana	UKR	45:38
39	PAKOSZ Irena	POL	45:44
40	MRAK Valerija	SLO	45:55
41	LUKIC Marijana	SRB	46:20
42	DE LAS HERAS Alma	ESP	46:34
43	REICH Karoline	AUT	46:38
44	LEBEDEVA Liudmila	RUS	46:46
45	SPEIGHT Angela	IRL	46:49
46	GREENAN Mags	IRL	47:26
47	PIMENTA Silvana	POR	47:38
48	BARNA Andreea	ROM	47:44
49	GIDAK Petra	CRO	48:15
50	PETRESCU Nicoleta	ROM	48:17
51	MAHON Donna	IRL	48:22
52	CERNIC Danijela	CRO	48:40
53	KRUSHYNSKA Natalia	UKR	48:46
54	GAYEVA Anastasiya*	UKR	49:06
55	SOTIROVA Iveta	BUL	49:30
56	MAXIM Simona	ROM	50:18
57	RUEDA O. Fabiola	SUI	50:58
58	PASHKOUSKAYA Katarina	BLR	51:09
59	BEGOVIĆ GECEG Sanja	CRO	51:20
60	KARATKIKH Alena	BLR	51:49
61	COPPINGER Aisling	IRL	52:04
62	KOZAREVA Hristina	BUL	52:42
63	KIRADZIEVA Vesna	MKD	57:33
64	JAKIMOVA Aleksandra	MKD	68:24
65	DIMOVA Olivera	MKD	81:01
	STARKOVA Natalia	RUS	DNF
	KONOWALSKA Mariola	POL	DNF
	PELIKON Marija	MKD	DNF
	MATYASOVA Pavla	CZE	DNF
	SALVINI Vittoria	ITA	DNF

JUNIOR WOMEN  
4.1 km/480 m

1	BYKOVA Mariya	RUS	18:45
2	GULLU Esra	TUR	18:48
3	PROROKOVA Tatiyana	RUS	18:54
4	STRZELECKA Natalia	POL	19:02
5	BATESON Hannah	GBR	19:03
6	TURAN Cansu	TUR	19:10
7	ONGUN Hulya	TUR	19:15
8	BEROUSKOVA Katerina	CZE	19:18
9	MIKHAILOVA Anastasia	RUS	19:20
10	WOLFSON Helen	ISR	19:26
11	FAUSTINI Clara	ITA	19:36
12	KIRK Elinor	GBR	19:39
13	MARTIN Jessica	GBR	19:42
14	BOTTARELLI Sara	ITA	19:59
15	LEUTNER Lisa-Maria	AUT	20:02
16	FINN Michelle	IRL	20:12
17	MIRCEA Oana Andreea	ROM	20:19
18	EBERHART Tanja	AUT	20:25
19	SITAR Ajda	SLO	20:40
20	VEVODOVA Martina	CZE	20:54
21	LURZ Katharina	GER	21:03
22	SCHERZER Lina	GER	21:08
23	LAVRIC Sara	SLO	21:27
24	LUKINA Marija	CRO	21:39
25	BELOVIC Valentina	CRO	21:49
26	GROHOVA Karolina	CZE	21:59
27	FINN Gayle	IRL	22:03
28	CRAUWELS Yenthe	BEL	22:09
29	OBIDIC Kaja	SLO	22:29
30	TANGNEY Eimear	IRL	22:46

TEAMS

Men		Jun. Men		Women		Jun. Women		
1	ITA	11	TUR	6	GBR	17	RUS	4
2	ESP	32	ITA	31	FRA	21	TUR	8
3	FRA	32	RUS	32	ITA	22	GBR	17
4	TUR	32	SUI	52	SLO	57	ITA	25
5	POR	41	AUT	54	CZE	61	CZE	28
6	GER	67	SLO	61	RUS	70	AUT	33
7	GBR	70	CZE	62	SUI	83	SLO	42
8	SLO	75	GBR	68	ESP	87	GER	43
9	CZE	90	POR	84	GER	89	IRL	43
10	RUS	106	IRL	120	POR	94	CRO	49
11	BUL	136			BUL	98		
12	IRL	158			AUT	101		
13	UKR	158			ROM	126		
14	SVK	159			CRO	138		
15	BEL	166			IRL	142		
16	CRO	173			UKR	145		
17	ISR	177			MKD	192		
18	SRB	188						
19	MKD	225						





Ahmet Arslan (TUR) 1st  
Photo: P Hartley



Elisa Desco (ITA) 1st  
Photo: P Hartley



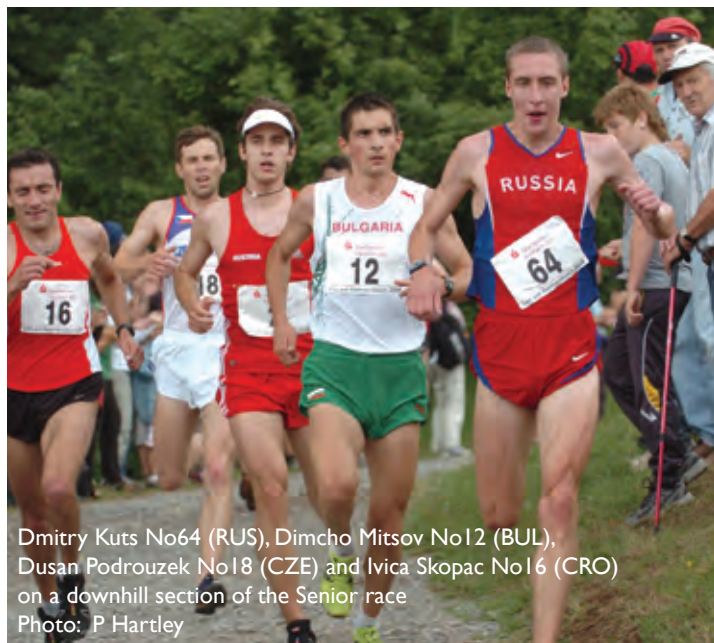
Jiri Homolac (CZE) leads a group  
of runners in the Junior race  
Photo: P Hartley



Sarah Tunstall (GBR), Simona Maxim (ROM),  
Christina Frumz (ROM) in the Senior race  
Photo: P Hartley



Junior ladies on a tough uphill section  
Photo: P Hartley



Dmitry Kuts No64 (RUS), Dimcho Mitsov No12 (BUL),  
Dusan Podrouzek No18 (CZE) and Ivica Skopac No16 (CRO)  
on a downhill section of the Senior race  
Photo: P Hartley





Hasan Pak (TUR) 1st Junior  
Photo: P Hartley



Constance Devillers (FRA) 2nd, Elisa Desco (ITA) 1st,  
Sarah Tunstall (GBR) 3rd  
Photo: P Hartley



Bernard Dematteis (ITA) 2nd, Ahmet Arslan (TUR) 1st,  
Marco De Gasperi (ITA) 3rd  
Photo: P Hartley

