

WORLD MOUNTAIN RUNNING ASSOCIATION



NEWSLETTER 2014

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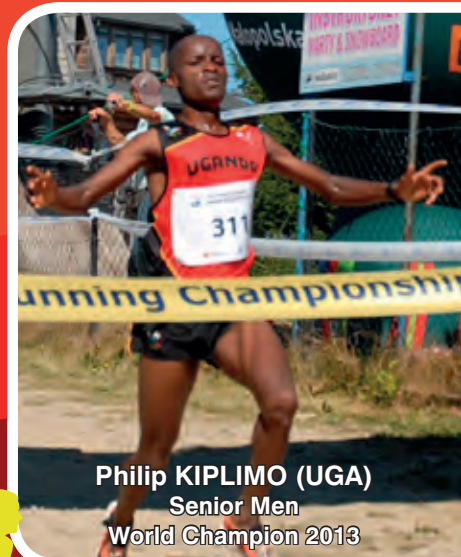
Mandy ORTIZ (USA)
Junior Women
World Champion 2013



Nakagenet CRIPPA (ITA)
Junior Men
World Champion 2013



Alice GAGGI (ITA)
Senior Women
World Champion 2013



Philip KIPLIMO (UGA)
Senior Men
World Champion 2013



Celebrating 30 Years 1985 - 2014

Message from Bruno GOZZELINO – WMRA President

30 YEARS OF WMRA ACTIVITY

1984-2014: The first International Mountain Running Organisation was born in 1984, named International Committee for Mountain Running (ICMR) and then in (1998) ICMR changed its name to World Mountain Running Association (WMRA).

From its earliest days, it was decided that the ICMR would come under the patronage of the International Amateur Athletic Federation (old name of IAAF, now International Association of Athletic Federations), thus tying the movement into the traditional athletic family.

In the same way, WMRA worked for having more and more strict cooperation with IAAF, other Area Continental Associations and Federations, respecting all the rules and regulations by IAAF and by the athletic movement.

One important aspect I wish immediately to underline: mountain running is a branch of athletics.

After thirty years of activity what is the situation of mountain running and the future of this beautiful discipline of athletics? As WMRA President, on behalf of the whole WMRA Council, in summary the comments must be certainly very positive.

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 recognised as a modern and precious part of athletics which helps improve the athletes' performances in all endurance races.

Of course it is still important to continue to distinguish mountain running from these other activities, like for example the important experience of trail or other mountain events that probably are not sport but survival or exhibition or other activities.

The new rule 251 of "IAAF Rules Book" is the starting point for speaking about mountain running: the World Championships and the most important races of our discipline must follow the parameters very clearly explained in this rule. After this, following criteria, parameters and policy of mountain running other kinds of event can be organized in the same branch of athletics.

Finally, perhaps it is useful to remind that Mountain Running has clear characteristics: it is, first of all, running in the mountain on fixed and marked tracks with parameters that are very clear. It is not about survival, not an extreme activity; mountain runners don't need special support or equipment, runners cannot drink or have assistance along the full track but only under clearly defined conditions; mountain running is not a dangerous sport; the distance of the races are fixed; the track race is clearly signed and marked and the athletes do not choose their own route on the track.

This is mountain running, an official part of athletics!

Mountain running respects nature and the environment that the runner competes in. Our sport helps us to understand the conditions in the mountains and to live in harmony with them.

Finally – and this is very, very important too – 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 steeplechase races.

Also very important is the battle against doping: also in mountain this bad aspect probably exists and WMRA – with great support from IAAF – work against it. The blood testing at the World Championships is a good example of this!

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. Unfortunately Nigeria resigned its candidature for organization of the World Championships 2014 (but the WMRA has not lost hope that this event will be organized in the future in Africa), and this year Italy has replaced Nigeria. Two of the most important WMRA events this year will be organized by FIDAL (special thanks for this): World Championships in September at Casette di Massa (Tuscany) and the Youth International Cup at Arco (Trento). The Master World

Championships will be staged at Telfes (Austria) a venue that in the past hosted World Trophies on two occasions and one European Championships. Finally the Long Distance Challenge will be run in Colorado (USA) at Manitou Springs: also this place is very well known in our family, because it has organized the same event previously.

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?

WMRA is not against new way like for example the fact that athletes receive prize money in mountain running competition or to change titles of the event (Grand Prix to World Cup, Challenge to Championships or similar) or to have new competition (like relay events for example) but it is necessary to be very careful in order to take good decisions.

For example, with regards to the World Long Distance event one of the problems - and the most difficult to solve - concerned the entries for individual athletes. In fact a condition for a Championship event is that entries must be sent by National Athletics Federations not from the athletes directly. The team at the event is entered by National Athletics Federation and this is OK, but individual runners are

free to everybody and for this reason it could happen that some runners could finish in front of those athletes entered by National Athletic Federations. What do in this case? It is not fair that the winner of the race would not be the World Champion due to a procedural reason.... One possible solution could be that WMRA proposed the title of Championships for the official teams and for official individuals sent by National Athletic Federations under condition that for these official runners the start of the race will be at least 15 minutes before the start of the mass event. But perhaps there could also be other solutions: WMRA must discuss the situation and take the better decision avoiding if possible mistakes. Regarding Youth, one of the problems is the current number and provenience of Countries currently taking part: in fact the number is not so great and Countries are only European. WMRA Council hopes that the change of the title from "International Cup" to "World Championships" could be useful for increasing participation and expanding interest. But also in this case it is necessary to discuss situation calmly, without urgency in order to examine the problem from all sides.

Finally, there could be always a possibility 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 Federation. 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, with new Countries involved. 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 go on doing their best!

BRUNO GOZZELINO
President WMRA

Cover photos supplied by Nancy Hobbs



Standing from left to right: Paul Hardy (IAAF Competition Director), Wolfgang Munzel (WMRA Director of Organisation), Erhan Basoglu (WMRA Director of Marketing), Sean Wallace-Jones (IAAF Senior Manager), Nancy Hobbs (WMRA Treasurer), Tomo Sarf (WMRA Director of Development), Pierre Weiss (WMRA Member of Honour), Andrzej Puchacz (WMRA Director of Competition).
Seated from left to right: David Okeyo (Chairman of IAAF Cross Country Committee), Essar Gabriel (IAAF General Secretary), Bruno Gozzelino (WMRA President), Galia Puhaleva (WMRA At-Large Director), Adrian Woods (WMRA Secretary)

Photo supplied by WMRA

WMRA Council

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MESSAGE FROM LAMINE DIACK - IAAF PRESIDENT



Lamine Diack
Photo by IAAF

It gives me great pleasure to write this annual address on behalf of the International Association of Athletics Federations (IAAF). I look forward with great anticipation to another exciting year of World Mountain Running Association (WMRA) competitions.

This year the World Mountain Running World Championships will be hosted on 14 September in Casette di Massa, Italy. It is an appropriate moment for the championships to return to Italy. At the conclusion of last year's edition in the Polish town of Krynica-Zdrój, the Italian team topped the medal table with three golds, two silvers and one bronze.

In total, 10 of the 39 competing nations won medals in Krynica-Zdrój. This medal spread signals that the discipline of Mountain Running is maturing internationally, practiced at the highest level by an increasing number of countries.

Historically Casette di Massa together with its twin town of Carrara has been world famous for the extraction and production of marble. A novelty will be that the quarry will form part of the course for this year's World Championship races. Literally providing a rock hard challenge for the athletes from over 40 nations who are expected to compete.

The World Mountain Running Championships are just one element of a fast expanding global competition programme. The WMRA Youth International Cup will also be held in Italy, in Arco di Trento on the 29 June. The action moves to Manitou Springs, Colorado, USA on 16 August when the Pikes Peak Ascent will host the World Long Distance Mountain Running Challenge. We should also not forget that the WMRA/WMA Masters World Mountain Running Championships will take place in Telfes, Austria on 6 September. Lacing all those competitions together into an exciting international calendar, the six events of the 16th edition of the Mountain Running World Cup will run from June to October.

It is clear that the WMRA's well planned and supported annual competition programme has been the key to mountain running's swift and continuing advance.

I would like to take this opportunity to reiterate the IAAF's firm commitment to supporting the universalisation of this unique and inspiring endurance running discipline.

Lamine Diack
IAAF President

MESSAGE FROM DAVID S. OKEYO - CHAIRMAN IAAF CROSS COUNTRY COMMITTEE



David S. Okeyo

It always gives me pleasure and happiness to work together with the World Mountain Running Association (WMRA).

The WMRA has worked very closely with the IAAF Cross Country Committee ensuring that our sport is promoted and improved all over the world.

The 2014 World Mountain Running Championships will take place in Casette di Massa in Italy and this befits Italy having won many medals in the previous championships held in Krynica-Zdroj in Poland where 39 countries took part. We expect to see an increase in number of participating countries from across the globe.

I am informed that the city of Casette di Massa is famous for the production of Marble and attracts a number of tourists, which includes Sports Personalities. I therefore appeal to all member countries to enter their athletes for the WMRA Championships in Casette di Massa, Italy.

Once again may I take this opportunity to sincerely thank Mr. Lamine Diack, IAAF President, Mr. Essar Gabriel, IAAF General Secretary, Mr. Paul Hardy, IAAF Director of Competitions, Mr. Sean Wallace-Jones, IAAF Senior Manager Road Running and Mr. Bruno Gozzelino, President WMRA for the support and encouragement they have always accorded WMRA as well as the Cross Country.

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

WMRA Website (Courtesy of European Athletics)
www.wmra.info

Contact Treasurer: Nancy Hobbs regarding money transfers to WMRA account.
Newsletter compiled and edited by Adrian Woods
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10th World Long Distance Mountain Running Challenge

Szklarska Poreba, Poland
3rd August 2013

Mitja Kosovelj and Antonella Confortola won the 10th WMRA World Long Distance Mountain Running Challenge 2013 and Italy took the gold medals in both team categories men and women.

16 WMRA Athletics Member Federation countries were present at the event and eight of them went back home with at least one medal: Italy took three gold and one silver medals, Slovenia one gold medal, then Wales gained one silver and one bronze medal, Czech Rep. and Scotland one silver each and Romania, England and, hosting Country, Poland one bronze each. Also present were Australia, Germany, Hungary, Ireland, Russia, South Africa, Ukraine and USA. The 10th WMRA World Long Distance M. R. Challenge was held with the 5th Maraton Karkonoski on a new track of 41 km. 594 runners started and 563 finished the race.

Among them, 46 men and 40 women runners were the participants at the WMRA event. In the men's race, for two thirds of the race Kosovelj of Slovenia and Romanian Jonut Zinca ran together leading the race. But in the last ten kilometers Zinca lost a great part of his energy and the duel with Kosovelj. Then Welshman, Andrew Davies, completed a strong race that saw him fifteenth after about 12 km, then ninth at the halfway mark of the race and twelfth through the race after 32 km. winning the silver medal, just ahead of Zinca, passing him just a few hundred meters from the finish.

The winning time was 3 hours 7 minutes and 36 seconds. Davies run in 3.13:39 and Zinca finished in 3.14:00. Behind the first three Italian Emanuele Manzi finished in fourth position with 3.16.01, passing USA runner Zac Freudenburg just near to the finish line: his time in fifth place was 3.16:06. In the team result Italy with Emanuele Manzi, Tommaso Vaccina (eight 3.20.33) and Massimiliano Zanaboni (fourteen 3.30:13) had no problem to win the Challenge title with a total time of 10.06.47 in front of Czech Rep. (total time 10.15:12) silver medal, and Wales (total time 10.31:08) bronze medal. In the men's team results 11 Nations finished. In the women race for more than two thirds of the race three Italian runners were at the top of the competition with Ivana Iozzia, in front of other Italian Antonella Confortola and Ornella Ferrara. But in the last ten kilometers Iozzia had problems eventually finishing in eighth position.

