Max KING (122) (USA) Senior Men World Champion 2011
Kasie ENMAN (197) (USA) Senior Women World Champion 2011
Adem KARAGOZ (274) (TUR) Junior Men World Champion 2011
Lea EINFALT (333) (SLO) Junior Women World Champion 2011
Message from the WMRA President – Bruno Gozzelino

What is the future for mountain running and the WMRA?

Mountain Running is now well established as a worldwide sport and branch of traditional athletics and it is continually growing in popularity among athletes all around the world.

It is now clear that mountain running is recognized as a modern and precious part of athletics which helps improve the athletes’ performances in all endurance races. However, “mountain running is mountain running” and it should not be confused with trail running, sky running, snowshoe running, skyscrapers ascent or other similar activities with different names. It is important to distinguish mountain running from these other activities. Trail is an attractive and important movement that will probably become more popular in the future around the world but it is running or walking by persons of all the ages on track of different distances and surfaces (path, grass, sand, rocks, and so on), but trail running is not mountain running! Sky running is an interesting commercial activity where participants can win large amounts of money. Some competitors are ex-international mountain runners who, at the end of their international athletic mountain running career, start in this event with the intention of winning money. The people that normally practice sky running are usually older runners with the exception of a few younger top runners who have not come from traditional mountain runners. Sky running attracts media coverage due to the fact that participants walk or run on the top of the mountains at high altitude and sometimes competing in close to extreme conditions, but sky running is not mountain running! Mountain running – at the moment – takes place in spring and summer not in winter in the snow. Snowshoe running is not mountain running! Skyscrapers ascent is a “commercial show,” everyone understands that a skyscraper is not a mountain! Once again this activity can be useful for an athlete to win some money and of course money is important but the purist athletes that really have a passion for the sport of mountain running don’t use their energy and enthusiasm for this kind of activity, instead, they prefer to compete in organized mountain races. Money cannot change skyscrapers into mountains! Skyscrapers ascent running is not mountain running! Of course, WMRA is not against the fact that athletes receive prize money in mountain running competition but what must be clear is that the LOC, media and, above of all, sponsors understand that mountain running is an athletic discipline not to be confused with these other activities. Having a clear definition of mountain running makes it easier to approach sponsors and to improve opportunities to attract money into our sport for competitors. Also, I believe that athletes can help this situation by choosing mountain running and not being present in all types of distance races. There have been many athletes who have been champion mountain runners and also champions in athletics in general. Gelindo Bordin, of Italy, is one such athlete who as well as being a top class mountain runner won the marathon race at the Seoul Olympics in 1988 and also the Boston Marathon. The World Mountain Running Association has worked solidly for thirty years in order to achieve important results for our sport. The WMRA has excellent relationships with IAAF and all the Area Continental Athletic Associations and valuable contact with many National Athletic Federations. The WMRA stage an annual World Mountain Running Championships and also organize a full mountain running Calendar every year. The WMRA are always ready to introduce a new kind of event into our sport and at the moment council members are looking into the possibility of introducing a world relay event into the calendar, possibly in 2013. These outcomes are the consequence of the enthusiasm and passion of a group of people (WMRA Council members and a lot of people around the world), who work for free, without receiving any financial gain! It is important to remember this aspect! The WMRA budget is only a very small budget but at the heart of mountain running are these dedicated people who support the wonderful values and principles of our sport! What then is the future of mountain running and the WMRA? One possibility is that the discipline of mountain running could eventually become fully integrated into the body of the IAAF and an IAAF Mountain Running Committee would be created. The WMRA Council would of course be fully supportive of this course of action and would cease to exist from this point onwards. However, until the timing is right for these circumstances the WMRA will continue to carry on as normal counting on the full backing of the IAAF, Area Continental Athletic Associations and each National Athletic Federations. The WMRA expresses its gratitude to the IAAF and its associated bodies for this support.

Finally – and this is very, very important – WMRA races try to encourage the participation of athletes who are also able to run in cross country, in the marathon, in 10km races or steepelchase races. Mountain running is recognized as a true test of endurance, ability, skills and wise preparation and to many athletes it is considered to be the best practice to excel in all types of distance races. There have been many athletes who have been champion mountain runners and also champions in athletics in general. Gelindo Bordin, of Italy, is one such athlete who as well as being a top class mountain runner won the marathon race at the Seoul Olympics in 1988 and also the Boston Marathon. The World Mountain Running Association has worked solidly for thirty years in order to achieve important results for our sport. The WMRA has excellent relationships with IAAF and all the Area Continental Athletic Associations and valuable contact with many National Athletic Federations. The WMRA stage an annual World Mountain Running Championships and also organize a full mountain running Calendar every year. The WMRA are always ready to introduce a new kind of event into our sport and at the moment council members are looking into the possibility of introducing a world relay event into the calendar, possibly in 2013. These outcomes are the consequence of the enthusiasm and passion of a group of people (WMRA Council members and a lot of people around the world), who work for free, without receiving any financial gain! It is important to remember this aspect! The WMRA budget is only a very small budget but at the heart of mountain running are these dedicated people who support the wonderful values and principles of our sport! What then is the future of mountain running and the WMRA? One possibility is that the discipline of mountain running could eventually become fully integrated into the body of the IAAF and an IAAF Mountain Running Committee would be created. The WMRA Council would of course be fully supportive of this course of action and would cease to exist from this point onwards. However, until the timing is right for these circumstances the WMRA will continue to carry on as normal counting on the full backing of the IAAF, Area Continental Athletic Associations and each National Athletic Federations. The WMRA expresses its gratitude to the IAAF and its associated bodies for this support.

One thing is clear: mountain running is a sport that goes on developing, getting more popular and stronger every year. I would like to thank everyone for their hard work, the officials and race organizers, the coaches and the athletes. I know that everyone who is involved in mountain running has a passion and love for our sport! This is very important for WMRA and for mountain running! The WMRA cannot predict what will happen to its organization in the future but certainly the WMRA President and Council members are ready to do their best! And there is no question about the future of mountain running - our beautiful sport is here to stay! Bruno Gozzelino (President WMRA)

From left to right: Raimondo Balicco (WMRA Director of Competition), Norma Hughes (WMRA Honorary Consultant), Bashir Hussain (WMRA Secretary), Paul Hardy (IAAF Competition Director), Erhan Basoglu (WMRA Director of Marketing), Wolfgang Munzel (WMRA Director of Organisation), David Okeyo (Chairman of IAAF Cross Country Committee), Gaila Pulahcheva (WMRA At-Large Director), Bruno Gozzelino (WMRA President), Sean Wallace-Jones (Senior Manager at IAAF), Nancy Hobbs (WMRA Treasurer) and Tomo Sarf (WMRA Director of Development). Photo: Norma Hughes
WMRA COUNCIL

MESSAGE FROM MR LAMINE DIACK - IAAF PRESIDENT

Dear Friends,

It is always a pleasure for me to write these few words for the WMRA annual Newsletter.

2011 was another year of excellent competitions and was also marked by the participation of new countries, either as organisers or competing athletes. The continuing expansion of Mountain Running was demonstrated by the success of the 27th World Mountain Running Championships in Tirana, Albania. The fact that this event was honoured with the presence of both the President of Albania and the Minister of Sport, shows the impact that athletics can have and the fact that this exciting competition saw no fewer than eleven nations take medals is ample proof that Mountain Running is a dynamic and growing sport.

This is particularly satisfying as we prepare to celebrate the IAAF Centenary, in the knowledge that our sport, whilst steeped in history, is able to develop disciplines that are attracting growing numbers of participants from an increasing number of nations.

I am delighted to see that both the quality and number of competitions organised by the WMRA continues to expand and I am sure that we will see many more great competitions in 2012 and in the years to come, as the passionate work of the WMRA President and Board bears its fruits.

I wish you all much success in your endeavours and a year of wonderful competitions.

