



WORLD MOUNTAIN
RUNNING ASSOCIATION
NEWSLETTER 2011

Issue No 16 - June 2011



*Andrea Mayr (AUT)
Senior Women World Champion 2010*



*Yasemin Can (TUR)
Junior Women World Champion 2010*



*Yossief T. Andemichael (ERI)
Junior Men World Champion 2010*



*Samson K. Gashazghi (ERI)
Senior Men World Champion 2010*

Message from the WMRA President – Bruno Gozzelino

Mountain running, one of the youngest disciplines in athletics, continues to grow year by year, not only in the number of athletes competing but also in the quality and performance of the athletes. The figures speak for themselves.

In 2010 the following races took place: the 26th WMRA World Mountain Running Championships, the 5th WMRA International Youth Challenge, the 7th WMRA Long Distance Mountain Running Challenge, the 10th WMRA/WMA Masters World Mountain Running Championships, the 12th Grand Prix Series, four Continental Championships, under the various Area Associations, as well as numerous National Mountain Running Championships.

The IAAF has supported the activities of the WMRA in every possible way and their cooperation has been an important factor in this growth. Credit is also due to the good relations that have developed between the officials of the six Area Associations in their understanding of mountain running.

European Athletics (EA) has included mountain running in its official programme for the past ten years and has a European Athletics Mountain Running Association Commission. In October 2010 the EA gave it's Mountain Running Commission the opportunity of making an official presentation to the Annual European Athletics Convention which took

Council will propose updating the WMRA Constitution. At the WMRA Council Meeting in September 2011 a WMRA Secretary will be co-opted, following WMRA Constitution Rules, as a result of the resignation of Adrian Woods. There is still a need for an official headquarters for WMRA.

This year's WMRA Grand Prix will be held following the traditional format with WMRA funding most of the final prize money (thanks to the work of our Director of Marketing, Erhan Basoglu) in order to reduce the financial obligation of LOCs. Unfortunately, LOCs of the races within the Grand Prix Series during the past few years did not attend the meeting arranged in Kamnik, which didn't help WMRA to find a solution to make the Grand Prix Series more attractive.

At the WMRA Council meeting in January it was decided to change the title of the International Youth Challenge to "International Youth Cup", as from 2012, to give more importance to this race for young runners and a small financial support for travel cost of the national team.

WMRA continues to work with the IAAF, Athletics Continental Area Associations and National Athletics Federation in the battle against doping, one of the worst evils of sport, but there are also extra national sports laws that have to be respected which often lengthen disciplinary procedures.



Bruno Gozzelino, WMRA President, with Council Members, Norma Hughes and IAAF Officials: Pierre Weiss (General Secretary), Otto Klappert (Chairman, Cross Country Committee) and Carlos Cardoso (Cross Country Committee Member). Photo – N. Hobbs

place in Belgrade. Philippe Lamblin, Chairman of the EA Commission and myself, a Commission member, took this chance to showcase mountain running to the delegates from all fifty EA Member Federations.

In 2010 relations with the various National Athletics Federations have been strengthened and broadened, with the Federations showing an ever-growing interest in mountain running. For example, at the end of March 2010, the Athletic Federation of the Czech Republic celebrated 25 years of mountain running in their country with a splendid ceremony in the prestigious Senate Hall in Prague, in the presence of Alena Gajduskova (Vice-Chair of the Senate), Vladimir Spidla (former Prime Minister and former EU Commissioner for Social Affairs) and myself, as WMRA President. The ceremony was organised by Pavel Barta and Karel Skliba and was an opportunity to invite the organisers of the major national mountain running competitions, who were awarded special recognition by Libor Varahník (President) and Frantisek Fojt (Secretary) of the Czech Athletic Federation.

In May I had an important meeting in Athens with the Vassilios Sevastis, President, Panagiotis Dimakos, Secretary and Technical Staff of SEGAS to promote the sport of mountain running in Greece. My dream would be to stage an international mountain running event on Mount Olympus!

In my message last year I outlined a few changes that I would like to make with the support of WMRA Council members: some of these have taken place, some are on-going and we still need to find a solution to others. For example, at our next WMRA Congress in September 2011, WMRA

The WMRA Council are discussing the possibility of creating a voting system to nominate the best male and female mountain runner of the year. Any contribution about this idea would be most welcome.

I would like to take this opportunity of reminding everyone that mountain running is very much a branch of athletics, unlike tower running, sky and trail running, orienteering and similar events, and should not be confused with these.

I would like to thank particularly Inov-8 for their sponsorship during the past three years and for having confirmed their support for the next three years and a special welcome to Vestel, a new supporter of mountain running.

It was announced in June 2010, following a meeting in Tirana, Albania, in the presence of Sergey Bubka (IAAF Vice President), Gjergji Ruli (President of the Albanian Athletics Federation) and myself, that Albania was interested in making an application to stage the 27th World Mountain Running Championship. This application was presented to the WMRA Congress on 4th September 2010 and accepted. The event will take place in the capital Tirana, starting and finishing in the Botanic Garden.

WMRA is sure that 2011 will be another important year for our wonderful sport.

Bruno Gozzelino (President WMRA)

MESSAGE FROM IAAF PRESIDENT

It gives me great pleasure to write this annual address and look forward to another exciting year of WMRA competition.

With nearly 350 athletes from a record of 39 countries entered at last September's World Championships in Slovenia, with 13 countries earning at least one medal, it is clear that mountain running is growing in strength, appeal and importance beyond its traditional heartlands. While the senior women's division still continues to be dominated by Europe, that Turkey's Ahmet Arslan, in seventh place, was the first European home in the men's race is testimony to how deeply the sport is changing.

This year's competition climax breaks new geographical boundaries with the Albanian capital of Tirana, playing host to the worlds' best. The

old name 'World Trophy' which was used from 1985-2008 already seems a distant memory with the title World Championships, established since 2009, linguistically mirroring the actual global development of this vibrant branch of our sport. It is clear that a well devised and supported annual competition programme which is powered by the WMRA Grand Prix series has been the key to mountain running's swift advance, and I would like to underline the IAAF's commitment to the further universalisation of this inspiring endurance running discipline.

Lamine Diack

IAAF President



Lamine Diack (IAAF President)
Photo: IAAF

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WMRA Website (Courtesy of European Athletic Association):

www.wmra.info

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

Newsletter compiled and edited by Norma Hughes (E-mail: normahughes36@talktalk.net)

5TH WORLD MOUNTAIN RUNNING ASSOCIATION YOUTH CHALLENGE

Sauze d'Oulx – Italy

26th June 2010

Eleven countries participated in this year's Youth Challenge, for 16 and 17 year olds, which was held in wonderful sunshine in the winter ski resort of Sauze d'Oulx, where the World Mountain Running Trophy was held in 2004 and the Freestyle Ski event in the Winter Olympic Games in 2006.

In the girls race it was Ffion Price from Wales who was the winner, followed by two Russian girls, Ekaterina Ivonina and Anna Khryasheva, in second and third positions.

Russia won the team gold with England gaining the silver and Ireland the bronze medals.

The boys race was won by Turkish athlete Somez Dag, followed by Italian Giovanni Olocco (who was competing as an individual as he hadn't been selected for the Italian team) and another Turkish athlete, Nuri Komur, finished in third position. In the team results Ireland won gold, Russia silver and Italy bronze. Italy and Turkey had the same number of points but, as Italy's third scoring athlete was in 12th position and Turkey's in 24th position, the bronze medal was awarded to Italy.

This very successful event was organised by Atletica Susa in memory of Marco Germanetto, a talented young Italian runner who tragically lost his life in 1999.

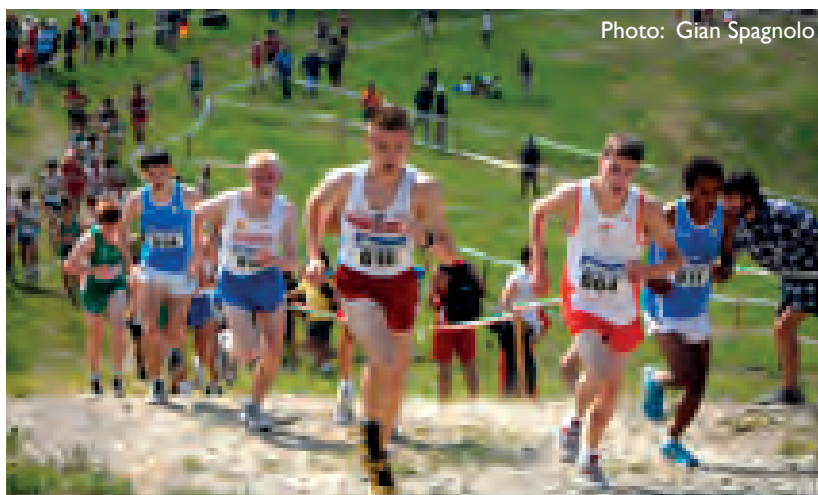


Photo: Gian Spagnolo



Photo: Gian Spagnolo



Photo: WMRA



Photo: WMRA

Leading Results

Boys

| | | |
|-----|--------------------------|-------|
| 1. | Somez Dag (TUR) | 19.12 |
| | Giovanni Olocco (ITA) | 19.38 |
| 2. | Nuri Komur (TUR) | 19.43 |
| 3. | Eoghan Totten (IRL) | 20.04 |
| 4. | Nekagenet Crippa (ITA) | 20.11 |
| 5. | Kevin Dooney (IRL) | 20.20 |
| 6. | Vitaly Lagushin (RUS) | 20.24 |
| 7. | Sergei Trifonov (RUS) | 20.24 |
| 8. | Marc Scott (ENG) | 20.25 |
| 9. | Carl Dunne (IRL) | 20.28 |
| 10. | Rodion Reshetnikov (RUS) | 20.32 |

Teams:

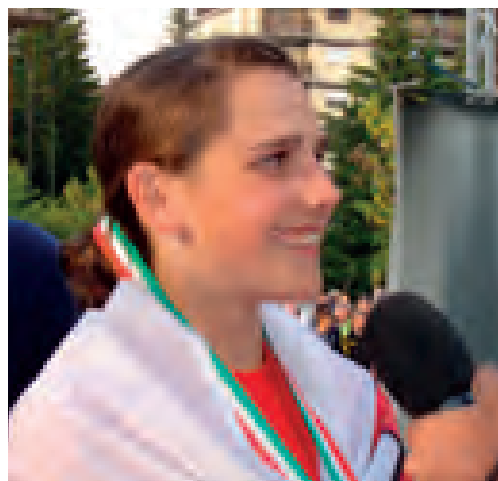
IRL – 17 pts; 2. RUS – 23 pts;
3. ITA – 27 pts.

Girls

| | | |
|-----|--------------------------|-------|
| 1. | Ffion Price (WAL) | 16.32 |
| 2. | Ekaterina Ivonina (RUS) | 16.39 |
| 3. | Anna Khryasheva (RUS) | 16.47 |
| 4. | Alexandra Bogatiriva (R) | 16.49 |
| 5. | Laura Riches (ENG) | 16.53 |
| 6. | Beckie Taylor (ENG) | 16.58 |
| 7. | Halina Rees (SCO) | 17.09 |
| 8. | Marlen De Martin R(ITA) | 17.11 |
| 9. | Meghan Ryan (IRL) | 17.18 |
| 10. | Emma Spencer (ENG) | 17.32 |

Teams:

1. RUS – 9 pts; 2. ENG – 21 pts;
3. IRL – 35 pts.



Ffion Price (WAL)

Winner of the girls competition

Photo: B Hussain

7TH WORLD LONG DISTANCE MOUNTAIN RUNNING CHALLENGE

Pikes Peak Ascent, Manitou Springs, Colorado (USA)

21st August 2010

The race chosen for this year's long distance challenge, the Pikes Peak Ascent, has been running for 55 years and this year's winner was Glenn Randall (USA) in a time of 2.09.28, followed by last year's long distance challenge champion Marc Lauenstein (SUI) in a time of 2.12.19. Ricky Gates (USA) finished in third position in 2.16.44. USA won gold in the mens team competition, beating England (silver) and Germany (bronze).

It was a very close race in the womens competition with Brandy Erholz (USA) beating Kim Dobson (USA) by only two seconds, 2.41.51 and 2.41.53 respectively. Anna Frost (NZL), as in last year's challenge, finished in third position in a time of 2.42.46. USA also won gold in the womens team competition with silver going to Germany and bronze to Scotland.