Winning ladies teams: FRA 2nd, GBR 1st, ITA 3rd  
Photo: P Hartley







## MEN

1	WYATT Jonathan	NZL	55:04:00
2	TOROITICH Martin	UGA	55:16:00
3	ARSLAN Ahmet	TUR	55:26:00
4	DEMATTEIS Bernard	ITA	55:48:00
5	FONTAINE Raymond	FRA	55:52:00
6	VARGAS E. John Jairo	COL	56:30:00
7	ZEILER Timo	GER	56:43:00
8	DE GASPERI Marco	ITA	56:50:00
9	SAFRONOV Andrey	RUS	56:53:00
10	SCHNEIDER David	SUI	56:54:00
11	GAJARDO Marco	ITA	57:14:00
12	GATES Rickey	USA	57:17:00
13	VERNON Steve	ENG	57:27:00
14	GEX-FABRY Alexis	SUI	57:40:00
15	ALIWA Moses	UGA	57:44:00
16	GRAY Joe	USA	57:53:00
17	EPINEY Sebastien	SUI	57:55:00
18	ANÇAY Tarcis	SUI	58:05:00
19	WALSH James	ENG	58:10:00
20	ABATE Gabriele	ITA	58:18:00
21	HAVLICEK Jan	CZE	58:20:00
22	RUNGGER Hannes	ITA	58:20:00
23	BLAKE Eric	USA	58:22:00
24	MC MAHON Brian	IRL	58:34:00
25	GUTIERREZ Simon	USA	58:34:00
26	CARERA Juan Carlos	MEX	58:40:00
27	SANCHEZ Ranulfo	MEX	58:42:00
28	GASPAR Jose	POR	58:44:00
29	MCTAGGART Scott	AUS	58:44:00
30	MEYSSAT Emmanuel	FRA	58:52:00
31	WENK Stephan	SUI	59:04:00
32	CURA M.Munir	TUR	59:09:00
33	KOSOVELJ Mitja	SLO	59:10:00
34	BYRNE Matt	USA	59:11:00
35	TVEDT Jon	NOR	59:13:00
36	FREUDENBERG Zac	USA	59:15:00
37	MANZI Emanuelle	ITA	59:20:00
38	BUHAUG Svein Inge	NOR	59:24:00
39	STOCKERT Manuel	GER	59:29:00
40	RANCON Julien	FRA	59:34:00
41	BURRIER Georges	FRA	59:45:00
42	JANDARI Said	FRA	59:54:00
43	VOJAK Jiff	CZE	01:00:01
44	CARVALHO Jose	POR	01:00:11
45	HOPE Rob	ENG	01:00:30
46	BEHA Josef	GER	01:00:31
47	BUYUKBEZGIN Suleyman	TUR	01:00:32
48	SUNDBY Oayind Heiberg	NOR	01:00:32
49	FREI Martin	CZE	01:00:35
50	MUSLU Ercan	TUR	01:00:45
51	DORSZYNSKI Grzegorz	POL	01:00:50
52	LENNOX Jethro	SCO	01:00:52
53	ANTHAMATTEN Martin	SUI	01:00:55
54	LAMOVEC Peter	SLO	01:00:57
55	TAGGART Joseph	ENG	01:00:59
56	JUHASZ Andras	HUN	01:01:04

57	BROWN John	ENG	01:01:14
58	PECHEK Petr	CZE	01:01:18
59	RODRIGUES Artur	POR	01:01:19
60	PEREZ Tomas	MEX	01:01:22
61	ZARNIK Sebastjan	SLO	01:01:31
62	REDL Alois	AUT	01:01:33
63	TJOERHOM Tormod	NOR	01:01:39
64	WOSIK Daniel	POL	01:01:42
65	SILVA Carlos	POR	01:01:46
66	BRYDL Pavel	CZE	01:01:55
67	CARABALLO Andrey Jose	VEN	01:01:58
68	GANT Dylan	CAN	01:02:01
69	HARLAND Callum	NZL	01:02:04
70	SOUZA Nuno	POR	01:02:09
71	STRAIN Murray	SCO	01:02:12
72	NYS Sven	BEL	01:02:14
73	SWANSON Kris	CAN	01:02:22
74	HUGHES Glen	NZL	01:02:23
75	LAMBERT Adrian	CAN	01:02:27
76	VOLLMER Mark	CAN	01:02:30
77	ANTHONY Alasdair	SCO	01:02:34
78	STEWART Grant	SCO	01:02:34
79	OSBORNE Adam	ENG	01:02:36
80	STURM Marco	GER	01:02:46
81	SKOPAC Iivica	CRO	01:02:47
82	ZAK Dariusz	POL	01:02:48
83	URBANOVSKY Martin	SVK	01:02:49
84	DAVIES Timothy	WAL	01:02:52
85	SCHMUCK Helmut	AUT	01:02:56
86	COLLINS Matthew	WAL	01:03:05
87	YILMAZ Sadat	TUR	01:03:16
88	DE BERGE Bart	BEL	01:03:20
89	DAVIES Andrew	WAL	01:03:26
90	ALIC Simon	SLO	01:03:28
91	SYMONDS Joe	SCO	01:03:34
92	PEREIRA Francisco	POR	01:03:36
93	BUSIENEI Wilson	UGA	01:03:46
94	TORRANCE Brian	CAN	01:03:55
95	MUSTAFA Shaban	BUL	01:03:59
96	DUNCAN Stephan	NIR	01:04:01
97	HEIT Manfred	AUT	01:04:01
98	RYAN Mark	IRL	01:04:02
99	MARTINEZ S. Alexis	VEN	01:04:05
100	HEHIR Sean	IRL	01:04:13
101	SWIERC Marcin	POL	01:04:17
102	BLAHA Tomas	CZE	01:04:18
103	BROWN Stephan	AUS	01:04:21
104	VENEDIKTOV Roman	RUS	01:04:30
105	CARTY Neil	NIR	01:04:36
106	BUFFETT Rhodri	WAL	01:04:37
107	HEIGL Thomas	AUT	01:04:58
108	MINNOCK Barry	IRL	01:05:08
109	BODNAR Sergiy	UKR	01:05:09
110	RICHARDON James	CAN	01:05:23
111	DONNELLY Colin	SCO	01:05:27
112	ZOLOTUKHIN Alexey	RUS	01:05:32
113	CEGAR Goran	SRB	01:05:38
114	SALMUN Igor	SLO	01:05:38
115	WOODS Des	NIR	01:05:53
116	KELLY Michael	IRL	01:06:10
117	ROBERTS Richard	WAL	01:06:15
118	NAGOVITSYN Pavel	RUS	01:06:33
119	WALOSZCZYK Bartolomey	POL	01:06:48
120	LOPEZ Miguel Angel	MEX	01:07:00
121	HUMPHRIES Afan	WAL	01:07:07
122	CEH Joze	SLO	01:07:12
123	FASKHETDINOV Arsel	RUS	01:07:26
124	STOLIC Sasa	SRB	01:07:40
125	CHARLIER Jean-Francois	BEL	01:07:59
126	VISTICA Andrej	CRO	01:08:09
127	O'FARRELL Peter	IRL	01:08:36
128	MARCHUK Sercy	UKR	01:08:59
129	STEIN Nitai	ISR	01:09:18
130	MILENKOVIC Nebojsa	SRB	01:09:27

131	HANNA Edward	NIR	01:09:52
132	SHAVIT Tzuriel	ISR	01:10:16
133	MALYY Anatoliy	UKR	01:10:26
134	NIBLOCK Andrew	NIR	01:10:40
135	MALKA Haim	ISR	01:11:14
136	PERISIC Sasa	SRB	01:11:46
137	CUKOSIC Daniel	CRO	01:12:19
138	DURANT Patrick	BEL	01:12:21
139	KOVEIC Martin	CRO	01:12:30
140	SLOVINAC Hrvoje	CRO	01:13:29
141	O'FLAHERTY David	NIR	01:14:08
142	BJELAJAC Bosko	SRB	01:14:10
143	BIAMONTI Jean-Philippe	MON	01:14:37
144	LEV Yigal	ISR	01:14:57
145	DIMOV Zoran	MKD	01:16:50
146	JAKIMOVSKI Igor	MKD	01:18:12
147	KIRADZIEV Aleksandar	MKD	01:18:24
148	CUFFARO Antonino	MON	01:18:48
149	ZANDOTTI Philippe	MON	01:22:08
150	KUZIN Nikolay	RUS	01:23:09
151	JANKOVSKI Slavko	MKD	01:23:36
152	SIROTA Vladen	UKR	01:23:50
153	SAZDOV Zoran	MKD	01:25:45
154	TEIFUNOV Stojance	MKD	01:26:00
155	DIGUISTO Laurent	MON	01:27:49
156	LAZAAR Imau	MON	01:27:49
157	BUENAVENTURA Yanez	GEQ	01:45:15
	WILSSENS Koen	BEL	DNF