Confortola was the clear winner of the Challenge in 3 hours 44 minutes and 51 seconds. Ferrara took silver medal with 3.48:41, but at the finish the great surprise was the Polish runner Anna Celinska who was able to defeat all the other runners and to win the bronze medal with time of 3.51.21.

Italian Team won the Challenge title with a total time of 11.35:26. Second was Scotland with 12.03:38 and third finished England with 12.07:01. In the women's team results 8 nations finished.

Full results: <http://www.online.datasport.pl/results879/>

MEN

1	KOSOVELJ Mitja	SLO	3:07:36
2	DAVIES Andrew	WAL	3:13:39
3	ZINCA Ionut	ROU	3:14:00
4	MANZI Emanuele	ITA	3:16:01
5	FREUDENBURG Zac	USA	3:16:06
6	KALININ Vladimir	RUS	3:18:34
7	PECHEK Petr	CZE	3:19:20
8	VACCINA Tommaso	ITA	3:20:33
9	SWIERC Marcin	POL	3:21:10
10	GRUBER Robert	AUT	3:23:02

Team Results

1	ITA	10:06:47
2	CZE	10:15:12
3	WAL	10:31:08
4	USA	10:33:57
5	POL	10:37:25
6	SCO	11:11:36
7	SLO	11:25:39
8	ENG	12:01:45
9	HUN	13:05:35
10	RSA	13:47:50

WOMEN

1	CONFORTOLA Antonella	ITA	3:44:51
2	FERRARA Ornella	ITA	3:48:41
3	CELINSKA Anna	POL	3:51:21
4	GORDON Claire	SCO	3:56:34
5	LUPTON Anna	ENG	3:57:53
6	FINES Helen	ENG	3:58:33
7	BONSOR Helen	SCO	4:01:32
8	IOZZIA Ivana	ITA	4:01:57
9	SMIRNOVA Yulia	RUS	4:04:29
10	MATRASOV Katerina	CZE	4:04:47

Team Results

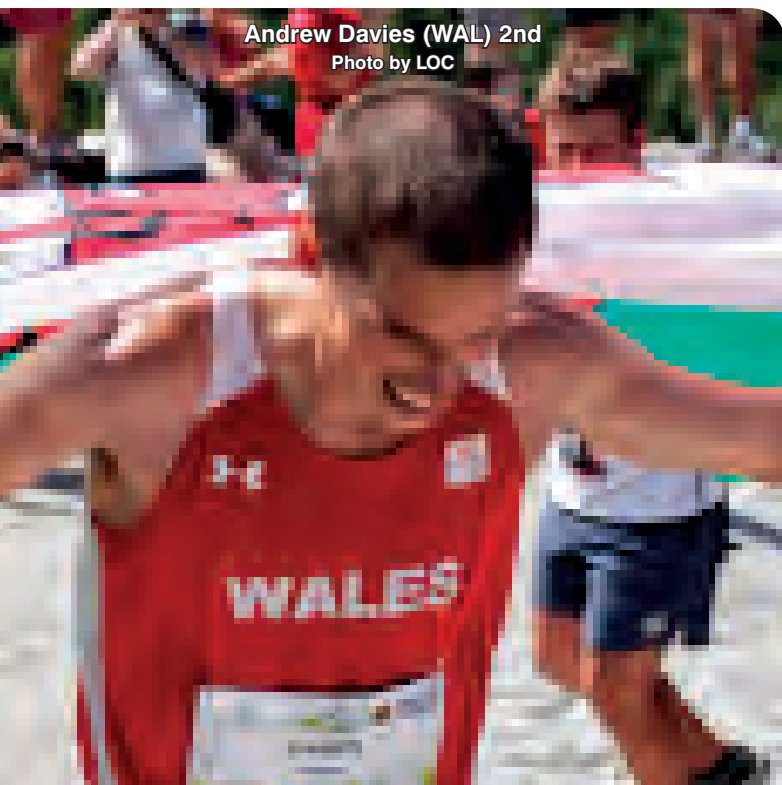
1	ITA	11:35:29
2	SCO	12:03:38
3	ENG	12:07:01
4	POL	12:40:54
5	CZE	13:04:37
6	SLO	13:31:07
7	RSA	13:45:54
8	USA	14:00:38

Mitja Kosovelj (SLO) 1st
Photo by LOC

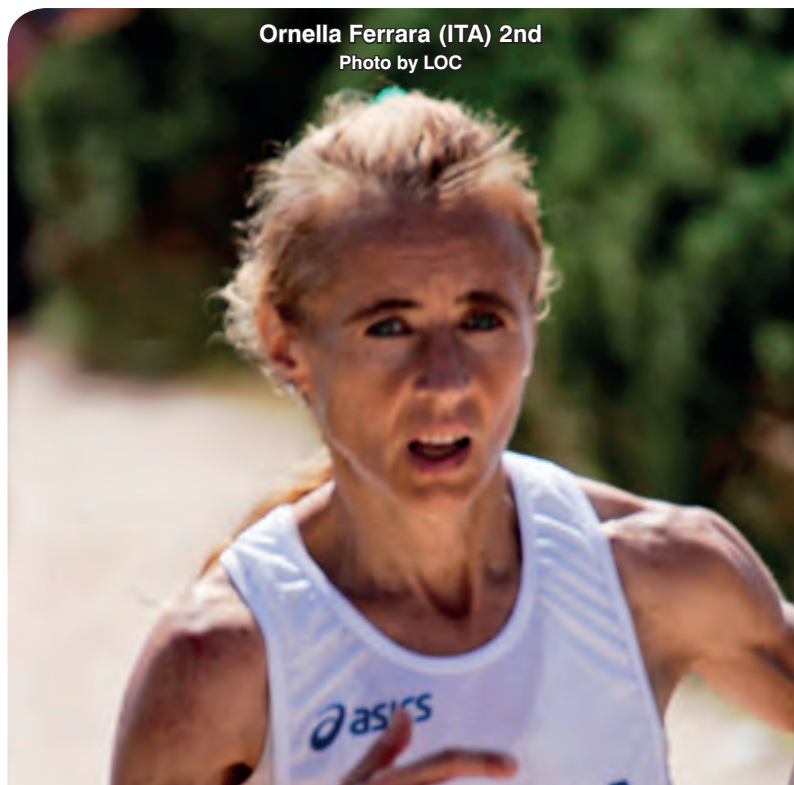


Antonella Confortola (ITA) 1st
Photo by LOC





Andrew Davies (WAL) 2nd
Photo by LOC



Ornella Ferrara (ITA) 2nd
Photo by LOC



Men's 1st, 2nd and 3rd Podium
L-R Andrew Davies (WAL) 2nd, Mitja Kosovelj (SLO) 1st,
Ionut Zinca (ROU) 3rd
Photo by LOC



Women's 1st, 2nd and 3rd Podium
L-R Ornella Ferrara (ITA) 2nd, Antonella Confortola (ITA) 1st,
Anna Celinska (POL) 3rd
Photo by LOC



Ionut Zinca (ROU) 3rd
Photo by LOC



Anna Celinska (POL) 3rd
Photo by LOC

12th European Mountain Running Championships



Borovets, Bulgaria
6th July 2013



Another important page of the history of the European mountain running was written at the 12th European Mountain Running Championships held on 6th July 2013 at Borovets, Bulgaria with 217 athletes competing from 27 European Athletic member federation Countries.

The new European Champions for 2013 were Italian Bernard Dematteis for senior men, Austrian Andrea Mayr for senior women, Ramazan Karagoz of Turkey for junior men and Melanie Albrecht of Germany for junior women. In the team list the Gold medal was won in both senior categories by Italy and by Turkey in the junior men and by Russia in the junior women.

Nine Countries had athletes who finished on the podium. Italy and Turkey dominated the medal table winning seven medals each but Italy had 3 gold, 3 silver and 1 bronze, Turkey won 2 gold, 2 silver and 3 bronze. Germany, Russia and Austria took 1 gold medal each. Great Britain and Northern Ireland won 2 silver and 1 bronze medals, Switzerland 1 silver, Slovenia 2 bronze and Romania 1 bronze.

The top class event showing once more the great organisational capacity of the Bulgarian Athletic Federation with full staff involved and coordinated by Galia Puhaleva, who is also a WMRA Council member. The preparation was made under the wonderful direction of European Athletics, with great work of the Technical Delegate Christoph Seiler and of the project coordinators from European Athletics Ede Rutkovszky and Elena Barrios.

Hansjorg Wirz, European Athletics President, Gabriela Szabo, European Athletics Council Delegate, Dobromir Karamarinov, President of Bulgarian Athletic Federation and Vladimir Georgiev, Mayor of Samokov Municipality attended the event.

The full results of the 2013 European Mountain Running Championships have been published on the EA webpage.



Bernard Dematteis celebrating his victory with his twin Brother Martin
Photo by LOC



Flower ceremony for Junior Men with Romanian Gabriela Szabo (EA Delegate)
Photo by LOC



Flower ceremony for Senior Women with Bulgarian Athletic Federation President, Dobromir Karamarinov
Photo by LOC

FOCUS ON

**13TH EUROPEAN
MOUNTAIN RUNNING
CHAMPIONSHIPS
12 JULY 2014
GAP FRANCE**



<http://gap2014.athle.fr/asp.net/espaces.html/html.aspx?id=26965>

12th European Mountain Running Championships

Borovets, Bulgaria
6th July 2013

MEN

Individual (11.8 km/1152 m/75 participants)

1	DEMATTEIS Bernard	ITA	56:30
2	BALDACCINI Alex	ITA	57:35
3	ARSLAN Ahmet	TUR	57:47
4	CHEVRIER Xavier	ITA	58:01
5	VERNON Steve	GBR	58:33
6	MENESES Enrique	ESP	58:50
7	KRUPICKA Robert	CZE	58:52
8	SMITH Chris	GBR	59:12
9	MUSTAFA Shaban	BUL	59:14
10	SCHNEIDER David	SUI	59:41
11	KAZAN Deniz	TUR	59:44
12	HOFFMANN Benedikt	GER	59:47
13	MEYSSAT Emmanuel	FRA	59:49
14	KOSOVELJ Mitja	SLO	59:56
15	PERMITIN Vasily	RUS	1:00:04
16	LECHLEITNER Simon	AUT	1:00:08
17	BUGGE Johan	NOR	1:00:11
18	EDWARDS Orlando	GBR	1:00:23
19	CRESPO Javier	ESP	1:00:33
20	JAILLARDON Renaud	FRA	1:00:36
21	BELLAMY Benjamin	FRA	1:00:48
22	KONYAEV Ivan	RUS	1:01:01
23	DEMATTEIS Martin	ITA	1:01:05
24	RADRIQUES Pedro	POR	1:01:08
25	ANGERMUND Stian Hovind	NOR	1:01:21
26	ZEILER Timo	GER	1:01:22
27	LUSTENBERGER Daniel	SUI	1:01:30
28	CARVALHO Jose	POR	1:01:45
29	SIMPSON Robbie	GBR	1:01:46
30	HUBERT Stefan	GER	1:01:55
31	MINYAKOV Andrey	RUS	1:01:58
32	JOLY Jente	BEL	1:02:06
33	EGLI Pascal	SUI	1:02:34
34	TEVEKELEV Stoyan	BUL	1:02:39
35	CONROY Ian	IRL	1:02:58
36	FEJFAR Ondrej	CZE	1:03:08
37	AVIC Orhan	TUR	1:03:13
38	CHOQUERT Benjamin	FRA	1:03:29
39	TENGSAEID Torstein	NOR	1:03:30
40	JANU Jan	CZE	1:03:33
41	SILVA Carlos	POR	1:03:58
42	MULLEN Colm	IRL	1:04:01
43	BOLKHOVITIN Alexander	RUS	1:04:08
44	ALIC Simon	SLO	1:04:13
45	CZAPLA Piotr	POL	1:04:19
46	FLYNN Eoin	IRL	1:04:31
47	BREGAR Gasper	SLO	1:04:35
48	BAJZA Jakub	CZE	1:04:40
49	KITIR Akif	TUR	1:06:12
50	KUERT Fabian	SUI	1:06:46
51	SOCIATS Just	ESP	1:07:06
52	NIJS Sven	BEL	1:07:35
53	HÜBSCH Thierry	LUX	1:07:37
54	AMBROZIC Bojan	SLO	1:08:02
55	RANCIK Milos	MKD	1:08:11
56	MIKULIC Nikola	CRO	1:09:38
57	KELLEZI Ilir	ALB	1:09:50
58	MAC MAHON Brian	IRL	1:09:59
59	GRECH Andrew	MLT	1:10:01
60	KISYOV Kostadin	BUL	1:10:21
61	PELSOCZY Attila	HUN	1:10:44
62	MALKA Haim	ISR	1:11:04
63	TODOROV Radoslav	BUL	1:11:29
64	RENARD Arnaud	BEL	1:11:36
65	DORSZYNSKI Grzegorz	POL	1:12:21
66	SALIBA Joseph	MLT	1:12:23
67	RISTOVSKI Jovica	MKD	1:13:26
68	CILIA Charles	MLT	1:14:18
69	GERLEI Tamás	HUN	1:15:04
70	AJANOVSKI Kokan	MKD	1:16:54
71	MAKRYGIANNIS Athanasios	GRE	1:17:29
72	URBÁN Máté	HUN	1:20:46
73	ANTONYUK Denys	UKR	1:35:25
74	GOLOVCHENKO Oleksandr	UKR	1:45:13
75	SHCHERBANIVSKYI Andrii	UKR	1:53:46