Full results on the event web page or the results page of www.wmra.info

MEN

Leading Individual Results

| | |
|--------------------------|---------|
| 1. Glenn Randall | 2.09.28 |
| 2. Marc Lauenstein (SUI) | 2.12.19 |
| 3. Rickey Gates (USA) | 2.16.44 |
| 4. Ryan Hafer (USA) | 2.20.04 |
| 5. Alex Nichols | 2.20.57 |
| 6. Andy Peace (ENG) | 2.22.25 |
| 7. Morgan Donnelly (ENG) | 2.23.05 |
| 9. Gallen Burrell | 2.26.55 |
| 10. Miguel Lopez (MEX) | 2.27.52 |

Team Results:

| | |
|------------|----------|
| 1. USA | 07.08.18 |
| 2. England | 07.18.02 |
| 3. Germany | 07.39.57 |

WOMEN

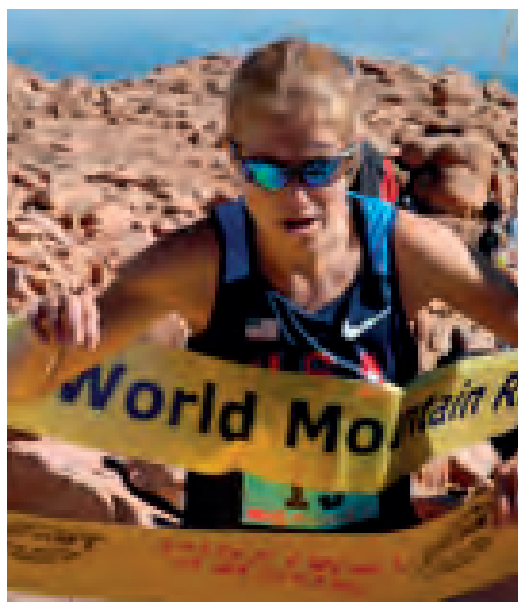
Leading Individual Results

| | |
|-----------------------------|---------|
| 1. Brandy Erholz (USA) | 2.41.51 |
| 2. Kim Dobson | 2.41.53 |
| 3. Anna Frost (NZL) | 2.42.46 |
| 4. Keri Nelson | 2.46.19 |
| 5. Anna Lupton (ENG) | 2.46.36 |
| 6. Katherine Kiski | 2.46.53 |
| 7. Victoria Wilkinson (ENG) | 2.48.46 |
| 9. Claire Gordon (SCO) | 2.53.50 |
| 10. Anja Carlsohn (GER) | 2.54.33 |

Team Results:

| | |
|-------------|----------|
| 1. USA | 09.41.15 |
| 2. Germany | 09.02.43 |
| 3. Scotland | 09.31.06 |

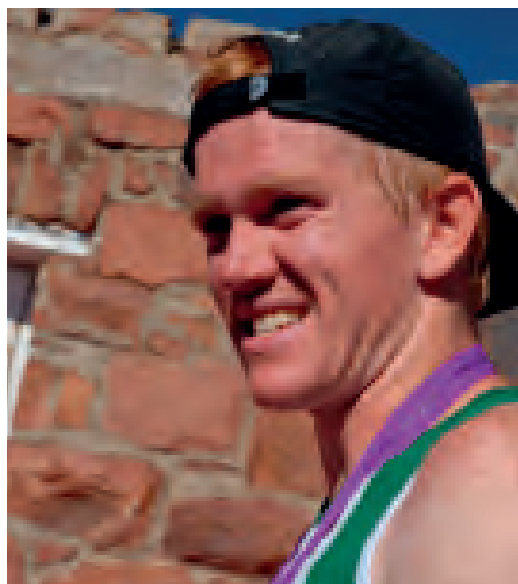
(Only those with a country after their name were in a scoring teams.)



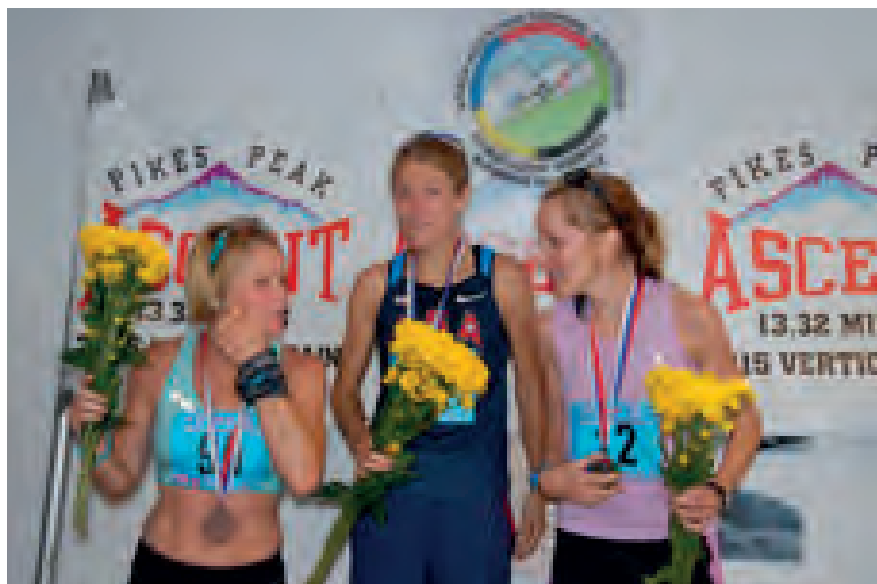
Winning Lady - Brandy Erholz (USA)
Photo: Nancy Hobbs



Men's Podium. 1st Glenn Randall (USA), 2nd Marc Lauenstein (SUI), 3rd Rickey Gates (USA)
Photo: Nancy Hobbs



Winner Glenn Randall (USA)
Photo: Nancy Hobbs



Women's Podium. 1st Brandy Erholz (USA), 2nd Kim Dobson (USA), 3rd Anna Frost (NZL)
Photo: Nancy Hobbs

CHAMPION PROFILE

AHMET ARSLAN (TURKEY)



Photo: P Hartley

Ahmet became European Champion for the fourth consecutive time in 2010 and finished in 7th position in the World Championships, the first non-African home. He was also the winner of last year's Grand Prix.

He started his athletic career in 2000, running in cross-country and track races. In 2004 he decided to give up athletics but the following year was encouraged by Metin Sazak to return to the sport and in 2005 discovered how much he enjoyed cross country races in challenging conditions and had much better results. That was the year he first heard about mountain running and thought he might be successful in mountain races and so, after sharing his thoughts with his trainer, decided to enter some races. He says this was the year he became part of the mountain running family and started to believe in himself!

In 2006 he won the Turkish Mountain Running Championship and was selected to be part of the national team for the European Championships, in which he finished 28th. That year he also competed in the Junior Race at the World Trophy in Wellington (NZ) finishing 4th, with the Turkish Junior Team winning gold. Success came earlier than he expected when he became European Champion in 2007. All wins make him happy but he will never forget his performance and happiness in 2007! This year's European Championship will be held in Bursa (Turkey), which is where his club is based, so he is very motivated to win the championship for the fifth time!

One of his remaining ambitions of course is to become World Mountain Running Champion and he hopes he might achieve this in 2011, as well as winning some of the other famous international races.

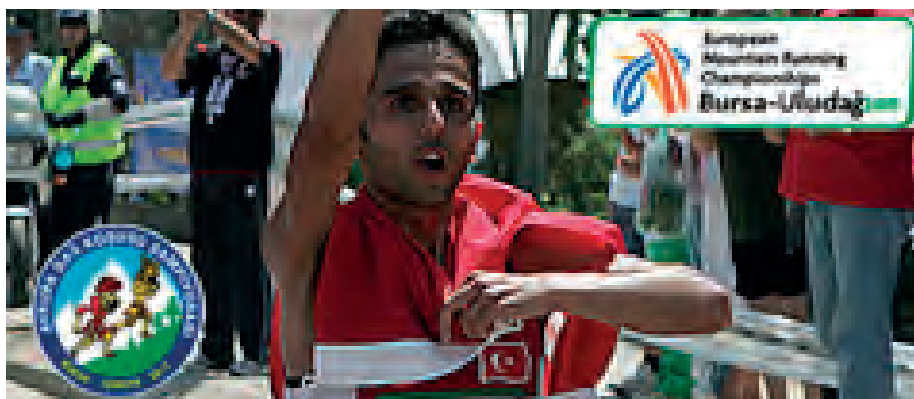
He wishes the "mountain running family" a successful year in 2011 and welcomes all athletes, coaches and managers to Bursa in July for the 10th European Mountain Running Championships

10th European Mountain Running Championships

Bursa/Uludag-Turkey
10th July 2011

General Secretary - Erhan Basoglu

www.emrc2011





9th European Mountain Running Championships

Sapareva Banya (Bulgaria)

4th July 2010

MEN

(12.2 km/685 m/78 participants)

| | | | |
|----|----------------------|------------|--------------|
| 1 | ARSLAN Ahmet | TUR | 46:14 |
| 2 | DEMATTEIS Martin | ITA | 46:40 |
| 3 | DE GASPERI Marco | ITA | 47:19 |
| 4 | RANCON Julien | FRA | 47:22 |
| 5 | ABATE Gabriele | ITA | 47:42 |
| 6 | DEMATTEIS Bernard | ITA | 47:57 |
| 7 | TURK Abdulkadir | TUR | 48:10 |
| 8 | MEYSSAT Emmanuel | FRA | 48:29 |
| 9 | CRESPO Javier | ESP | 48:42 |
| 10 | CATANER Cristofol | ESP | 48:51 |
| 11 | SOUZA Aires | POR | 48:58 |
| 12 | ZINCA Ionut | ROM | 49:08 |
| 13 | STOCKERT Manuel | GER | 49:19 |
| 14 | KOSOVELJ Mitja | SLO | 49:24 |
| 15 | BORGES Goncalo | POR | 49:29 |
| 16 | MUGA Rui | POR | 49:36 |
| 17 | NIJS Sven | BEL | 49:42 |
| 18 | FONTAINE Raymond | FRA | 49:48 |
| 19 | CAPITAN Vicente | ESP | 49:54 |
| 20 | SWIERC Marcin | POL | 49:58 |
| 21 | PECHEK Petr | CZE | 50:03 |
| 22 | CARVALHO Jose | POR | 50:06 |
| 23 | MCMULLAN James | GBR | 50:07 |
| 24 | VOJAK Jiri | CZE | 50:09 |
| 25 | RAVEN Gareth | GBR | 50:13 |
| 26 | ZARNIK Sebastjan | SLO | 50:26 |
| 27 | LECHLEITNER Simon | AUT | 50:36 |
| 28 | HAVLICEK Jan | CZE | 50:42 |
| 29 | STOCKERT Rene | GER | 50:58 |
| 30 | JANDARI Said | FRA | 51:03 |
| 31 | EDWARDS Orlando | GBR | 51:08 |
| 32 | WENK Stephan | SUI | 51:20 |
| 33 | KUS Erkan | TUR | 51:35 |
| 34 | PASQUASY Fabien | BEL | 51:37 |
| 35 | STEFANOV Hristo | BUL | 51:46 |
| 36 | KARAYEL Bekir | TUR | 51:55 |
| 37 | KOMARCEVIC Miroslav | SRB | 52:01 |
| 38 | YEGHIKYAN Sevak | ARM | 52:03 |
| 39 | ZOLOTUKHIN Alexey | RUS | 52:34 |
| 40 | KUCERA Martin | CZE | 52:41 |
| 41 | BACZYNSKI Wojciech | POL | 52:47 |
| 42 | ALIC Simon | SLO | 52:47 |
| 43 | HEIGL Thomas | AUT | 52:56 |
| 44 | O'HANLON Gary | IRL | 53:02 |
| 45 | MITSOV Dimcho | BUL | 53:09 |
| 46 | IFRIM Constantin | ROM | 53:16 |
| 47 | BREGAR Gasper | SLO | 53:18 |
| 48 | BAILLY Gilles | SUI | 53:33 |
| 49 | BEHA Josef | GER | 53:34 |
| 50 | PERMITIN Vasily | RUS | 53:51 |
| 51 | NIKOLOV Yolo | BUL | 53:53 |
| 52 | FELDER Hannes | AUT | 54:01 |
| 53 | ABRAMOV Evgenii | RUS | 54:12 |
| 54 | FUREY Brian | IRL | 54:18 |
| 55 | PRISNEAC Cristian | ROM | 54:20 |
| 56 | OSBORNE Adam | GBR | 54:22 |
| 57 | MALYY Anatoliy | UKR | 54:26 |
| 58 | HALDIMANN Stefan | SUI | 54:39 |
| 59 | NAGOVITSYN Pavel | RUS | 54:52 |
| 60 | LILOV Rosen | BUL | 55:17 |
| 61 | SKOPAC Ivica | CRO | 55:35 |
| 62 | HARTY Philip | IRL | 56:04 |
| 63 | MALKA Chaim | ISR | 56:09 |
| 64 | MLADENOVIC Predrag | SRB | 57:01 |
| 65 | DUKA Marinko | CRO | 57:04 |
| 66 | BOSTAN Adrian | ROM | 57:12 |
| 67 | RASCHUPKIN Sergiy | UKR | 57:17 |
| 68 | MARKOVIC Miroslav | SRB | 57:38 |
| 69 | KIRADZIEV Aleksandar | MKD | 58:06 |
| 70 | DORAN James | IRL | 58:18 |
| 71 | MIKULIC Nikola | CRO | 61:13 |
| 72 | MURIC Goran | CRO | 61:25 |
| 73 | RISTOVSKI Jovica | MKD | 61:38 |
| 74 | AJANOVSKI Kokan | MKD | 61:38 |
| 75 | STOSIC Kristijan | SRB | 63:17 |
| 76 | TALABIRA Robert | UKR | 64:05 |
| 77 | JEKABSONS Kaspars | LAT | 68:56 |
| 78 | KOVTUNENKO Yuriy | UKR | 72:24 |