## MENS TEAMS

1	ITA	43	10	POR	196	19	WAL	365
2	SUI	59	11	MEX	233	20	BEL	423
3	USA	76	12	SLO	238	21	NIR	447
4	FRA	116	13	SCO	278	22	CRO	483
5	TUR	132	14	CAN	292	23	SRB	503
6	ENG	132	15	POL	298	24	UKR	522
7	CZE	171	16	IRL	330	25	ISR	540
8	GER	172	17	RUS	343	26	MKD	589
9	NOR	184	18	AUT	351	27	MON	595

## WOMEN

1	MAYR Andrea	AUT	43:58:00
2	RUNGGER Renate	ITA	44:57:00
3	DESCO Elisa	ITA	45:29:00
4	OTTERBU M. Kirsten	NOR	45:29:00
5	STRAHL Martina	SUI	45:43:00
6	EVERTEN H. Anita	NOR	46:02:00
7	TUDORAN Paula Claudia	ROM	46:35:00
8	MEIER Barnadette	SUI	47:00:00
9	DEVILLERS Constance	FRA	47:07:00
10	FROST Anna	NZL	47:35:00
11	ERHOLTZ Brandy	USA	47:40:00
12	FLÜCKIGER-JOLY Aageline	SUI	47:42:00
13	WILKINSON Victoria	ENG	48:02:00
14	WELTZIEN Ingunn	NOR	48:23:00
15	RODRIGUEZ Q. Maria E.	COL	48:27:00
16	LEONTYEVA Natalia	RUS	48:27:00
17	GASSMANN Daniela	SUI	48:31:00
18	KOSOVELJ Mateja	SLO	48:32:00
19	MERKOVA Martina	SVK	48:34:00
20	BERESOVA Katarina	SVK	48:37:00
21	SCHMIDT Elke	SCO	48:37:00
22	MIHAYLOVA Milka	BUL	48:51:00
23	MATYASOVA Pavla	CZE	48:55:00
24	TUNSTALL Sarah	ENG	48:55:00
25	ROBINSON Rebecca	ENG	48:56:00
26	PICHRTOVA Anna	CZE	49:07:00
27	VOKUEVA Janna	RUS	49:16:00
28	ROBERTI MariaGrazia	ITA	49:21:00
29	WILSON Lyn	SCO	49:22:00
30	INGRAM Katie	ENG	49:32:00
31	GORDON Claire	SCO	49:40:00
32	GUILLLOT Isabelle	FRA	49:44:00
33	KIMMEL Megan	USA	50:03:00

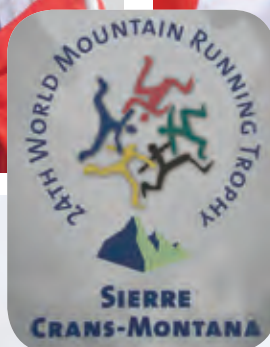


11

Winning ladies Renate Rungger (ITA) Silver,  
Andrea Mayr (AUT) Gold,  
Elisa Desco (ITA) Bronze  
Photo: P Hartley



Winning ladies  
Switzerland 2nd  
Italy  
Photo: P Hartley



Winning junior men:  
Riccardo Sterni (ITA) Silver,  
Sindre Buraas (NOR) Gold,  
Mevlut Savaser (TUR) Bronze  
Photo: P Hartley



Winning men:  
Photo: P Hartley

Martin Toroitich  
(UGA) Silver

Jonathan V  
(NZL) Gold



Friendships: a moment during the opening ceremony  
Photo: P Hartley







Winning ladies teams:  
Norway 1st,  
Italy 2nd,  
USA 3rd  
Photo: P Hartley



Winning junior ladies  
Esra Gunnu (TUR) Silver,  
Laura Park (ENG) Gold,  
Alex Dunne (USA) Bronze  
Photo: P Hartley



Winning junior men  
Norway 1st,  
Italy 2nd,  
USA 3rd  
Photo: P Hartley



Hannah Bateson  
Laura Park  
England  
Junior: Gold Medalists  
Heather Timmins  
Photo: P Hartley



Renate Rungger (ITA) 2nd  
Elisa Desco (ITA) 3rd  
Photo: P Hartley



Some Norwegian junior men Joel Dyrhovden No82, Lars Bakke No80 with  
Team Manager Christian Prestegard  
Photo: P Hartley





## 7th European Championships

Zell am Harmersbach, Germany – 12th July 2008

(This report was written for the EAA web page following the event)

The seventh European Mountain Running Championships took place in the small Black Forest town of Zell am Harmersbach (GER) on 12th July.

The up/down courses attracted athletes from 25 countries, and saw the previously dominant Italians face a tough challenge from the recently emerging Turkish mountain runners.

The scene was set for some Turkish medals when the Junior ladies finished second with eight points led home by Esra Gullu. Russia kept up their tradition of entering strong Junior teams by taking the gold medal position by placing their counting athletes first (Mariya Bykova) and third, while the Great British Junior team, led by Hannah Bateson in fifth position, took bronze.

Turkish progress in mountain running was really demonstrated in the Junior men's race - previously dominated by Italy - when they took all medal positions and fifth place, led home by gold medalist Hasan Pak. This repeated their overwhelming superiority of last year.

In the senior women's race former medallist countries reasserted their credentials.

Elisa Desco (ITA) confirmed her fine form in last year's World Trophy (fourth) by winning in at time of 40.18 mins in front of Constance Devillers (FRA). Sarah Tunstall (GBR), after leading on the first lap slipped to third but enjoyed leading the British team to a gold

medal win backed up by Victoria Wilkinson (5th) and Katie Ingram (9th) for a team total of 17 points. France took silver with 21 points and Italy bronze with 22 points. In total, seventeen nations finished full senior women's teams. In the men's race Ahmet Arslan (TUR) retained his title, won last year

on an uphill only course. His time was 50.01 Italy's traditionally strong senior men's team placed 2nd, 3rd, and 6th, led by relative newcomer Bernard Dematteis to win the team gold medal comfortably. Multiple World Champion in recent years and former European Champion in up/down races, Marco de Gasperi (ITA), had to be satisfied with third place nearly a minute behind the winner.

The contest for the silver and bronze medal team positions was resolved by the last counter for each of Spain, France and Turkey who all scored 32 points. With their last counter in 13th position Spain took their first medals in the Championships with a silver. France placed their last counter in 15th position so took bronze. Turkey with their last counter in 17th position were edged out of the team medals on this occasion. In the end, 19 countries finished full senior men's teams.

European Athletics President, Hansjörg Wirz declared that he was extremely satisfied with a very successful and well organised Championships.

DH



**Senior Women's Champion**  
**Elisa Desco (ITA).**  
Photo: P Hartley



## 24th World Mountain Running Trophy

Sierre/ Crans – Montana (Valais, Switzerland) – 14th September 2008

(This report was written by Danny Hughes for the IAAF 2008 Yearbook)

Wyatt and Mayr back on top

Sierre/Crans-Montana and the Swiss Athletic Federation staged a record-breaking World Trophy event on Sunday 14th September 2008. More men, women and countries (38) were present than ever before. Sierre was dry but overcast. Crans-Montana, 1000m higher, was shrouded in thick mist and drizzle. The conditions did not detract from some fine performances.