Lamine Diack
IAAF President

NEW IAAF GENERAL SECRETARY - ESSAR GABRIEL

Since the first of November 2011, the IAAF has a new General Secretary. Essar Gabriel has taken over the reins from Pierre Weiss, who has now retired.

Essar Gabriel, who is 45 years old and of French nationality, has a wealth of experience at the highest administrative levels of sport. He comes to the IAAF after four years with the International Olympic Committee, where he was Head of the Youth Olympic Games.

Prior to this, Gabriel worked as a sports consultant, following two years as the Chief Operating Officer and Deputy CEO of the Paris 2012 Olympic Games Bid Committee. From 2001-2003, he played a major role as the CEO of one of the most successful ever IAAF World Championships in Paris.

His earlier experience also includes working as the Director of the International Media Centre for the FIFA World Cup, France 98 and as a Venue Manager for the Sydney 2000 Summer Olympic Games Organizing Committee.

MESSAGE FROM CHAIRMAN IAAF CROSS COUNTRY COMMITTEE

It gives me great pleasure to associate myself with the World Mountain Running Association (WMRA) as the Chairman of the IAAF Cross Country Committee.

The Association has worked very tirelessly to bring this particular sport to where it is today under the patronage of Mr. Bruno Gozzelino, President, WMRA and his entire council members.

I want to take this opportunity to appeal to all IAAF Member Federations to support the mountain running just as any other sport in athletics because the mountain running builds endurance and speed which are the key factors in athletics.

I attended the WMRA Board meeting on 14th January 2012 in Monaco in my capacity as the Chairman of the IAAF Cross Country Committee and I enjoyed and learnt a lot of ideas and ideologies regarding the mountain running. The council members are very humorous, knowledgeable and have what it takes as far as mountain running is concerned.

I want to take this opportunity once again to thank Mr. Lamine Diack, IAAF President, Mr. Essar Gabriel, IAAF General Secretary, Mr. Paul Hardy, IAAF Competitions Director, Mr. Sean Wallace – Jones, IAAF Senior Manager Road Running and Mr. Bruno Gozzelino, President, WMRA for the support they have always given to the organisation of mountain running as well as cross country.

David S. Okeyo, MBS, HSC
Chairman - IAAF Cross Country Committee

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 Adrian Woods
Email: woodstradrian@btinternet.com
Finally, the WMRA is delighted to announce Nancy Hobbs (WMRA Treasurer) was awarded the USA Women’s Trailblazer Award for her outstanding contributions to the sport in January 2012.

Photo: Keith Ladzinski

NANCY HOBBS AWARDED WOMEN’S TRAILBLAZER AWARD

Dr. Sonja Ambrosy has been the medical advisor to the WMRA Anti-Doping Commission since 2007. She is responsible for checking the TUE applications (THERAPEUTIC USE EXEMPTIONS) for athletes who compete in mountain races, which come under the umbrella of WMRA and are held at international level (for example World Championships, Challenge, Grand Prix Race Series of races) TUE application forms can be send to Dr. Sonja Ambrosy via email: sonja.ambrosy@gmx.de.

If you have any questions concerning the use of medication in and out of competition please contact Sonja directly.

Sonja has been a mountain runner and long-distance runner (up to the marathon) and has competed since she was 13 years old. She has participated in many international mountain races and championships representing Germany. She stopped competing in 2000. Dr. Sonja Ambrosy specializes in Internal medicine.

Photo: Patrizia Longo

THANK YOU, PIERRE WEISS

At the end of December 2011 the lengthy and successful career of Pierre Weiss as IAAF General Secretary ended: he had decided to call it a day and resigned from his post!

Pierre Weiss held the following positions inside IAAF:

- Assistant to General Secretary from 1985 until 1987;
- General Director from 1991 until 2006; General Secretary, 2006 until 2011.

Worldwide, everyone who works for athletics knows Pierre Weiss. He was always available to everybody and loves athletics. He was always very busy but he is a person able to do and to think about a hundred things at the same time and he never forgot one promise: if anyone asked Pierre a question he always gave a reply! As for mountain running and for WMRA Pierre Weiss was - and is -- a fantastic friend, always.

Personally, I have been involved in the mountain running family since 1989-1990 (for a World Seminar in Italy at Bardonecchia and then as General Secretary of LOC World Mountain Running Trophy 1992 in Italy, Susa Valley). I officially started to work for WMRA in 1997 as WMRA Secretary - Pierre Weiss was - and is -- a fantastic friend, always.

Personally, I have been involved in the mountain running family since 1989-1990 (for a World Seminar in Italy at Bardonecchia and then as General Secretary of LOC World Mountain Running Trophy 1992 in Italy, Susa Valley). I officially started to work for WMRA in 1997 as WMRA Secretary and since 2009 as President: I cannot imagine the mountain running movement without Pierre Weiss!

From my first moment in this role Pierre was the point of reference for my activity and for the WMRA policy. Many people have helped mountain running around the world and in all Continents but Pierre Weiss will remain in the history of mountain running as one of the most important individuals within our sport! He has helped our discipline in all situations and in view of everybody around the world Pierre believed that mountain running is an important part of athletics and -although he had many more important tasks to perform – he never forgot mountain running.

I will not forget all the friendships which I have been able to build in mountain running in more than 20 years but I hope that there may be another possibility in which Pierre Weiss will be able to help our discipline of athletics and WMRA in the future. Mountain running, our Sport, is a marvelous one, comprised of exceptional athletes and wonderful officials and coaches in all parts of the world! To be able to work with such people, the IAAF and people like Pierre Weiss is the best thing about it.

I am not able to find enough words to thank Pierre Weiss for everything but I, personally, and the whole of the WMRA hope that his assistance and support to mountain running will not finish here!

Bruno Gozzelino
WMRA President

FAREWELL TO NORMA HUGHES AND A WELCOME TO ADRIAN WOODS

A special presentation was made to Norma Hughes for all her contributions and excellent work over the years and in particular for the contributions in compiling and editing the WMRA Newsletter: Norma has been in a tremendous stalwart in the development of mountain running not least in the support of husband Danny’s dedication to mountain running worldwide over 25 years.

Norma has recently decided to retire from her duties in production of the Newsletter and has handed over the reins to Welshman Adrian Woods. Adrian was previously a Marketing Director and more recently General Secretary of the WMRA. He competed for Wales in the 1997 World Mountain Running Championships held in the Czech Republic and has a great love of the sport.

Bruno Gozzelino congratulating Norma Hughes for her contributions to Mountain Running
Photo: Nancy Hobbs

INTRODUCING DR SONJA AMBROSY

Dr. Sonja Ambrosy has been the medical advisor to the WMRA Anti-Doping Commission since 2007. She is responsible for checking the TUE applications (THERAPEUTIC USE EXEMPTIONS) for athletes who compete in mountain races, which come under the umbrella of WMRA and are held at international level (for example World Championships, Challenge, Grand Prix Race Series of races) TUE application forms can be send to Dr. Sonja Ambrosy via email: sonja.ambrosy@gmx.de.

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6TH WMRA INTERNATIONAL YOUTH CHALLENGE
Gorenja vas (SLO)
25th June 2011

The 6th International Youth Mountain Running Challenge 2011 was held in Gorenja Vas in Slovenia. A record 13 countries competed (with a total of 75 athletes: 39 boys and 36 girls) on a very runnable mainly grass course which the athletes enjoyed.

Host Country Slovenia had much to celebrate in the girl’s race as Lea Einfalt raced to victory in 14 minutes and 6 seconds. She was followed home by Russian Ekaterina Ivonina (in 14 minutes and 18 seconds) who was also the silver medallist in 2010. Slovenia also took the bronze medal with local runner Katja Stanonik (in 14 minutes and 27 seconds) running an impressive race.

The 2010 winner, Ffion Price of Wales, had opened an early lead but was pulled back on the second half of the first lap and eventually finished in fifth position (in 14 minutes and 58 seconds).