JUNIOR MEN

(9 km/495 m/58 participants)

| | | | |
|---|-----------------------|------------|--------------|
| 1 | PAK Huseyin | TUR | 35:16 |
| 2 | YILDIRIMCI Sebahattin | TUR | 35:43 |
| 3 | JOLY Jente | BEL | 36:10 |
| 4 | RUATTI Paolo | ITA | 36:18 |
| 5 | DEBIASI Andrea | ITA | 36:26 |
| 6 | SIMPSON Robbie | GBR | 36:36 |

| | | | |
|----|------------------------|-----|-------|
| 7 | RUSAKOV Andrey | RUS | 36:54 |
| 8 | DAG Sonmez | TUR | 36:59 |
| 9 | JENNINGS Emmet | IRL | 37:18 |
| 10 | ALRAUN Fabian | GER | 37:23 |
| 11 | BIERZAK Maciej | POL | 37:24 |
| 12 | STRIMBU Razvan | ROM | 37:26 |
| 13 | KALLENBERG Michael | GBR | 37:35 |
| 14 | LAGUSHIN Vitaliy | RUS | 37:59 |
| 15 | VLADKOV Stoyan | BUL | 38:10 |
| 16 | HENDRY Alex | GBR | 38:14 |
| 17 | ZAYTSEV Artem | RUS | 38:17 |
| 18 | OBLAK Matija | SLO | 38:26 |
| 19 | KAMINSKI Petr | CZE | 38:36 |
| 20 | UDRIOT Robert | SUI | 38:38 |
| 21 | SIRIN ERDOGAN Mehmet | TUR | 38:44 |
| 22 | LUKES Petr | CZE | 38:52 |
| 23 | HUNT Jeremy | SUI | 38:59 |
| 24 | AMINEV Aynur | RUS | 39:03 |
| 25 | BARBUSCIO Marco | ITA | 39:08 |
| 26 | MATTLE Martin | AUT | 39:11 |
| 27 | CORNESCHI Alexandru | ROM | 39:20 |
| 28 | TSVETANOV Tsvetan | BUL | 39:31 |
| 29 | MUSZYNSKI Filip | POL | 39:34 |
| 30 | SCHEJBAL Oldrich | CZE | 39:39 |
| 31 | VAGLIA Federico | ITA | 39:41 |
| 32 | GRYCKO Tomasz | POL | 39:43 |
| 33 | STAIUC Alexandru | ROM | 39:43 |
| 34 | MENDES Paulo | POR | 39:50 |
| 35 | JEREB Urban | SLO | 40:10 |
| 36 | SLABE Matic | SLO | 40:23 |
| 37 | SPEIGHT James | IRL | 40:23 |
| 38 | ONDRASEK Pavel | CZE | 40:39 |
| 39 | CADEZ Ziga | SLO | 41:05 |
| 40 | TSENOV Mitko | BUL | 41:06 |
| 41 | BRUNNER David | AUT | 41:15 |
| 42 | DURAN Ruslan | UKR | 41:31 |
| 43 | BALASKO Kresimir | CRO | 43:19 |
| 44 | DRONDOIE Alin | ROM | 43:51 |
| 45 | SALAMIN Jean-Baptiste | SUI | 44:33 |
| 46 | GRIFFIN James | IRL | 45:06 |
| 47 | DRUMCHEV Nikolay | BUL | 45:34 |
| 48 | MYTROVKA Maksym | UKR | 46:59 |
| 49 | BENDER Nathan | SUI | 47:11 |
| 50 | KOS Sven | CRO | 47:23 |
| 51 | JOVANOVIĆ Milan | SRB | 47:37 |
| 52 | DJIGOV Zeljko | SRB | 48:56 |
| 53 | LOZANOVSKI Velko | MKD | 49:18 |
| 54 | STOJANOVSKI Aleksandar | MKD | 49:18 |
| 55 | DELOV Vladimir | MKD | 49:35 |
| 56 | SAMSONCHYK Ernest | UKR | 49:36 |
| 57 | ZVONAR Ivan | CRO | 52:14 |
| 58 | NIKOLIC Marko | SRB | 54:35 |
| | WALSH Shane | IRL | DNF |

WOMEN

(9 km/495 m/60 participants)

| | | | |
|----|------------------------------|------------|--------------|
| 1 | DUMERGUES MARIE LAURE | FRA | 39:13 |
| 2 | BELOTTI VALENTINA | ITA | 39:29 |
| 3 | NAGOVITSYNA ELENA | RUS | 39:44 |
| 4 | CONFORTOLA ANTONELLA | ITA | 40:11 |
| 5 | KRKOC LUCIJA | SLO | 40:17 |
| 6 | SCOLARI CRISTINA | ITA | 40:33 |
| 7 | MIHAYLOVA MILKA | BUL | 40:36 |
| 8 | MARTINHO CARLA | POR | 40:56 |
| 9 | KOSOVELJ MATEJA | SLO | 41:04 |
| 10 | WILKINSON VICTORIA | GBR | 41:10 |
| 11 | ROBERTI MARIAGAZIA | ITA | 41:18 |
| 12 | METELKOVA TATIANA | CZE | 41:25 |
| 13 | DANEKOVA SILVIYA | BUL | 41:30 |
| 14 | WILKINSON MARY | GBR | 41:34 |
| 15 | SEKYROVA IVANA | CZE | 41:40 |
| 16 | VOKUEVA JANNNA | RUS | 41:54 |
| 17 | ROUX LAETITIA | FRA | 41:56 |
| 18 | DANCI LILIANA | ROM | 42:03 |
| 19 | PORTE FIONA | FRA | 42:04 |
| 20 | MARSOVA ELENA | RUS | 42:11 |
| 21 | KOLEVA VANYA | BUL | 42:17 |
| 22 | KAHIRAMAN NARIN | TUR | 42:23 |
| 23 | ADAMS LIZZIE | GBR | 42:25 |
| 24 | HELFENBERGER CLAUDIA | SUI | 42:36 |
| 25 | WALWYN OLIVIA | GBR | 42:41 |
| 26 | DE JESUS S. AMADA | ESP | 42:48 |
| 27 | STRAUB KERSTIN | GER | 43:04 |
| 28 | HAYLOVA PAVLA | CZE | 43:12 |
| 29 | PANOVSKA RUMIANA | BUL | 43:15 |
| 30 | MARTINS MARCIA | POR | 43:21 |

| | | | |
|----|-----------------------|-----|-------|
| 31 | BELUŠIĆ BARBARA | CRO | 43:26 |
| 32 | ARDID MONICA | ESP | 43:29 |
| 33 | KONOWALSKA MARIOLAPOL | | 43:30 |
| 34 | GALHARDO CATIA | POR | 43:32 |
| 35 | ALEXANDER KAREN | IRL | 43:33 |
| 36 | ESEN NILAY | TUR | 43:49 |
| 37 | KHAZOVA YULIA | RUS | 44:21 |
| 38 | WISNIEWSKA DOMINIKA | POL | 44:44 |
| 39 | BELOVIC VALENTINA | CRO | 44:46 |
| 40 | BASTUG HULYA | TUR | 45:04 |
| 41 | BIRD SHARON | IRL | 45:12 |
| 42 | BARNA ANDREEA | ROM | 45:15 |
| 43 | COSARCA IULIA | ROM | 45:21 |
| 44 | MALAIJA NATALIJA | UKR | 45:38 |
| 45 | BOHOLTAN ALINA | ROM | 45:39 |
| 46 | LILGE-LEUTNER CARINA | AUT | 45:42 |
| 47 | MOREIRAS LUCINDA | POR | 45:56 |
| 48 | PECHKOVA JANA | CZE | 46:32 |
| 49 | KENNY SUZANNE | IRL | 46:47 |
| 50 | FORTIN ALEKSANDRA | SLO | 47:01 |
| 51 | MRAK VALERIJA | SLO | 47:23 |
| 52 | BEGOVIC G. SANJA | CRO | 47:57 |
| 53 | TURGUT DUYGU | TUR | 49:03 |
| 54 | RYAN DENISE | IRL | 49:11 |
| 55 | GIDAK PETRA | CRO | 49:40 |
| 56 | JOVANOVIĆ NEVENA | SRB | 50:35 |
| 57 | GAVRILOV MILANA | SRB | 52:44 |
| 58 | KIRADZIEVA VESNA | MKD | 55:38 |
| 59 | STANKOVIC JELENA | SRB | 56:37 |
| 60 | TERZIN SIMONA | MKD | 62:34 |
| | DEVILLERS Constance | FRA | DNF |
| | MEIER Bernadette | SUI | DNF |

JUNIOR WOMEN

(4.6 km /235 m/38 participants)

| | | | |
|----|-------------------------------|------------|--------------|
| 1 | DRAGOMIR Denisa Ionela | ROM | 18:28 |
| 2 | TARHAN Yagmur | TUR | 19:13 |
| 3 | MIKHAYLOVA Anastasia | RUS | 19:25 |
| 4 | DAG Burcu | TUR | 19:35 |
| 5 | TITON Letizia | ITA | 19:36 |
| 6 | BUCHANAN Catriona | GBR | 19:36 |
| 7 | OVSYANNIKOVA Faina | RUS | 19:44 |
| 8 | OBIDIC Kaja | SLO | 19:53 |
| 9 | SEVILAY Etemis | TUR | 19:56 |
| 10 | TIRINZONI Mabel | ITA | 20:16 |
| 11 | NEGRU Cristina | ROM | 20:18 |
| 12 | ADAMCZYK Martyna | POL | 20:27 |
| 13 | BATESON Hannah | GBR | 20:32 |
| 14 | RICHERS Laura | GBR | 20:39 |
| 15 | MONDINO Cristina | ITA | 20:49 |
| 16 | TRIFONOVA Teodora | BUL | 20:54 |
| 17 | ROSA Susana | POR | 21:00 |
| 18 | NINEVA Marinela | BUL | 21:01 |
| 19 | Wallner Sophie | AUT | 21:03 |
| 20 | DENNY Niamh | IRL | 21:12 |
| 21 | SONIA Pinto | POR | 21:18 |
| 22 | DELAC Monika | CRO | 21:25 |
| 23 | BACH Geraldine | SUI | 21:34 |
| 24 | MILANOVIC Emilija | SRB | 21:47 |
| 25 | POPESCU Laura | ROM | 21:53 |
| 26 | CRONIN Sinead | IRL | 22:16 |
| 27 | PANOVSKA Elmira | BUL | 22:17 |
| 28 | TOMAS Anda | CRO | 22:21 |
| 29 | BRENNAN Claire | IRL | 22:21 |
| 30 | TRUYERS Goele | BEL | 22:28 |
| 31 | KOZJEK Katja | SLO | 22:45 |
| 32 | KOZJEK Tina | SLO | 23:22 |
| 33 | STRANSKA Adela | CZE | 23:24 |
| 34 | BABAK Tamila | UKR | 23:50 |
| 35 | KONOPKA Paula | CRO | 24:15 |
| 36 | STOJCEVSKA Marija | MKD | 24:24 |
| 37 | TRAJANOVSKA Simona | MKD | 25:57 |
| 38 | ANDJELKOVIC Milica | SRB | 28:47 |

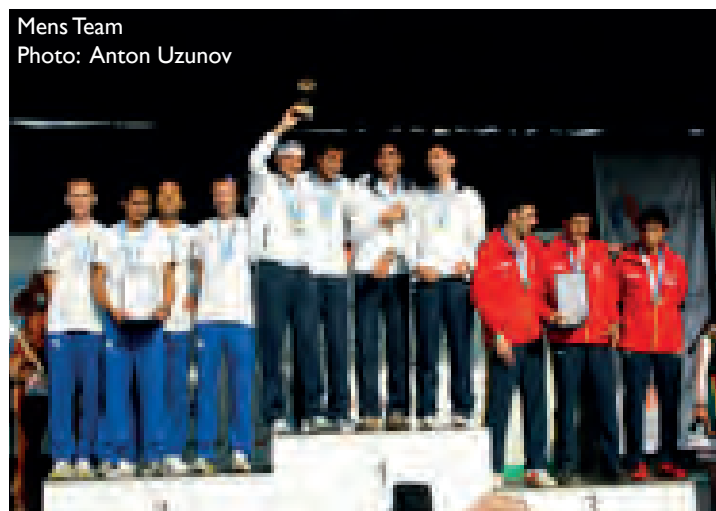
| Men | Jun. Men | Women | Jun. Women |
|------------|------------|------------|------------|
| 1 ITA 10 | 11 TUR 11 | 12 ITA 12 | 13 TUR 6 |
| 2 FRA 30 | 12 ITA 34 | 14 FRA 37 | 15 RUS 10 |
| 3 ESP 38 | 13 GBR 35 | 15 RUS 39 | 16 ROM 12 |
| 4 TUR 41 | 14 RUS 38 | 16 BUL 41 | 17 ITA 15 |
| 5 POR 42 | 15 CZE 71 | 17 GBR 47 | 18 GBR 19 |
| 6 CZE 73 | 16 POL 72 | 18 CZE 55 | 19 BUL 34 |
| 7 GBR 79 | 17 ROM 72 | 19 SLO 64 | 20 POR 38 |
| 8 SLO 82 | 18 BUL 83 | 20 POR 72 | 21 SLO 39 |
| 9 GER 91 | 19 SUI 88 | 21 TUR 98 | 22 IRL 46 |
| 10 ROM 113 | 20 SLO 89 | 22 ROM 103 | 23 CRO 51 |
| 11 AUT 122 | 21 IRL 92 | 23 CRO 122 | 24 SRB 62 |
| 12 BUL 131 | 22 UKR 146 | 24 IRL 125 | 25 MKD 73 |
| 13 SUI 138 | 23 CRO 150 | | |
| 14 RUS 142 | 24 SRB 161 | | |
| 15 IRL 160 | 25 MKD 162 | | |
| 16 SRB 169 | | | |
| 17 CRO 197 | | | |
| 18 UKR 200 | | | |
| 19 MKD 216 | | | |