JUNIOR MEN

Individual (8.8 km/1027 m/41 participants)

1	KARAGOZ Ramazan	TUR	48:51
2	SARIHAN Sehmus	TUR	49:54

3	VAIA Michele	ITA	50:29
4	LEANCA Andrei	ROU	51:05
5	LUSTENBERGER Stefan	SUI	51:22
6	BRATINA Rok	SLO	51:29
7	INNERHOFER Manuel	AUT	51:31
8	CROTTI Giampaolo	ITA	51:45
9	FATTAKHOV Ruslan	RUS	51:57
10	POMEZNY Lukas	CZE	52:17
11	CAVAGNA Nadir	ITA	52:35
12	RESHETNIKOV Rodion	RUS	52:47
13	PINKAS Michal	CZE	53:06
14	WHARTON Max	GBR	53:09
15	DUMITRU Ionut Marius	ROU	53:11
16	GALIULLIN Konstantin	RUS	53:19
17	FALCESCU Mihai Marian	ROU	53:21
18	TUNCER Omer	TUR	53:34
19	JONES Nathan	GBR	53:53
20	BOZKURT Naif	TUR	54:30
21	LICHY Tomas	CZE	54:45
22	BERTOLO Joao	POR	54:55
23	LANDZHEV Georgi	BUL	55:09
24	BOZIC Anze	SLO	55:13
25	MOONEY Killian	IRL	55:20
26	TSVETANKOV Nikolay	BUL	55:31
27	SADLO Dominik	CZE	55:40
28	LAPAJNE Jošt	SLO	55:43
29	TRAVISS Bradley	GBR	55:52
30	ZYCHSKI Marcin	POL	56:00
31	DOBRIYESCU Alexandru Daniel	ROU	56:33
32	KOVACIC Tim	SLO	56:49
33	LEAL Samuel	POR	57:10
34	LAWLER Andrew	GBR	57:37
35	MONELLA Michael	ITA	58:34
36	GRZETIC Marko	CRO	58:51
37	BYRNE Mitchell	IRL	59:16
38	KRASTEV Krasimir	BUL	1:00:12
39	LARKIN Kyle	IRL	1:01:25
40	MAGUIRE Shane	IRL	1:02:47
	ZAFROVSKI Petre	MKD	DNF

WOMEN

Individual (8.8 km/1027 m/64 participants)

1	MAYR Andrea	AUT	51:49
2	BELOTTI Valentina	ITA	52:54
3	KOSOVELJ Mateja	SLO	53:08
4	DESCO Elisa	ITA	53:42
5	RUNNGER Renate	ITA	54:05
6	CLAYTON Emma	GBR	55:16
7	DEWALLE Christel	FRA	56:01
8	MEIER Bernadette	SUI	56:12
9	STAHL Martina	SUI	56:25
10	DANCI Liliana	ROU	56:38
11	PALAYO Irene	ESP	56:45
12	SCHORNA MATYASOVA Pavla	CZE	56:50
13	EGOROVA Galina	RUS	57:02
14	WISNIEWSKA-ULFIK Dominika	POL	57:06
15	CELINSKA Anna	POL	57:07
16	LESHCHINSKAYA Nadezhda	RUS	57:18
17	MISHKOVA Milka	BUL	57:27
18	NOLL Melanie	GER	57:38
19	HALDIMANN Angela	SUI	57:45
20	LAUBERTIE Paatricia	FRA	57:55
21	WALWYN Olivia	GBR	58:01
22	FUERHOLZ Monika	SUI	58:17
23	UNTERBERGER Birgit	GER	58:25
24	KHAITOVA Nigina	RUS	58:33
25	TUNSTALL Sarah	GBR	58:37
26	CRONIN Kate	IRL	58:40
27	KRKCOC Lucija	SLO	58:42
28	GALASSI Samantha	ITA	59:21
29	KRSINAR Neja	SLO	59:24
30	BELUSIC Barbara	CRO	59:35
31	JAMSIN Lucie	FRA	1:00:03
32	MADUREIRA Rosa	POR	1:00:16
33	CAN Yasemin	TUR	1:00:19
34	HAVLOVA Pavla	CZE	1:00:53
35	MCCARTHY Claire	IRL	1:01:05
36	DUMERGUES Marie Laure	FRA	1:01:08
37	METELKOVA Tatana	CZE	1:01:22
38	DRAGOMIR Denisa Ioana	ROU	1:01:31
39	ROBINSON Rebecca	GBR	1:01:34
40	PEREZ Veronica	ESP	1:01:46

41	GANIEL Gladys	IRL	1:02:11
42	MOAGA Elena	ROU	1:02:18
43	ANDREU Laia	ESP	1:02:46
44	BOHOLTAN Alina Liliana	ROU	1:03:39
45	PASTOROVA Petra	CZE	1:03:59
46	VOKUEVA Zhanna	RUS	1:04:11
47	PANOVSKA Rumyana	BUL	1:04:28
48	MULLIGAN Sarah	IRL	1:04:47
49	NINEVA Marinela	BUL	1:04:56
50	CABUK Fatma	TUR	1:05:22
51	YILDIZ Nursel	TUR	1:05:46
52	KODZSAGOGOV Zsakin	HUN	1:05:51
53	CAMILLERI Giselle	MLT	1:06:00
54	GODEC Andreja	SLO	1:07:42
55	LUTS Olha	UKR	1:08:22
56	CERNIC Danijela	CRO	1:09:08
57	PAP Csilla	HUN	1:09:23
58	RANCHEVA Elena	BUL	1:11:30
59	SAMMUT Angele	MLT	1:10:21
60	HILLI Carmen	MLT	1:12:20
61	NAGY Csilla	HUN	1:15:43
62	STOJCHEVSKA Marija	MKD	1:19:58
63	PEREPICHAJ Tetiana	UKR	1:25:58
64	BOIKO Iryna	UKR	1:42:47

JUNIOR WOMEN

Individual (3.5 km/530 m/37 participants)

1	ALBRECHT Melanie	GER	25:49
2	YILMAZ Cesminaz	TUR	26:29
3	EINFALT Lea	SLO	27:06
4	SHARPOVA Olga	RUS	27:17
5	LETTL Julia	GER	27:27
6	GRAVES Catriona	GBR	27:58
7	MINKINA Dilyana	BUL	28:04
8	MASON Annabel	GBR	28:14
9	FEDORCHUK Ksenia	RUS	28:23
10	MARAGA Laura	ITA	28:42
11	IVONINA Ekaterina	RUS	28:59
12	MALIR Georgia	GBR	29:06
13	PISCU Andreea	ROU	29:09
14	COMOLA Michela	ITA	29:16
15	TEMLER Remziye	TUR	29:22
16	De SILVESTRO Alba	ITA	29:24
17	KALIR Ekin Esra	TUR	29:41
18	BRAYKOVA Hristiyana	BUL	29:50
19	ACHLEITNER Lisa	AUT	30:05
20	PASCAR Ioana	ROU	30:07
21	SHARPE Lydia	GBR	30:18
22	HAAS Melanie	AUT	30:27
23	CRACINU Elena	ROU	30:32
24	PELAMATTI Simona	ITA	30:58
25	MOROITA Adelina Georgiana	ROU	31:10
26	HINTERHOLZINGEROVA Jana	CZE	31:15
27	TRIFONOVA Teodora	BUL	31:24
28	WALLNER Sabine	GER	31:37
29	MAKHNEVA Ksenia	RUS	31:55
30	MANDLBAUER Christina	AUT	32:41
31	MARKOVA Fevroniya	BUL	32:57
32	MENDES Catia	POR	33:32
33	MOORE Sara	IRL	33:49
34	MORAN Ellen	IRL	34:51
35	BAJC Monika	SLO	35:31
36	GRENNAN Emily	IRL	35:50
37	DAWSON Yolanda	HUN	39:11

TEAMS

Men	Jun. Men	Women	Jun. Women
1 ITA 7	TUR 21	ITA 11	RUS 24
2 GBR 31	ITA 22	SUI 36	GBR 26
3 TUR 51	ROU 36	GBR 52	TUR 34
4 FRA 54	RUS 37	RUS 53	GER 34
5 GER 68	CZE 44	FRA 58	ITA 40
6 RUS 68	SLO 58	SLO 59	BUL 52
7 SUI 70	GBR 62	CZE 83	ROU 56
8 ESP 76	BUL 87	ROU 90	AUT 71
9 NOR 81	IRL 101	ESP 94	IRL 103
10 CZE 83		IRL 102	
11 POR 93		BUL 113	
12 BUL 103		TUR 134	
13 SLO 105		HUN 170	
14 IRL 123		MLT 171	
15 BEL 148		UKR 182	
16 MKD 192			
17 MLT 193			
18 HUN 202			
19 UKR 222			



Bernard DEMATTEIS (ITA) winner of Senior Men



Robert KRUPICKA (CZE) 7th Senior Men



Benedikt HOFFMANN (GER) 12th Senior Men
in front n. 23 Emmanuel MEYSSAT (FRA) 13th
Senior Men



Sarah TUNSTALL (GBR) 25th Senior Women



Omer TURCER (TUR) 18th Junior Men



Georgi LANDZHEV (BUL) 23rd Junior Men



First three Senior Women:
Valentina BELOTTI (ITA) 2nd,
Andrea MAYR (AUT) 1st and
Mateja KOSOVELJ (SLO) 3rd



Melanie ALBRECHT (GER)
winner of Junior Women



29th World Mountain Running Championships

Krynica-Zdrój, Poland
8th September 2013

MEN

Individual (13.5 km/838 m/137 participants)

