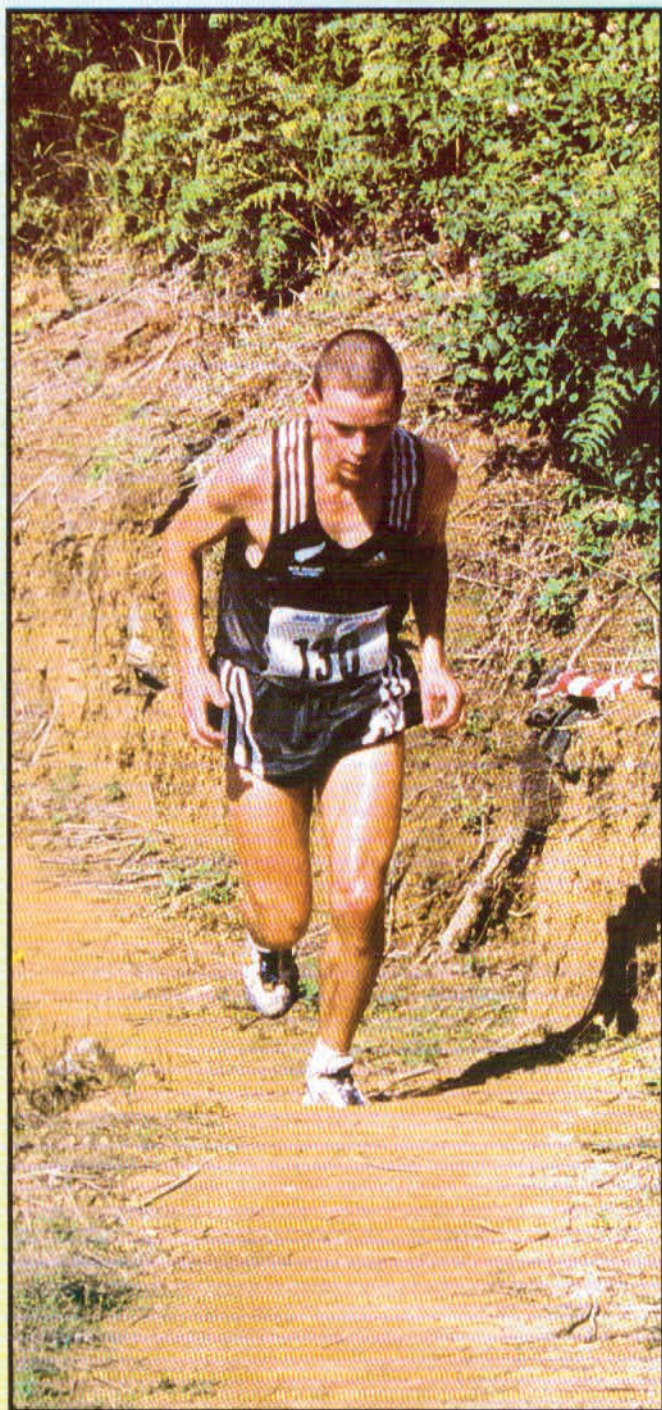


NEWSLETTER

ISSUE No. 4
February 1999



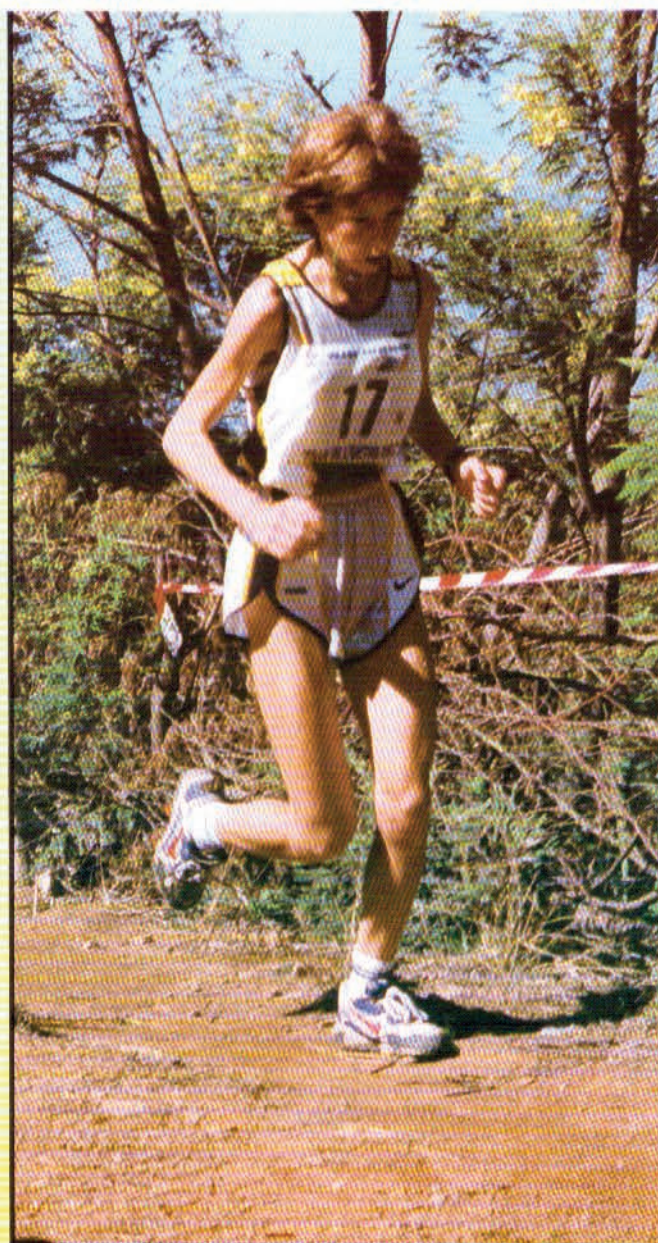
THE CHAMPIONS

Above: Jonathan Wyatt (New Zealand)