The boy’s race was a much tighter affair with less than a minute separating the top 14 runners.

Nekagenet Crippa (ITA) broke away at the start but he too suffered the fate of starting too hard and had to settle for fourth. Polish runner Rafal Matusczak was the first to pass the Italian and he held on from a strong chasing group to take victory (in 15 minutes and 1 second) by three seconds from Russian Konstantin Galiullin (in 15 minutes and 4 seconds).

Marcin Zychski (POL) took the bronze medal (in 15 minutes and 9 seconds) and with their third runner in twelfth position this was enough to give Poland the team with 16 points.

The competition was opened by WMRA President Bruno Gozzelino in the presence of Janez Aljancic the Vice-President of the Slovenian Athletics Federation and the Mayor of Gorenja vas - Poljane, Milan Cadez.

Results

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. MATUSZCZAK Rafal (POL) 15:01</td>
<td>1. EINFALT Lea (SLO) 14:06</td>
</tr>
<tr>
<td>2. GALIULLIN Konstantin (RUS) 15:04</td>
<td>2. IVONINA Ekaterina (RUS) 14:18</td>
</tr>
<tr>
<td>3. ZYCHSKIL Marcin (POL) 15:09</td>
<td>3. STANONIK Katja (SLO) 14:27</td>
</tr>
<tr>
<td>4. Crippa Nekagenet (ITA) 15:17</td>
<td>4. TEMEL Remuye (TUR) 14:36</td>
</tr>
<tr>
<td>5. RESHETNIKOV Rodion (RUS) 15:21</td>
<td>5. PRICE Ffion (WAL) 14:58</td>
</tr>
<tr>
<td>6. CAVAGNA Nadir (ITA) 15:31</td>
<td>6. KHRYASCHEVA Anna (RUS) 15:03</td>
</tr>
<tr>
<td>7. KARABULAK Suat (TUR) 15:36</td>
<td>7. HINTERHOLZINGERova Jana (CZE) 15:04</td>
</tr>
<tr>
<td>8. KOVACIC Tim (SLO) 15:41</td>
<td>8. MCCARTHY Clare (IRL) 15:12</td>
</tr>
<tr>
<td>9. ISKEY Ozan (TUR) 15:50</td>
<td>9. REES Halina (SCO) 15:14</td>
</tr>
<tr>
<td>10. ARMSTRONG Hugh (IRL) 15:52</td>
<td>10. PALUCH Kamila (POL) 15:22</td>
</tr>
</tbody>
</table>

Teams:
1. POL – 16 pts; 2. RUS – 23 pts; 3. ITA – 24 pts
1. RUS – 20 pts; 2. SLO – 30 pts; 3. TUR – 31 pts
405 runners from 18 Nations started the 8th WMRA World Long Distance Mountain Running Challenge in Podbrdo, Slovenia: 320 men and 85 women. The race was linked with the 10th Gorski Maraton štirih obcin (GM4O), a race of 37.5-kilometer mountain track with 2500m ascent and 2800m descent. It took a home boy to prevent a clean sweep from a Scottish trio. Mitja Kosovelj beat the competition by more than a four minute margin with the time of three hours, 22 minutes and 32 seconds. Second to the finish line was Thomas Owens of Scotland (3:26:59), and the bronze medal went to his younger countryman Robbie Simpson (3:29:05). The podium was just a step away from another Scotsman Jehtro Lennox (3:33:21). The top finishers in the women’s race turned out to be an Anglo-Irish affair. Englishwomen Philippa Maddams grabbed gold with 4:08:46, Ireland took second place with Karen Alexander (4:16:21), while bronze went to her English neighbour Helen Fines (4:19:14). Full results on the event web page or the results page of www.wmra.info

**MEN**

Leading Individual Results

1. **KOSOVELJ Mitja** (SLO) 03:22:32
2. **OWENS Thomas** (SCO) 03:26:59
3. **SIMPSON Robbie** (SCO) 03:29:05
4. **LENNNOX Jethro** (SCO) 03:33:21
5. **BIRCHMEIER Ralf** (SUI) 03:35:12
6. **PECHEK Petr** (CZE) 03:35:51
7. **JOHNSON Oliver** (ENG) 03:38:16
8. **DAVIES Andrew** (WAL) 03:38:30
9. **PEARCE Graham** (ENG) 03:38:37
10. **CHECHUN Yirij** (RUS) 03:40:32

Team Results:

1. **SCOTLAND** 10:29:15
2. **SLOVENIA** 10:57:20
3. **ENGLAND** 10:58:46

**WOMEN**

Leading Individual Results

1. **MADDAMS Philippa** (ENG) 04:08:46
2. **ALEXANDER Karen** (IRL) 04:16:21
3. **FINES Helen** (ENG) 04:19:14
4. **PANKOVSKAYA Irina** (RUS) 04:21:25
5. **ROWLANDS Andrea** (WAL) 04:24:08
6. **CELINSKA Anna** (POL) 04:24:40
7. **KHAITOVA Nigina** (RUS) 04:26:25
8. **LUPTON Anna** (ENG) 04:26:49
9. **ESENTIEVO Adela** (CZE) 04:27:45
10. **MAXWELL Fiona** (SCO) 04:29:46

Team Results:

1. **ENGLAND** 12:54:49
2. **RUSSIA** 13:24:37
3. **SCOTLAND** 13:41:07

Full results on the event web page or the results page of www.wmra.info.
World Long Distance Champs Slovenia 2011 - Fellrunner selection

54 English gold medal winning team

56 Pippa Maddams (ENG) Women’s gold

59 Women’s teams

63 Men’s teams

60 Men’s 1, 2, 3

Women’s Teams
L – R. Russia 2nd, England 1st, Scotland 3rd
Photo: Pete Hartley

Men’s Teams
L – R. Slovenia 2nd, Scotland 1st, England 3rd
Photo: Pete Hartley

Philippa Maddams (ENG) 1st
Photo: Pete Hartley

England gold medal winning team
L – R. Helen Fines, Philippa Maddams, Anna Lupton
Photo: Pete Hartley

Men’s 1st, 2nd and 3rd on podium
L – R. Thomas Owens (SCO), Mitja Kosovel (SLO), Robbie Simpson (SCO)
Photo: Pete Hartley
Bursa Municipality are proud to be an official sponsor of the World Mountain Running Association.
### Men

<table>
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<tr>
<th>Place</th>
<th>Name</th>
<th>Country</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Komar Nuri</td>
<td>TUR</td>
<td>4:38:08</td>
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<td>2</td>
<td>Peres Desouza</td>
<td>ITA</td>
<td>4:40:00</td>
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<td>3</td>
<td>Pereira</td>
<td>BOL</td>
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<td>4</td>
<td>Maldonado</td>
<td>ESP</td>
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<td>5</td>
<td>Vargas</td>
<td>ESP</td>
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<td>Zuloaga</td>
<td>ESP</td>
<td>4:41:05</td>
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<td>Galvis</td>
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<tr>
<td>9</td>
<td>Soto</td>
<td>ESP</td>
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### Women

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<td>Komar Nuri</td>
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<td>Soto</td>
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### Teams

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<td>BOL</td>
<td>5</td>
</tr>
<tr>
<td>ESP</td>
<td>3</td>
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</tbody>
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**Teams Standings**

- **1st Place**: TUR (20 points)
- **2nd Place**: ITA (15 points)
- **3rd Place**: ESP (10 points)
- **4th Place**: BOL (5 points)
- **5th Place**: ESP (3 points)

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**Individual Standings**

- **1st Place**: Komar Nuri (TUR)
- **2nd Place**: Peres Desouza (ITA)
- **3rd Place**: Pereira (BOL)
- **4th Place**: Maldonado (ESP)
- **5th Place**: Vargas (ESP)
- **6th Place**: Zuloaga (ESP)
- **7th Place**: Galvis (ESP)
- **8th Place**: Hernandez (ESP)
- **9th Place**: Soto (ESP)
Turkish Junior Women group well together
Photo: Gerry Brady