Event Mascot
Photo: Anton Uzunov



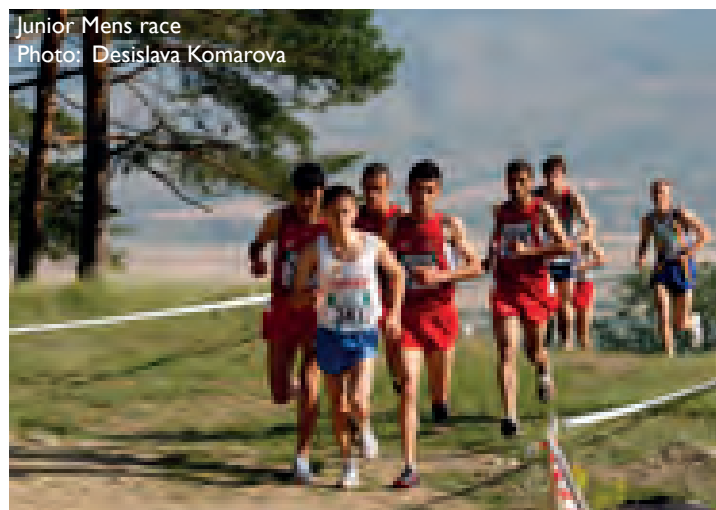
Junior Team
Photo: Anton Uzunov



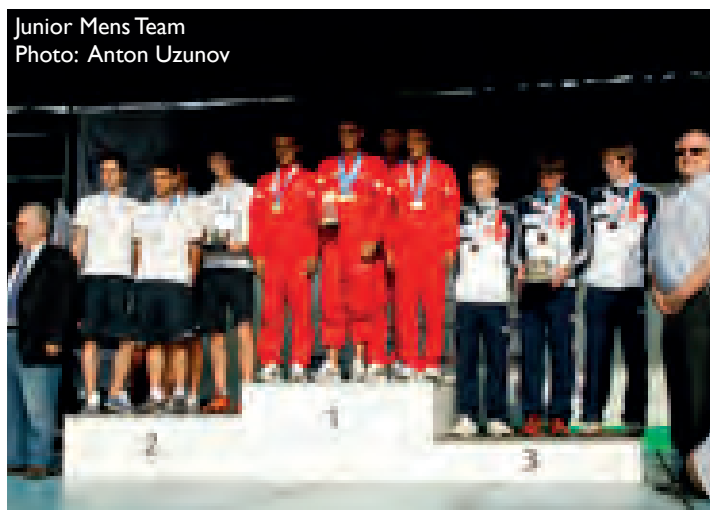
Mens Team
Photo: Anton Uzunov



1st Three Juniors
Photo: Anton Uzunov



Junior Mens race
Photo: Desislava Komarova



Junior Mens Team
Photo: Anton Uzunov



Event Spectators
Photo: Anton Uzunov



1st Three Juniors
Photo: Anton Uzunov



Senior Mens Winner
Photo: Anton Uzunov



Flower ceremony for the Womens Race
Photo: Atanas Puhalev



MEN

| | | |
|----------|----------------------------|--------------------|
| 1 | GASHAZGHI Samson K. | ERI 0:56:25 |
| 2 | WELDEMARIAM A. Teklay | ERI 0:56:28 |
| 3 | KUSURO Geoffrey | UGA 0:56:57 |
| 4 | SHAKU Petro Mamu | ERI 0:57:00 |
| 5 | KIPROTICH Stephan | UGA 0:57:16 |
| 6 | HABTOM Abraham K. | ERI 0:57:55 |
| 7 | ARSLAN Ahmet | TUR 0:58:14 |
| 8 | WYATT Jonathan | NZL 0:58:23 |
| 9 | MOHAMED Haben I. | ERI 0:58:59 |
| 10 | GRAY Joe | USA 0:59:27 |
| 11 | ABATE Gabriele | ITA 0:59:41 |
| 12 | FISSEHATSION Mesfn T. | ERI 0:59:53 |
| 13 | SCHNEIDER David | SUI 1:00:07 |
| 14 | HURU Dickson | UGA 1:00:23 |
| 15 | BURRIER Georges | FRA 1:00:37 |
| 16 | KING Max | USA 1:00:50 |
| 17 | DE GASPERI Marco | ITA 1:00:54 |
| 18 | MANNING Tommy | USA 1:01:09 |
| 19 | BURAAS Sindre | NOR 1:01:21 |
| 20 | MEYSSAT Emmanuel | FRA 1:01:25 |
| 21 | SELCUK Selahattin | TUR 1:01:30 |
| 22 | TVERDOHVALOV Vasily | RUS 1:01:43 |
| 23 | AKKOYUN Mehmet | TUR 1:01:48 |
| 24 | DEMATTEIS Bernard | ITA 1:01:51 |
| 25 | TONINELLI Antonio | ITA 1:02:00 |
| 26 | CARERA Juan Carlos | MEX 1:02:01 |
| 27 | BLAKE Eric | USA 1:02:04 |
| 28 | HAVLICEK Jan | CZE 1:02:10 |
| 29 | GASPAR Jose | POR 1:02:17 |
| 30 | SWANSON Kristopher | CAN 1:02:20 |
| 31 | MUGA Rui | POR 1:02:24 |
| 32 | RANCON Julien | FRA 1:02:26 |
| 33 | HOHENWARTER Markus | AUT 1:02:28 |
| 34 | BAYRAM Muzaffer | TUR 1:02:30 |
| 35 | FRICK Gerd | ITA 1:02:35 |
| 36 | KLEIST Anders | SWE 1:02:42 |
| 37 | VACCINA Tommaso | ITA 1:02:47 |
| 38 | MACMAHON Brian | IRL 1:02:59 |
| 39 | BUYUKBEZGIN Suleyman | TUR 1:03:00 |
| 40 | SANCHEZ Ranulfo | MEX 1:03:12 |
| 41 | LECHLEITNER Simon | AUT 1:03:19 |
| 42 | SHKLYAEV Andrey | RUS 1:03:23 |
| 43 | PERMITIN Vasily | RUS 1:03:27 |
| 44 | STOECKERT Rene | GER 1:03:35 |
| 45 | IIDA Yujiro | JPN 1:03:37 |
| 46 | ZAGO Didier | FRA 1:03:45 |
| 47 | MCMULLAN James | GBR 1:03:47 |
| 48 | BORGES Goncalo | POR 1:03:49 |
| 49 | MCTAGGART Scott | AUS 1:03:57 |
| 50 | ANTHAMATTEN Martin | SUI 1:03:58 |
| 51 | OEHLUND Erik | SWE 1:04:00 |

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|-----|------------------------|-------------|
| 52 | GATES Rickey | USA 1:04:03 |
| 53 | REDL Alois | AUT 1:04:11 |
| 54 | BROWN John | GBR 1:04:15 |
| 55 | HECKTOR Matthias | GER 1:04:18 |
| 56 | JANDARI Said | FRA 1:04:19 |
| 57 | KIBET James | UGA 1:04:31 |
| 58 | SCHOENBERGER Korbinian | GER 1:04:33 |
| 59 | LUNDSTROM Chris | USA 1:04:34 |
| 60 | SOUSA Aires | POR 1:04:40 |
| 61 | PRASAD Prasad | GBR 1:04:43 |
| 62 | CARVALHO Jose | POR 1:04:47 |
| 63 | VOJAK Jiri | CZE 1:04:48 |
| 64 | RAVEN Gareth | GBR 1:04:52 |
| 65 | SAMUEL Robert | GBR 1:05:16 |
| 66 | NAGOVITSYN Pavel | RUS 1:05:18 |
| 67 | MOCK Juergen | AUT 1:05:22 |
| 68 | AHMADEEV Rinas | RUS 1:05:31 |
| 69 | CORNTWHITE Thomas | GBR 1:05:36 |
| 70 | KOSOVELJ Mitja | SLO 1:05:39 |
| 71 | PECHEK Petr | CZE 1:05:43 |
| 72 | VOLLMER Mark | CAN 1:05:48 |
| 73 | PELEVIN Ivan | RUS 1:05:50 |
| 74 | BEHA Josef | GER 1:05:56 |
| 75 | MINNOCK Barry | IRL 1:05:58 |
| 76 | HACKENBROOK Dylan | CAN 1:06:08 |
| 77 | HENEGHAN John | IRL 1:06:25 |
| 78 | MARTINEZ Alexis | VEN 1:06:43 |
| 79 | MUSTAFA Shaban | BUL 1:06:44 |
| 80 | BLAHA Tomas | CZE 1:06:46 |
| 81 | SWIERC Marcin | POL 1:06:52 |
| 82 | ALIC Simon | SLO 1:06:54 |
| 83 | COUBROUGH James | NZL 1:07:01 |
| 84 | ZARNIK Sebastjan | SLO 1:07:07 |
| 85 | SUMMER Thomas | AUT 1:07:14 |
| 86 | GERYCH David | CZE 1:07:22 |
| 87 | LAMBERT Adrian | CAN 1:07:28 |
| 88 | FONTAINE Raymond | FRA 1:07:41 |
| 89 | GOEPFERT Thomas | GER 1:07:48 |
| 90 | TOROTICH Martin | UGA 1:07:56 |
| 91 | HUTCHINSON Alex | CAN 1:07:58 |
| 92 | BRYDL Pavel | CZE 1:08:01 |
| 93 | BERTELS Jelle | BEL 1:08:08 |
| 94 | MAUSSER Martin | AUT 1:08:15 |
| 95 | SZCZESNIEWSKI Milosz | POL 1:08:17 |
| 96 | RICHARDSON James | CAN 1:08:18 |
| 97 | BREGAR Gasper | SLO 1:08:27 |
| 98 | SKOPAC Ivica | CRO 1:08:34 |
| 99 | HROVAT Bostjan | SLO 1:08:58 |
| 100 | LOPEZ Miguel Angel | MEX 1:09:02 |
| 101 | LOPEZ Jacinto | COL 1:09:07 |
| 102 | SAGI Jozsef | HUN 1:09:28 |
| 103 | KUHAR Nejc | SLO 1:09:35 |
| 104 | KOCEIC Marin | CRO 1:09:58 |
| 105 | HITA Ionut | RUM 1:10:10 |
| 106 | O'FARRELL Peter | IRL 1:10:15 |
| 107 | YEGHIKYAN Sevak | ARM 1:10:19 |
| 108 | GLYVA Evgenii | UKR 1:10:48 |
| 109 | GERLEI Tamas | HUN 1:10:58 |
| 110 | GARCIA Fernando | MEX 1:11:16 |
| 111 | FLYNN Eoin | IRL 1:11:18 |
| 112 | ZILIC Zoran | CRO 1:11:22 |
| 113 | BRZESKI Tomasz | POL 1:11:28 |
| 114 | MALKA Haim | ISR 1:11:49 |
| 115 | NIJS Sven | BEL 1:12:22 |
| 116 | WINSBURY John | AUS 1:12:45 |
| 117 | BROWN Stephen | AUS 1:12:52 |
| 118 | KELLEZI Ilir | ALB 1:13:02 |
| 119 | STEPAN Zsolt | HUN 1:13:44 |

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|-----|----------------------|-------------|
| 120 | HAYRAPETYAN Ashot | ARM 1:14:06 |
| 121 | MALYY Anatoliy | UKR 1:14:15 |
| 122 | DORSZYNSKI Grzegorz | POL 1:14:30 |
| 123 | MLADENOVIC Predrag | SRB 1:14:48 |
| 124 | ERENT Bruno | CRO 1:15:23 |
| 125 | BACHIR Omar | MON 1:15:44 |
| 126 | KEVAN James | IRL 1:16:06 |
| 127 | BYLES Adam | AUS 1:16:13 |
| 128 | PELSOCZY Attila | HUN 1:16:21 |
| 129 | KIRADHIEV Aleksandar | MKD 1:16:37 |
| 130 | ZISKO BALASZ Valter | HUN 1:16:47 |
| 131 | JOVIC Ante | CRO 1:16:52 |
| 132 | KOSTOV Mitko | MKD 1:17:05 |
| 133 | LUGJA Genc | ALB 1:17:23 |
| 134 | AJADOVSKI Kokan | MKD 1:18:19 |
| 135 | ALDI Kais | MON 1:19:07 |
| 136 | BAJAGIC Sasa | MNE 1:19:16 |
| 137 | JAKIMOVSKI Igor | MKD 1:21:11 |
| 138 | MALONOVITS Jozsef | HUN 1:22:16 |
| 139 | PETRUSIC Veselin | MNE 1:22:33 |
| 140 | KALAC Lovre | CRO 1:23:37 |
| 141 | TRENDAFILOV Gjorgji | MKD 1:24:04 |
| 142 | DE BERGE Bart | BEL 1:24:49 |
| 143 | DI GIUSTO Laurent | MON 1:27:04 |
| 144 | NELA Ramazan | ALB 1:29:45 |
| 145 | ZEGARAC Dane | MNE 1:30:44 |
| 146 | MANOKU Armando | ALB 1:32:52 |
| 147 | VUJADINOVIC Stojan | MNE 1:34:30 |
| 148 | BECANOVIC Stefan | MNE 1:36:03 |
| 149 | BAAZIZ Jamal | MON 1:36:24 |
| | OELMQIUST Frederick | SWE DNF |

MEN'S TEAMS

| | | | | | |
|---|---------|----|---------|----|---------|
| 1 | ERI 13 | 10 | GBR 226 | 19 | CRO 438 |
| 2 | USA 71 | 11 | GER 231 | 20 | HUN 458 |
| 3 | ITA 77 | 12 | CZE 242 | 21 | MKD 532 |
| 4 | UGA 79 | 13 | CAN 265 | 22 | ALB 541 |
| 5 | TUR 85 | 14 | MEX 276 | 23 | MON 552 |
| 6 | FRA 113 | 15 | IRL 296 | 24 | MNE 567 |
| 7 | POR 168 | 16 | SLO 333 | | |
| 8 | RUS 173 | 17 | AUS 409 | | |
| 9 | AUT 194 | 18 | POL 411 | | |