Right: Dita Hebelkova (Czech Republic)



IAAF (Patrons)



WMRA Newsletter Issue 4

Please from magazine or newsletter editors for material for inclusion in their productions usually fall on deaf ears with the result that virtually every item has to be chased, thus absorbing precious time.

If you want to feature in this annual newsletter, with photographs or articles or comment then it is up to you, the reader to let me have it in good time for the next production. You do have almost one years notice!

All the text in this issue is my responsibility and it may be freely reproduced provided that the source is acknowledged.

Potential advertisers (Races or products) are welcome to contact me with their material for a quotation

The newsletter is circulated world-wide to international mountain runners on the WMRA database and by the International Amateur Athletic Federation to all athletic federations whose countries are members of the IAAF.

We have made some important changes in 1998 with congress voting unanimously for a change of name from International Committee for Mountain Running to the **World Mountain Running Association** and together with this a new, more professional, constitution which it is hoped will facilitate the continued growth of our branch of athletics.

*Danny Hughes
President WMRA
February 1999*



*Left to Right - Wendelin Parpan (Treasurer)
Danny Hughes (President)
Bruno Gozzelino (Secretary)*

A Sporting Dilemma

The sport of mountain running, so far as I am aware is, up to this point in time, unsullied by any drug scandals. We have never observed a positive drug test at any of our competitions and our minority position within the athletics family has meant that only a few athletes, who also participate in other endurance events at international level, are subject to out of competition testing.

However this is not a reason for complacency. There is always the possibility that an athlete will be tempted to cheat via the drug route if he believes the rewards offset the risks. In mountain running the financial rewards in general are quite modest although several 'big' races now offer first prizes in excess of 1000 Swiss Francs. We are not in the big money league of world athletics where the best athletes can command staggering sums of money. We are not part of that profitable liaison, the golden triangle of Sport, Television, and Sponsorship, and so the temptations are small. But it remains WMRA policy to seek sponsorship, and the necessary television coverage in order to raise more money. Our intention is not to use this for individual gain, much as we like to see our champions recognised and rewarded for all the hard work and dedication they bring to the sport. Instead, any extra money coming our way will be mainly used for development of the sport in general and used as a means to assist teams in travelling to our major events.

The advent of the drug EPO, a synthetic hormone that stimulates the production of oxygen carrying red blood cells (and therefore attractive to endurance athletes) has created a new dilemma for authorities. There is no reliable method of detection except that a high red blood cell count can indicate that it may have been used. No doubt the laboratories are working overtime to correct this situation.

It is therefore incumbent on us all, especially coaches, and fellow athletes (who are usually the first to know that drugs are being used) to be vigilant in keeping mountain running 'clean'

WMRA Database

The names and addresses of all international mountain runners who have represented their country in the past year are being stored on a data base. This database will be updated annually so that if an athlete does not represent his/her country for a second year in succession then the name will be removed.

Mindful of the need for 'security of information' it is important to state the use to which the database will be put.

Primarily, it will enable WMRA to communicate directly with international mountain runners. For instance, this newsletter can be mailed directly. It is also useful when speaking to organisations from whom we are seeking support to be able to show the level of involvement of athletes from around the world. It is also of interest to commercial concerns who might have a product that is of particular interest to international athletes.

It is therefore important that you, the athlete, has the right to either have your name removed completely from the database, or else indicate that you do not wish to receive any commercial circular. We need to know your wishes on this matter. You can let us know if you wish to exercise either or both of the above options by placing a tick in the appropriate box below and returning it to the President.

*Remove my name from the database
Do not send me commercial material*

☐

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Report from the 1998 ICMR congress(Isle de la Reunion)

New Name

The 1998 annual congress of the ICMR (International Committee for Mountain Running) agreed unanimously to change its name to the **World Mountain Running Association (WMRA)**.

The new title recognises the aspirations of the organisation to be truly world-wide (as demonstrated by the location of the 98 and 99 World Trophy events in Reunion and Malaysia respectively). In addition we are not just a committee but an association of mountain runners and mountain race organisers operating under the auspices of the traditional athletic bodies of each country and the IAAF.

With the new name we have a **new logo**. Note that it is similar to our previous one, thus retaining links with the past, but we have introduced the 5 Olympic colours and portrayed 5 runners to express (as do the 5 Olympic rings) the 5 continents and thus the world-wide potential of our sport.