Concentration in the Junior Women’s race
Photo: Gerry Brady

Junior Men’s winner Nuri Komur (54) (TUR)
Photo: Gerry Brady

Staying close in the Junior Men’s race
Photo: Gerry Brady

A cultural opening ceremony
Photo: Gerry Brady

Janna Vokueva (47) (RUS)
Photo: Gerry Brady

Turkish Junior Women’s Gold Team medallists
Photo: Gerry Brady

Austrian Junior Women’s Bronze Team medallists
Photo: Gerry Brady
WORLD MOUNTAIN RUNNING ASSOCIATION

Senior Ladies individual Winners on podium
Photo: Gerry Brady

Turkish Junior Men’s Gold Team medalists
Photo: Gerry Brady

Turkish Junior Men’s Team on podium
Photo: LOC

Senior Ladies individual Winners on podium
Photo: Tomo Sarf

Russian Senior/Women’s silver Team Medalists
Photo: Gerry Brady

Senior Women’s Individual Medalists L – R
Antonella Canercolo 2nd (ITA), Mariya Strahil 1st (SUI),
3rd Lucija Krkoc (SLO)
Photo: Tomo Sarf

Junior Women’s Gold Medal Winner Denisa Ionela Dragomir (ROU)
Photo: LOC

Senior Men’s Gold Medal Winner Ahmet Arslan (TUR)
Photo: LOC

Irish Men’s Team L – R
Eoin Flynn (43), Ian Conroy (41), Mark Ryan (42)
and Brian MacMahon (40)
Photo: Gerry Brady
27th World Mountain Running Championships
Tirana - Albania
11th September 2011

MEN

1 KINCH Marc  USA  2:06:02
2 ARSLAN Ahmad  TUR  2:54:41
3 DEMATTIS Martin  ITA  2:57:05
4 DEMATTIS Bernard  ITA  2:54:16
5 DE GASPERI Marco  ITA  2:54:33
6 ZAGO Didier  FRA  2:54:50
7 ZIONI Ionut  ROU  5:42:52
8 KIBET James  UGA  5:50:09
9 KOVACS Adam  HUN  5:52:22
10 RANCIONI Julien  FRA  5:53:30
11 GRAT Joseph  USA  5:53:33
12 KOSEOLEV Milka  SLO  5:34:30
13 MUSLU Ercan  TUR  5:56:10
14 ABATE Gabriele  ITA  5:56:12
15 LECHLEITNER Simon  AUT  5:56:45
16 MANZI Emanuele  ITA  5:56:47
17 FONTAINE Guillaume  FRA  5:56:59
18 CARVALHO Jose  POR  5:58:51
19 TOROTICH Martin  UGA  5:58:52
20 KARATAS Adam  TUR  5:59:24
21 CORNTHWAITE Tom  GBR  5:58:57
22 McMILLAN James  GBR  5:58:57
23 GRAHI Peter  CZE  5:59:07
24 BALDACCONI Alex  ITA  5:59:44
25 EDWARDS Orlando  GBR  5:58:51
26 RYAN Mark  IRL  5:58:56
27 PELEVIN Ivan  RUS  5:58:58
28 NIKOLOVO Yold  BUL  5:59:06
29 ALRAUN Fabian  GER  5:59:27
30 AKKOYUN Mehmet  TUR  5:59:33
31 MUGA Rui  POR  5:59:40
32 AKHMADIEV Rinus  RUS  5:59:50
33 KITIR Anif  POR  1:00:07
34 BORGES Goncalo  POR  1:00:12
35 MACMACHON Brian  IRL  1:00:23
36 RODRIGUES Pedro  POR  1:00:24
37 LAMBERT Adrian  CAN  1:00:36
38 SOYEKO Kibet  FRA  1:00:48
39 TORFS Sanne  BEL  1:00:52
40 CHAFE Paul  CAN  1:00:57
41 VOLLMER Mark  BEL  1:00:58
42 BERTELS Jelle  BEL  1:01:44
43 PERMITIN Vasily  RUS  1:01:47
44 WOODS Ryan  USA  1:01:51
45 STOIC Kristian  SRB  1:01:54
46 BYRNE Matthew  USA  1:01:58
47 LAMOVIC Peter  SLO  1:02:05
48 MININOK Barry  IRL  1:02:14
49 HURU Dickson  IRL  1:02:21
50 WIGHTMAN Nicholas  AUS  1:02:37
51 ZAK Jiri  CZE  1:02:45
52 KEVAN James  CAN  1:02:51
53 SWANSON Kristopher  IRL  1:02:46
54 PUREY Brian  CAN  1:02:59
55 SAMUEL Rob  GBR  1:03:19
56 NISSEL Patrick  AUS  1:03:22
57 CONROY Ian  IRL  1:03:31
58 CLOWES Matthew  GBR  1:03:38
59 SERGEV Andrei  RUS  1:03:40
60 BLAHA Tomas  CZE  1:03:56
61 JANDARI Said  TUR  1:04:09
62 KAZAN Deniz  TUR  1:04:34

63 RODRIGUES Pedro  POR  1:00:24
64 BORGES Goncalo  POR  1:00:12
65 AKHMADIEV Rinus  RUS  59:50
66 RYAN Mark  IRL  59:27
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69 VOLLMER Mark  BEL  60:06
70 RYAN Mark  IRL  60:16
71 HURU Dickson  IRL  60:21
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74 KEVAN James  CAN  60:51
75 SWANSON Kristopher  IRL  60:59
76 PUREY Brian  CAN  60:59
77 SAMUEL Rob  GBR  61:02
78 NISSEL Patrick  AUS  61:05
79 CONROY Ian  IRL  61:12
80 CLOWES Matthew  GBR  61:38
81 SERGEV Andrei  RUS  63:40
82 BLAHA Tomas  CZE  63:56
83 JANDARI Said  TUR  64:09
84 KAZAN Deniz  TUR  64:34

WOMEN

14 ENMAN Kaie  USA  40:39
15 RULJANCICH Shane  CAN  1:05:08
16 SZCZESNIEWSKI Milosz  POL  1:05:28
17 NYS ena  BEL  1:05:37
18 RANGEL Juan Pablo  COL  1:05:40
19 MANFREDA Jozef  SLO  1:05:47
20 SIDOROV Oleg  RUS  1:05:59
21 HORACEK Michal  CZE  1:07:03
22 PAGNUJEV Alexei  NZU  1:07:38
23 PELSOZY Attila  HUN  1:07:43
24 HARRIES Jordyn  AUS  1:07:51
25 MANNING Tony  USA  1:08:10
26 TRENDAFILOV Gjorgji  MKD  1:08:27
27 MALKA Haim  ISR  1:08:28
28 SZEKERECS Attila  HUN  1:08:53
29 ROBB Gerard  MEX  1:09:35
30 LOPEZ Miguel Angel  AUS  1:09:48
31 PERRY Edwin  BEL  1:10:28
32 JOLLY Jente  ALB  1:10:57
33 WIRKUS Lukasz  POL  1:11:04
34 KEELEY Jirir  ARN  1:12:10
35 AJANOVKI Kikan  MKD  1:12:24
36 KRIZICEK Aleksandar  HUN  1:12:47
37 STEPAK Zsolt  HUN  1:13:52
38 CELINSKI Robert  POL  1:15:18
39 SZABO Tamas  HUN  1:18:13
40 DORZI Renato  ALB  1:20:41
41 JORDAN Juret  USA  1:20:59
42 KOSTOV Mitko  MKD  1:21:52
43 IIDA Yujiro  JPN  1:23:26
44 KERENYI Mate  HUN  1:24:03
45 MESTI Bedar  ALB  1:27:56
46 MILOSEVSKI Srgjan  MKD  1:29:26
47 KUVATNENKO Yury  UKR  1:42:34
48 ANTONYUK Denys  UKR  1:42:34
49 PRONIN Sergi  UKR  1:42:34
50 LUGA Genc  ALB  1:42:34
51 GOSSUIN Jaim  CAN  1:42:34
52 SMITH Chris  CAN  1:42:34
53 STOJANOVIK Aleksandar  MKD  1:42:34
54 CHER Jozef  SLO  1:42:34
55 MILLER Thomas  UKR  1:42:34
56 SCHERBANIVSKYI Andrii  UKR  1:42:34