1	KIPLIMO Philip	UGA	54:22	58	WIGHTMAN Nicholas	AUS	1:02:59	117	MAIANI Manuel	SMR	1:16:09
2	KUSURO Geoffrey	UGA	55:06	59	AKALIN Emrath	TUR	1:03:02	118	DI GUISTO Laurent	MON	1:16:14
3	AYEKO Nathan	UGA	55:19	60	LOBODZINSKI Poitr	POL	1:03:04	119	KUZMANOVSKI Dobro	MKD	1:17:38
4	KIBET Peter	UGA	55:27	61	JASTRZEBSKI Kamil	POL	1:03:11	120	MUGNAINI Alberto	SMR	1:18:04
5	DEMATTEIS Bernard	ITA	55:44	62	PECHEK Petr	CZE	1:03:13	121	JAKIMOVSKI Igor	MKD	1:18:34
6	CARERA Juan Carlos	MEX	55:51	63	SWINBURN Nick	GBR	1:03:18	122	ZHAVORONOK Igor	BLR	1:18:41
7	GRAY Joseph	USA	56:25	64	PAVLISTA Vit	CZE	1:03:22	123	CUFFARO Antonino	MON	1:19:15
8	ARSLAN Ahmet	TUR	56:26	65	MAGYAR Imrich	SVK	1:03:23	124	TOCCACELI Massimiliano	SMR	1:19:22
9	TEKLAY Azeirya	ERI	56:27	66	RODRIGUES Pedro	POR	1:03:32	125	LOPEZ MIGUEL Angel	MEX	1:19:34
10	DEMATTEIS Martin	ITA	56:47	67	GERYCH David	CZE	1:03:35	126	NOSOV Vitalii	UKR	1:21:04
11	BALDACCINI Alex	ITA	57:15	68	GOSSELIN Jean-Francois	CAN	1:03:57	127	KHARCHENKO Dmitro	UKR	1:22:09
12	RANCON Julien	FRA	57:27	69	VOLLMER Mark	CAN	1:04:01	128	SIROTIN Yevgen	UKR	1:23:23
13	CHECHUN Yuriy	RUS	57:36	70	SAMUEL Rob	GBR	1:04:38	129	PANASIUK Sergii	UKR	1:27:41
14	ABATE Gabriele	ITA	57:53	71	CHAMADANAU Aliaksei	BLR	1:04:50		ALRAUN Fabian	GER	DNF
15	AKKOYUN Mehmet	TUR	57:58	72	BUTLER Dougan	NZL	1:04:52		CASADEI Giacomo	SMR	DNF
16	KOSOVELJ Mitja	SLO	58:05	73	RANDALL Glenn	USA	1:04:59		CONROY Ian	IRL	DNF
17	CAGNATI Luca	ITA	58:07	74	PAGNUEV Alexey	RUS	1:05:15		GEBRASELASIE Dejen	AUS	DNF
18	KAZAN Deniz	TUR	58:10	75	HAURYCHENKA Aliaksei	BLR	1:05:17		JOLY Jente	BEL	DNF
19	SMITH Chris	GBR	58:13	76	TRATNIK Marko	SLO	1:05:29		KING Max	USA	DNF
20	MEYSSAT Emmanuel	FRA	58:16	77	CZAPLA Poitr	POL	1:05:36		KITIR Akif	TUR	DNF
21	PENA CABRERA J. Andres	COL	58:20	78	CAMBRIDGE Tane	NZL	1:05:37		ZSOLT Stefan	HUN	DNF
22	CHEVRIER Xavier	ITA	58:58	79	GUSEV Aleksandor	RUS	1:05:43				
23	CARVALHO Jose	POR	59:11	80	COX Matthew	AUS	1:05:49	MENS TEAMS			
24	JANU Jan	CZE	59:12	81	IIDA Yuiro	JPN	1:05:57	1	UGA	10	8 CZE 176
25	ORNELAS Zachary	USA	59:12	82	WOSIK Daniel	POL	1:05:57	2	ITA	40	9 SLO 213
26	JONES Andi	GBR	59:26	83	PLAZNIK Matic	SLO	1:06:58	3	TUR	82	10 CAN 215
27	NICHOLS Alex	USA	59:27	84	MASHEL Pavel	BLR	1:07:04	4	USA	88	11 RUS 216
28	MUGA Rui	POR	59:33	85	SPOLJAR Nikola	CRO	1:07:18	5	FRA	107	12 IRL 216
29	HAFER Ryan	USA	59:47	86	MIYACHI Fujiro	JPN	1:07:20	6	POR	112	13 POL 247
30	SILVA Carlos	POR	1:00:00	87	JAILLARDON Renaud	FRA	1:07:26	7	GBR	144	14 MEX 273
31	RODRIGUES Artur	POR	1:00:04	88	KEVAN James	IRL	1:07:51				
32	PATERNOSTER Stefan	AUT	1:00:11	89	AMINEV Aynur	RUS	1:08:01				
33	MACMAHON Brian	IRL	1:00:26	90	KOMOC SIN Balasz	HUN	1:08:02	1	GAGGI Alice	ITA	42:47
34	GUILLEN Neido	VEN	1:00:37	91	ZBLEWSKI Tadeusz	POL	1:08:25	2	CLAYTON Emma	GBR	43:12
35	ZAGO Didier	FRA	1:00:49	92	CHESTER Sean	CAN	1:08:35	3	DESCO Alisa	ITA	43:32
36	SWANSON Kristopher	CAN	1:00:55	93	ERENT Bruno	CRO	1:08:40	4	KOSOVELJ Mateja	SLO	43:51
37	BRANDEBOURG Michael	BEL	1:00:58	94	ELGANOV Vladimir	RUS	1:08:44	5	MATHYS Maude	SUI	44:13
38	BREGAR Gasper	SLO	1:01:01	95	AGOSTINI Michele	SMR	1:08:49	6	MCCORMACK Sarah	IRL	44:23
39	FREI Martin	CZE	1:01:03	96	ABAD Norberto	MEX	1:08:58	7	CONFORTOLA Antonela	ITA	44:32
40	JANDARI Said	FRA	1:01:04	97	BUDELLOT Yanick	MON	1:09:10	8	TUNSTALL Sarah	GBR	44:40
41	AGRALI Yavuz	TUR	1:01:10	98	O'HANLON Gary	IRL	1:09:10	9	WISNIEWSKA-U. Dominika	POL	44:46
42	LE PORHO David	CAN	1:01:21	99	PESTRIUGA Igor	UKR	1:09:14	10	BUYUKBEZGIN Burcu	TUR	44:53
43	HOGAN Tom	IRL	1:02:00	100	TABOR Miklos	HUN	1:09:17	11	LEWY-BOULET Magdalena	USA	44:56
44	KELLEZI Ilir	ALB	1:02:05	101	PELSOCZY Attila	HUN	1:09:25	12	WILKINSON Mary	GBR	45:04
45	LUSTEMBERGER Daniel	SUI	1:02:17	102	NEFF Calum	CAN	1:09:36	13	MADUREIRA Rosa	POR	45:26
46	CAMARENA Enrique	MEX	1:02:18	103	RIDOLFI Stefano	SMR	1:09:46	14	KIRAZ Ummu	TUR	45:29
47	SZABO Sandor	HUN	1:02:21	104	SEMENIUK Volodymir	UKR	1:09:46	15	SAMANTHA Galassi	ITA	45:39
48	MCMULLEN James	GBR	1:02:24	105	SIMONOV Boris	ARM	1:10:24	16	WALSHAW Katie	GBR	46:01
49	KARON Bartosz	POL	1:02:26	106	CILIA Charles	MLT	1:10:48	17	BELUSIC Barbara	CRO	46:10
50	PERMITIN Vasilij	RUS	1:02:30	107	AJANOVSKI Kokan	MKD	1:11:08	18	CRONIN Kate	IRL	46:11
51	ADAMS Thomas	GBR	1:02:36	108	NIJS Sven	BEL	1:11:12	19	MERRENYI Timea	HUN	46:13
52	FLYNN Eoin	IRL	1:02:40	109	CSONTOS Imre	HUN	1:12:05	20	HAVLOVA Pavla	CZE	46:16
53	TEVEKELEV Stoyan	BUL	1:02:42	110	MALKA Haim	ISR	1:12:52	21	RUHLYADA Elena	RUS	46:17
54	BLAHA Tomas	CZE	1:02:44	111	ADLI Kais	MON	1:12:58	22	OLEJAROVA Silvia	SVK	46:22
55	BELLAMY Benjamin	FRA	1:02:45	112	SALIBA Joseph	MLT	1:13:07	23	DANCI LILIANA Maria	ROU	46:24
56	HUGHES Glenn	NZL	1:02:46	113	MLAKAR Gregor	SLO	1:13:59	24	ZAHALKOVA Pavla	CZE	46:25
57	LECHLEITNER Simon	AUT	1:02:59	114	NEMETH Christian	BEL	1:14:16	25	MIHAYLOVA Milka	BUL	46:45
				115	COGNET Arnaud	MON	1:14:33	26	GADI Hafida	FRA	46:52
				116	GRECH Gerald	MLT	1:16:04	27	MULLIGAN Sarah	IRL	46:54
								28	CELINSKA Anna	POL	47:05

29	LUNDY Christine	USA	47:08
30	METELKOVA Tatiana	CZE	47:14
31	MARSOVA Elena	RUS	47:22
32	LIZOTTE Megan	USA	47:27
33	UNTERBERGER Birgit	GER	47:29
34	DUMERGUES Marie-Laure	FRA	47:36
35	DRAGOMIR Denisa Ionela	ROU	47:40
36	KIMMEL Megan	USA	47:55
37	JURISIC Veronika	CRO	48:06
38	MILESOWA Iva	CZE	48:14
39	ZHAVORONKOVA Aleksandra	RUS	48:27
40	SOENEN Virginie	BEL	48:35
41	ROUNTREE Helen	NZL	48:42
42	CAN Yasemin	TUR	48:47
43	JOUBERT Cornelia	RSA	48:50
44	FRANKS Meggan	CAN	48:57
45	KAYA Lufiye	TUR	49:09
46	BERGERON L. Sarah	CAN	49:16
47	RENGIFO F. Y. Lisbeth	COL	49:16
48	MARTINHO Carla	POR	49:31
49	KOZJEK Katja	SLO	49:38
50	GRIESSBAUM Tanja	GER	49:41
51	SALAZAR Cruz	VEN	49:56
52	TRIMBLE Sharon	IRL	50:12
53	KODZSAGOGOV Zsaklin	HUN	50:31
54	MRAK Valeria	SLO	50:35
55	CEBO Maria	POL	50:49
56	NADEAU Melanie	CAN	51:23
57	PENWAY Shanon	CAN	51:54
58	BALANCIER Sarah	BEL	51:59
59	KRAFT Emma	AUS	52:03
60	PAPP Scilla	HUN	52:03
61	SZEDERKENYI-T. Andrea	HUN	52:26
62	TOMAS Anda	CRO	52:33
63	MAKAROVA Natalia	RUS	52:56
64	CAMILLERI Gisele	MLT	53:02
65	GODEC Andreja	SLO	53:02
66	VERHELES Hanna	UKR	53:23
67	SAMMUT Angele	MLT	53:28
68	SEIBOLD Kate	AUS	54:03
69	HILI Carmen	MLT	54:25
70	IAROTSKA Olga	UKR	54:46
71	KNAP Aliaksandra	BLR	54:50
72	RAATZ Simone	GER	54:51
73	LUTS Olha	UKR	55:10
74	AGUILAR Jazmin	MEX	56:05
75	HOSKING Jillian	AUS	57:16
76	NAFRANOVICH Iryna	BLR	58:25
77	BEN AMI Hana	ISR	58:52
78	PASHKOUSKAYA Katsyarnia	BLR	1:01:05
79	BOIKO Irina	UKR	1:13:53
	BELOVIC Valentina	CRO	DNF
	STOJCHEVSKA Maria	MKD	DNF
	WILLIAMS Brooke	AUS	DNF