New Constitution

The WMRA will have a new Council consisting of 3 officers (President, Secretary, and Treasurer) and 4 directors (Marketing, Competition, Organisation, and Development) who will replace the current Technical Committee. IAAF have a none voting seat on the Council.

The Directors will be elected at the 1999 meeting of the Congress

Countries who are not members of the WMRA (there are presently 26 members) will be sent a copy of the new constitution on request to the secretary.

Future Events

The staging of the world trophy for the foreseeable future is assured by the declarations of interest by England for 2001 and Austria for 2002. At this stage this does not preclude other countries expressing interest and preparing bids.

The European Trophy for 2000 (an up/down year) still awaits a country to come forward with a suitable bid to stage the 5th running of this event. With talks still in progress with the EAA, about awarding championship status, perhaps potential organisers are holding off hoping that this will be granted thus making it more attractive for sponsors and Television



Georg (Bibi) Anfang (left) organiser of the 2000 World Trophy in Bergen, listens to the voice of experience, **Ernst Kunz** (centre)organiser of two previous World Trophies in Telfes, who answers questions being raised by **Balwant Singh Kler** (right), organiser of the 1999 World Trophy in Sabah, Malaysia

Bergen (Germany)to stage the 2000 World Trophy

In a closely fought contest with Susa (Italy) to stage the World Trophy in the year 2000, Bergen won by the narrow margin of 2 votes at the WMRA congress in Reunion. Probably the fact that Susa had already had the satisfaction of staging the event in 1992, was to the Germans advantage. Bergen, under the direction of Georg Anfang ,stage a popular and successful Grand Prix race each year so we are assured of a fine event.

Mountain Running Grand Prix - It's Official !

After a second successful demonstration year during which the 'Alpine' Grand Prix attracted considerable interest, the organisers of the four races involved sought, and were granted, the agreement of WMRA to make the 1999 Grand Prix an official event (with the implications this has for obtaining sponsorship).

The rules/regulations attached to the event are now a matter for agreement between the organisers and WMRA . The latter are being represented by Wolfgang Munzel who is the person to approach if you have any strong opinions about the existing rules.

The results of the Grand Prix races and the World Trophy will be used to create a ranking list which will form the basis for offering special assistance to leading athletes to travel to events in the following year.

News Items

Isabelle Guillot

Isabelle, 3 time world champion, missed the 1998 World Trophy due to injury to her heel. This required an operation and recovery has been slow. She is now back in gentle training, but not without



some discomfort from the heel. The doctors say that this is normal. Her hope is that she will be able to get into good enough shape to take part in the European Trophy race in July, and to rejoin her mountain running friends.

Needed - A Director of Marketing

The WMRA are seeking someone with professional skills to take up the position of Director of Marketing in the new council that will be formed at the 1999 congress. The job will entail obtaining TV coverage of our events and drawing up the relevant contracts; obtaining sponsorship for the WMRA and agreeing all the necessary conditions. This director will sit on the WMRA council and work closely with the other Directors. Being able to speak English is necessary. The post will be the only one on the council that attracts remuneration and the level of pay will be related to the amount of sponsorship obtained. Anyone who knows of a suitably qualified person who may be interested should put him in contact with the President.

Battle for European Championship status.

The policy of WMRA to obtain official championship status for its European Trophy continues to be pursued despite obstacles, objections, lack of enthusiasm, and sheer ignorance of what mountain running is about within the EAA.

To be fair, the EAA council have this as an ongoing item on their agenda, and our interests in that council are presented by our staunch supporter Erika Strasser (Austria). I have met a small working party of the council, set up to consider our request. As a result, a survey of the

European countries is under way. The outcome so far is not surprising. In common with many sports we find a handful (5 or 6) of really strong countries, with the rest of the participants rather weak, and about a third who have no mountain running tradition at all. However, with more than 20 countries now participating in the European Trophy, mountain running has surely demonstrated that it deserves to be taken seriously and needs the full support of the EAA in its development plans. An official Championship would have an impact on the thinking of national athletic federations in the way they support this branch of the sport, and attract the interest of countries who have not yet been involved. It is hoped that the EAA council will agree to put a favourable resolution to the 1999 congress of the EAA (who alone decide on championship events), but failing this it is likely that a resolution will be put by some member countries.

IAAF support continues

The IAAF continues to support mountain running with a grant of \$20,000, 75% of which is used to subsidise travel costs for reaching the World Trophy venue. With all countries struggling to find sufficient funds to reach the 1999 venue in Sabah, Malaysia, it is likely that this money will be distributed more widely than previously. Negotiations are currently under way to get the best possible flight deal to Sabah with Malaysian airlines offering a \$600 fare from any of their departure airports in Europe. This could be reduced to \$550 with IAAF support, but the local organising committee have been requested to help find sponsors to reduce this cost still further.

The development department of IAAF have indicated their willingness to promote the sport in Africa by sponsoring a seminar to introduce African athletic officials to mountain running and to stage an international mountain race in Kenya for demonstration purposes.