Jonathan Wyatt once again proved himself the supreme mountain runner as he recorded his sixth World title since his first in 1998. His time for the 12 km 1046m climb course was 55.03. In the fast early stages the Ugandans and Turkish runners set the pace with Wyatt hanging on in about 8th position. As the course steepened, he started to gain positions. With 2 km to go Martin Toroitich (UGA) had a 50m lead. The course became steeper and with 500m to go, Wyatt had caught Toroitich and European Champion, Ahmet Arslan. The last stage became a sprint with Wyatt hanging on to win from the Ugandan by just 12 seconds. It was noteworthy that athletes from three different continents, Oceania, Africa and Europe, occupied the podium. As expected the Italian men's team recorded yet another victory, with host country Switzerland second and USA third.

The women's race proved a great consolation prize for Andrea Mayr (AUT) who had just



**Senior Men's Champion**  
**Jonathan Wyatt (NZL).**  
Photo: P Hartley

missed out on Olympic selection for the Austrian steeplechase team. She destroyed a talented field when winning with a 59-second margin from Renate Rungger (ITA). There was a desperate sprint for the bronze medal position with Elisa Desco (ITA), edging out Olympian Kirsten Otterbu (NOR) by 0.2 seconds. Otterbu still received a gold medal as she led the Norwegian team to victory over Switzerland by just one point.

Norway confirmed their rise in the mountain running firmament as their junior men placed second in the team standings, led home by gold medallist Sindre Buraas. The strong Turkish junior team, 2008 European champions, took the gold medal position again.

England enjoyed welcome success in the junior women's race as young Laura Park had a convincing win over Turkey's Esra Gullu. Heather Timmins in 7th position gave England the team gold.

This was the last occasion on which we will see England in the competition since IAAF has granted the 25th event in 2009 the official title of World Mountain Running Championships. As a result the four UK teams of England, Scotland, N. Ireland and Wales, will be replaced by a Great Britain and Northern Ireland team. The change was approved by the WMRA Congress by 32 votes in favour, two abstentions and non against.



# 5th Annual NACAC (North American Central American Caribbean) Mountain Running Championships

Tepatitlan, Jalisco, Mexico – 5th July 2008

For the fourth time in five years (in 2006 the USA did not field a men's or women's team at the event) the U.S. women's team won gold at the NACAC Mountain Running Championships over a nine kilometre uphill course. It was nearly a clean sweep for the U.S. women led by Kasie Enman, 28, Huntington VT, who finished in first place with a time of 53:55. Second place honours went to a Mexican runner in 54:13, followed by Alison Bryant, 28, Elkin, NC, in third timed in 54:57 and Carly Gratoock, 29, Cambridge, MA, in fourth with a time of 56 minutes. The Mexican women's team won the silver medal with Canada earning the bronze medal.

The USA men settled for silver; having won gold in the previous years when a team participated in the event. Shiloh Mielke, 28, Weaverville, NC, finished in third place timed in 43:42, followed by Aaron Saft, 29, Fletcher, NC, in sixth with a time of 45:09 and Jason Bryant, 35, Elkin, NC, in ninth with a time of 48:56. Mexico won the gold with Canada in bronze medal position.

## Leading Results:

### Men:

1. Juan Carlos Carera (MEX)	41:17
2. Ranulfo Sanchez (MEX)	42.08
3. Shiloh Mielke (USA)	43.42
4. Tomas Perez Nava (MEX)	43.53
5. Jose Angel Ramirez (MEX)	44.27
6. Aaron Saft (USA)	45.09

### Women:

1. Kasie Enman (USA)	53.55
2. Laura Flores Davila (MEX)	54.07
3. Alison Bryant (USA)	54.57
4. Carly Gratoock (USA)	56.00
5. Nora Liliana Flores (MEX)	57.14
6. Alejandra Cadenas (MEX)	58.17



Enmam, Flores, Bryant  
Photo: NACAC



Juan Carlos Carera (MEX)  
Photo: NACAC

The overall winner was the youngest member of the Mexican team, Juan Carlos Carera who, according to Saft, ran an incredibly fast time of 41:17. Carera was the top junior for the Mexican team at the 2007 World Trophy, finishing in sixth place overall. In second place at the NACAC event was Ranulfo Sanchez in 42.08, who was a bronze medallist in the senior men's race at the 2002 World Trophy. In addition to the team competition – with the women racing first, followed by the men – there was an open race and a junior race. The open race was also a 9 km, while the juniors ran 6 km.

## 3rd South American (Consudatle) Mountain Running Championships

Caleu, Chile - 27th July 2008

### Leading Results:

#### Senior Men: (12 km)

1. Patricio Contreras (CHI)	56.15
2. Cristian Rogel (CHI)	56.25
3. Luis Santibanez (CHI)	56.40
4. Hector Montecinos (CHI)	56.55
5. A. P. Da Silva Sales ((BRA)	58.06
6. Andry Caraballo (VEN)	58.17

#### Senior Women: (8 km)

1. Susana Rebolledo (CHI)	46.54
2. Lorena Acosta (ARG)	48.26
3. Andrea Labra (CHI)	50.43
4. Martina Bolcanes (VEN)	51.48
5. Luzia A. Da Silva (BRA)	56.51
6. Julia Del Rio (CHI)	57.32

#### Junior Men: (8 km)

1. Emilio Oliva (ARG)	44.08
2. Daniel Vivanco (CHI)	44.39
3. Omar Garrido (ARG)	44.49
4. Anthony Gallardo (CHI)	44.53
5. Jose Luis Pradenas (CHI)	47.18
6. Alejandro Contreras (CHI)	47.48

#### Junior Women: (4 km)

1. Belen Rojas (CHI)	26.33
2. Daniela Rojas (CHI)	29.16
3. Cristina Salvatierra (ARG)	30.21
4. Anahi Quinteros (ARG)	31.54
5. Carolina Cardenas (CHI)	33.10
6. Nicole Nunez (CHI)	34.35





## 8th European Mountain Running Championships

12th July 2009

Telfes im Stubai (Austria)

[www.emrc2009telfes.org/index\\_en.html](http://www.emrc2009telfes.org/index_en.html)



Campodolcino a Madesimo - Valtellina Italia  
25° Campionato del Mondo  
di Corsa in Montagna  
Domenica 6 settembre 2009

## 25th World Mountain Running Championships

6th September 2009 Campodolcino – Madesimo, Italy

[www.wmrc2009.org](http://www.wmrc2009.org)

WMRA President Danny Hughes and WMRA Secretary Bruno Gozzelino with Federico Scaramellini (left) and Gino Valentini (right), two members of LOC.



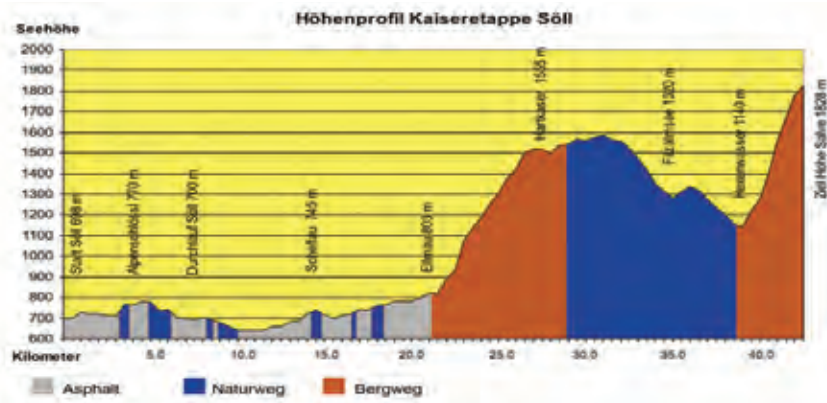
Photo:  
P Longo



## 5th World Long Distance Mountain Running Challenge

10th October 2009

Kaisermarathon (Austria) in the heart of the Alps



The Kaisermarathon, the 2009 World Long Distance Mountain Running Challenge, is part of the legendary Tour de Tirol, which takes place from 9 – 11th October 2009. Starting at Söll (698m), the Kaisermarathon is without doubt one of the hardest and most interesting running courses in the world. It is 42.195km and climbs 2160m to finish at the top of "Hohen Salve" at 1829m.