WOMENS TEAMS

1	ITA	11	8	POL	92	15	AUS	202
2	GBR	22	9	SLO	107	16	UKR	209
3	IRL	51	10	CRO	116	17	BLR	225
4	TUR	66	11	HUN	132			
5	USA	72	12	CAN	146			
6	CZE	74	13	GER	155			
7	RUS	91	14	MLT	200			

JUNIOR MEN

Individual (9.1 km/561 m/68 participants)

1	CRIPPA Nekagenet	ITA	38:58
2	KARAGOZ Ramazan	TUR	39:13
3	INNERHOFER Manuel	AUT	39:44
4	SADLO Dominik	CZE	40:10
5	LICHY Tomas	CZE	40:12
6	TRAVISS Brad	GBR	40:17
7	CHAVEZ Jordan	USA	40:21
8	INAN Yunus	TUR	40:36
9	MARTINEZ Danny	USA	40:42
10	VAIA Michele	ITA	40:45
11	FATTAKHOV Ruslan	RUS	40:51
12	NICHOLLS Maximilian	GBR	41:03
13	LEANCA Andrei	ROU	41:09
14	JONES Nathan	GBR	41:14
15	WHARTON Max	GBR	41:16
16	HAVLICEK Josef	CZE	41:16
17	BIRO FLORIN Eugen	ROU	41:53
18	CAVAGNA Nadir	ITA	42:01
19	BARBUT Andrei Ionut	ROU	42:06
20	RESHETNIKOV Rodion	RUS	42:12
21	BRATINA Rok	SLO	42:18
22	MEISSEL Hannes	AUT	42:21
23	ZEUS Maximilian	GER	42:30
24	KUBEC Dominik	CZE	42:37
25	SATOR Damien	POL	42:44
26	KARAGOZ Adem	TUR	43:01
27	WEISSER Florian	FRA	43:30
28	DELIN Cal	USA	43:39
29	CROTTI Gianpaolo	ITA	43:42
30	INNERHOFER Hans Peter	AUT	43:46
31	LAPAJNE Jost	SLO	43:49
32	LASZCZOWSKI Dawid	POL	43:51
33	YOTOVSKI Aleksander	BUL	44:06
34	MORAN Pdraig	IRL	44:09
35	ANDERSEN Thomas	NZL	44:11
36	BOZIC Anze	SLO	44:15
37	GRZETIC Marko	CRO	44:22
38	ERGUN Sadullah	TUR	44:24
39	LAWSON John	USA	44:26
40	DUFIEF Bastien	FRA	44:42
41	TRONTELJ Ziga	SLO	44:52
42	PYSHNIAK Konstantyn	UKR	45:03
43	ANDERSON Bryce	AUS	45:05
44	JASTAL Piotr	POL	45:19
45	BELLE Loic	FRA	45:39
46	STEIER Lukas	GER	45:42
47	LAMMENS Wouter	BEL	45:58
48	BIERINCKX Laurent	BEL	46:00
49	JACKSON-GRAMMER Jake	NZL	46:14
50	JILEK Krzysztof	POL	46:17
51	HUNTER Charles	AUS	46:23
52	KUZNETSOV Denis	RUS	47:30
53	DIMANOPULOSZ Nikosz	HUN	47:30
54	MOONEY Killian	IRL	47:43
55	MEFFAN Allister	NZL	47:49
56	CAKO Balint	HUN	48:11
57	LADOUCEUR Mathieu	CAN	48:28
58	MIKSA Kende	HUN	48:34
59	CULLEN Andrew	IRL	48:51
60	ZAFIROVSKI Petre	MKD	49:09
61	STOJANOVSKI Stefan	MKD	51:14
62	PAJMAKOSKI Ilija	MKD	52:31

63	SALLAI ZSOLT Bence	HUN	52:45
64	YAKYMOVYCH Dmytro	UKR	53:08
65	YAKOBCHUK Mykola	UKR	1:08:41
66	SEMENYUK Oleh	UKR	1:08:41
	MAGUIRE Shane	IRL	DNF
	UHL Adrian	GER	DNF

JUNIOR MENS TEAMS

1	CZE	25	7	AUT	55	13	IRL	147
2	ITA	29	8	RUS	83	14	HUN	167
3	GBR	32	9	SLO	88	15	UKR	171
4	TUR	36	10	POL	101	16	MKD	183
5	USA	44	11	FRA	112			
6	ROU	49	12	NZL	139			

JUNIOR WOMEN

Individual (4.6 km/286 m/42 participants)

1	ORTIZ Mandy	USA	22:56
2	EINFALT Lea	SLO	23:07
3	ERDAL Tubay	TUR	23:21
4	MASON Annabel	GBR	23:32
5	MALIR Georgia	GBR	23:39
6	GRAVES Catriona	GBR	23:41
7	IVONINA Akaterina	RUS	23:43
8	MINKINA Dilyana	BUL	23:48
9	PISCU Andrea Alina	ROU	23:58
10	STRANSKA Michaela	CZE	24:10
11	KORVASOVA Tereza	CZE	24:20
12	SHARPOVA Olga	RUS	24:25
13	MARAGA Laura	ITA	24:29
14	BOIKOVA Kristina	RUS	24:36
15	DE SILVESTRO Alba	ITA	24:47
16	SCHOLL Tabot	USA	24:51
17	PELAMATTI Simona	ITA	25:02
18	DIAS Magdalena	POL	25:07
19	CUFER Ana	SLO	25:12
20	CRACIUN Elena	ROU	25:13
21	ABRAHAMSON Emma	USA	25:21
22	HINTERHOLZINGEROVA Jana	CZE	25:36
23	YILMAZ Cesminaz	TUR	25:40
24	SOMOGYI Anett	HUN	26:01
25	FILIPOWSKA Agnieszka	POL	26:09
26	WALLIMANN Alexandra	SUI	26:11
27	ACHLEITNER Lisa	AUT	26:20
28	JESENKO Sara	SLO	26:36
29	STICH Anna-Lena	GER	26:37
30	BIELEC Edytha	POL	27:00
31	HORVATH Timea	HUN	27:10
32	WALLNER Sabine	GER	27:15
33	TYSHCHUK Roksana	UKR	28:20
34	HAAS Melanie	AUT	28:26
35	DE VLAMINCK Karen	BEL	30:14
36	SCHMITZ Delphine	BEL	30:33
37	DAWSON Jolanda	HUN	30:41
38	ROBINET Sarah	BEL	31:02
39	BARBINOVA Yevgenya	UKR	35:17
40	SUBATAN Burcu	TUR	35:40
	MANDLBAUER Christina	AUT	DNF
	SAMOLYUK Iryina	RUS	DNF

JUNIOR WOMENS TEAMS

1	GBR	9	6	TUR	26	11	GER	61
2	USA	17	7	ITA	28	12	AUT	61
3	RUS	19	8	ROU	29	13	BEL	71
4	CZE	21	9	POL	43	14	UKR	72
5	SLO	21	10	HUN	55			



Mandy Ortiz (USA) 1st Junior Women
Photo by LOC



Junior Woman L to R: Lea Einfalt (SLO) Silver,
Mandy Ortiz (USA) Gold, Tubay Erdal (TUR) Bronze
Photo by LOC



Junior Woman - TEAM:
1. Great Britain, 2. USA, 3. Russia
Photo by LOC



Alice Gaggi (ITA) 1st Senior Women
Photo by LOC



Senior Woman L to R: Emma Clayton (GBR) Silver,
Alice Gaggi (ITA) Gold, Elisa Desco (ITA) Bronze
Photo by LOC



Senior Woman - TEAM: 1. Italy, 2. Great Britain 3. Ireland
Photo by LOC



Junior Men L to R: Ramazan Karagoz z (TUR) Silver, Nekagenet Crippa (ITA) Gold, Manuel Innerhofer (AUS) Bronze
Photo by LOC



Junior Men - TEAM:
1. Czech Republic, 2. Italy, 3. Great Britain
Photo by LOC



Nekagenet Crippa (ITA) 1st Junior Men
Photo by LOC



Senior Men L to R: Geoffrey Kusuro (UGA) Silver, Phillip Kiplimo (UGA) Gold, Nathan Ayeko (UGA) Bronze
Photo by LOC



Senior Men - TEAM: 1.Uganda 2. Italy 3. Turkey
Photo by LOC



Phillip Kiplimo (UGA) 1st Senior Men
Photo by LOC



29th World Mountain Running Championships

Krynica Zdroj, Poland
8th September 2013



329 athletes coming from 39 nations were present at the start of the races staged for the 30th WMRA World Mountain Running Championships 2013 at Krynica Zdroj, Poland.

In all 10 Countries won medals and five of them were gold.

Italy was the most successful Country in the medal table with three gold medals, two silver medals and one bronze. They were followed by Uganda with two gold medals, one silver medal and one bronze medal and by Great Britain with one gold medal, two silver medals and one bronze medal.

The Czech Republic and USA had one gold medal each.

The other 5 countries who won medals were Turkey with one silver and two bronze; Slovenia one silver and Austria, Russia and Ireland with one bronze medal each.

There were 14 teams competing in the junior women's category with Great Britain winning gold, the U.S.A earned a silver medal led by the gold-medal individual performance of 18-year-old Mandy Ortiz racing in her first international event. The Russian team took bronze. The second position was won by Lea Einfalt of Slovenia and the bronze medal by Tubay Erdal from Turkey.

In the Junior Men's race Nekagenet Crippa from Italy proved to be unbeatable.

The silver medal was won by Ramazan Karagoz from Turkey, while the bronze medal went to Manuel Innerhofer from Austria. The Czech Republic took the honours in the closest team competition of the day with 25 points, just four less than Italy with Great Britain taking third.

In the senior women's race, Italy's Alice Gaggi was the surprise winner, covering the two laps 9.08km course in 42:47 with Great Britain's Emma Clayton second in 43:12. Italy put two women on the podium when Elisa Desco crossed the line in 43:32 and with three women in the top seven; Antonella Confortola completing the scoring trio, the "Azzurre" took the team competition with 11 points. Clayton got a second silver medal as Great Britain were second in the team competition, with Ireland third.



**Sergio Baldo, LOC FIDAL,
receives the flag from Bruno Gozzelino,
WMRA President**

Photo by Patrizia Longo

The senior men's race was the final event and Uganda swept the top four places and earned a gold team medal with a perfect score of 10. Philip Kiplimo was triumphant on the three-lap 13.56km course in 54:22 putting more than half-a-minute between himself and his nearest rival Geoffrey Kusuro, with his better-known compatriot crossing the line in 55:06. Team mates Nathan Ayeko and Peter Kibet were third and fourth respectively in 55:19 and 55:27. The first non-Ugandan home was Italy's Bernard Dematteis in fifth place and he led home the Italian team to the silver medals with Turkey, led by six-time European champion Arslan Ahmet in eighth place, taking the bronze medals.

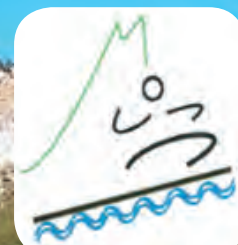
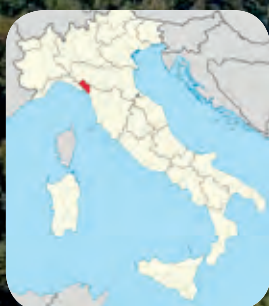
At the closing ceremony the WMRA flag was passed by the LOC of Krynica Zdroj through the WMRA President Bruno Gozzelino to Sergio Baldo, FIDAL Council member and Chief Delegation of Italian team representing the LOC of the 30th WMRA World Mountain Running Championships 2014 in Italy, at Casette di Massa (Toscana Region).