This newsletter will be distributed to all IAAF member countries world-wide by the bureau in Monte Carlo

Lyndon Ellefson

Everyone in World Mountain running circles will know by now that Lyndon was killed in fall into a crevasse on the Monte Rosa glacier last July. Lyndon was the USA delegate to the WMRA congress and made a significant contribution to the sport which he loved. As a mark of respect, WMRA organised a collection which finally amounted to \$1,569. This was sent to Lyndons wife recently together with a tape of the 1997 Mt.Kinabalu race on which Lyndon featured prominently. These were accompanied by the following letter:

'Dear Tashina,

I am sending under separate covers,

a) a cheque in US dollars representing the amount of money donated by Lyndons friends in the international mountain running circuit in memory of Lyndon.

b) a folder containing the signatures of many who knew Lyndon in the races he was associated with. There is also a video tape of the 1997 Mt.Kinabalu race on which Lyndon appears. It will bring back memories and may be painful for you to watch, but I thought you should have a copy anyway.

I hope all is well with you and the boys. Nancy Hobbs keeps me in touch with news on our e-mail connection whenever she has occasion to speak with you.

I received donations in particular from:

International Amateur Athletic Federation (IAAF)

World Mountain Running

Association(WMRA)- formerly ICMR

International Matterhornlauf (Switzerland)

Challenge Stellina (Italy)

England Mountain Running Team

Scotland Mountain Running Team

Slovenian Mountain Running Team

German Mountain Running Team

many individual friends of Lyndon.

May I wish you every blessing this Christmas time, from myself and on behalf of the international mountain running community.

Danny Hughes

President WMRA

Tashina replied:

An incredibly huge thankyou for all the money for the Ellefson family fund, the tape and the signatures. Your generosity and kind words touched my heart so deeply.

Lyndon cared for all of you so much!. He would come home with so many fun stories and pictures. As soon as one 'worlds' was done he was looking forward to the next - more for the friendship than the running. He loved being with you

Sincerely.

Tashina Ellefson.



Nancy Hobbs has taken over Lyndons roll as the USA delegate to the WMRA congress.

THE 1998 WORLD MOUNTAIN RUNNING TROPHY

ISLE de la REUNION

New individual champions emerged for each of the 4 race categories, but Italy's dominance of the team results continues its record breaking run.

The event was staged on the exotic, tropical, volcanic island of Reunion, a department of France. The steep sided forest clad extinct volcanoes posed many problems for the course organisers. Special paths were prepared as part of the islands development of tourist facilities. A course from the small town of Entre Deux to the upper rim of the volcanic crater known as Dimitile, a distance of about 18km and an ascent of 1400 meters for the mens course, with the shorter womens and junior courses starting at various points along the mens route.

There is an active volcano on the south end of the small island which has been erupting regularly every 10 years. It was due to erupt in 1998, and true to schedule this happened just 6 months before the races took place - much to the disappointment of the intrepid mountain runners who would have relished the added spectacle of an erupting volcano, something few of us have ever seen, while they were racing up the adjacent mountain sides.

Senior Men

The new mens champion is **Jonathan Wyatt** of New Zealand. His head on tussle with the Italian European champion Antonio Molinari, and former world champion Helmut Schmuck was not resolved until the final few kilometres when Jonathan split the field with a powerful finishing surge. Schmuck tried bravely to stay with the pace but paid the price by rapidly fading in the last few hundred meters to slip from 3rd to finish 6th. Molinari, in unbeatable form in all his races in 1998, had a comfortable leading margin for 2nd place over the fast finishing Guido Dold (Germany). Guido's vast experience (he was 3rd as long ago as 1987 in the World trophy at Lenzerheide, Switzerland) helped as he started well down the field and worked his way through to a medal position.

Italy had a comfortable winning margin of 22 points over France in the team race (4 to count), with Austria 3rd just 6 points further back. This being the 14th World Trophy, the Italian men have won the team race exactly 14 times !!!

19 countries had finishing teams with New Zealand achieving their best ever result in 5th position.(94 points)



Antonio Molinari 2nd. Jonathan Wyatt 1st. Guido Dold 3rd.

Senior Women

The new Ladies champion is **Dita Hebelkova** of the Czech Republic. Dita, 20th in the 1996 World Trophy in Telfes(Austria) and a full 5 minutes behind the winner has shown vast improvement over the past 2 years. With the past multiple champions Gudrun Pfluger and Isabelle Guillot unable to compete, Dita nevertheless had to withstand the determined challenge of Matilde Ravizza (Italy) who was 14th in that same event in 1996. The winning margin of 59 seconds could so easily have disappeared by any slight pace misjudgement over the 8km/800m ascent course. Melissa Moon (New Zealand) repeated last years fine performance to finish 3rd yet again, just 42 seconds further back. Melissa will be a serious challenger for the Gold medal over the undulating course prepared in Malaysia for the 1999 World Trophy should she decide to compete. Could this be the year for a double individual Gold for New Zealand ?

The Italian women reasserted their premier position after some years of dominance by the French ladies. Indeed, France slipped to 6th position leaving the other two medal positions to New Zealand (their first team medal) and Slovakia.



New Zealand Womens Team Silver Medalist.