The course record of 3 hrs. 06m. is held by Jonathan Wyatt, who has won the Tour de Tirol 3 times.

For more information visit: [www.tourdetirol.com](http://www.tourdetirol.com)



3 Tage – 73 km – 2000 hm

**Tour de Tirol**

9. - 11. Oktober 2009

Langdistanz Berglauf-WM 2009  
World Long Distance Mountain Running Challenge 2009



## THIRD INTERNATIONAL YOUTH CHALLENGE

The WMRA International Youth Challenge races took place once again in Susa, Italy, on 22nd June 2008, with ten countries represented. Russia and Northern Ireland were present for the first time, with a Russian winning both the Boys and Girls races.



## Results Summary:

Boys:	1.	Andrey Rusakov (RUS)	17:44
	2.	Paolo Ruatti (ITA)	18.12
	3.	Federico Viviani (ITA)	18.25
	4.	Andrea Debiasi (ITA)	18.31
	5.	Andrea Zvokov (RUS)	18.37
	6.	Joe Gratton (ENG)	18.43

Boys teams	
1.	Italy 9 points
2.	Russia 39 points
3.	Scotland 40 points

Girls:	1.	Polina Avdeeva (RUS)	13.59
	2.	Annika Jarman (ENG)	14.21
	3.	Emma Flanagan (ENG)	14.26
	4.	Deborah Stokoe (SCO)	14.34
	5.	Letizia Titon (ITA)	14.41
	6.	Aneura Phillips (WAL)	14.46

Girls teams	
1.	England 12 points
2.	Italy 30 points
3.	Wales 41 points

## 1st Balkan Mountain Running Championships

Sapareva Banya, Bulgaria

29th June 2008

## Junior Ladies (3.4 km):

1.	Argun Nigar (TUR)	29.25
2.	Ulu Mevlude (TUR)	29.46
3.	Savina Stoyanchova (BUL)	30.01
4.	Ongun Hulya (TUR)	30.35

## Teams:

1. Turkey 7 pts; 2. Bulgaria 14 pts.

## Junior Men (6.6 km)

1.	Akalin Emrah (TUR)	39.35
2.	Demir Alper (TUR)	39.38
3.	Durer Gokhan (TUR)	40.47
4.	Georgi Popov (BUL)	43.52

## Teams:

1. Turkey 6; Bulgaria 15; Macedonia 24.

## Senior Ladies (6.6 km):

1.	Cristiana Frumuz (ROM)	45.40
2.	Rumyana Panovska (BUL)	47.29
3.	Milka Mihaylova (BUL)	47.54
4.	Cotuk Rahime (TUR)	48.08
5.	Bastug Hulya (TUR)	48.15
6.	Nicoleta Petrescu (ROM)	48.44

## Teams:

1. Bulgaria 12; Romania 17; Turkey 20.

## Senior Men (9 km):

1.	Cura M. Munir (TUR)	50.44
2.	Kus Erkan (TUR)	51.45
3.	Durer Serdar (TUR)	52.44
4.	Nikolay Iliev (BUL)	53.18
5.	Constantin Ifrim (ROM)	53.47
6.	Janko Bensa (SRB)	53.54

## Teams:

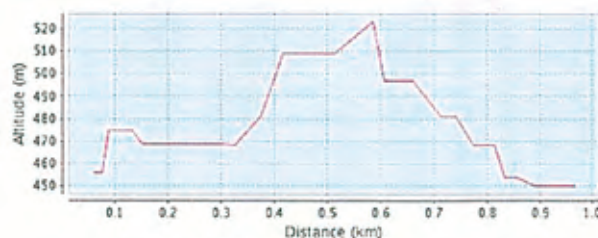
1. Turkey 6; Bulgaria 17; Serbia 23

## Fourth International Youth Challenge

Saturday 27th June 2009

97647 Hausen/Rhön

Germany



Promoter: DLV Germany

LOC: LLZ Rhön Grabfeld

Registration: Sybille Martin

email: sybillemartin@web.de



# 8th World Masters Mountain Running Championships 6th September 2008 - Dolni Morava (Czech Republic)

A total number of 619 masters age athletes experienced a magnificently staged mountain running occasion in the small village of Dolni Morava in the north of Czech Republic on Saturday September 6th 2008.

The beautiful forested mountains of the national park were bathed in warm sunshine when temperatures reached 28 degrees Celsius. Fortunately, runners were protected from the direct sunlight for most of the course by the trees on the lower slopes.

Of the 20 categories between ages 35 and 80+. The Men 50 (M50) category had the largest entry with 105 competitors. Just one woman and three men managed to complete the course for those aged 80 and over.

American Simon Gutierrez (M40) retained his title and recorded the fastest time of the day for the longer 11.3km course with 50 minutes 10 seconds. Others to retain their titles were Jiri Libra (CZE; M70), Rosi Pattis (ITA; W55) and Barbel Berghaus (GER; W65).

Austrian Alois Puchner (M55) recorded the fastest time for the shorter 9.9km course winning in 51.12. Current World Champion and local girl Anna Pichrtova stormed home to win the W35 category in 55.50 for the 11.3km course.

As usual, the host country managed to win most medals by winning the team result in all but one category. Nevertheless, there was a pleasing variety of national anthems during the presentation of individual medals.

Most of the competitors stayed for the evening prize ceremony which included, and was followed by, a series of brilliant performers of all kinds: Gymnasts, dancers, singers, fire-eaters and magicians kept everyone entertained until well past midnight.

Dolni Morava had seen nothing like it before and will wait a long time to see it again.

## Results Summary:

### 11.3km

M35	M. Zupancic (SLO)	52.18
M40	S. Gutierrez (USA)	50.10
M45	G. Convert (FRA)	50.48
M50	C. Earwaker (NZL)	55.48
W35	A. Pichrtova (CZE)	55.50
W40	I. Pakosz (POL)	62.10
W45	I. Kubicka (AUT)	60.31
W50	M. Greenan (IRL)	64.24

### 9.9km

M55	A. Puchner (AUT)	51.12
M60	O. Smida (CZE)	52.49
M65	V. Basista (SVK)	57.52
M70	J. Libra (CZE)	62.09
M75	A. Menary (ENG)	77.11
M80	F. Bern (CZE)	93.35
W55	R. Pattis (ITA)	63.22
W60	M. Spronk (GER)	66.25
W65	B. Berghaus (GER)	71.13
W70	M. Marcibalova (SVK)	90.38
W80	X. Nicolae (MDA)	2.56.52

## Medal Table

Nation	Gold	Silver	Bronze
Czech R	4	6	3
Germany	2	5	6
Slovakia	2	2	1
Austria	2	1	-
Italy	1	3	1
England	1	-	4
Slovenia	1	-	1
USA, FRA, NZL, POL, IRL, MDA all took a single gold medal			
Scotland	-	1	-



Friendship after the race

Photo: P Hartley

# WMMRC 2009

## World Masters Mountain Running Championship

[www.wmmrc2009.org](http://www.wmmrc2009.org)

contact: [info@wmmrc2009.org](mailto:info@wmmrc2009.org)

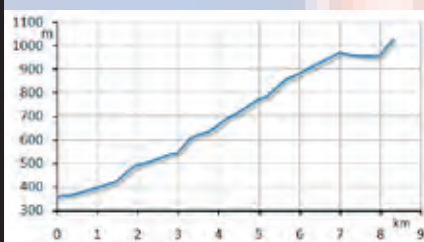
# ZAGREB/CROATIA

**Date** 12. September 2009

**Venue** Zagreb is the capital of Croatia. With more than 1 mio residents it's one of the biggest cities in SE Europe. The city was built between the Sava River (130m over the sea level) and the south slopes of Sljeme, 1030 m high mountain with famous TV tower and ski slopes, where Ski World Cup races were organized in last winter seasons. Excellent views from the summit; in a nice weather Slovenian and Austrian mountains could be seen.