FOCUS ON

30TH WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

14 SEPTEMBER 2014 CASSETTE DI MASSA, TUSCANY ITALY

<http://www.wmrc2014.com/en/>





15th WMRA Grand Prix 2013 Final Results



MEN		born	nat.	1	2	3	4	5	6	total
1.	TEKLAY Azerya	78	ERI	100		100	54	75	102	377
2.	BALDACCINI Alex	88	ITA	75	75	75	42		90	315
3.	ABATE Gabriele	79	ITA	50	70	65	29	48	72	257
4.	SCHNEIDER David	81	SUI	85				70	84	239
5.	KOSOVELJ Mitja	84	SLO		65		23	65	78	231
6.	TEKLE Yossief	92	ERI					85	120	205
7.	KUHAR Nejc	85	SLO			85		50	66	201
8.	DEMATTEIS Bernard	86	ITA		100		78			178
9.	SIMPSON Robbie	91	GBR	65		70				135
10.	MANZI Emanuele	77	ITA	40	30			60		130
11.	BREGAR Gašper	90	SLO			60			48	108
12.	RANCON Julien	80	FRA	70			37			107
13.	DI GIOIA Massimiliano	79	ITA		6	45		18	37	106
14.	TOSH Sam	91	ENG			24			60	84
15.	ALIĆ Simon	71	SLO			50			32	82
16.	TRILER Klemen	77	SLO			55		16		71
17.	CAGNATI Luca	90	ITA		50		21			71
18.	CHEVRIER Xavier	90	ITA		55		11			66
19.	DEMATTEIS Martin	86	ITA		12		48			60
20.	MEYSSAT Emmanuel	80	FRA	45			15			60
21.	LEANCA Andrei	95	ROU					27	26	53
22.	BRATINA Rok	94	SLO					30	19	49
23.	MIYACHI Fujio	78	JPN			18		12	11	41
24.	PLAZNIK Matic	93	SLO					9	15	24
25.	ŽONTAR Aleš	82	SLO			4			17	21
26.	BOŽIĆ Anže	94	SLO					8	13	21
27.	TERAŽ Franci	62	SLO			6		6	3	15
28.	SENICA Vid	77	SLO			8			4	12

1	2. June	33. Int. Montée Du Grand-Ballon	Willer-sur-Thur	FRA
2	21. July	3. Castle Mountain Running	Arco	ITA
3	28. July	15. Int. Grintovec MR Race	Kamnik	SLO
4	8. Sept.	29. World Championships	Krynica-Zdroj	POL
5	15. Sept.	5. Asitzgipfel MR Race	Leogang	AUT
6	5. Oct.	34. Smarna gora MR race	Ljubljana	SLO

WOMEN		born	nat.	1	2	3	4	5	6	total
1.	KOSOVELJ Mateja	88	SLO		85	100	84	100	90	375
2.	CONFORTOLA Antonella	75	ITA		70		66	85	102	323
3.	GAGGI Alice	87	ITA		65		120		120	305
4.	CLAYTON Emma	88	ENG	75	100		102			277
5.	MILESOVA Iva	77	CZE		27	75		75	78	255
6.	DESCO Elisa	82	ITA		75		90			165
7.	GALASSI Samantha	88	ITA		55		26		84	165
8.	BELOTTI Valentina	87	ITA	100	60					160
9.	TROBEC Urša	67	SLO			60		60	23	143
10.	GODEC Andreja	77	SLO		4	65		35	37	141
11.	BRATINA Jana	87	SLO			70			54	124
12.	TUŠAR Mihaela	66	SLO			45		40	21	106
13.	TUNSTALL Sarah	86	GBR	27			60			87
14.	KOZJEK Katja	92	SLO					24	60	84
15.	ŠORLI Marta	62	SLO			24			11	35
16.	MEŽA Boža	57	SLO			12			9	21



Leaders Teklay (13), Tekle (14) and Baldaccini (12)
in the Smarna Gora Final GP Race Slovenia

Photo by LOC

Photo by LOC



WMRA Grand Prix Winners 2013 -
Azerya Teklay (ERI) and Mateja Kosovelj (SLO)

Photo by LOC

WMRA World Cup Races 2014 Calendar of Races

The rules for 2014 remain the same whilst the total final prize fund provided by the WMRA is 15100 Euros, details can be found on the WMRA web page.

8th June - Sunday	30th Int. Muttersberglauf / 1st WMRA World Cup race	Bludenz	AUT
15th June - Sunday	34th La Montée du Grand Ballon / 2nd WMRA World Cup race	Willer sur Thur / Goldbach	FRA
27th July - Sunday	16th Gorski tek na Grintovec / 3rd WMRA World Cup race	Kamnik	SLO
31st August - Sunday	6th Asitzgipfel-mountain-run / 4th WMRA World Cup race	Leogang	AUT
14th September - Sunday	30th WMRA World Mountain Running Championships (uphill) / 5th WMRA World Cup race	Caserte di Massa	ITA
4th October - Saturday	35th Smarna Gora International mountain race / 6th WMRA World Cup race and Final	Ljubljana	SLO

8th WMRA International Youth Cup

Gap, France
7th July 2013

In a city dubbed "The Sportiest City in France," a record 15 countries participated in the 8th WMRA International Youth Cup in Gap, France on July 7.

Turkey dominated the competition winning in total five medals: all the gold medals, individual and team, plus one silver. Poland took two silver medals and England one silver medal.

Italy, Russia, Wales and hosting Country France gained one bronze medal each. Thirty-seven Junior women competed on a 2.55-kilometer race course which started in an open meadow and climbed through the forest over mountain paths with Turkish runner Burcu Subatan, leading after the first checkpoint some 300 meters into the race until the finish.

During the first two kilometres, the second and third positions changed between athletes from Turkey, Russia, Poland, and Wales. At the finish it was Burcu Subatan winning in 13:24, followed 14 seconds later by Poland's Magdalena Dias. Rounding out the top three podium spots was Georgia Garner, Wales, in 13:47.

With 20 points, Turkey earned a gold medal.

In silver position was Poland with 24 points, and with 36 points, Russia2 won bronze. There were 11 teams in the youth women's division.

The youth men's race followed with 44 competitors racing over 5.3 kilometres.

After the first loop of 1.4 kilometres, Turkey's Ridvan Yilmaz was already creating a gap over the field. Ridvan Yilmaz would increase his lead to nearly one minute by the finish.

The race for second and third see-sawed between Turkey's Onur Aras, and Italy's Davide Magnini.

At the finish it was Yilmaz in 23:53, followed by fellow countryman Aras in 24:46. Magnini placed third in 24:55.

With the strong one-two finish, Turkey won the team title with 17 points.

In second was England with 29 points led by James Hall who finished in fourth position. The French team 38 points won the bronze medal with their first scoring runner Mehdi Frere finishing in sixth.

There were 13 teams finishing the youth men's race.

This was the first appearance at the WMRA International Youth Cup by runners from France, Hungary and The Netherlands.

Presenting medals were Pierre Weiss, Tomo Sarf, Bashir Hussain and Nancy Hobbs from the WMRA while trophies were presented by the Local Organizing Committee.

The venue for the 2014 WMRA International Youth Cup is Arco, Trento, Italy.

BOYS – Individual

2 laps - 5,3km; +- 335m

1. YILMAZ Ridvan	TUR	96 23:53
2. ARAS Onur	TUR	96 24:46
3. MAGNINI Davide	ITA	97 24:55
4. HALL James	ENG1	96 25:11
5. SATOR Damian	POL	96 25:31
6. FRERE Mehdi	FRA	97 25:49
7. WILLIS Jack	ENG1	97 25:57
8. ADKIN Jacob	SCO	96 25:59
9. BELKACEM Jeremy	FRA	96 26:03
10. DE NARDI Martino	ITA	96 26:05

BOYS – TEAMS

1. TURKEY	17
2. ENGLAND 1	29
3. FRANCE	38
4. ITALY	43
5. RUSSIA 1	60
6. SCOTLAND	61
7. POLAND	62
8. CZECH REPUBLIC	68
9. WALES	76
10. SLOVENIA	78
11. HUNGARY	101
12. GERMANY	105
13. IRLAND	123
ENGLAND 2	NC
BULGARIA	NC
RUSSIA 2	NC
NEDERLAND	NC

GIRLS – Individual

1 lap - 2,6km; +- 170m

1. SUBATAN Burcu	TUR	97 13:24
2. DIAS Magdalena	POL1	97 13:38
3. GARNER Georgia	WAL	96 13:47
4. KORVASOVA Tereza	CZE	96 13:49
5. BASHKATOVA Tatiana	RUS2	97 13:53
6. BELOVA Ekaterina	RUS1	96 13:59
7. GOSTOMCZYK Ewelina	POL1	96 14:04
8. LARINA Irina	RUS1	96 14:07
9. ZENGİN Yasemin	TUR	97 14:16
10. ARSLAN Songul	TUR	97 14:19

GIRLS – TEAMS

1. TURKEY	20
2. POLAND 1	24
3. RUSSIA 2	36
4. ITALY	48
5. RUSSIA 1	48
6. FRANCE	62
7. CZECH REPUBLIC	66
8. SLOVENIA	67
9. WALES	67
10. IRLAND	68
11. HUNGARY 1	89
HUNGARY 2	NC
POLAND 2	NC



13th WMRA/WMA Masters World Mountain Running Championships

Janske Lazne, Czech Republic

31st August 2013



There were 23 Nations represented at the start of the 13th World Master Mountain Running Championships in Czech Republic at Janske Lazne where 13 nations took at least one medal!

475 masters finished the race, 117 women and 358 men.

Tommy Manning of the USA posted the fastest time of 37minutes 44 seconds. In the women, the fastest runner was Ivana Sekyrova (W40) of the Czech Republic who ran the race in 47 minutes and 15 seconds.

The 8.6 kilometre uphill course with nearly 800 meters of vertical climbing was the same for all categories.

In the men's' categories only one athlete kept the world title won last year in Germany and he was Albert Anderegg (SUI - M65). All the others were new champions, including, Johann Weber (AUT - M75), Martin Ford (GBR - M70), Tadeusz Jasek (POL - M60), Wilhelm Dengler (GER - M55), Craig Roberts (GBR - M50), Paul Sichermann (GER - M45), Giuseppe Antonini (ITA - M40) and Tommy Manning (USA - M35).

In the women categories only three runners Maria Marcibalova (SVK - W75), Blanka Paulu (CZE - W55), Ivana Sekyrova (CZE - W40) kept their world titles won last year in Germany. Other winners were, Ruth Schlager (GER - W70), Marianne Spronk (GER - W65), Ann-Marie Jones (GBR - W60), Irmí Kubicka (AUT - W50), Tanja Nehme (GER - W45) and Birgit Unterberger (GER - W35) were the new champions this year.

The total medals won by Germany were 28 (15 gold, 3 silver and 10 bronze); in second position Czech republic with a total of 22 medals (5 gold, 9 silver and 8 bronze), third Italy with a total of 12 medals (3 gold, 7 silver and 2 bronze) and fourth Great Britain with 11 medals (4 gold, 6 silver and 1 bronze).

A special note for USA Nancy Hobbs, WMRA Treasurer, who ran and won bronze medal in the W50.

The 14th WMRA/WMA Master World Mountain Running Championships will be held on September 6th, 2014, at Telfes, Austria.