Left to Right: Shireen Crumpton(21st) Melissa Moon (3rd) Karen Murphy (18th) Marcee Bunce (4th) Megan Edghouse (reserve)

Junior Men

We usually expect to see new junior champions each year, but with Petr Losman, last years winner, competing again, he started one of the hot favourites. However, such is the ferocity of competition in this category that predicting a winner is always a tricky business. France produced the winner in **Raymond Fontaine**, a local boy who had enjoyed the advantage of training on the course. Just 25 seconds behind came Adam Crossland, one of England's most promising junior endurance runners. Petr therefore had to settle for the bronze medal this year. It is interesting to compare the junior times with those of the senior women since the course are the same. The Junior men were 4 minutes faster.

The Italian juniors duly recorded their countries 3rd team victory of the day as they packed into positions 4,5, and 7., with France a distant 2nd, and Czech Republic 3rd



Raymond Fontaine (France) on his way to victory

Junior Women

The junior ladies champion is 18 year old **Cornelia Heinzle** of Austria. She finished 5th in last years up/down world trophy race in Czech R. With another year in this age category, and with proven ability over both types of course (up only and up/down) Cornelia is a strong favourite to retain her title next year in Malaysia. However, both 2nd and 3rd girls, Ines Hizar (Slovinia) and Anna Pastrnakova (Slovakia), also qualify to run in the junior girls event next year so anything could happen!

Slovenia took the team trophy with 8 points (2 to count), Austria a long way behind were 2nd beating England by just 3 points. This was the only category that saw Italy without a medal.

This was the first time that the major world mountain running event has taken place outside of Europe. The reward was to see new countries Mauritius , Madagascar entering the competition for the first time. Generous sponsorship for travel from the local organisation in Reunion helped to ensure that the high level of entries in this competition was maintained.



Ines (2nd) and Tina (6th) Hizar. Gold medal team (Junior women) giving Slovenia their first ever World Trophy medals.

Results (leading positions - remaining positions on next page)

Men

| | | |
|----------------------|-----|----------|
| 1. Jonathan Wyatt | NZL | 01:25.19 |
| 2. Antonio Molinari | ITA | 01:26.47 |
| 3. Guido Dold | GER | 01:28.26 |
| 4. Robert Quinn | SCO | 01:28.44 |
| 5. Stephane Maheo | FRA | 01:28.44 |
| 6. Helmut Schmuck | AUT | 01:28.58 |
| 7. Davide Milesi | ITA | 01:29.16 |
| 8. Richard Findlow | ENG | 01:29.32 |
| 9. Eckard Wagner | GER | 01:29.43 |
| 10. Jouri Oussatchev | RUS | 01:30.07 |
| 11. Regis Roux | FRA | 01:30.13 |
| 12. Massimo Galliano | ITA | 01:30.16 |

Team

| | | |
|----------------|--------------|-----|
| 1. Italy | (2,7,12,20) | 41 |
| 2. France | (5,11,23,24) | 63 |
| 3. Austria | (6,17,19,27) | 69 |
| 4. Germany | (3,9,30,42) | 84 |
| 5. New Zealand | (1,13,28,52) | 94 |
| 6. Scotland | (4,22,37,49) | 112 |

19 countries finished full teams

Women

| | | |
|----------------------------|-----|-------|
| 1. Dita Hebelkova | CZE | 46.00 |
| 2. Matilde Ravizza | ITA | 46.59 |
| 3. Melissa Moon | NZL | 47.43 |
| 4. Maree Bunce | NZL | 47.59 |
| 5. Maria G. Roberti | ITA | 48.12 |
| 6. Izabella Zatorska | POL | 48.13 |
| 7. Jaroslava Bukvajova | SVK | 48.16 |
| 8. Ludmila Melicherova | SVK | 48.24 |
| 9. Heather Heasman | ENG | 48.32 |
| 10. Carol Greenwood | ENG | 48.52 |
| 11. Rosita Gelpi Rosa | ITA | 49.39 |
| 12. Marianne van der Linde | NED | 49.54 |

Team

| | | |
|----------------|------------|----|
| 1. Italy | (2,5,11) | 18 |
| 2. New Zealand | (3,4,18) | 25 |
| 3. Slovakia | (7,8,31) | 46 |
| 4. Germany | (15,17,20) | 52 |
| 5. England | (9,10,37) | 56 |
| 6. France | (16,19,26) | 61 |

16 countries finished complete teams.

Junior Men

| | | |
|---------------------|-----|-------|
| 1. Raymond Fontaine | FRA | 42.00 |
| 2. Adam Crossland | ENG | 42.25 |
| 3. Petr Losman | CZE | 43.00 |
| 4. Roberto. S. Del | ITA | 44.14 |
| 5. Gabriele Abate | ITA | 44.53 |
| 6. Matthew Collins | WAL | 45.11 |

Team

| | | |
|------------|-----------|----|
| 1. Italy | (4,5,7) | 16 |
| 2. France | (1,11,13) | 25 |
| 3. Czech.R | (3,15,18) | 36 |
| 4. Wales | (6,14,19) | 39 |

11 countries finished complete teams.