WOMENS TEAMS

1 ITA  5  RUS  35  HUN  132
2 CZE  30  TUR  65  AUS  128
3 GBR  57  HUN  117  ITA  125
4 USA  34  POL  82  CAN  131

JUNIOR MEN

1 KARAGOZ Adem  TUR  37:01
2 PADUA RODRIGUEZ Saul  COL  37:40
3 ORAK Murat  TUR  38:05
4 CALDAROU Cosmin Gabriel  ROU  38:18
5 MAESTRI Cesare  ITA  38:22
6 PRZEDWOJEWSKI Bartlomej  POL  38:34
7 GRYCKO Tomasz  POL  38:43
8 DARG Somnez  TUR  39:01
9 MATUSZCZAK Rafal  POL  39:01
10 GYORGY Szabolcs Istvan  ROU  39:03
11 LEE Ryan  USA  39:15
12 RYGL Jakub  POL  39:23
13 TITON Dylan  ITA  39:39
14 ROSESEBET Andrea  ITA  39:47
15 BIRD SMITH Dane  AUS  39:52
16 TSENOV Mitko  BUL  39:54
17 SCOTT Mare  GBR  40:06
18 ZAVESEK Filip  CZE  40:07
19 MOKIN Stanislav  RUS  40:12
20 STAICU Alexandru Bogdan  ROU  40:17
Adem Karagoz (NH)

WMRA Congress was also held and a lot of important decision were taken: updating of Constitution and of the World Mountain Running

Kasie became a first time mum in 2010. Her family were at the event to cheer her to victory. Two of the pre-race

comfortable victory. Third and bronze medallist was Turkish Murat Orak, behind Colombian. Turkey dominated the Team with an

impressing with a 1 minute and 8 second victory. After trying to make the American team for

Senior Men’s Race (13.1km, 750m ascent/descent): the early fierce pace was set by four of the Ugandan team as they surged

on second page:

The elite mountain runners from across the world were treated to an insight into the culture of Albania and the impressive

Their welcome preceded a professional and entertaining opening ceremony.

The Albanian LOC were impressive with their marketing and hospitality. The beach resort of Durres provided the ‘athletes village’

and particularly by the Turkish team as them attempted to dominate with 4 runners in the top 6 after

Attended to the Championships Otto Klappert (Germany) as IAAF Delegate and whole WMRA Council with new Secretary,

for individual medallists with Cesminaz Yilmaz taking silver and Denisa Ionela Dragomir for Romania’s

only individual medal. Turkey impressed with their team strength with 2nd and 4th places to take the Gold medal team

for Team medals with Turkey taking the Gold medal with 1st place, Britain Silver and silver and bronze medals to Romania and

to be closely contested and it as was the USA that, again took top honours with Kasie Enman

13 ALJANCIC Eva SLO 23:08
1000m from the finish surrendering to the challenging nature of the course combined with the hot cauldron within the forest pat

WORLD MOUNTAIN RUNNING ASSOCIATION

21 NURNYITAYOV Marat RUS 40:20
22 TRAVNIČEK Matej CZE 40:46
23 GRIDELLO Edgar FRA 40:54
24 TOTTEN Eugohan IRL 41:07
25 ALTMAYER Hugo FRA 41:07
26 MARSHALL Jakub CZE 41:10
27 NELSON Jordan AUS 41:12
28 FAYETTE Billy USA 41:16
29 RADICS Csaba HUN 41:23
30 JOHNSON Joe GBR 41:34
31 INNERHOFER Manuel AUT 41:47
32 RIFFLARD Simon BEL 42:13
33 PLAZNIK Matic SLO 42:26
34 MUSTAFÄ Ahmed BUL 42:29
35 RANCIK Ilija MKD 42:52
36 DOBRITSCU Alexandru ROU 42:54
37 BARBUCIOCA Marco ITA 43:03
38 YOTOVSKI Alexander BUL 43:11
39 CADEZ Ziga SLO 43:16
40 PALZER Anton GER 43:16
41 BILLINGTON Karl GBR 43:25
42 ARMSTRONG Hugh IRL 43:42
43 O’CONNOR Killian IRL 43:48
44 EGAN James IRL 43:59
45 DUFUS Benjamen AUS 44:01
46 RANKIN Garry GBR 44:18
47 ZVONAREV Sergey RUS 44:59
48 ZUPAN Domen SLO 45:18
49 PROBIBAJ Gezim ALB 46:00
50 BROOKS Charles ALB 46:44
51 GALLIULLIN Konstantin RUS 47:16
52 DRUMCHEV Nikolay BUL 47:19
53 VANINSON Charles FRA 47:24
54 BEAR DON’T WALK IV Oliver USA 47:40
55 IBARRA Ricardo MEX 48:11
56 FASLLI Mariglen ALB 49:49 JUNIOR WOMEN

1 EINFALT Lea SLO 20:23
2 YILMAZ Cesminaz TUR 20:36
3 DRAGOMIR Denisia Ionela ROU 20:44
4 EYTEMIZ Sevilay TUR 21:13
5 CAN Yasemin TUR 22:32
6 DONEGAN Laura Rose AUS 22:45
7 VOSTANIKOVA Faina AUS 22:45
8 DAN Ioana Ailina ROU 22:48
9 NINEVA Marinaela BUL 22:49
10 WILSON Annabelle AUS 22:53
11 MANDLBAUER Christina AUT 22:57
12 ZUBANI Silvia ITA 23:01
13 ALJANOC Eva SLO 23:08
14 POPESCU Laura Diana ROU 23:12
15 WATSON Amber GBR 23:15
16 DULAK Katarzyna POL 23:22
17 IVONINA Ekaterina RUS 23:27
18 MITCHELL Nicole NZL 23:39
19 DAL MAGRO Ilaria ITA 23:40
20 HUMPHREYS Bronwyn AUS 23:42
21 MIRCHEVA Militsa BUL 23:45

35 RANCHIKJ Milosh MKD 42:52
34 MUSTAFÄ Ahmed BUL 42:29
38 YOTOVSKI Alexandru BUL 43:11
37 BARBUCIOCA Marco ITA 43:03
38 YOTOVSKI Alexander BUL 43:11
39 CADEZ Ziga SLO 43:16
40 PALZER Anton GER 43:16
41 BILLINGTON Karl GBR 43:25
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47 ZVONAREV Sergey RUS 44:59
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49 PROBIBAJ Gezim ALB 46:00
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51 GALLIULLIN Konstantin RUS 47:16
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53 VANINSON Charles FRA 47:24
54 BEAR DON’T WALK IV Oliver USA 47:40
55 IBARRA Ricardo MEX 48:11
56 FASLLI Mariglen ALB 49:49

57 CAKO Balint HUN 50:56
58 HAJAGOS Gergely HUN 51:00
59 TEJEDA Ramon MEX 51:55
60 SLABE Matic SLO 52:28
61 SUBASHI Aroind ALB 59:59
62 JANU Jan CZE DNF
63 YILDIRIMCI Sabahattin TUR DNF JUNIOR MEN’S TEAMS

1 TUR 12 6 AUS 87 11 FRA 101
2 POL 22 7 RUS 87 12 IRL 109
3 ITA 32 8 BUL 88 13 SLO 120
4 ROM 34 9 GBR 88 14 HUN 144
5 CZE 66 10 USA 93 15 ALB 166