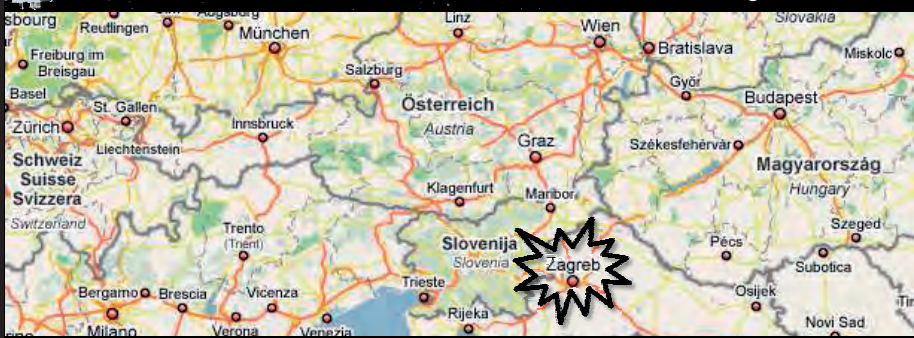
**Connections** Highway connection in direction to north (Vienna), west (Ljubljana-Venice), east (Belgrade) and south (Rijeka). Distances: Zagreb-Vienna 365km, Zagreb-Venice 370km. International airport with direct flights to many European cities.

**The course** There is asphalted road just first 200m and last 350m – all the rest is footpath, 1 – 2 m wide. Excellent surface, no mud in the case of wet weather, no dangerous sections, no extremely steep sections but moderate steepness all the time. Forrest with shadow all the time. **The course is suitable for all age categories.**



**Start:** Zagreb (360 m)  
**Finish:** Sljeme summit (1030m)  
**Length:** 8.3 km  
**Ascent:** 690 m  
**Descent:** 20 m

[www.zagreb-touristinfo.hr](http://www.zagreb-touristinfo.hr) [www.croatia.hr](http://www.croatia.hr)  
[www.zagreb-airport.hr](http://www.zagreb-airport.hr) [www.aksjljeme.com](http://www.aksjljeme.com)  
[www.wmra.info](http://www.wmra.info) [www.zgsport.hr](http://www.zgsport.hr) [www.iaaf.org](http://www.iaaf.org)  
[www.world-masters-athletics.org](http://www.world-masters-athletics.org) [www.has.hr](http://www.has.hr)





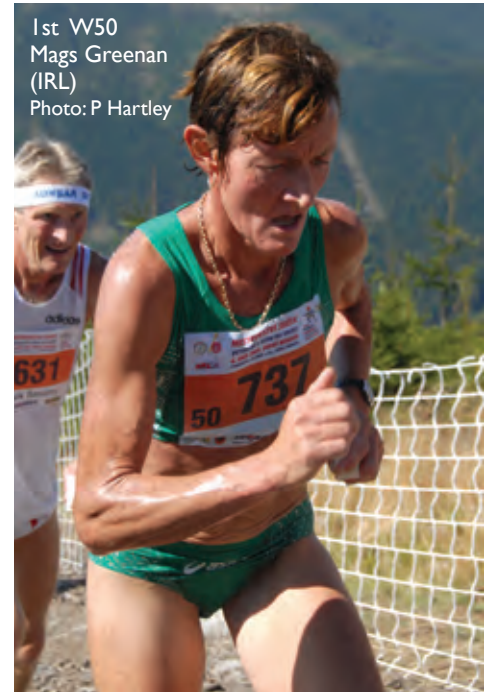
1st M35  
Marjan Zupancic  
(POL)  
Photo: Brian K



1st W35  
Anna Pichrtova  
(CZ)  
Photo: P Hartley



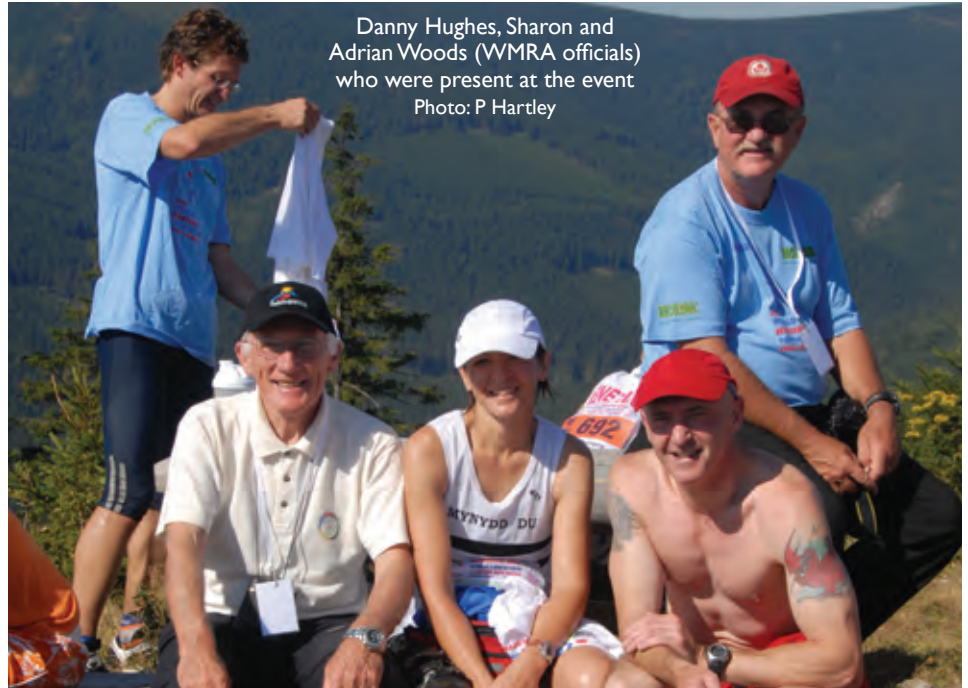
1st W50  
Mags Greenan  
(IRL)  
Photo: P Hartley



1st M60  
Oldrich Smida (CZ)  
Photo: P Hartley



Danny Hughes, Sharon and  
Adrian Woods (WMRA officials)  
who were present at the event  
Photo: P Hartley



1st W60  
Marianne Spronk  
(GER)  
Photo: P Hartley



1st W65  
Barbel Berghaus  
(GER)  
Photo: P Hartley



1st M70  
Jiri Libra (CZ)  
Photo: P Hartley





## Calendar WMRA 2009 International Mountain Races

**WMRA Events and Championships 2009**

Date	Event	Place / Venue	Country
27th June	4th WMRA Youth Challenge (competition for 16 – 17 years old)	Ostheim vor der Rhoe	GER
16 and 17 years old – men and women – individual and team			
6th September	25th WMRA World Mountain Running Championships (up and down)	Campodolcino (SO)	ITA
Senior and junior - men and women - individual and team			
12th September	9th WMRA/WMA Master World Mountain Running Championships	Zagreb	CRO
Masters: up 35 years old - men and women individual and team			
10th October	6th WMRA Long Distance Mountain Running Challenge (Tour de Tyrol – Kaisermarathon)	Soll (Tyrol)	AUT
Senior, junior and masters – men and women - individual			