WOMEN

| | | |
|----------|-----------------------|--------------------|
| 1 | MAYR Andrea | AUT 0:49:30 |
| 2 | BELOTTI Valentina | ITA 0:50:08 |
| 3 | STRAEHL Martina | SUI 0:50:42 |
| 4 | SEMOVA Svetlana | RUS 0:51:02 |
| 5 | KOSOVELJ Mateja | SLO 0:51:24 |
| 6 | CONFORTOLA Antonella | ITA 0:52:19 |
| 7 | RUHLYADA Elena | RUS 0:52:30 |
| 8 | HELFENBERGER Claudia | SUI 0:52:35 |
| 9 | ROBERTI Maria Grazia | ITA 0:52:42 |
| 10 | MEIER-B. Bernadette | SUI 0:52:57 |
| 11 | DUMERGUE Marie-Laure | FRA 0:53:15 |
| 12 | PRICE Kristin | USA 0:53:19 |
| 13 | METELKOVA Tatiana | CZE 0:53:35 |
| 14 | DANIELSEN K. Karoline | NOR 0:53:41 |
| 15 | ERHOTZ Brandy | USA 0:53:57 |
| 16 | RIVEROS Johana | COL 0:54:03 |
| 17 | HUNT Nicole | USA 0:54:08 |
| 18 | FROST Anna | NZL 0:54:10 |
| 19 | SCHORNA Pavla | CZE 0:54:26 |
| 20 | WILKINSON Victoria | GBR 0:54:32 |
| 21 | LUND Megan | USA 0:54:44 |
| 22 | HAACKENSTAD Anita | NOR 0:54:50 |
| 23 | ZAMBRANO Maria | CAN 0:55:12 |
| 24 | KRKOC Lucija | SLO 0:55:16 |
| 25 | NAGOVITSYNA Elena | RUS 0:55:22 |
| 26 | DANCI Liliana | RUM 0:55:32 |

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|----|---------------------|-----|---------|----|--------------------------|-----|---------|----|-----------------------|-----|-------|
| 27 | MERTOVA Michaela | CZE | 0:55:40 | 17 | GYORGY Szabolocs | RUM | 0:50:04 | 10 | PALUCH Kamila | POL | 26:39 |
| 28 | SALAZAR Cruz | VEN | 0:55:57 | 18 | DEBIASI Andrea | ITA | 0:50:12 | 11 | MUIR Ruby | NZL | 26:42 |
| 29 | PORTE Fiona | FRA | 0:56:13 | 19 | GRYCKO Tomasz | POL | 0:50:27 | 12 | LAMBSON Becky | GBR | 26:46 |
| 30 | GAGGI Alice | ITA | 0:56:25 | 20 | MORWOOD Joe | GBR | 0:50:30 | 13 | HUMPHRY Bronwyn | AUS | 26:49 |
| 31 | LUPTON Anna | GBR | 0:56:33 | 21 | SALAMIN Jean-Baptiste | SUI | 0:50:33 | 14 | MACH Angelika | POL | 27:12 |
| 32 | KAHRAMAN Narin | TUR | 0:56:43 | 22 | MATUSZCZAK Rafal | POL | 0:50:34 | 15 | TITON Letizia | ITA | 27:18 |
| 33 | MIHAYLOVA Milka | BUL | 0:56:48 | 23 | DAG Sonmez | TUR | 0:50:55 | 16 | KUBESOVA Petra | CZE | 27:28 |
| 34 | BASTUS Hulya | TUR | 0:56:53 | 24 | BOLDI Petru | RUM | 0:50:59 | 17 | MAIR Susanne | AUT | 27:29 |
| 35 | BELUSIC Barbara | CRO | 0:57:17 | 25 | IBARRA Ricardo | MEX | 0:51:03 | 18 | VALENZUELA Hannah | USA | 27:31 |
| 36 | GOODHEAD Katherine | GBR | 0:57:26 | 26 | IWANIEC Mariusz | POL | 0:51:08 | 19 | COENEN Nora | GER | 27:36 |
| 37 | VOKUEVA Janna | RUS | 0:57:29 | 27 | CAULKINS Chase | USA | 0:51:09 | 20 | OVSYANNIKOVA Faina | RUS | 27:40 |
| 38 | ADIYAMAN Suheyla | TUR | 0:57:34 | 28 | JEREB Urban | SLO | 0:51:16 | 21 | REBOULET Margaux | FRA | 27:43 |
| 39 | ALEXANDER Karen | IRL | 0:57:46 | 29 | KAMINSKI Petr | CZE | 0:51:17 | 22 | MAIER Michelle | GER | 27:51 |
| 40 | WALWYN Olivia | GBR | 0:57:59 | 30 | LYALIKOV Nikolay | RUS | 0:51:32 | 23 | BEROUSKOVA Katerina | CZE | 27:53 |
| 41 | EGLSEDER Margit | AUT | 0:58:03 | 31 | HENDRY Alexander | GBR | 0:51:35 | 24 | BAETSON Hannah | GBR | 27:55 |
| 42 | HAVERD Vanessa | AUS | 0:58:26 | 32 | WELLS Cody | USA | 0:51:37 | 25 | MONDINO Cristina | ITA | 28:02 |
| 43 | MARTINHO Carla | POR | 0:58:33 | 33 | DEFONTAINE Pierre | FRA | 0:51:39 | 26 | OBIDIC Kaja | SLO | 28:09 |
| 44 | GREGOROVA Kamila | CZE | 0:58:36 | 34 | RIFFLART Simon | BEL | 0:51:43 | 27 | ZRNIC Selma | BIH | 28:11 |
| 45 | MALAIA Natalia | UKR | 0:58:45 | 35 | BAYLEY David | AUS | 0:51:49 | 28 | ZUBANI Silvia | ITA | 28:19 |
| 46 | BIRD Sharon | IRL | 0:58:47 | 36 | OBLAK Lenart | SLO | 0:51:50 | 29 | DENNY Niamh | IRL | 28:22 |
| 47 | EBERHART Tanja | AUT | 0:58:55 | 37 | YORK Chris | USA | 0:51:57 | 30 | ROSEMBERGOVA Michaela | CZE | 28:44 |
| 48 | BOTT Alexandra | GER | 0:59:00 | 38 | FRUHAUF Petr | CZE | 0:52:04 | 31 | WALLNER Sophie | AUT | 28:52 |
| 49 | WISNIEWSKA Dominika | POL | 0:59:06 | 39 | STOCHL Jan | CZE | 0:52:17 | 32 | MULLEN Catherina | IRL | 28:55 |
| 50 | JURISIC Veronika | CRO | 0:59:13 | 40 | MRAK Tibor | SLO | 0:52:22 | 33 | TRIFONOVA Teodora | BUL | 28:58 |
| 51 | O'KANE Ellie | AUS | 0:59:23 | 41 | PETERSEN Paul | USA | 0:52:40 | 34 | PANAET Adelina | RUM | 29:01 |
| 52 | MATOSEVIC Matea | CRO | 0:59:37 | 42 | ZVONAREV Sergey | RUS | 0:52:46 | 35 | KOZJEK Katja | SLO | 29:06 |
| 53 | KAPUSCINSKI Marion | AUT | 0:59:51 | 43 | MIHELIC Luka | SLO | 0:52:56 | 36 | BOGATYREVA Alexandra | RUS | 29:09 |
| 54 | RYCHTER Antonina | POL | 1:00:09 | 44 | TSVETANOV Tsvetan | BUL | 0:52:57 | 37 | MANDLBAUER Christina | AUT | 29:34 |
| 55 | MIDDLETON Colleen | AUS | 1:00:52 | 45 | ONDRASEK Pavel | CZE | 0:52:59 | 38 | TOMAS Anda | CRO | 29:37 |
| 56 | CEYLAN Birgul | TUR | 1:01:02 | 46 | BRUNNER David | AUT | 0:53:03 | 39 | DONEGAN Laura Rose | AUS | 29:44 |
| 57 | SUSTARSIC Mateja | SLO | 1:01:50 | 47 | JENNINGS Emmet | IRL | 0:53:10 | 40 | NIESCIOR Paulina | POL | 30:01 |
| 58 | CORBERT Syl | CAN | 1:02:33 | 48 | CAVALLAR Alex | ITA | 0:53:14 | 41 | BERESFORD Laura | USA | 30:06 |
| 59 | MRAK Valerija | SLO | 1:03:03 | 49 | DAVID Ionut | RUM | 0:53:58 | 42 | DECOCK Florence | BEL | 30:33 |
| 60 | PAPP Ildiko | HUN | 1:03:16 | 50 | KALENBERG Michael | GBR | 0:54:08 | 43 | STITKOVAC Mirnesa | BIH | 30:50 |
| 61 | TURNBULL Deahne | AUS | 1:03:24 | 51 | NELSON Jordan | AUS | 0:54:17 | 44 | CRONIN Sinead | IRL | 31:14 |
| 62 | MULLIGAN Sarah | IRL | 1:04:00 | 52 | BUCKINGHAM Ben | AUS | 0:54:26 | 45 | STOJCHEVSKA Marija | MKD | 31:20 |
| 63 | CERNIC Danijela | CRO | 1:04:25 | 53 | DUFFUS Ben | AUS | 0:54:45 | 46 | SAJKO Jelena | CRO | 31:22 |
| 64 | VASS Vera | HUN | 1:06:08 | 54 | SPEIGHT James | IRL | 0:55:04 | 47 | TRUYERS Goele | BEL | 31:26 |
| 65 | O'NEILL Kate | IRL | 1:06:43 | 55 | WILLEMS Bjorn | BEL | 0:55:12 | 48 | ZERNOVA Natalia | RUS | 32:16 |
| 66 | SOLSBERG Emily | CAN | 1:08:02 | 56 | STRIMBU Razvan | RUM | 0:55:23 | 49 | KONOPKA Paula | CRO | 32:17 |
| 67 | DI GIUSTO Adriana | MON | 1:09:34 | 57 | EGAN James | IRL | 0:55:29 | 50 | VARADI Eniko | HUN | 34:03 |
| 68 | GLOWACZ Aurelie | MON | 1:11:25 | 58 | CICKO Aldin | BIH | 0:56:37 | 51 | JUMPER Hannah | USA | 36:27 |
| 69 | KIRADHIEVA Vesna | MKD | 1:21:18 | 59 | ASCHABER Christoph | AUT | 0:56:50 | | | | |
| 70 | SZUNYOG Erika | HUN | 2:07:34 | 60 | BALASKO Kresimir | CRO | 0:57:31 | | | | |
| | MANGION Caroline | MON | DNF | 61 | SIROTKIN Aleksandr | RUS | 0:57:54 | | | | |
| | | | | 62 | URBAN Mate | HUN | 0:58:07 | | | | |
| | | | | 63 | DIAZ Malik | MON | 0:58:46 | | | | |
| | | | | 64 | STOJADINOVSKI Aleksandar | MKD | 0:58:51 | | | | |
| | | | | 65 | STITKOVAC Jasmin | BIH | 0:58:58 | | | | |
| | | | | 66 | HUNT Jeremy | SUI | 0:59:52 | | | | |
| | | | | 67 | DELAS Petar | CRO | 1:01:18 | | | | |
| | | | | 68 | VISCA Asim | BIH | 1:01:34 | | | | |
| | | | | 69 | CAKO Balazs | HUN | 1:01:49 | | | | |
| | | | | 70 | KOLIC Saldin | MNE | 1:02:34 | | | | |
| | | | | 71 | BANDIC Tarik | BIH | 1:02:59 | | | | |
| | | | | 72 | MEKIC Arben | MNE | 1:03:00 | | | | |
| | | | | 73 | MASLOVARIC Milos | MNE | 1:06:07 | | | | |
| | | | | 74 | BICI Kladji | ALB | 1:15:05 | | | | |
| | | | | 75 | KRALJ Juraj | CRO | 1:15:44 | | | | |
| | | | | 76 | BASIC Petar Bruno | CRO | 1:15:46 | | | | |

WOMENS TEAMS

| | | | | | |
|---|-----|----|----|-----|-----|
| 1 | ITA | 17 | 8 | AUT | 89 |
| 2 | SUI | 21 | 9 | TUR | 104 |
| 3 | RUS | 36 | 10 | CRO | 137 |
| 4 | USA | 44 | 11 | IRL | 147 |
| 5 | CZE | 59 | 12 | CAN | 147 |
| 6 | SLO | 86 | 13 | AUS | 148 |
| 7 | GBR | 87 | | | |

JUNIOR MEN

| | | | |
|----|------------------------|-----|---------|
| 1 | ANDEMICAHEL Yossief T. | ERI | 0:42:30 |
| 2 | BOZKURT Ridvan | TUR | 0:46:00 |
| 3 | JOLY Jente | BEL | 0:46:29 |
| 4 | ULAS Ergin | TUR | 0:46:59 |
| 5 | GRAS Michael | FRA | 0:47:14 |
| 6 | GRIFFITHS Dewi | GBR | 0:47:36 |
| 7 | BIERCZAK Maciej | POL | 0:48:15 |
| 8 | PALZER Toni | GER | 0:48:44 |
| 9 | ALRUAN Fabian | GER | 0:49:03 |
| 10 | MATTLE Martin | AUT | 0:49:07 |
| 11 | RUATTI Paolo | ITA | 0:49:22 |
| 12 | FARCOZ Massimo | ITA | 0:49:26 |
| 13 | GRAS Damien | FRA | 0:49:36 |
| 14 | YILDIRIMCI Sebahattin | TUR | 0:49:47 |
| 15 | LUSTENBERGER Daniel | SUI | 0:49:48 |
| 16 | DORFER Matthias | GER | 0:49:51 |