Mens Team Results:

M35	POL	16
M40	CZE	22
M45	GER	21
M50	GER	15
M55	GER	10
M60	ITA	16
M65	GBR	21
M70	GER	12
M75	GER	14

Womens Team Results:

W35	CZE	13
W40	CZE	14
W45	GER	7
W50	GER	18
W55	GER	17
W60	ITA	17
W65	GER	9

Results Summary:

Mens Results

M35-39	MANNING Tommy	USA	0:37:44
M40-44	ANTONINI Giuseppe	ITA	0:41:40
M45-49	SICHERMANN Paul	GER	0:41:56
M50-54	ROBERTS Craig	GBR	0:40:50
M55-59	DENGLER Wilhelm	GER	0:44:42
M60-64	JASEK Tadeusz	POL	0:47:29
M65-69	ANDEREGG Albert	SUI	0:49:13
M70-74	FORD Martin	GBR	0:54:47
M75-79	WEBER Johann	AUT	0:57:30

Womens Results

W35 - 39	UNTERBERGER Birgit	GER	0:47:26
W40 - 44	SEKYROVÁ Ivana	CZE	0:47:15
W45 - 49	NEHME Tanja	GER	0:49:39
W50 - 54	KUBICKA Irmí	AUT	0:48:30
W55 - 59	PAUL Blanka	CZE	0:52:33
W60 - 64	JONES Ann-Marie	GBR	0:54:52
W65 - 69	SPRONK Marianne	GER	1:02:44
W70 - 74	SCHLAGER Ruth	GER	1:12:20
W75-79	MARCIBÁLOVÁ Mária	SVK	1:20:09





10th North American Central American Caribbean (NACAC) Mountain Running Championships

New Hampshire, USA

21st July 2013



The Cranmore Hill Climb hosted the 10th NACAC Mountain Running Championships in North Conway, New Hampshire, USA. Teams from Canada, Mexico, and USA participated.

Team scoring for the women included up to four women per team with the top two scoring, while the men could run up to four men on the team with the top three scoring.

Team USA was victorious sweeping the top positions in both the men's and women's race with 2012 World Mountain Running Championship's bronze medallist Morgan Arritola covering the 8-kilometer course in 42:31, followed by teammate Megan Lizotte in 46:03, for a team score of 3 points.

Canada finished in silver-medal position with Meggan Franks and Sarah Bergeron-Larouch in fifth and sixth position to score 11 points. Mexico's Ana Rosa Gomez Velazquez and Sandra Lizeth Lopez Navarro scored 19 points to earn the bronze medal.

Joseph Gray won his fifth NACAC Mountain Running Championships title crossing the 12-kilometer course finish line in 56:23. He was followed by teammate Max King, the 2011 World Mountain Running Champion, who finished in a time of 56:45, followed by Glenn Randall in 57:58.

The USA team score was 6.

Canada and Mexico both achieved a score of 22, but Canada finished their third scoring member before the Mexican runner. First for Canada was Jeff Gosselin in sixth position followed by David LePorho in seventh, and Allister Gardner in ninth. For Mexico, Jose Alberto Madera Vega finished in fourth with Victor Manuel Mercado Mirands in eighth. Fabian Vera Gutierrez, and Jose de Jesus de Los Angel finished in tenth and eleventh respectively.

In addition to the NACAC competition, the event hosted the USA Mountain Running Championships and team selection race for the 2013 U.S. Mountain Running Team.

MEN

Course: 12,0km; +-765m / 3 Laps

1. GRAY Joseph	USA	0:56:23
2. KING Max	USA	0:56:45
3. RANDALL Glenn	USA	0:57:58
4. MERCADO Mirands V. Manuel	MEX	1:01:06
5. WOODS Ryan	USA	1:01:59
6. GOSSELIN Jeff	CAN	1:02:20
7. LE PORHO David	CAN	1:04:20
8. MADERA Vega J. Alberto	MEX	1:07:19
9. GARDNER Alister	CAN	1:07:25
10. GUTIÉRREZ Fabián Vera	MEX	1:14:16

Teams

1. USA - 6 pts 2. CAN - 22 pts 3. MEX - 22

WOMEN

Course: 8,0km; +-510m / 2 Laps

1. ARRITOLA Morgan	USA	0:42:31
2. LIZOTTE Megan	USA	0:46:03
3. REECE-YOUNG Amber	USA	0:47:50
4. YATES Michele	USA	0:49:01
5. FRANKS Meggan	CAN	0:49:56
6. BERGERON-LAROCHE Sarah	CAN	0:51:20
7. NADEAU Mélanie	CAN	0:51:24
8. BARIBEAU Sarah	CAN	0:53:49
9. GÓMEZ VELÁZQUEZ Ana R.	MEX	0:59:10
10. LÓPEZ NAVARRO Sandra L.	MEX	1:05:47

Teams

1. USA - 6 pts 2. CAN - 18 pts MEX - NC



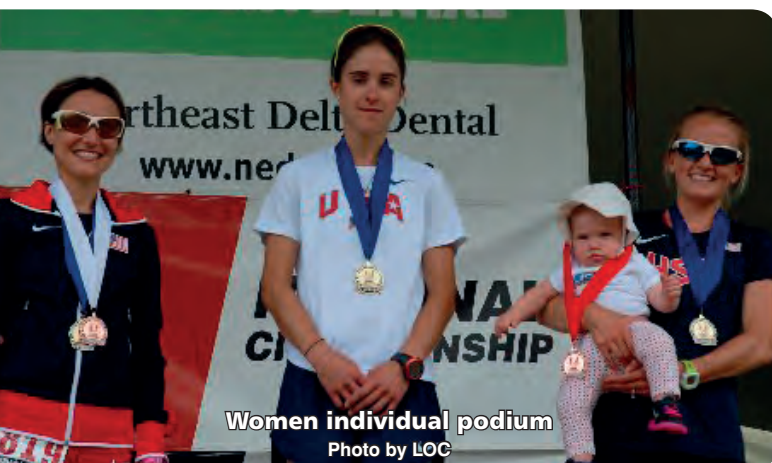
Men individual podium

Photo by LOC



Men team podium

Photo by LOC



Women individual podium

Photo by LOC



Women team podium

Photo by LOC

5th African Mountain Running Championships

(9th Obudu Ranch International Mountain Race)

Obudu Ranch Park, Cross River State, Nigeria

23rd November 2013



Four countries sent official teams to compete at the 5th African Mountain Running Championships held in conjunction with the Obudu Ranch International Mountain Race, Cross River State, Nigeria. These included Uganda, Cameroon, Kenya and Nigeria. Runners from Ethiopia also took part in the competition and it was the Ethiopians who dominated the women's competition. Yalew Genet won the race in a record of time of 58.55, second was Selan Abere in 59.46; third was Berha Afera in 1.00.00.

In the official African Championships the individual title was won by Kenyan Oltaruesh Perrine Nenkampi (fifth at the finish in a time of 1:04.29), followed by fellow Kenyans - Angelina Mutheu, silver medal (sixth in 1:05.50) and Mildred Chebosis, bronze medal (seventh in 1:07.07).

Kenya won the team title with 6 points, second was Nigeria with 18 points and third was Cameroon with 36 points.

In the men's race Kenyan Rono Pjilemon took the first position beating Ethiopian Abebe Dinkesa, defending winner from last year by 14 seconds. Ugandan Geoffrey Kusuro was third with a time of 1.02.08, becoming African Champion for 2013. The silver medallist was Ugandan Philip Kiplimo (sixth at the finish in 1.03.56) and bronze medallist was Kenyan Ondara Mzcdonard (eighth in 1.04.05).

In the men's team, the African title was won by Uganda with 7 points. Kenya won the silver medal with 15 points and their official team was led by Moses Tanui (IAAF World Champion 10.000 meters at Tokyo 1991 and silver medalist at the World IAAF Championships at Stuttgart on 1993). Host Country, Nigeria, took the bronze medal with 36 points.

The WMRA President, Bruno Gozzelino, and WMRA Council member, Erhan Basoglu from Turkey, attended the event.

Results

9th Obudu Ranch International Race MEN

Course 12.6 km

- | | | |
|--------------------|-----|---------|
| 1. RONO Philemon | KEN | 1:00:43 |
| 2. ABEBE Dinkesa | ETH | 1:00:57 |
| 3. KUSURO Geoffrey | UGA | 1:02:08 |

WOMEN

Course 8.6 km

- | | | |
|----------------|-----|---------|
| 1. YALEW Genet | ETH | 58:55 |
| 2. SELAM Abere | ETH | 59:46 |
| 3. BERHA Afera | ETH | 1:00:00 |

Results

5th African AC Championships MEN

Course 12.6 km

- | | | |
|---------------------|-----|---------|
| 1. KUSURO GEOFFREY | UGA | 1:02:08 |
| 2. KIPLIMO PHILIP | UGA | 1:03:56 |
| 3. MACDONARD ONDARA | KEN | 1:04:05 |

Teams:

- | | |
|---------------|---------------|
| 1. UGA 7 pts | 2. KEN 16 pts |
| 3. NGR 36 pts | 4. CMR 43 pts |

Results

5th African AC Championships WOMEN

Course 8.6 km

- | | | |
|---------------------|-----|---------|
| 1. OLTARUESH Perine | KEN | 1:04:29 |
| 2. MUTHEU Angelina | KEN | 1:05:50 |
| 3. CHEBOSIS Mildred | KEN | 1:07:07 |

Teams:

- | | | |
|--------------|---------------|---------------|
| 1. KEN 6 pts | 2. NGR 18 pts | 3. CMR 26 pts |
|--------------|---------------|---------------|





5th Balkan Mountain Running Championships

Poiana Brasov, Romania

16th June 2013

Turkey were again the strongest team at the 5th Balkan Mountain Running Championships held on 16th June 2013 in Poiana Brasov (Romania) coming away with an impressive 14 medals. Teams from Bulgaria and Romania won the remaining medals with both Countries collecting 5 medals each. Five Countries competed at the Championships including Turkey, Bulgaria and Rumania, Serbia and Moldova.

The Turkish runners won 6 gold, 4 silver and 4 bronze medals taking all the positions on the podium in three categories: junior women, junior men and senior men.

Bulgaria and Romania both taking 1 gold, 2 silver and 2 bronze each.

Turkey totally dominated the junior women's race taking the top 3 positions and for the second year, Yilmaz Cesminaz became the junior women Balkan Champion; silver went to Esra Kalis Ekin and bronze to Subatan Burcu. In the junior men's race, Turkey, again, took the top 3 positions with Tuncer Omer taking gold, Karagoz Ramazan taking the silver medal and the bronze medal going to Bozkurt Najf.

Runners from three different Countries won medals in the senior women's race: Bulgarian Milka Mihailova became Balkan Mountain Running Champion 2013. Silver medallist was Romanian Liliana Maria Danci, and bronze medallist Turkish runner, Yasemin Can. In the senior men's race Turkish runner Kazan Deniz won the title of Balkan Mountain Running Champion 2013 in front of his two compatriots Kitir Akif (silver) and Avci Orhan (bronze).