28 MULLEN Catherina IRL 24:33
29 SHEGOSKI Lara USA 24:34
30 MORETZ Clare USA 24:35
31 TOMAS Anda CRO 24:38
32 DECOCK Florence BEL 24:42
33 FRACKOWIACK Magdalena POL 24:43
34 KOZJEK Tina SLO 24:53
35 GODARD Caroline FRA 24:54
36 THERY Roxane FRA 25:02
37 RAJOVA Jana CZE 25:05
38 MARIEN Jessica BEL 25:16
39 KHRIASHCHEVA Anna RUS 25:21
40 SIPOS Anna HUN 26:02
41 STOJCHEVSKA Marja MKD 26:51
42 O’REILLY Eadainn IRL 27:26
43 GYLI Kleta ALB 31:52
44 KALLUCI Klodiana ALB 35:12
45 PEC Auela ALB 42:34
46 TITON Letizia ITA DNF
47 PALUCH Kamila POL DNF
48 NIKOLIC Olja SRB DNF

JUNIOR WOMENS TEAMS

1 TUR 6 6 BUL 30 11 USA 53
2 ROM 11 7 IRL 31 12 FRA 62
3 SLO 14 8 GBR 41 13 HUN 65
4 AUS 16 9 POL 49 14 BEL 70
5 RUS 24 10 IRL 50 15 ALB 87
Senior Men's race Winner Max King (USA) heads for home  
Photo: Nancy Hobbs

Junior Men's race Winner Adem Karagoz (TUR) celebrates his success  
Photo: Nancy Hobbs

Ugandan runners set the early pace  
Photo: Gerry Brady

Turkish Junior Men work together for top team  
Photo: Gerry Brady

Rodríguez Paola (COL) 2nd settles in the group  
Photo: Gerry Brady

Senior Men try to stay up on the down  
Photo: Gerry Brady

Ugandan runners set the early pace  
Photo: Gerry Brady

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Turkish Junior Men work together for top team  
Photo: Gerry Brady

Rodríguez Paola (COL) 2nd settles in the group  
Photo: Gerry Brady

Senior Men try to stay up on the down  
Photo: Gerry Brady
Senior Women's start  
Photo: Nancy Hobbs

Senior Women settle in the dust 
Photo: Tomo Sarf

Senior Women's Winner Kasie Enman (USA) in the Zone 
Photo: Tomo Sarf

Senior Men climb the hill 
Photo: Gerry Brady

Junior Women on the descent 
Photo: Gerry Brady

Junior Women's Winner Lea Emfit (SLO) concentrates on the descent. 
Photo: Gerry Brady
Eleven nations took medals at the 27th World Mountain Running Championships held in Albania. The athletes will reflect on their wonderful experiences in the hospitable host city of Tirana. A tremendous welcome from the Albanian President and Minister of Sport was back up with five hours of live television coverage. The elite mountain runners from across the world were treated to an insight into the culture of Albania and the impressive landscapes it has to offer, which included having the highest average altitude in Europe—perhaps a perfect fitting for the sport of mountain running.

In the Senior Men’s Race a fierce early pace was set by four of the Ugandan team as they surged up the first circuit in the top 3 places. It was an experienced contingent as Martin Torotitch had taken silver in 2008 and James Kibet Bronze in 2009, but it was the younger Ugandan Thomas Ayeko who pushed on for most of the race. Always close behind them was European legend Ahmet Arslan (TUR) and Max King (USA) as the Italian team packed well preferring a steady start in the blast furnace of the Albanian forest. As the race progressed the Italian team moved up the field as the Ugandan’s started to suffer and slow in the midday heat. It was heat exhaustion that got the better of the leader Ayeko as he ground to a halt less than 1000m from the finish. It was 31 year old, Max King (USA), who finished fastest winning from five times European Champion Ahmet Arslan (TUR).

Italian twins, Martin and Bernard De Matteis finished 3rd and 4th with Marco De Gasperi backing them up in 5th and Gabriele Abate in 14th, showing Italian strength as they repeated their many previous victories.

Turkey won the silver medals with France taking the team bronze award. The Senior Women’s race was expected to be closely contested and it was the USA again taking top honours with Kasie Enman impressing with a 1 minute and 8 second victory.Two of the pre-race favourites took silver and bronze, Russia’s Elena Rukhlyada and European Champion, Marie-Laure Dumerques from France joined Kasie on the podium. Italy again showed their strength in depth taking 7th,8th and 9th positions to take the gold, Czech Republic took silver and Great Britain and Northern Ireland took the bronze team award.

The Junior Men’s race saw a fast and furious start by the Turkish team as they attempted to dominate with 4 runners in the top 6 after the first climb. Always to the fore was the Columbian athlete Saul Padua Rodriguez as he bided his time on the first lap. On completing the second circuit the Columbian was forcing the pace and looked to be heading to victory, but Turkey’s Adem Karagöz pulled away on the descent for a comfortable victory. Rodriguez took second and Turkey’s Murat Orak third. Turkey dominated the team with an impressive 12 points to Poland’s 22 with Italy taking the bronze medals on 32 points. Slovenian Lea Einfalt impressed as she took the world title in the Junior Women’s Race leading her team-mates to Bronze team medals. Turkey and Romanian also made the Podium for individual medalists with Cesminay Yilmaz taking Silver and Denisa Ionela Dragomer the Bronze. Turkey impressed with their team strength yet again with 2nd and 4th places to take the Gold team medals with Romania taking Silver.

In front of the European Athletics President Hans Jorg Wirz, nine countries won medals at the 10th European Mountain Running Championships held in Bursa – Uludag, Turkey, in which 26 countries took part. WMRA President and EA Technical Delegate for the event, Bruno Gozzelino, congratulated the City of Bursa and its Governor for its excellent organisation of the event and the Turkish Athletic Federation TAF and the European Athletics Association for hosting the event. TAF President Mehmet Terzi was present throughout the Championships. The uphill races were held on a course which was a true test of mountain running skill, finishing at the ski station of Uludag on a day when temperatures reached 30 degrees. Host nation Turkey, dominated the event, winning nine medals in total. In the senior men’s race, Turkish athlete, Ahmet Arslan made it five European Mountain Running Championship wins, as he finished 45 seconds in front of Gabriele Abate from Italy. The bronze medal went to Jose Gasper of Portugal. The three individual medal winners were also team medal winners, with Italy taking the gold medal (12 points), followed by Turkey with silver (34 points) just in front of Portugal in bronze (36 points). Martina Strahl of Switzerland won the Gold medal in the senior women’s race repeating her win from 2009. Close behind in silver was Italian Antonella Confortola with Lucija Krcok from Slovenia completing the podium in bronze medal position. Confortola lead the Italian team to the team gold medal with 22 points, with Russia (28 points) in silver and Switzerland (38 points) in bronze medal position. Turkey dominated the junior men’s race, taking all three places on the podium with Nuri Komur in gold, Sonmex Dag in silver and Murat Orak in bronze, giving them the lowest possible team score and gold medal. The junior men’s team silver medal was won by the Czech Republic with 39 points, just beating Italy in bronze medal position with 43 points. The junior women’s race was won by Denisa Dragomer of Romania, who repeated her win from last year, followed by the Turkish runners Yasemin Can and Sevilay Eytemis. Turkey won the team medals; Romania won silver and Austria bronze.
Llanberis (Snowdon) was the host town for some memorable Mountain races that saw England clinch all the gold medals in the 2nd Commonwealth Championships.

After an ominously rainy morning, the clouds gave way to glorious sunshine as the runners went through the testing damp course. James McMullan was the first man to cross the line in the Men’s race, while the Women’s gold medal went to pre-race favourite Lizzie Adams who had placed 5th in the recent World Mountain Running championships in Albania earlier in the month.