JUNIOR WOMEN

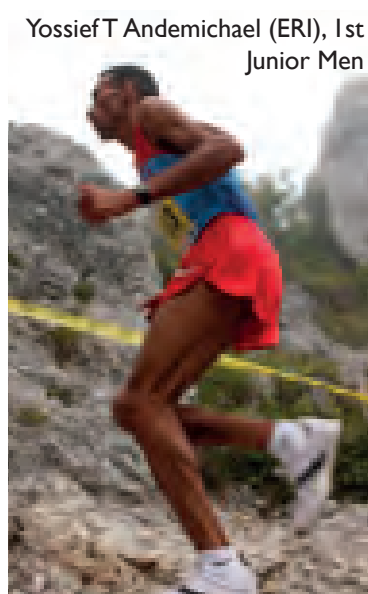
| | | | |
|---|-------------------|-----|-------|
| 1 | CAN Yasemin | TUR | 24:04 |
| 2 | DAG Burcu | TUR | 24:42 |
| 3 | PANTHEON Adelaide | FRA | 24:48 |
| 4 | WENG Heidi | NOR | 25:25 |
| 5 | NEGROU Cristina | BEL | 28:01 |
| 6 | ENFALT Lea | USA | 28:15 |
| 7 | BUCHANAN Catriona | SLO | 28:15 |
| 8 | DRAGOMIR Denisa | GBR | 28:26 |
| 9 | BARHAN Yagmur | TUR | 26:34 |

JUNIOR WOMENS TEAMS

| | | | | | | | | |
|---|-----|----|----|-----|----|----|-----|----|
| 1 | TUR | 3 | 7 | CZE | 39 | 13 | USA | 59 |
| 2 | RUM | 13 | 8 | ITA | 40 | 14 | IRL | 61 |
| 3 | GBR | 19 | 9 | GER | 41 | 15 | BIH | 70 |
| 4 | FRA | 24 | 10 | AUT | 48 | 16 | CRO | 84 |
| 5 | POL | 24 | 11 | AUS | 52 | 17 | BEL | 89 |
| 6 | SLO | 32 | 12 | RUS | 56 | | | |



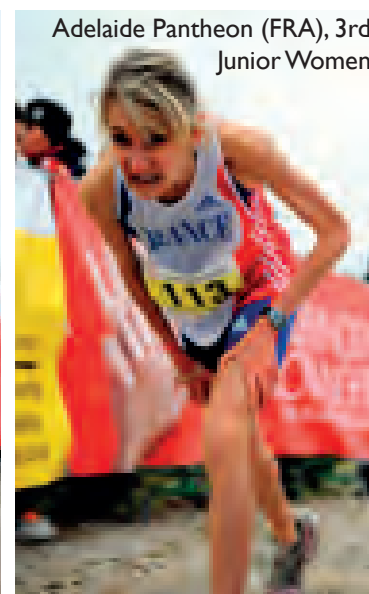
Yasemin Can (TUR), 1st Junior Women



Yossief T Andemichael (ERI), 1st Junior Men



Burcu Dag (TUR), 2nd Junior Women



Adelaide Pantheon (FRA), 3rd Junior Women

Women's Podium - 1st Andrea Mayr (AUT), 2nd Valentina Belotti (ITA), 3rd Martina Straehl (SUI)



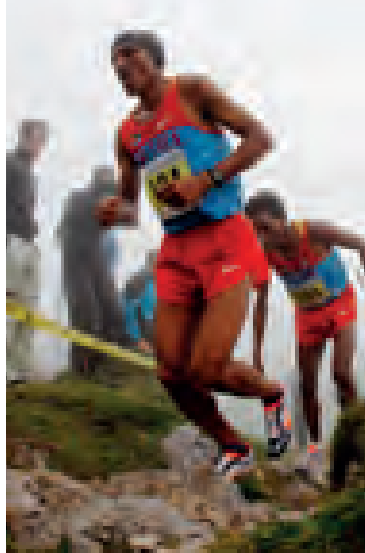
Men's Team Podium - 1st Eritrea, 2nd USA, 3rd Italy



Jonathan Wyatt (NZL), 8th



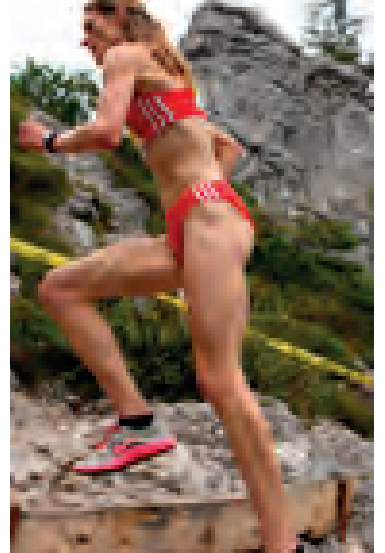
Teklay Weldemariam (ERI), 2nd



Samson K Gashazghi (ERI), 1st



Andrea Mayr (AUT), 1st



0:56:25



Men's Winner - Samson K Gashazghi (ERI)

The Eritrean's 2km after start



VIPs including (starting from right to left): Boris Mikluz (Director Slovenian Athletic Federation), Peter Kukovica (President Slovenian Athletic Federation), Otto Klappert (IAAF Delegate), Ursula Klappert, Mayor of Kamnik, Dusan Papez (LOC Director), Anton Tone Smolnikar (LOC President), Bruno Gozzelino (WMRA President), Patrizia Longo





26th World Mountain Running Championships

Kamnik – Slovenija
5th September 2010



A record number of countries participated in this year's World Championships – 350 athletes representing 39 countries. The races took place in the mountainous area of Velika Planina, near Kamnik, and thousands of spectators applauded the athletes on the course and during the opening and closing ceremonies, which were held in the central square of the town.

Four nations won gold medals: 3 each for Turkey (plus 2 silver) and Eritrea (plus 1 silver) and one each for Italy (plus 1 silver and 2 bronze) and Austria. Switzerland won 1 silver (plus 1 bronze)

and Germany, Romania and USA also won 1 silver. Belgium, France, Great Britain, Russia and Uganda all won bronze medals.

The races started with Junior Women and the Turkish runners once again dominated with Yasemin Can winning for the second time, followed by team mate Burcu Dag in second position, with French athlete Adelaide Pantheon finishing third. The Junior Mens race this year was won by Eritrean athlete Yossief T. Andemichael, finishing over three minutes ahead of Ridvan Bozkurt, Turkey, with Jente Joly from Belgium in third position. Turkey won gold in



Eritrean team celebrating
Photo: LOC

both Junior Team Races, with Romania and Great Britain finishing second and third respectively in the Junior Women Team and Germany and Italy finishing second and third in the Junior Mens Team race.

The first five athletes in the Womens Race represented five different countries, and Andrea Mayr for Austria was the winner for the third time, with Valentina Belotti, Italy, and Martina Straehl, Switzerland, in second and third positions respectively. Italy were four points ahead of Switzerland in the team results with Russia in third position.

The Mens Race saw the

triumph of the African runners, with six of them finishing in the first six positions. The race was won by Samson K. Gashazghi, followed by A. Teklay Weldemariam in second position, both from Eritrea. Ugandan Geoffrey Kusuro finished in third position. The first European home was Ahmet Arslan, Turkey, in seventh position, followed by six time World Champion Jonathan Wyatt, New Zealand, in eighth position.



9th European Mountain Running Championships

Sapareva Banya, Bulgaria – 4th July 2010

The ninth European Mountain Running Championships took place in Sapareva Banya, which in 2008 hosted the first Balkan Mountain Running Championships and the following year organised a WMRA Mountain Running Seminar for the Balkan countries.

238 athletes, representing 24 European countries, took part in the championships on a beautiful sunny day.

Turkish athlete Ahmet Arslan won his fourth successive European Mountain Running gold medal in a time of 46:14, followed by two Italian athletes Martin Dematteis and Marco De Gasperi in second and third positions. Italy convincingly retained the men's team title, which they have won each year since the championships first took place in 2002. In the women's race Marie Laure Dumergues, from France, who had shown



Photo: Desislava Komarova

her form when she won the Grand Ballon race by a big margin, finished first in a time of 39:13, with Italy's Valentina Belotti in second position only sixteen seconds behind. In third place was Elena Nagovitsyna from Russia. The Italian ladies won the team title.

The junior categories, officially introduced for the first time in 2009, have quickly proved their success. The junior mens race was won by Turkish runner Huseyin Pak, followed by team-mate Sebhatten Yildirimci in second position. In third position was Jente Joly from Belgium.

Turkey regained their team title won in 2007 and 2009.

In the junior womens race Romania's Denise Ionela Dragomir was a clear winner followed by Yagmir Tarhan from Turkey with Anastasia Mikhaylova in third position. Turkey retained the team title which they won last year.

12th WMRA GRAND PRIX FINAL RESULTS

MEN

| RANK | Name | Born | Nat. | Race | | | | | Total |
|------|-------------------------|------|------|------|-----|-----|----|-----|-------|
| | | | | 1 | 2 | 3 | 4 | 5 | |
| 1. | ARSLAN Ahmet | 86 | TUR | | 100 | 100 | 66 | 120 | 386 |
| 2. | WYATT Jonathan | 72 | NZL | | 85 | | 60 | 102 | 247 |
| 3. | SCHNEIDER David | 81 | SUI | 33 | 75 | | 32 | 84 | 224 |
| 4. | SKALSKY Roman | 75 | CZE | 18 | 40 | 70 | | 60 | 188 |
| 5. | KRUPICKA Robert | 78 | CZE | 21 | 70 | | | 90 | 181 |
| 6. | KOSGEL Isaac Toroitich | 81 | KEN | | 65 | 85 | | | 150 |
| 7. | CHEBUSIT Ch.Kipchirchir | 79 | KEN | | 60 | 75 | | | 135 |
| 8. | EDWARDS Orlando | 75 | GBR | | 45 | | | 66 | 111 |
| 9. | REDL Alois | 72 | AUT | | 22 | 60 | | | 82 |
| 10. | WANGARI Peter-Chege | 87 | KEN | | 7 | 65 | | | 72 |
| 11. | MAUSSER Martin | 80 | AUT | | 18 | 50 | | | 68 |
| 12. | BURRIER Georges | 79 | FRA | 37 | | | 26 | | 63 |
| 13. | MEYSSAT Emmanuel | 80 | FRA | 42 | | | 15 | | 57 |
| 14. | TONINELLI Antonio | 84 | ITA | | | | 7 | 42 | 49 |
| 15. | SCHMUCK Helmut | 63 | AUT | | 9 | 35 | | | 44 |
| 16. | LEHMAN Wolfgang | 74 | AUT | | | 24 | | 9 | 33 |
| 17. | KRÖLL Markus | 72 | AUT | 10 | 24 | | | | 34 |
| 18. | FOURNIER Pierre | 85 | SUI | 14 | 2 | | | | 16 |
| 19. | DENIFL David | 78 | AUT | | 3 | 12 | | | 15 |

WOMEN

| RANK | Name | Born | Nat. | Race | | | | | Total |
|------|-----------------------|------|------|------|-----|-----|-----|-----|-------|
| | | | | 1 | 2 | 3 | 4 | 5 | |
| 1. | MAYR Andrea | 79 | AUT | | | 100 | 120 | 120 | 340 |
| 2. | JESKA Lauren | 74 | GBR | | 75 | 70 | | 78 | 223 |
| 3. | FROST Anna | 81 | NZL | | | 85 | | 72 | 176 |
| 4. | CONFORTOLA Antonella | 75 | ITA | | | | 72 | 102 | 174 |
| 5. | KOSOVELJ Mateja | 88 | SLO | | | | 78 | 90 | 168 |
| 6. | KAPUSCINSKI Marion | 67 | AUT | | 60 | 55 | | 48 | 163 |
| 7. | ERHOLTZ Brandy | 77 | USA | | 100 | | 26 | | 126 |
| 8. | DUMERGUES Marie-Laure | 82 | FRA | 50 | | | 42 | | 92 |
| 9. | MERTOVA Michaela | 76 | CZE | | 85 | | 5 | | 90 |
| 10. | LILLEHOV Thea | 77 | AUT | | 45 | | | 9 | 54 |
| 11. | QUEHENBERGER Maria | 59 | AUT | | 40 | 5 | | | 45 |



7th NACAC (North American Central American Caribbean) Mountain Running Championships

Canmore, Alberta, Canada – 9th July 2010

Joe Gray and Brandy Erholtz, both of the USA, were victorious at the NACAC Mountain Running Championships, Joe Gray winning for the second year in succession. Canadians Taylor Murphy and Ivan Babikov finishing in second and third positions in the men's competition and American Megan Lund and Canadian Maria Zambrano were second and third in the women's competition. The Canadian men's team narrowly edged out the USA to win the NACAC men's team race, while the American women's team put in a commanding performance to win the NACAC women's team race.

The event was held at Canmore Nordic Centre after grizzly bear activity at Nakiska forced the organisers to make a last minute course change. The final course was approx. 7.5 km with 600m of ascent and 130m of descent.