MEN

Course 12km/uphill

1	DENIZ Kazan	TUR	57:15
2	AKIF Kitir	TUR	58:30
3	ORHAN Avci	TUR	59:18
4	MUSTAFA Shaban	BUL	59:52
5	HASAN Turgut	TUR	1:00:24
6	TEVEKELEV Stoiyan	BUL	1:00:48
7	BALAN Marcel Cristian	ROU	1:03:44
8	SOROP Eugen Constantin	ROU	1:03:58
9	MILOVANOVIC Milos	SRB	1:04:10
10	VITALIE Gheorghita	MDA	1:04:56

WOMEN

Course 8,0km /uphill

1	MIHAILOVA Milka	BUL	1:04:51
2	DANCI Liliana Maria	ROU	1:06:57
3	YASEMIN Can	TUR	1:07:52
4	MOAGA Elena	ROU	1:08:43
5	DRAGOMIR Denisa Ionela	ROU	1:09:55
6	BUBNJEVIC Ksenija	SRB	1:10:40
7	NURSEL Yildiz	TUR	1:11:09
8	BOHOLTAN Liana Alina	ROU	1:11:18
9	NINEVA Marinela	BUL	1:15:02
10	SUHEYLA Adiyaman	TUR	1:18:35

JUNIOR MEN

Course 8,0 km/uphill

1	OMER Tuncer	TUR	56:37
2	RAMAZAN Karagoz	TUR	57:25
3	NAIF Bozkurt	TUR	58:13
4	LEANCA Andrei	ROU	59:02
5	FALCESCU Mihai Marian	ROU	1:02:36

JUNIOR WOMEN

Course 4,0km/uphill

1	CESMINAZ Yilmaz	TUR	28:21
2	EKIN Esra Kalir	TUR	29:36
3	BURCU Subatan	TUR	29:47
4	BRAYKOVA Hristiana	BUL	30:35
5	REMZIYE Temel	TUR	31:17

MENS TEAMS

1	TUR	6
2	BUL	10
3	ROU	27

JUNIOR MENS TEAMS

1	TUR	6
2	ROU	16
3	BUL	24

WOMENS TEAMS

1	ROU	11
2	TU	20
3	BUL	22

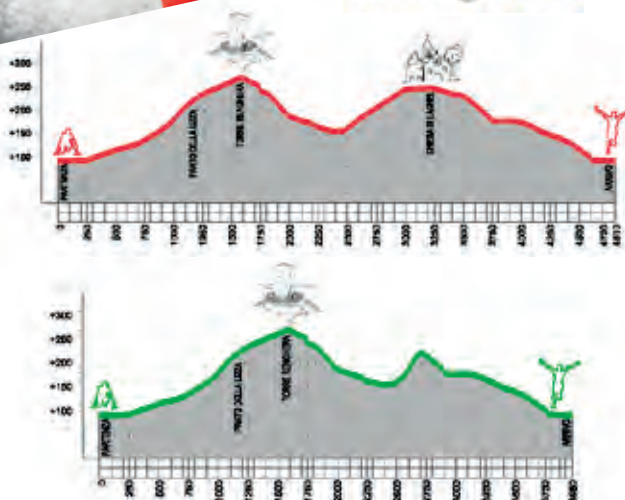
JUNIOR WOMENS TEAMS

1	TUR	6
2	BUL	19
3	ROU	25



FOCUS ON 9TH WMRA INTERNATIONAL YOUTH MOUNTAIN RUNNING CUP 2014

29 JUNE 2014 ARCO, TRENTO, ITALY



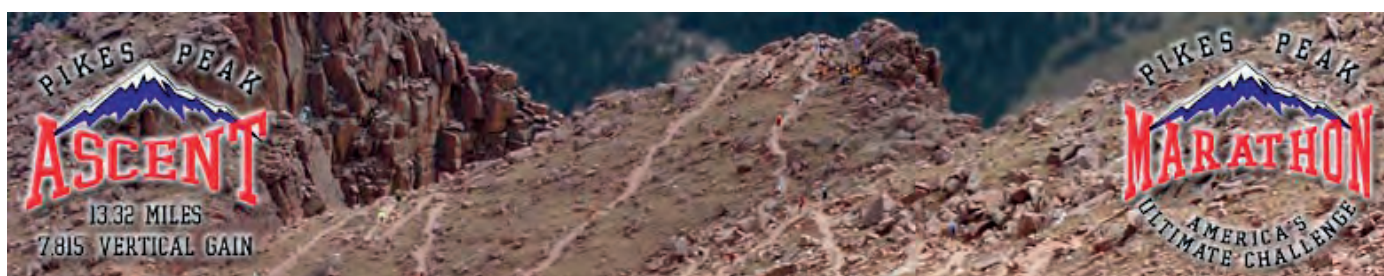
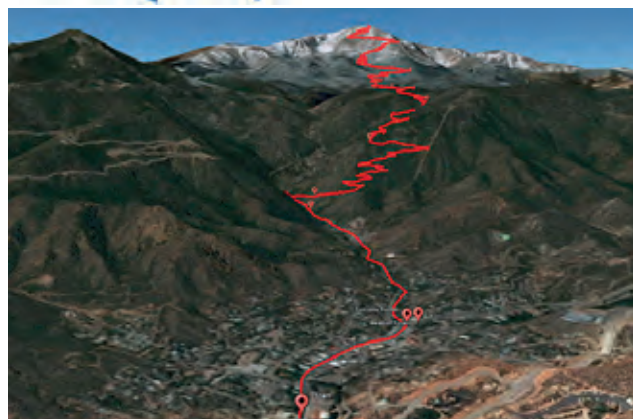
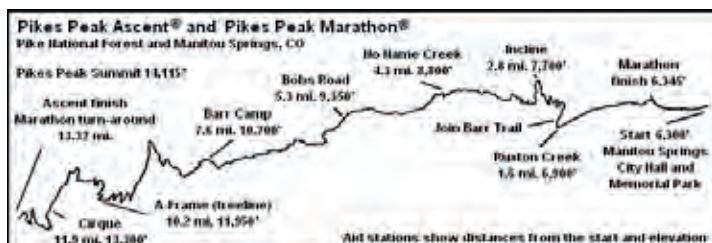
http://www.castlemountainrunning.com/international_youth_cup/en/presentation.asp

FOCUS ON 11TH WMRA LONG DISTANCE MOUNTAIN RUNNING CHALLENGE 2014

16 AUGUST 2014
PIKES PEAK ASCENT
MANITOU SPRINGS
USA



<http://www.pikespeakmarathon.org/>



FOCUS ON

14TH WMRA/WMA MASTERS WORLD MOUNTAIN RUNNING CHAMPIONSHIPS 2014 6 SEPTEMBER 2014 TELFES AUSTRIA



Anreise Roadmap



Höhenprofil Profile



<http://www.schlickeralmlauf.com/>

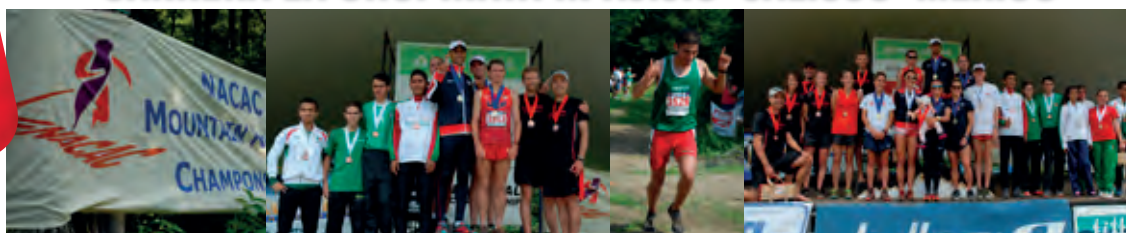
<http://www.stubai.at/de/sonderseiten/berglauf-wm-2014>

FOCUS ON

11TH NORTH AMERICAN CENTRAL AMERICAN CARIBBEAN (NACAC) MOUNTAIN RUNNING CHAMPIONSHIPS

20 JULY 2014

CARRERA LA CHUPINAYA IN AJIJIC JALISCO MEXICO



<https://www.facebook.com/events/286558754844919/>

FOCUS ON

6TH AAC MOUNTAIN RUNNING CHAMPIONSHIPS / 9TH OBUDU INTERNATIONAL RACE

29 NOVEMBER 2014

OBUDU RANCH (CROSS RIVER STATE) NIGERIA



Junior and Senior men and women - individual and team

<http://www.obudumountainrace.com>



WMRA Calendar 2014 - International Mountain Running Races

Date	Event	Place / Venue	Country
WMRA Events and World Championships 2014			
29th June	9th WMRA International Youth Cup / 4th Castle Mountain Running Arco	Arco di Trento	ITA
16th August	11th WMRA Long Distance Mountain Running Challenge / 59th Pikes Peak Ascent	Manitou Springs	USA
6th September	14th WMRA/WMA Masters World Mountain Running Championships	Telfes	AUT
14th September	30th WMRA World Mountain Running Championships (uphill)	Casette di Massa	ITA
IAAF Area Championships 2014			
12th July	13th EAA Mountain Running Championships (up and down)	Gap	FRA
20th July	11th NACAC Mountain Running Championships (uphill)	Ajijic	MEX
tbd August	9th CONSUDATLE Mountain Running Championships	tbd	tbd
29th November	6th AAC Mountain Running Championships / 10th Obudu International Race	Obudu Ranch (Cross River State)	NGR
Other Championships 2014			
14th June	5th EVAA Master European Mountain Running Championships	Ludwikowice Klodzkie	POL
15th June	6th ABAF Balkan Mountain Running Championships	Vatra Dornei	ROU
16th WMRA World Cup 2014			
8th June	30th Int. Muttersberglauf / 1st WMRA World Cup race	Bludenz	AUT
15th June	34th La Montée du Grand Ballon / 2nd WMRA World Cup race	Willer sur Thur / Goldbach	FRA
27th July	16th Gorski tek na Grintovec / 3rd WMRA World Cup race	Kamnik	SLO
31st August	6th Asitzgipfel-mountain-run / 4th WMRA World Cup race	Leogang	AUT
14th September	30th WMRA World Mountain Running Championships (uphill) / 5th WMRA World Cup race	Casette di Massa	ITA
4th October	35th Smarna Gora International mountain race / 6th WMRA World Cup race and Final	Ljubljana	SLO
WMRA Permit Races 2014			
12th April	National Mountain Running Championships	Mt. Campbell, Tasman	NZL
24th - 25th May	30th Intern. Gamperney Berglauf	Grabs	SUI
19th July	39th Tyn Lon Volvo International Snowdon Race	Llanberis	GBR
17th August	59th Pikes Peak Marathon	Manitou Springs	USA
28th September	41th Hochfeln Berglauf	Bergen	GER
26th October	57th Trofeo "E. Vanoni" (relay international male) 31th Trofeo "E. Vanoni" (individual international female)	Morbegno (Sondrio)	ITA

IAAF RULE 251 - Mountain Races

Course

1. (a) Mountain Races take place on terrain that is mainly off-road, unless there is significant elevation gain on the route in which case a macadamised surface is acceptable.
- (b) The course should not include dangerous sections.
- (c) Athletes shall not use supplementary aid(s) to assist their progress on course.
- (d) The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent / descent (for up and down races with start and finish at the same level).
- (e) The average incline should include a minimum of 5% (or 50 metres per kilometre) and not exceed 20% (or 200 metres per kilometre).
- (f) The highest point on the course should not exceed 3000 metres altitude.
- (g) The entire course shall be clearly marked and include kilometre marks.
- (h) Natural obstacles or challenging points along the course should be additionally marked.
- (i) A detailed course map must be provided along with a profile using the following scales:
Altitude: 1/10,000 (10mm = 100m)
Distance: 1/50,000 (10mm = 500m)

Types of Mountain Races

2. (a) Classic Mountain Races: For Championships, the recommended distances and total amount of ascent should be approximately:

	Mainly Uphill		Up&Down Races	
	Distance	Ascent	Distance	Ascent
Senior Men	12km	1200m	12km	600m/750m
Senior Women	8km	800m	8km	400m/500m
Junior Men	8km	800m	8km	400m/500m
Junior Women	4km	400m	4km	200m/250m
Youth Boys	5km	500m	5km	250m/300m
Youth Girls	3km	300m	3km	150m/200m

- (b) Long Distance Mountain Races Long distance Mountain Race courses include distances of approximately 20km to 42,195km, with a maximum elevation of 4000m. Participants under the age of 18 years should not compete at distances exceeding 25km.

- (c) Relay Mountain Races (d) Time Trial Mountain Races Mountain Races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

Start

3. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three minute and one-minute warnings before the start of the race should be given. Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command "On your marks", the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Safety and Medical

4. (a) Organising Committees of Mountain Races shall ensure the safety of athletes and officials.
- (b) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.
- (c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

Drinking / Sponging and Refreshment Stations

5. Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations may be provided at suitable places along the course, if the length and difficulty of the race and the weather conditions warrant such provision.

Race Conduct

6. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

ONE FOR ALL, ALL FOR YOU!



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