Junior Women

| | | |
|------------------------|-----|-------|
| 1. Cornelia Heinzle | AUT | 26.21 |
| 2. Ines Hizar | SLO | 27.05 |
| 3. Anna Pastrnakova | SVK | 27.23 |
| 4. Lucie Navratilova | CZE | 27.44 |
| 5. Charlotte Sanderson | ENG | 27.53 |
| 6. Tina Hizar | SLO | 28.07 |

Team

| | | |
|-------------|--------|----|
| 1. Slovenia | (2,6) | 8 |
| 2. Austria | (1,14) | 15 |
| 3. England | (5,13) | 18 |
| 4. Italy | (9,10) | 19 |

10 countries finished complete teams.

WORLD TROPHY RESULTS (CONTINUED)

Men

| | |
|--------------------------|---------|
| 13 A. Strong - NZL | 1:30:27 |
| 14 A.Gex-Fabri - SUI | 1:30:34 |
| 15 I. Salamun - SLO | 1:30:52 |
| 16 L. Tikhonov - RUS | 1:30:58 |
| 17 R. Reitberger - AUT | 1:31:09 |
| 18 A. Erni - SUI | 1:31:16 |
| 19 S. Tschurtschen - AUT | 1:31:23 |
| 20 L. Fregona - ITA | 1:31:31 |
| 21 M. Matanin - SVK | 1:31:59 |
| 22 N. Wilkinson - SCO | 1:32:23 |
| 23 S. Richard - FRA | 1:32:45 |
| 24 T. Icart - FRA | 1:32:46 |
| 25 M. Von Kanel - SUI | 1:32:52 |
| 26 P. Crake - AUS | 1:32:56 |
| 27 P. Schatz - AUT | 1:32:59 |
| 28 W. Atkins - NZL | 1:33:11 |
| 29 H. Resch - AUT | 1:33:15 |
| 30 U. Steidl - GER | 1:33:40 |
| 31 R. Shelley - USA | 1:33:50 |
| 32 M. McDermott - RSA | 1:34:01 |
| 33 A. Mesner - SLO | 1:34:04 |
| 34 D. Dunham - USA | 1:34:05 |
| 35 M. DeGasperi - ITA | 1:34:08 |
| 36 A. Jones - WAL | 1:34:20 |
| 37 G. Bartlett - SCO | 1:34:24 |
| 38 J. Taylor - ENG | 1:34:29 |
| 39 D. Osmond - AUS | 1:34:31 |
| 40 J. Zak - CZE | 1:34:36 |
| 41 N. Pasquion - FRA | 1:34:49 |
| 42 M. Sambale - GER | 1:35:00 |
| 43 M. Roberts - ENG | 1:35:07 |
| 44 A. Bowness - ENG | 1:35:33 |
| 45 J. Sagi - HUN | 1:36:01 |
| 46 W. Ernst - GER | 1:36:12 |
| 47 JP. Payet - FRA | 1:36:17 |
| 48 M. Whitfield - ENG | 1:36:37 |
| 49 C. Donnelly - SCO | 1:36:52 |
| 50 D. Verrington - USA | 1:36:58 |
| 51 G. DeBlander - BEL | 1:37:05 |
| 52 P. Meffan - NZL | 1:37:12 |
| 53 A. Reyner - UKR | 1:37:21 |
| 54 J. Korevaar - NED | 1:37:50 |
| 55 P. Stanka - CZE | 1:37:56 |
| 56 O. Machelm - RSA | 1:37:59 |
| 57 P. Forster - NZL | 1:38:54 |
| 58 J. Lenihan - IRL | 1:38:59 |
| 59 J. Brown - ENG | 1:39:01 |
| 60 M. Bialek - SVK | 1:39:09 |
| 61 D. Weir - SCO | 1:39:22 |
| 62 S. Zoubek - CZE | 1:39:40 |
| 63 J. Wright - USA | 1:40:12 |
| 64 B. Ervine - NIR | 1:40:31 |
| 65 J. McQueen - WAL | 1:40:43 |
| 66 R. Vinken - NED | 1:40:50 |
| 67 S. Racz - SVK | 1:40:55 |
| 68 N. Carty - NIR | 1:40:59 |
| 69 M. Dryja - POL | 1:41:08 |
| 70 C. Arndt - GER | 1:41:10 |
| 71 Z. Stapan - HUN | 1:41:38 |
| 72 J. Brooks - SCO | 1:42:18 |
| 73 G. McGrath - IRL | 1:42:25 |
| 74 M. Vitek - CZE | 1:42:33 |
| 75 A. O'Cleirigh - IRL | 1:42:37 |
| 76 D. Naylom - WAL | 1:42:52 |
| 77 M. Casner - USA | 1:43:10 |
| 78 M. Wakelin - NZL | 1:43:20 |
| 79 GL. Macina - SAN | 1:43:25 |
| 80 T. Faveaux - BEL | 1:43:37 |
| 81 B. Novak - SLO | 1:43:45 |
| 82 G. Owen - WAL | 1:44:14 |
| 83 I. Kochtchev - RUS | 1:44:44 |
| 84 A. Rees - WAL | 1:45:00 |
| 85 J. Toth - HUN | 1:45:14 |
| 86 A. Golovynskyi - UKR | 1:45:25 |
| 87 H. Wolsing - NED | 1:45:53 |
| 88 M. Zupancic - SLO | 1:46:18 |
| 89 H. Ramananjat - MAD | 1:47:12 |
| 90 R. Punt - NED | 1:47:22 |