Leading Results:

Men:

- | | |
|-----------------------------|-------|
| 1. Joseph Gray (USA) | 31.31 |
| 2. Taylor Murphy (CAN) | 31.54 |
| 3. Adrian Lambert (CAN) | 33.02 |
| 4. Brandon Lord (USA) | 33.07 |
| 5. Kristopher Swanson (CAN) | 33.24 |
| 6. Zac Freudenburg (USA) | 34.02 |

Teams:

1. CAN – 10 pts; 2. USA – 11 pts

Women:

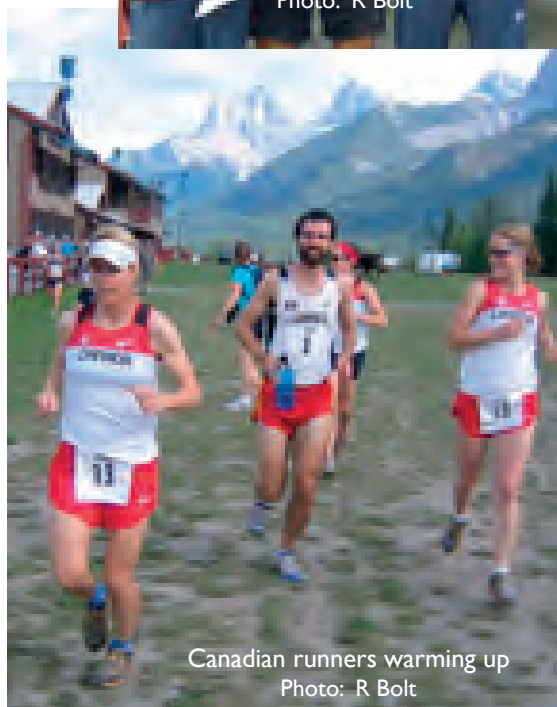
- | | |
|--------------------------|-------|
| 1. Brandy Erholtz (USA) | 37.42 |
| 2. Megan Lund (USA) | 38.04 |
| 3. Christine Lundy (USA) | 40.17 |
| 4. Emily Solsberg (CAN) | 45.22 |
| 5. Amy Golumbia (CAN) | 46.20 |

Teams:

1. USA – 3 pts; 2. CAN – 9 pts



Brandy Erholtz,
Adrian Lambert (Race Director), Joe
Gray
Photo: R Bolt



Canadian runners warming up
Photo: R Bolt

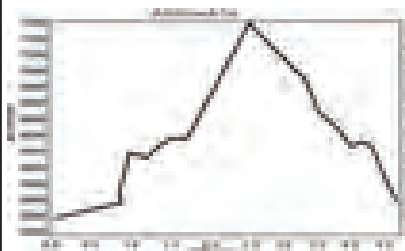
8th NACAC Mountain Running Championships (Uphill)

Ajijic, Jalisco, Mexico
17th July 2011



9no. CAMPEONATO NACIONAL DE MONTAÑA
Selectivo para el Campeonato Mundial de Carrera de Montaña

8vo. Campeonato NACAC de Carrera de Montaña
con la participación de USA y Canadá



5th South American (Consudatle) Mountain Running Championships

Mendoza, Argentina – 15th August 2010

This year's South American Mountain Running Championships were held in the beautiful snow covered scenery of the Cerro Arco, near the city of Mendoza in Argentina, which this year had the most snow for 40 years. Both the races were dominated by Venezuelan athletes - Pedro Puente winning the men's race and Cruz Salazar the women's race. Alexis Martinez and Neido Guillen, also from Venezuela, finished in second and third places in the men's race, thereby winning the team prize. The only Peruvian runner competing finished in second position in the women's race, but the women's team prize was won by Argentina.

Leading Results:

Men: (Course 12 km)

- | | |
|---------------------------|-------|
| 1. Pedro Puente (VEN) | 52.25 |
| 2. Alexis Martinez (VEN) | 53.04 |
| 3. Neido Guillen (VEN) | 53.20 |
| 4. Dario Rios (ARG) | 53.35 |
| 5. Naval Figueiredo (BRA) | 54.37 |
| 6. Cristian Mohamed (ARG) | 55.26 |
| 7. Martin Cavaco (ARG) | 55.44 |
| 8. Antonio De Souza (BRA) | 58.44 |
| 9. Antonia Campos (BRA) | 59.35 |

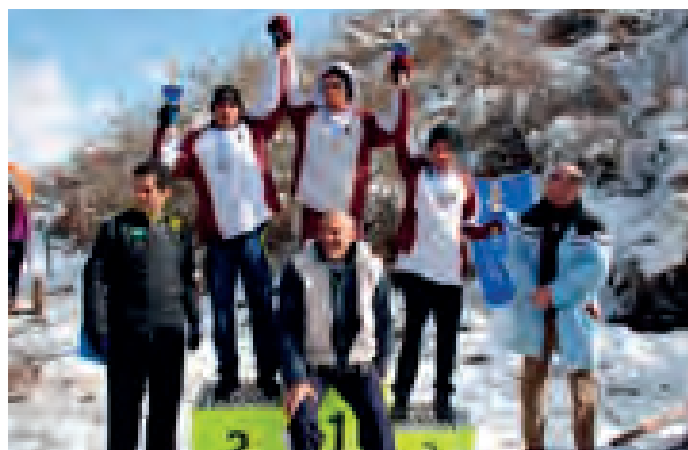
Women: (Course 8 km)

- | | |
|----------------------------|-------|
| 1. Cruz Salazar (VEN) | 39.51 |
| 2. Elionaq Castro (PER) | 40.28 |
| 3. Veronica Ramirez (ARG) | 40.43 |
| 4. Karina Neipan (ARG) | 41.54 |
| 5. Maria Oliveira (BRA) | 42.53 |
| 6. Maria Alves (BRA) | 42.59 |
| 7. Daiane Aguiar (BRA) | 43.17 |
| 8. Leonela Rodriguez (ARG) | 45.19 |

Teams:

Men: 1. VEN – 6 pts. 2. ARG – 17 pts. 3. BRA – 22 pts

Women: 1. ARG – 15 pts. 2. BRA – 18 pts



Men's Podium - 1st Pedro Puente (VEN),
2nd Alexis Martinez (VEN), 3rd Neido Guillen (VEN)

Photo: LOC

2nd African Mountain Running Championships

(6th Obudu Ranch International Mountain Race)

Obudu Ranch Park, Cross River State, Nigeria - 27th November 2010

More than 150 top runners, from seven African nations, took part in the African Mountain Running Championships, linked with the sixth edition of the Obudu Ranch International Race. On a beautiful day, Ethiopian Abebe Dinkesa crossed the finishing line in 42.21 to win the men's race and become the African Champion 2010. Second in the race and silver medallist in the African Championships was Fidaku Awash, also from Ethiopia, who won the race in 2009 and 2007 (and was third in 2008). Finishing in third position was John Sompol Mnangat, from Kenya, taking the bronze medal. The first three finished in under 43 minutes.

The African Team Championship competition was very close with Uganda winning gold with 16 points, ahead of Kenya (silver) and Ethiopia (bronze) both with 17 points, but Kenya's third best scorer was ahead of Ethiopia. Nigeria and Cameroon finished in fourth and fifth positions respectively. Egypt and Tanzania (present for the first time in an international mountain running event) competed with incomplete teams.

The women's race was this year, for the first time, included in the African Mountain Running Championship. The winner was Meselech M. Haileyesus, from Ethiopia, in a time of 48.57, just ahead of another Ethiopian, Daska Mamitu in 49.04, winner of last year's race. The race was completely dominated by Ethiopian runners – six in the first seven positions. Mary Xwaymay Naali, from Tanzania, finished in sixth position.

Ethiopia, of course, won the team gold medal ahead of host country Nigeria. Kenya, Cameroon and Tanzania sent incomplete teams, but all present agreed that the female presence would increase in the future.

Leading results:

Men (Course 1 11km)

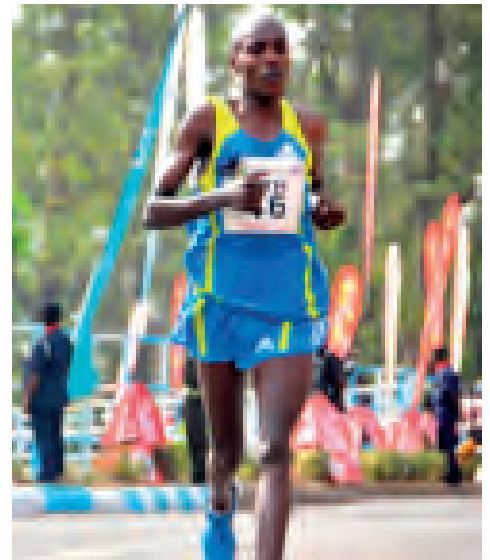
| | | |
|-----|-----------------------------|-------|
| 1. | Abebe Dinkesa (ETH) | 42.21 |
| 2. | Fikadu Awash (ETH) | 42.47 |
| 3. | John Sompol Mnangat (KEN) | 42.58 |
| 4. | Stephen Kiprotich (UGA) | 43.23 |
| 5. | Geoffrey Kusoro (UGA) | 43.44 |
| 6. | Macdonald Ondara (KEN) | 43.55 |
| 7. | Martin Torotich (UGA) | 44.27 |
| 8. | Johnstone Kibet Maiyo (KEN) | 44.32 |
| 9. | Dickson Huru (UGA) | 46.07 |
| 10. | Tokbe C. Gwet (NGA) | 48.30 |

Women (Course 1 11km)

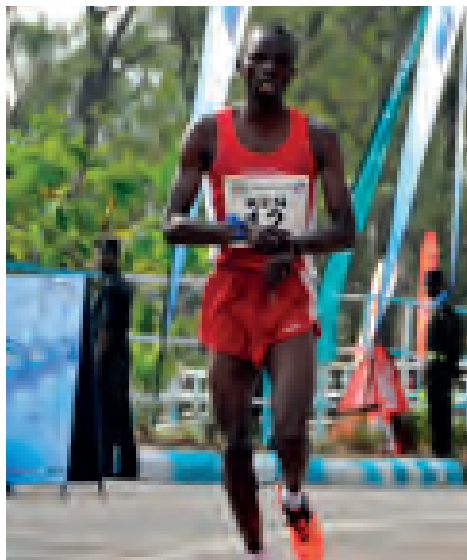
| | | |
|-----|------------------------------|-------|
| 1. | Meselech M. Haileyesus (ETH) | 48.57 |
| 2. | Daska Mamitu (ETH) | 49.04 |
| 3. | Belainesh Gebre (ETH) | 50.37 |
| 4. | Koren Jejela Yal (ETH) | 52.49 |
| 5. | Mary Xwaymay Naali (TAN) | 53.28 |
| 6. | Relinia Kedir (ETH) | 55.04 |
| 7. | Angelina Mutuku (KEN) | 56.05 |
| 8. | Emily Chepkemai Samoei (KEN) | 57.54 |
| 9. | Janet Dung (NGR) | 61.40 |
| 10. | Dinatu Yohanna (NGR) | 64.01 |



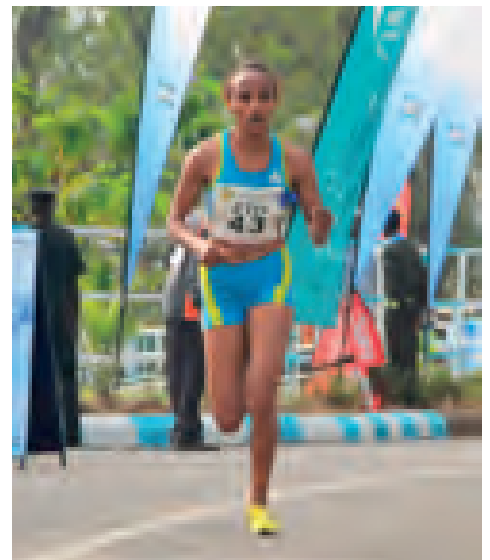
1st Abebe Dinkesa (ETH)
Photo: LOC



2nd Fikadu Awash (ETH)
Photo: LOC



3rd John Mnangat (KEN)
Photo: LOC



1st Woman - Meselech M Haileyesus (ETH)
Photo: LOC



3rd African AC Mountain Running Championships

7th Obudu Ranch International Mountain Race)

Obudu Ranch, Cross River State, Nigeria – 26th November 2011

Senior Men and Women – individual and team



10th WMRA/WMA Masters Mountain Running Championships

28th August 2010 – Korbielow (Poland)

The Masters World Mountain Running Championships were held in Poland for the second time, the first time being in Ustron in 2001. Unfortunately, the weather was very bad on the day, making it difficult for the organisers, but 461 competitors took part, from 26 different countries. WMA and WMRA agreed at the end of the championships that in future the competition will not include an 80+ category.

Results Summary:

Mens Results

| | | |
|-----|---------------------|--------|
| M35 | M. Matanin (SVK) | 46.26 |
| M40 | T. Gerlei (HUN) | 47.58 |
| M45 | P. Sichermann (GER) | 45.17 |
| M50 | A. Stransky (CZE) | 48.37 |
| M55 | M. Smrcka (CZE) | 50.14 |
| M60 | O. Smida (CZE) | 54.52 |
| M65 | B. Innocente (ITA) | 57.45 |
| M70 | G. Gross (GER) | 61.46 |
| M75 | B. Baggia (ITA) | 68.21 |
| M75 | B. Baggia (ITA) | 68.21 |
| M80 | J. Soukup (CZE) | 131.07 |

Womens Results

| | | |
|-----|----------------------|--------|
| W35 | I. Sekyrova (CZE) | 52.58 |
| W40 | A. Mudge (SCO) | 51.50 |
| W45 | I. Zatorska (POL) | 55.05 |
| W50 | M. Greenan (IRL) | 61.05 |
| W55 | B. Paulu (CZE) | 56.41 |
| W60 | M. Spronk (GER) | 67.33 |
| W65 | G. Schmittner (GER) | 76.25 |
| W70 | L. Bratusa (SLO) | 75.04 |
| W75 | M. Marcibalova (SVK) | 85.30 |
| W80 | X. Nicolaev (MOL) | 183.36 |

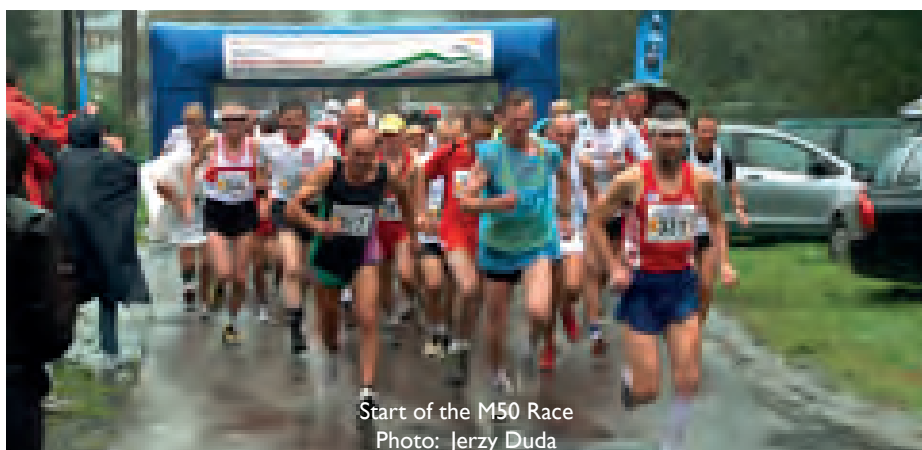
Mens Team Results:

| | |
|-----|------------|
| M35 | Italy |
| M40 | Czech Rep. |
| M45 | England |
| M50 | Czech Rep. |
| M55 | Germany |
| M60 | Czech Rep. |

Womens Team Results:

| | |
|-----|---------|
| W35 | Poland |
| W40 | Italy |
| W45 | England |
| W50 | Germany |
| W55 | Italy |

F45 Podium - 1st Izabela Zatorska (POL), 2nd Helen White (IRL), 3rd Anna Balosakova (SVK)
Photo: Jerzy Duda



Start of the M50 Race
Photo: Jerzy Duda



Start of the M45 Race in the pouring rain!
Photo: Jerzy Duda

25th World Mountain Running Championships 2009

Valentina Belotti (ITA) and Womens Team from GB are Gold medallists

The IAAF has informed WMRA that the Italian athlete, Elisa DESCO, has been suspended for two years after a positive sample was taken at the end of the 25th WMRA World Mountain Running Championship 2009 in Campodolcino (Italy), where this athlete finished first in the senior women's race and Italy won the team title in the senior women's category.