Runners from thirteen Commonwealth Countries started the race at the foot of Mount Snowdon, a well know venue for international mountain running events – they included England, Scotland, Kenya, Australia, Malawi, Canada, New Zealand, Isle of Man, Northern Ireland, Sierra Leone, Republic of South Africa, Gambia and host Country Wales.

**MEN**

Leading Individual Results

1. James McMullen (England) 50:03
2. Robbie Simpson (Scotland) 50:20
3. Joe Symonds (Scotland) 50:31
4. Francis Khanje (Malawi) 51:54
5. Rob Samuel (Wales) 51:56
6. Andres Jones (Wales) 52:02
7. Tom Cornthwaite (England) 52:25
8. Chris Smith (England) 52:30
10. Richard Phillips (Wales) 53:06

Men’s Team Result:

1. England 16 pts (win on countback)
2. Scotland 16 pts
3. Wales 21 pts
4. Australia 57 pts
5. Canada 65 pts

**WOMEN**

Leading Individual Results

1. Lizzie Adams (England) 43:37
2. Tracey Brindley (Scotland) 43:56
3. Mary Wilkinson (England) 44:15
4. Olivia Walwyn-Bush (England) 44:41
5. Victoria Wilkinson (England) 45:15
6. Sarah Tunstall (Scotland) 45:17
7. Catriona Buchanan (Scotland) 45:36
8. Vivian Kiplagat (Kenya) 45:44
9. Jackie Lee (Wales) 47:34
10. Claire Ward (Scotland) 47:52

Women’s Team Results:

1. England 8 pts
2. Scotland 19 pts
3. Wales 35 pts
4. Australia 44 pts
5. Canada 75 pts
DINIZ HOLDING

are proud to be an official sponsor of the World Mountain Running Association
### 13th WMRA GRAND PRIX 2011

#### FINAL RESULTS

<table>
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<th>MEN</th>
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### 14th WMRA GRAND PRIX 2012 CALENDAR OF RACES

The rules for 2012 remain the same whilst the total final prize fund provided by the WMRA has been increased to 18,000 Euros

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<td>32. Int. Montée Du Grand-Ballon</td>
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<td>Sun. 5 Aug.</td>
<td>4. Mayrhofen Harakiri Run</td>
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<td>28. World Championships</td>
<td>Ponte di Legno</td>
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<td>5</td>
<td>Sun. 23 Sept.</td>
<td>1. Int. Uludag MK race</td>
<td>Bursa</td>
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**Ahmet Arslan (TUR) 1st Photo: LOC**

**Lucija Krkoc (SLO) 1st Photo: LOC**

**Martin Dematteis (ITA) 3rd Photo: Chiampo**

**Antonella Confortorton (ITA) 2nd Photo: T Sarf**

**Emma Clayton (ENG) 3rd Photo: Gerry Brady**

**David Schneider (SUI) 2nd Photo: Vicente Capitán**
Joe Gray of the United States won the men’s race in a new course record of 1 hour 16 minutes and 44 seconds. Ranullo Sanchez of Mexico finished in second place and for the second year in a row, the Canadian men’s team won the North American Central American and Caribbean Championships (NACAC) Mountain Running Championships. Led by James Gosselin in third position, the Canadian men beat the host Mexican squad by a single point.

The U.S. Women swept the podium, easily winning the team title over Mexico with Maria Dalzot, gold, finishing the race in the time of 1 hour 47 minutes and 04 seconds; Christian Lundy was second and Amber Moran third. This is the eighth consecutive year that the NACAC Mountain Championship have been held.

In the women’s race, the Venezuelan Jaimes Mileydis raced the 8 km race in a time of 52 minutes and 9 seconds to win gold medal ahead of fellow countrymen Yaritza Saavedra, silver medal, 53 minutes and 52 seconds and Rosa Méndez, bronze medal, in 57 minutes and 24 seconds. In women’s race, the Venezuelan Jaimes Mileydis finished the 8 km course in a time of 52 minutes and 9 seconds to secure the gold medal ahead of fellow team mates Yaritza Saavedra in second and Rosa Méndez in third.

Gold Medal for Venezuela and Ecuador to the CONSUDATLE Mountain Running Championships which took place in Caracas, in the vicinity of Parque Nacional Warairarepano. At the end of the 12 km men’s race, the victory and gold medal was netted by Ecuadorean Pedro Ramos in a time of 1 hour 0 minutes and 4 seconds. He was trailed in second place by Colombian Jhon Jairo Vargas with Venezuelan Pedro José Puentes taking third. In the women’s race, Venezuelan James Mileydis finished the 8 km course in a time of 52 minutes and 9 seconds to secure the gold medal ahead of fellow team mates Yaritza Saavedra in second and Rosa Méndez in third.

Host Country Venezuela won both team prizes.

Leading Results:

Men:
1. Joseph GRAY (USA) 1:16:44
2. Ranullo SÁNCHEZ (MEX) 1:19:06
3. James GOSSELIN (CAN) 1:21:20
4. Kristopher SWANSON (CAN) 1:24:09
5. Juan Carlos CARERA (MEX) 1:24:11
6. Paul CHAFE (CAN) 1:25:31

Teams:
1. CAN – 13 pts; 2. MEX – 14 pts

Women:
1. Maria DALZOT (USA) 1:47:04
2. Christine LUNDY (USA) 1:48:05
3. Amber MORAN (USA) 1:51:29
4. Marcela CAMARENA SÁNCHEZ (MEX) 1:59:50
5. Gina LUCREZI (USA) 2:00:28
6. América ROMERO GUTIÉRREZ Local 2:02:15
6. María Emilia GONZÁLEZ DURÁN (MEX) 2:03:35

Teams:
1. USA – 6 pts; 2. MEX – 17 pts

Leading Results:

Men: (Course: 8km; Ascent: 1100m)
1. RAMOS Pedro (ECU) 1:00:04
2. VARGAS Jhon Jairo (COL) 1:00:49
3. PUENTES Pedro Jose (VEN) 1:01:17
4. GUILLEN Neido (VEN) 1:02:29
5. GUILLEN Rafael (VEN) 1:03:30
6. PUENTES FIGUEROA Pedro Luis (VEN) 1:06:11
7. MEDINA Aristids (VEN) 1:07:16
8. FIGUEREDO DE ASSI Naval (BRA) 1:09:01
9. DE OLIVEIRA CHAGAS Fabio (BRA) 1:10:53
10. DOS ANJOS Israel (BRA) 1:22:14

Women: (Course 8km, Ascent: 1100m)
1. JAILES Mileydy (VEN) 1:02:09
2. SAAVEDRA Yaritza (VEN) 1:03:52
3. MENDEZ Rosa (VEN) 1:07:24
4. PALACIOS Marisol (VEN) 1:08:45
5. ALVES Maria Lucia (BRA) 1:09:37
6. ALUSIOI MESQUITA Luiza (BRA) 1:10:36
7. FELIZ DOS SANTOS Jucimira (BRA) 1:10:36

Mens Teams: 1. VEN – 12 pts; 2. BRA – 27 pts
Womens Teams: 1. VEN – 6 pts; 2. BRA – 18 pts

Pedro Ramos (ECU) 1st
Photo: LOC

Maria Dalzot (USA) 1st
Photo: Richard Bolt

Gina outside a gym in Ajijic

Mileydy Jaimes (VEN) 1st
Photo: LOC
The third African Mountain Running Championships was once again linked with the 7th Obudu Ranch International Mountain Race. More than 160 runners took part with 5 African Countries competing in the African Championships. Ethiopian male runners made a clean sweep of top cash prizes and for the third year running an Ethiopian won the race, but this time it was through 22 year old, Mesfin Hunegnaewai brushing aside the challenge of 135 other male runners and crossing the finishing line in a record time of 41.50. His compatriots Atsedy Tsegay and Azmeraw Beke came second and third in times of 42.12 minutes and 42.30 minutes respectively.