| | |
|----------------------------|---------|
| 91 K. Thompson - IRL | 1:47:38 |
| 92 M. Zafferani - SAN | 1:47:44 |
| 93 R. Giorgetti - SAN | 1:47:46 |
| 94 S. Servina - SEY | 1:47:47 |
| 95 C. Rothery - IRL | 1:48:16 |
| 96 Z. Dubraveik - CZE | 1:48:23 |
| 97 N. Raitt - NIR | 1:48:32 |
| 98 T. Kilindo - SEY | 1:48:44 |
| 99 G. Salagan - MAS | 1:49:00 |
| 100 J. Lamontve - IRL | 1:49:49 |
| 101 M. Gasperoni - SAN | 1:49:59 |
| 102 A. Bakker - NED | 1:50:32 |
| 103 V. Barysevich - BLR | 1:50:38 |
| 104 V. Macecek - CZE | 1:50:40 |
| 105 F. Camermans - BEL | 1:51:20 |
| 106 B. Yasso - USA | 1:51:27 |
| 107 J. Patterson - NIR | 1:51:57 |
| 108 Z. Sagi - HUN | 1:54:52 |
| 109 P. Howie - NIR | 1:56:22 |
| 110 J. Medvedev - BLR | 1:56:36 |
| 111 S. Robst - WAL | 1:56:38 |
| 112 T. Timmermans - BEL | 1:58:25 |
| 113 K. David - HUN | 2:00:16 |
| 114 J. Van de Meerse - BEL | 2:01:14 |
| 115 M. Sarti - SAN | 2:01:17 |
| 116 P. Kojine - RUS | 2:06:50 |
| 117 L. Surenkumar - MRI | 2:07:12 |
| 118 D. Fisher - NIR | 2:12:46 |
| 119 H. Adrien - SEY | 2:15:28 |
| 120 F. Teraz - SLO | 2:19:04 |
| 121 I. Dunez - BLR | 2:19:20 |
| 122 S. Simankou - BLR | 2:24:26 |
| 123 R. Victoire - MRI | 2:39:13 |
| 124 M. Popov - RUS | 2:40:26 |

Teams:

| | |
|----------------------|-----|
| 7. England | 133 |
| 8. USA | 178 |
| 9. Slovenia | 217 |
| 10. Russia | 225 |
| 11. Czech Republic | 231 |
| 12. Wales | 259 |
| 13. Netherlands | 297 |
| 14. Ireland | 297 |
| 15. Hungary | 309 |
| 16. Northern Ireland | 336 |
| 17. Belgium | 348 |
| 18. San Marino | 365 |
| 19. Belarus | 456 |

Women

| | |
|-----------------------------|-------|
| 13 A. Mudge - SCO | 49:56 |
| 14 P. Baronchelli - ITA | 50:05 |
| 15 R. Lindner - GER | 50:07 |
| 16 E. Murat - FRA | 50:09 |
| 17 J. Baumgartner - GER | 50:14 |
| 18 K. Murphy - NZL | 50:16 |
| 19 M. Payet - FRA | 50:19 |
| 20 G. DePay - GER | 50:35 |
| 21 S. Crompton - NZL | 51:19 |
| 22 E. Spiess - SUI | 51:35 |
| 23 T. Brindley - SCO | 51:39 |
| 24 J. Magauer - AUT | 52:02 |
| 25 K. Kafer - AUT | 52:25 |
| 26 H. Gadi - FRA | 52:36 |
| 27 E. Kortekaas - NED | 51:42 |
| 28 W. Uryga - POL | 52:46 |
| 29 K. Ames - USA | 52:49 |
| 30 E. Schoner - GER | 52:50 |
| 31 A. Briedova - SVK | 53:08 |
| 32 C. Bradley-Byrne - USA | 53:19 |
| 33 T. Duffy - IRL | 53:29 |
| 34 A. Truel - FRA | 53:32 |
| 35 A. Duncan - USA | 54:10 |
| 36 J. Malska - POL | 54:20 |
| 37 J. Clark - ENG | 54:23 |
| 38 E. Heinzle - AUT | 54:26 |
| 39 V. Wilkinson - RNG | 54:50 |
| 40 M. Hajzlerova - CZE | 54:55 |
| 41 V. Vandroogenbroec - BEL | 55:16 |
| 42 A. Nixon - WAL | 55:38 |
| 43 T. Sloan - NIR | 55:50 |
| 44 M. Hanakova - CZE | 56:08 |