Following this decision, the results of this competition must be amended and the new World Champion is now the Italian runner Valentina BELOTTI and the team title goes to Great Britain, with Italy moving to second place in the results.

In fact, the results of this competition have to be amended – as IAAF competition rules 2010-2011 – and the new rankings are now:

Senior women - Individual

| | | |
|-------------------------|-----|-------|
| 1. Valentino BELOTTI | ITA | 44.03 |
| 2. Maria Grazia ROBERTI | ITA | 44.23 |
| 3. Sarah TUNSTALL | GBR | 44.48 |

Senior women - Team

| | | |
|-----------------------------|-----|--------|
| 1. Great Britain | GBR | 19 pts |
| 2. Italy | ITA | 24 pts |
| 3. United States of America | USA | 35 pts |

The new World Champions are the team from Great Britain (Sarah TUNSTALL, Katie INGRAM, Kate GOODHEAD and Mary WILKINSON), with Italian runners Valentina BELOTTI, Maria Grazia ROBERTI, and Cristina SCOLARI, winning the silver medals and the USA the bronze medals.

Of course, the results of the other teams will be updated regarding points (three points less per team) but there will be no changes in their positions.

WMRA has already made a request to FIDAL and to UK Athletics for their co-operation in arranging the handing over of the medals to new winners.

Gold Medallists 2009 - Team GB
Photo: Giuseppe Buriasco



Valentino Belotti - Gold Medallist 2009
Photo: Giuseppe Buriasco





WMRA Calendar 2011 - International Mountain Running Races

WMRA Events and Championships 2011

| Date | Event | Place / Venue | Country |
|--|---|-----------------|---------|
| 18th June | 8th WMRA Long Distance Mountain Running Challenge 10th GM40 - Gorski Maraton Štirich Obin (km. 35) | Podbrdo | SLO |
| Senior and masters – men and women – individual | | | |
| 25th June | 6th WMRA International Youth Challenge (race for 16 – 17 years old) | Gorenja vas | SLO |
| 16 and 17 years old – men and women – individual and team | | | |
| 11th September | 27th WMRA World Mountain Running Championships (up and down) | Tirana | ALB |
| Senior and junior - men and women - individual and team | | | |
| 17th September | 11th WMRA/WMA Master World Mountain Running Championships | Paluzza (Udine) | ITA |
| Masters: up 35 years old - men and women individual and team | | | |

IAAF Area Championships 2011

| | | | |
|---|---|-------------------|-----|
| 10th July | 10th EA Mountain Running Championships (uphill) | Bursa | TUR |
| Senior and junior - men and women - individual and team | | | |
| 17th July | 8th NACAC Mountain Running Championships (uphill) 16th Carrera de Montaña "La Chupinaya" | Ajijic, Jalisco | MEX |
| Senior and junior - men and women - individual and team | | | |
| 7th August | 6th CONSUDATLE Mountain Running Championships | Caracas | VEN |
| Senior and junior - men and women - individual and team | | | |
| 26th November | 3rd AAC Mountain Running Championships 7th Obudu Ranch International Mountain Race | Cross River State | NGR |
| Senior - men and women - individual and team | | | |

Other Championships 2011

| | | | |
|--|---|--------------------------|-----|
| 12th June | 3rd Balkan Mountain Running Championships | Dimitrovgrad | SRB |
| Senior and junior - men and women - individual and team | | | |
| 24th September | 2nd Commonwealth Mountain Running Championships | Snowdon - Gwynedd | GBR |
| Senior - men and women - individual and team | | | |
| 13th WMRA Grand Prix 2011 | | | |
| 22nd May | 2nd International race relay 1st G.P. race | Arco (Trento) | ITA |
| Senior and master, men and women – club relay with individual result | | | |
| 2nd June | 31st La Montée du Grand Ballon 2nd G.P. race | Willer sur Thur/Goldbach | FRA |
| Senior, junior and master- men and women - individual | | | |
| 24th July | 13th Gorski tek na Grintovec 3rd G.P. race | Kamnik | SLO |
| Senior, junior and master- men and women - individual | | | |
| 31st July | 3rd Mayrhofen Harakiri Run 4th G.P. race | Mayrhofen | AUT |
| Senior, junior and master- men and women - individual | | | |
| 11th September | 27th WMRA World Mountain Running Championships (up and down) 5th G.P. race - 1st level | Tirana | ALB |
| Senior and junior - men and women - individual and team | | | |
| 1st October | 32nd Smarna Gora International mountain race 6th G.P. race – Final G.P. | Ljubljana | SLO |
| Senior and junior - men and women - individual and team | | | |

WMRA International 'associate member' races 2011

| | | | | | | | |
|--------------------|---|--------------------------|-----|-------------------|--|-----------------------|-----|
| 28th - 29th May | 27th Intern. Gamperney Berglauf Senior; junior and master- men and women - individual | Grabs | SWI | 21st August | 56th Pikes Peak Marathon (km. 42) Senior; junior and master- men and women - individual - Long Distance | Manitou Springs | USA |
| 17th July | 12th Grosslockner Berglauf Senior; junior and master- men and women - individual | Heiligenblut | AUT | 28th August | 23th Memorial Partigiani "Stellina" Senior and master; men and women - individual | Susa (Torino) | ITA |
| 17th July | 12th Chiavenna – Lagune (Vertical Kilometre) Senior and master; men and women - individual | Chiavenna (Sondrio) | ITA | 25th September | 38th Hochfellen Berglauf Senior; junior and master- men and women - individual | Bergen | GER |
| 7th August | 16th International Sport 2000 Feuerkogel Berglauf Senior; junior and master- men and women - individual | Ebensee | AUT | 23rd October | 54th Trofeo "E. Vanoni" (relay international male) 28th Trofeo "E. Vanoni" (individual international female) Junior; senior and master- men and women – club relay | Morbegno (Sondrio) | ITA |
| 13th August | 1st International Youth Relay Junior relay men and women | Debyosy (Udmurt Rep.) | RUS | | | | |
| 20th August | 56th Pikes Peak Ascent (km. 21) Senior and master- men and women - individual | Manitou Springs | USA | | | | |

Event web pages, when available, may be found on the links page of:

www.wmra.info

27th World Mountain Running Championships

Tirana, Albania – 11th September 2011

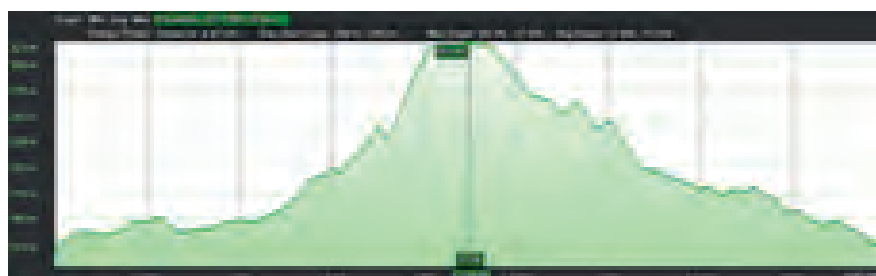
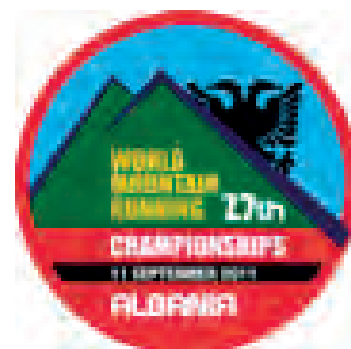
Tirana is the capital city of Albania and this year's World Championships will start and finish in the Botanical Gardens in the centre of the city.



Kamnik: passing of the WMRA flag
from Slovenian LOC to Albanian LOC
Photo: LOC Kamnik

(e-mail: fsha@live.com)

(<http://wmrc2011.al/>)



Profile of one lap

2nd Commonwealth Mountain & Ultradistance Championships

North Wales – 23rd/25th September 2011

Following the success of the 1st Commonwealth Championships in Keswick in 2009 the Commonwealth Federation has given permission for a 2nd Championship.

The Mountain Race will take place on Saturday 24th September at Llanberis (Snowdon) and will be an up and down race.

Men – 12k; Women 8k

Event Organiser – Norman Wilson

(e-mail: normanukultra@aol.co.uk)

(www.ultramountaincommonwealthchampionships.org)



11th WMRA/WMA World Masters Mountain Running Championships

Paluzza, Italy – 17th September 2011

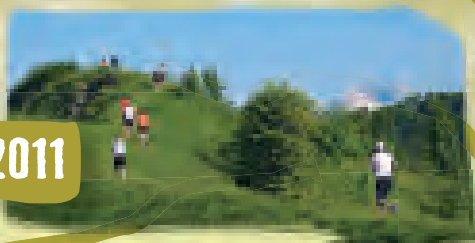
info@wmmrc2011.org www.wmmrc2011.org



LOC members Andrea Di Centa and Ferdinando Di Centa with Bruno Gozzelino in the main square of Paluzza
Photo: Patrizia Longo

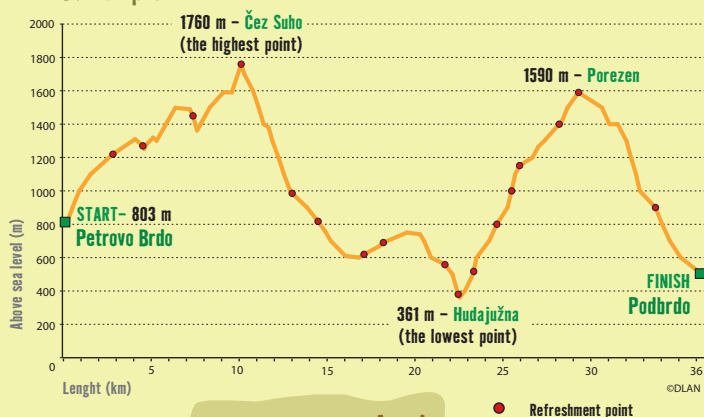
International Mountain Running week in Slovenia

June 18th 2011



8th WMRA World Long Distance Mountain Running Challenge. Podbrdo, Slovenia

Course profile

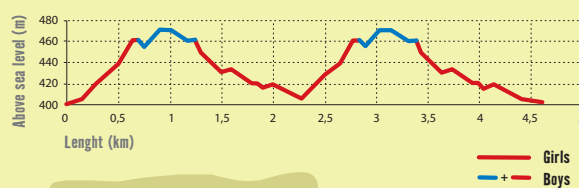


www.wmra.gm4o.si



June 25th 2011

6th International Youth Mountain Running Challenge. Gorenja vas, Slovenia



www.iymrc2011-slo.si

3rd Balkan Mountain Running Championships

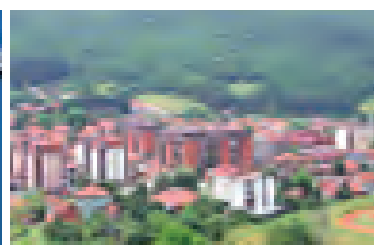
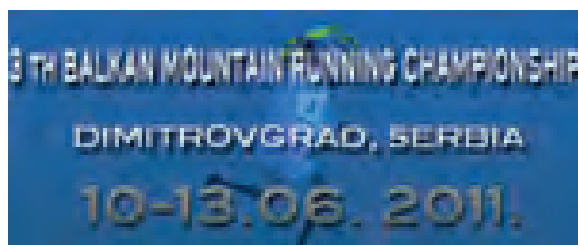
Dimitrovgrad, Serbia - 12th June 2011

Organised by Municipality of Dimitrovgrad and the Serbian Athletic Federation.

The course is up and down, starting and finishing in the city centre.

(Only national teams of the ten member federations can participate)

ABAF website: www.bmrch2011.org.rs



6th CONSUDATLE Mountain Running Championships

Caracas, Venezuela - 7th August 2011

Senior and Junior Men and Women
Individual and Team

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Meta-flex™ groove provides
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