**IAAF Area Championships 2009**

28th June	6th NACAC Mountain Running Championships (up and down)	North Conway (Cranmore New Hampshire)	USA
Senior and junior - men and women - individual and team			
12th July	8th EA Mountain Running Championships (uphill)	Telfes	AUT
Senior and junior - men and women - individual and team			
1st August	4th CONSUDATLE Mountain Running Championships	Quito	ECU
Senior and junior - men and women - individual and team			
28th November	1st AAC Mountain Running Championships	Cross River State	NGR
Senior - men and women - individual			
5th Obudu Ranch International Mountain Race			

**Other Championships 2009**

31st May	2nd Balkan Mountain Running Championships	Teteven	BUL
Senior - men and women - individual and team			
17th -20th September	1st Commonwealth Mountain Running Championships	Keswick	GBR
Senior - men and women - individual and team			

**11th WMRA Grand Prix 2009**

21st May	29th La Montée du Grand Ballon	Willer sur Thur/Goldbach	FRA
1st G.P. race – 2nd level			
26th July	12th Grintovec international Mountain race	Kamnik	SLO
2nd G.P. race – 1st level			
2nd August	1st Mayrhofen Harakiri Run	Mayrhofen	AUT
3rd G.P. race – 1st level			
9th August	4th International Sport 2000 Feuerkogel Berglauf	Ebensee	AUT
4th G.P. race – 1st level			
15th August	8th Adidas Skaala Uphill	Loen (Stryn)	NOR
5th G.P. race – 1st level			
6th September	25th WMRA World Mountain Running Championships (up and down)	Campodolcino (SO)	ITA
6th G.P. race - 1st level			
3rd October	30th Smarna Gora International mountain race	Ljubljana	SLO
7th G.P. race Final G.P. – 1st level			
Senior, junior and master- men and women - individual			

**WMRA International ‘associate member’ races 2009**

<b>WMRA Events / Championships 2008</b>				9th August	36th Sierre-Zinal	Zinal	SWI
3rd May	6th International “Rock of Gibraltar” Mountain Race	Gibraltar	GIB	Senior, junior and master- men and women - individual			
Senior, junior and master- men and women - individual				15th August	54th Pikes Peak Ascent (km. 21)	Manitou Springs	USA
16th May	5th Course des 2 Bains	Saillon –	SWI	Senior, junior and master- men and women - individual			
Senior, junior and master- men and women - individual				16th August	54rd Pikes Peak Marathon (km. 42)	Manitou Springs	USA
23rd - 24th May	25th Intern. Gamperney Berglauf	Grabs	SWI	Senior, junior and master- men and women - individual			
Senior, junior and master- men and women - individual				30th August	31st Internationaler Kitzbueheler Horn	Kitzbuehel	AUT
Senior, junior and master- men and women - individual				Senior, junior and master- men and women - individual			
20th June	49th Mt. Washington Hill Climb	Gorham,	USA	4th - 5th September	17th Jungfrau Marathon	Interlaken	SWI
Senior, junior and master- men and women - individual				Senior, junior and master- men and women - individual			
21st June	25th International Muttersberglauf	Bludenz	Austria	27th September	36th Hochfellen Berglauf	Bergen	GER
Senior, junior and master- men and women - individual				Senior, junior and master- men and women - individual			
5th July	10th Hog's Trail Marathon	Zagreb	CRO	25th October	52nd Trofeo “E.Vanoni” (relay international male)	Morbegno (So)	ITA
Senior, junior and master- men and women - individual				26th Trofeo “E.Vanoni” (individual international female)			
12th July	27th Montreux-Les Rochers-de-Naye	Montreux	SWI	Senior, junior and master- men and women – only team (relay)			
Senior, junior and master- men and women - individual							

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

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



## FINAL RANKINGS WMRA GRAND PRIX 2008

MEN				Race									
RANK	Name	Born	Nat.	1	2	3	4	5	6	7	Bonus	Total	
1	WYATT Jonathan	72	NZL		100	100	100			84	10	394	
2	GAJARDO Marco	70	ITA			75	85	100		90		350	
3	KOSOVELJ Mitja	84	SLO				60	75	42	120		297	
4	DLUGOSZ Andrzej	78	POL			70	40	85		72	10	277	
5	KROELL Markus	72	AUT			60	70	70	33		10	243	
6	KRUPICKA Robert	78	CZE			65	50			102		217	
7	BURRIER Georges	79	FRA	27	70			50	37		10	194	
8	ZARNIK Sebastjan	77	SLO		65		20	45		60		190	
9	BOLKHOVITIN Alexan.	71	RUS			55	45	60		0		160	
10	LAMOVEC Peter	84	SLO				22	40	30	54	10	156	
11	ZEILER Timo	82	GER	37		85						122	
12	RANCON Julien	80	FRA	33	85							118	
13	GATES Rickey	81	USA				75			32		107	
14	COSTA Eris	82	ITA				30			66		96	
15	VERNON Steve	80	ENG	42		35						77	
16	RUGA Fabio	81	ITA			6	24	30		4		64	
17	SKOPAC Ivica	74	CRO					22	27	8		57	
18	BOURNE Mark	83	AUS	18	30							48	
19	IIDA Yujiro	85	JPN					20	24			44	
20	LIPPI Thierry	68	SUI	2	22							24	
21	DEISENBERGER Franz	59	AUT				6	14				20	
22	MIKLOSA Matjaz	75	SLO					12		5		17	
23	FUCHSLUGER Andreas	69	AUT					1	12			13	
24	GEERDINK Maykel		NED	5		7						12	
25	QUEHENBERGER Hans	54	AUT				3	9				12	

WOMEN				Race								Bonus	Total
RANK	Name	Born	Nat.	1	2	3	4	5	6	7			
1	FROST Anna	81	NZL		65	85	70	85			10	315	
2	KOSOVELJ Mateja	88	SLO				85	75	42	90		292	
3	WILKINSON Victoria	78	GBR	42	85		55			102		284	
4	MATYASOVA Pavla	80	CZE			70	60	65		84		279	
5	MAYR Andrea	79	AUT					100	50	120		270	
6	MILESOVA Iva	77	CZE		55	65	50	70			10	250	
7	TUNSTALL Sarah	86	GBR	37	70		65			66		238	
8	BUCKLEY Anne	67	GBR	30	75	60				29	10	204	
9	PICHRTOVA Anna	73	CZE				100			78		178	
10	KRKOC Lucija	88	SLO				16	40	37	72		165	
11	STRAHL Martina	87	SUI	50	100							150	
12	SUSTARSIC Mateja	73	SLO		50			30	30	32		142	
13	HAVLOVA Pavla	82	CZE				40	50				90	
14	GALLAND Valerie		FRA	27	60							87	
15	LILGE-LEUTNER Carina	60	AUT				45		33			78	
16	MANNOVA Michaela	82	CZE				30	45				75	
17	JACQUIER Aurelie		FRA	24	45							69	
18	POELTNER Elisabeth	72	AUT				4	27	24			55	
19	LACHNER Evelyne	69	AUT					20	18			38	
20	BASTESIN Alessandra	72	ITA			27	5					32	



## A tribute to Danny Hughes and a celebration of his life (14 June 1936 – 9 February 2009)

Danny was born in Seaforth, Liverpool, the oldest of four boys. His early memories were those of war time – sheltering under the table when the air raid siren sounded. When he was five the family moved to Penketh, near Warrington, to escape the worst of the bombing.