In the female category the Ethiopians also dominated, with 18 year old Yalew Genet coming first in a time of 48.45 minutes while Ayelewu Wuda Yimer, also of Ethiopia, placed second in a time of 49.10 minutes. Margaret Wangari of Kenya, placed third. The cash prize for the runners in the male and female category was the same with each of the gold medallists receiving $50,000; the silver medallists $20,000, and bronze medallists $9,000.

Ugandan, Geoffrey Kosuro, and Nigerian, Dung Janet, were crowned African Champions for 2011, leading their Nations to win the African title in the Team list.

The authorities of Nigeria including the Governor of Cross River State, Sen. Lylie Imoke CON have officially announced their candidature to organize the 30th World Mountain Running Championships in 2014 on the occasion of the tenth edition of the race.
The 11th edition of WMRA/WMA World Masters Mountain Running Championships was a great success with over 870 participating athletes represented from 29 Countries.

The following six Champions in 2011 retained their World Champion titles won the previous year in Poland: Georg Gross (GER-M70), Bruno Baggia (ITA-M75), Ivana Sekyrova (CZE-W35), Marianne Spronk (GER-W60), Maria Marcibalova (SVK-W75). The new Champions in 2011 included Massimo Galliano (ITA-M35), Antonio Molinari (ITA-M40), Craig Roberts (ENG-M45), Claudio Amati (ITA-M50), Leonid Tikhonov (RUS-M55), Aurelio Moscato (ITA-M60), Alfred Fruet (ITA-M65), Maria Pia Chemello (ITA-W40), Tracey Jayne Greenway (ENG-W45), Mags Greenan (IRL-W50), Charlotte Plener (GER-W65), Barbel Berghaus (GER-W70).

In the team category Italy dominated the event by winning 10 gold medals and it was only Germany who was able to defeat Italy in two of the categories (W50 and W60) by winning the gold medals.

At the closing ceremony the WMRA flag was lowered and presented to the German delegation, led by the Mayor of Bühlertal where the next edition of WMRA/WMA World Masters Mountain Running Championships will be held on Saturday May 19, 2012.

Results Summary:

Mens Results:
M35-39 GALLIANO Massimo ITA 47:52
M40-44 MOLINARI Antonio ITA 49:12
M45-49 ROBERTS Craig GBR 49:23
M50-54 AMATI Claudio ITA 51:08
M55-59 TIKHONOV Leonid RUS 41:01
M60-64 MOSCATO Aurelio ITA 43:55
M65-69 FRUET Alfred ITA 34:48
M70-74 GROß Georg GER 37:39
M75+ BAGGIA Bruno ITA 40:44

Womens Results:
M35-39 SEKYROVA Ivana CZE 57:38
M40-44 CHEMELLO Maria Pia ITA 59:53
M45-49 GREENWAY Tracey Jayne GBR 1:01:30
M50-54 HEILIG-DUVENTÄSTER Mari GER 1:01:44
M55-59 PAULU Blanka CZE 49:30
M60-64 SPRONK Marianne GER 56:35
M65-69 PLENER Charlotte GER 42:16
M70-74 BERGHAUS Barbél GER 50:43
M75+ MARCIBALOVA Maria SVK 57:50

Mens Team Results:
W35 ITA 6
W40 ITA 6
W45 ITA 11
W50 ITA 11
W55 ITA 11
W60 ITA 10

Womens Team Results:
W35 ITA 17
W40 ITA 9
W45 ITA 17
W50 GER 16
W55 ITA 12
W60 GER 8
28th World Mountain Running Championships
Temù, Ponte di Legno / Tonale, Vallecmonica (Italia)
Sunday 2nd September 2012

12th World Masters Mountain Running Championships
Bühlertal (Germany) - Saturday 19th May 2012
Both races start and finish in the same location with a 110 metres run-in to the start of the lap and 110 metres back to the finish. The lap is 1,660 metres with 95 metres ascent. The start is at an altitude of 146m and the highest point is at 235m.

Boys : 5,200m with 285m climb (3 laps)  
Girls : 3,540m with 190m climb (2 laps)
After the start a 3 km loop through Interlaken the course goes along the beautiful lake Brienz. The first 10 km are flat, like at a city marathon. At the old wooden bridge in Wilderswil the runner is confronted with the first ascent of the marathon. The course goes further into the valley and reaches Lauterbrunnen - a very impressive place with its 400 metre high cliffs and 72 waterfalls. The last flat loop of 6 km shows the competitor the prettiness of the Lauterbrunnen valley. Now kilometre 26 is reached and the strong ascents begin. It takes 26 turns to Wengen at 1274 metre above sea level is reached. But there are still 12 km and an altitude and difference of 1’000 metres to go...

Mettlenalp, Wengernalp is reached, the trees fade away and the impressive mountains Eiger, Mönch and Jungfrau get nearer and nearer. We are now above 1600 metres. At km 40 we reach the highlight: the moraine on which every runners pulse beats as high as possible. The last km goes down and after 42,195 km the finish line on the Kleine Scheidegg is reached.
PERFORMANCE ON EVERY LEVEL

TRAILROC™ 255
TOTAL PROTECTION

TRAILROC™ 245
PERFORMANCE AND PROTECTION

ZERO
TRAILROC™ 235
TOTAL PERFORMANCE

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### WMRA Calendar 2012 - International Mountain Running Races

#### WMRA Events and World Championships 2012

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<th>Place / Venue</th>
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<td>12th WMRA/WMA Master World Mountain Running Championships</td>
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<td>7th WMRA International Youth Cup</td>
<td>Glendalough</td>
<td>IRL</td>
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<td>28th WMRA World Mountain Running Championships (uphill)</td>
<td>Temù - Ponte di Legno / Tonale (Valle Camonica)</td>
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<td>9th WMRA Long Distance Mountain Running Challenge</td>
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#### IAAF Area Championships 2012

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<td>11th EA Mountain Running Championships (up and down)</td>
<td>Denizli (Pamukkale)</td>
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<tr>
<td>21st July</td>
<td>9th NACAC Mountain Running Championships (uphill)</td>
<td>Whistler, British Columbia</td>
<td>CAN</td>
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<td>11th August</td>
<td>7th CONSUDATLE Mountain Running Championships</td>
<td>Aratoca (Santader)</td>
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<td>4th AAC Mountain Running Championships</td>
<td>Obudu Ranch (Cross River State)</td>
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#### Other Championships 2012

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<td>4th EVAA European Master Mountain Running Championships</td>
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<td>32nd La Montée du Grand Ballon / 1st G.P. race</td>
<td>Willer sur Thur/Goldbach</td>
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<td>14th Gorski tek na Grintovec / 2nd G.P. race</td>
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<td>4th Mayrhofen Harakiri Run / 3rd G.P. race</td>
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<td>28th WMRA World Mountain Running Championships (uphill) 4th G.P. race</td>
<td>Temù - Ponte di Legno / Tonale (Valle Camonica)</td>
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<td>1st Bursa – Uludag International mountain race / 5th G.P. race – Final G.P.</td>
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#### WMRA International 'Associate Member' Races 2012

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<td>28th Intern. Gamperney Berglauf</td>
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<td>16th June</td>
<td>11th GM40 - Gorski Maraton Štrich Obcín (km. 38)</td>
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<td>13th Chiavenna – Lagunc (Vertical Kilometre)</td>
<td>Chiavenna (Sondrio)</td>
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<td>57th Pikes Peak Marathon (km. 42)</td>
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<td>39th Hochfelln Berglauf</td>
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<td>33rd Smarna Gora International mountain race</td>
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<td>21st October</td>
<td>55th Trofeo “E Vanoni” (relay international male - 3 athletes) 29th Trofeo “E Vanoni” (relay international female - 2 athletes)</td>
<td>Morbegno (Sondrio)</td>
<td>ITA</td>
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