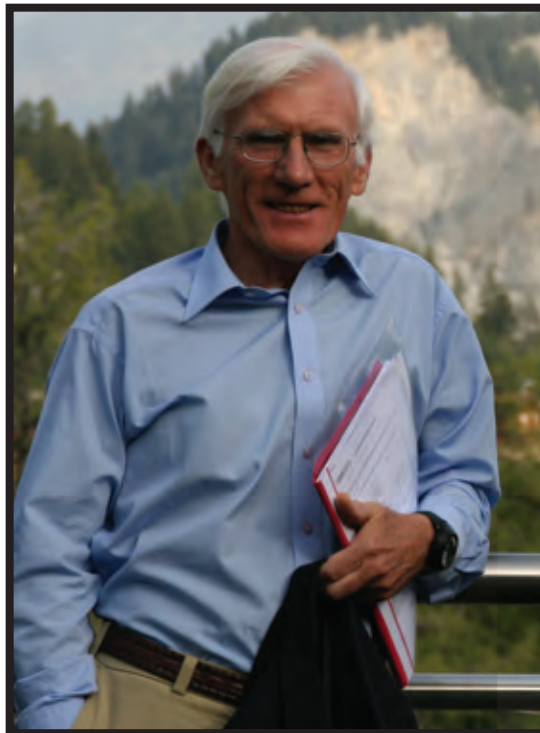
Danny grew up surrounded by green fields, with the canal and River Mersey close by spending time playing football, cricket, and other sports. At the age of 13 he joined Warrington Athletic Club, where he met Les Bristow, who was to become his greatest rival and best friend. Les introduced Danny to the wonders of the Lake District, which included climbing the mountains in the Langdale Valley. At the age of 15 Danny moved to Wigan Technical and Mining College to do his O and A levels before going to Liverpool University in 1954 to study electrical engineering. Liverpool University opened up many more opportunities for athletic competition and Danny immediately joined the cross country team, which was very successful during those years, and took part in track athletics, holding the mile and half mile record for several years. He made many friends during this time and some of his cross country friends were members of the Christian Union. They invited Danny to some of their meetings and, during his final year there, he became a committed Christian.

On finishing university in July 1958, with a BA in Electrical Engineering, Danny applied for a job at Sellafield with UK Atomic Energy Authority, as his one desire was to live in the Lake District which he had fallen in love with in his teens.

Danny continued to run cross country for Warrington AC when he moved to Cumbria, but it was a long distance to travel and he finally joined Barrow AC. There were few opportunities for track races in the summer so he decided to have a go at fell running, which mostly took place during the summer months.

In the 1960s, Danny met Norma whilst Scottish Country Dancing and the next week invited her to go to the Brampton to Carlisle road race with him, which was on her 18th birthday. Danny and Norma were married at Muncaster Church in 1963 and started their married life at Muncaster. Danny became a confirmed member of the Church of England and took an exam to become a Lay Reader in the church, a position he was to hold for the rest of his life.

Norma well remembers Danny's first fell race – the 1963 Vaux Mountain Trial in Wasdale. The runners set off in the direction of Great Gable, disappearing into the mist almost immediately. It was an orienteering type of race and runners chose their route between checkpoints. Danny got hopelessly lost finding the first checkpoint and retired! However, the experience didn't dampen Danny's enthusiasm and he was soon back taking fell running very seriously, and it became his favourite sport.



Danny also participated in orienteering, which had moved across the North Sea from Scandinavia and was becoming popular in the UK. He became one of the ten founder members of the W. Cumberland Orienteering Club and also joined the Cumberland Fell Running Association Committee, who organised the annual Ennerdale Horseshoe race. Having run for Barrow AC for a few years, he then moved to Kendal AC who had an active fell running team and started competing in other long distance races like the Ennerdale Horseshoe.

Danny had a vision for the future in all the organisations he became a part of and soon the CFRA were organising not only the Ennerdale Horseshoe but six other races, namely – Wasdale Horseshoe, Muncaster Fell Race, Blake Fell Race, Copeland Chase, Northern Counties Fell Race (from Buttermere) and the Kinniside Fell Race. In 1986 a new fell running club was founded – Cumberland Fell Runners – with Joss Naylor as Chairman and Danny as Secretary. Danny also joined the committee of the Fell Runners Association

and was Chairman from 1980 – 1984. By this time Danny and Norma had three children who also became involved with the organisation of the fell races.

It was during his time as FRA Chairman that he met up with the Italian mountain runners and the International Committee for Mountain Running (ICMR) was formed, with Angelo De Biasi as President and Danny as Secretary, and the first Mountain Running World Trophy was organised in Italy in 1984. This organization later became the World Mountain Running Association and Danny became President in 1993. Danny hadn't competed in races himself since 1996, when he had a serious illness, but still jogged three or four times a week to keep himself fit.

As we celebrate 25 years of the WMRA this September, we also celebrate one of the projects Danny worked tirelessly toward – the Championships designation for the World Mountain Trophy.

Danny will be remembered not only by his own family – sons David and John, daughter Rachel, and five grandchildren – but also his mountain running family throughout the world. As Norma relates, "Danny's all-consuming interest was mountain running and he has travelled all over the world helping to organise mountain races."

The WMRA Council looks forward to continuing on the path that Danny helped form – one that will surely include continued growth in our sport, further worldwide participation, and opportunities for athletes and administrators to share ideas and their love of mountain running





Jonathan  
Wyatt  
(NZL)  
1st  
Photo:  
P Hartley

## Memories of 2008 World Trophy in Sierre Crans-Montana



Andrea Mayr (AUS)  
1st  
Photo: Stinn



We congratulate Jonathan Wyatt and Antonella Confortola who were married recently and wish them much joy and happiness



### Obudu Ranch Mountain Race Cross River State – Nigeria 29th November 2008

A combination of hot competition and even hotter conditions meant that the reigning World Mountain Running Champion, and pre-race favourite, Jonathan Wyatt (NZ) only finished in 14th position. Ethiopia's Abebe Dinkesa was the winner in a time of 41.45 winning the \$50,000 prize. However, Andrea Mayr (AUT), also the reigning World Mountain Running Champion, sprinted away in the last 400 m. to win the race from Ethiopia's Mestawet Tufa, who collapsed from severe dehydration only metres from the line. The leading runners were:

Men:	1. Abebe Dinkesa (ETH)	41.45	\$50,000	NCR
	2. Geoffrey Kusuro (UGA)	42.36	\$20,000	
	3. Habtamu Awash (ETH)	42.42	\$ 9,000	
	4. Tilahu Regassa (ETH)	42.47	\$ 8,000	
	5. Lishan Yigezu (ETH)	42.48	\$ 7,000	
	6. Rolando Ortiz (COL)	43.40	\$ 6,000	
	7. Raji Assefa (ETH)	43.49	\$ 5,000	
	8. Joseph Marko (TAN)	43.51	\$ 4,000	
Women:	1. Andrea Mayr (AUT)	51.14	(Same prizes as men)	NCR
	2. Angelina Mutuku (ETH)	52.17		
	3. Rehima Kedir (ETH)	52.51		
	4. Aselefech Medessa (ETH)	53.02		
	5. Pauline Wangui (KEN)	53.03		
	6. Ashu Kasim (ETH)	53.05		
	7. Tiki Gelana (ETH)	53.23		
	8. Meseret Mengistu (ETH)	53.49		





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