| | |
|------------------------|-------|
| 45 B. Soszyn - AUS | 56:17 |
| 46 S. Bretherick - WAL | 56:19 |
| 47 M. Synnott - IRL | 56:35 |
| 48 L. Bruess - USA | 56:35 |
| 49 M. Viasveld - NED | 57:00 |
| 50 E. Turner - WAL | 57:20 |
| 51 E. Tumova - CZE | 57:22 |
| 52 S. Armitage - SCO | 57:43 |
| 53 U. Creagh - IRL | 58:15 |
| 54 P. Rausch - AUT | 58:31 |
| 55 M. Trobec - SLO | 59:33 |
| 56 A. O'Kearney - IRL | 60:11 |
| 57 M. Smith - SCO | 61:27 |
| 58 S. Gray - WAL | 61:43 |
| 59 H. Frobes - NIR | 62:02 |
| 60 S. Host - BEL | 62:44 |
| 61 S. Bernard - SLO | 63:28 |
| 62 V. O'Connell - NIR | 64:19 |
| 63 I. Jaspers - BEL | 64:34 |
| 64 N. Louis - MRI | 65:30 |
| 65 K. Kenis - BEL | 65:55 |
| 66 A. Sandford - NIR | 69:07 |
| 67 R. Naiken - SEY | 69:28 |
| 68 N. Kishtoo - MRI | 73:17 |
| 69 T. Khitrova - RUS | 86:53 |

Teams:

| | |
|----------------------|-----|
| 7. Poland | 70 |
| 8. Czech Republic | 85 |
| 9. Austria | 87 |
| 10. Netherlands | 88 |
| 11. Scotland | 88 |
| 12. USA | 96 |
| 13. Ireland | 133 |
| 14. Wales | 138 |
| 15. Northern Ireland | 164 |
| 16. Belgium | 164 |

Junior Men

| | |
|------------------------|-------|
| 6 M. Collins - WAL | 45:11 |
| 7 M. Bagioti - ITA | 45:22 |
| 8 M. Tarchala - POL | 54:30 |
| 9 T. Klisz - POL | 45:51 |
| 10 J. Mehle - SLO | 45:59 |
| 11 E. Burrier - FRA | 46:09 |
| 12 P. Lacko - SVK | 46:18 |
| 13 G. Burrier - FRA | 46:24 |
| 14 A. Vaughan - WAL | 46:26 |
| 15 P. Dobsicek - CZE | 46:29 |
| 16 A. Vesselov - RUS | 46:35 |
| 17 J. MacDonald - SCO | 46:39 |
| 18 L. Razym - CZE | 46:49 |
| 19 A. Davies - WAL | 47:00 |
| 20 T. Seiber - GER | 47:05 |
| 21 M. Doyle - IRL | 47:24 |
| 22 M. Cayton - ENG | 47:30 |
| 23 T. Kocurek - SVK | 47:33 |
| 24 G. Peterseil - AUT | 47:35 |
| 25 M. VanDiest - BEL | 47:40 |
| 26 G. Pelusi - ITA | 47:43 |
| 27 K. Kotechkine - RUS | 47:45 |
| 28 G. Thornton - IRL | 47:47 |
| 29 M. Malak - SVK | 47:50 |
| 30 S. Bailey - ENG | 48:10 |
| 31 P. Godin - FRA | 48:15 |
| 32 A. Sokolov - RUS | 48:25 |
| 33 D. Ritharie - SLO | 48:37 |
| 34 F. Heinzle - AUT | 49:16 |
| 35 M. Egger - AUT | 49:39 |
| 36 D. Sir - CZE | 49:46 |
| 37 T. Poyser - SCO | 49:53 |
| 38 D. McNeilly - NIR | 50:01 |
| 39 T. Wilke - GER | 50:23 |
| 40 C. Pierce - WAL | 50:36 |
| 41 S. Schoenauer - AUT | 50:53 |
| 42 J. Campbell - IRL | 51:09 |
| 43 E. Tressider - ENG | 51:24 |
| 44 B.O'Callaghan - IRL | 51:30 |
| 45 A. Lemobello - SCO | 51:37 |
| 46 D. Hughes - NIR | 51:41 |
| 47 C. Weimer - GER | 51:48 |
| 48 G. Mathieson - SCO | 51:58 |
| 49 M. Lamon - BEL | 61:37 |

TROPHY RESULTS (CONTINUED)

Junior Men - Team:

| | |
|--------------|-----|
| 7. Russia | 75 |
| 8. Ireland | 91 |
| 9. Austria | 93 |
| 10. Scotland | 99 |
| 11. Germany | 106 |

JUNIOR WOMEN

| | |
|------------------------|-------|
| 7. L. Grossman - SCO | 28.32 |
| 8. A. Bott - GER | 28.49 |
| 9. A. Tonolini - ITA | 29.00 |
| 10. V. Belotti - ITA | 29.01 |
| 11. E. Krawczyk - POL | 29.16 |
| 12. A. Stawicka - POL | 29.37 |
| 13. K. Bailey - ENG | 29.54 |
| 14. M. Koch - AUT | 30.05 |
| 15. G. Bannier - FRA | 30.25 |
| 16. C. Pozzo - ITA | 30.39 |
| 17. O. Bibikova - RUS | 30.58 |
| 18. I. Pfluegl - AUT | 30.59 |
| 19. J. Walker - NIR | 31.02 |
| 20. L. Hanusova - CZE | 31.24 |
| 21. P. Manissole - FRS | 31.53 |
| 22. S. Pritchard - WAL | 32.09 |
| 23. R. Matthews - ENG | 32.15 |
| 24. L. Harrison - SCO | 33.06 |
| 25. A. Hanly - IRL | 33.34 |
| 26. O. Cronin - IRL | 33.53 |
| 27. C. Peek - WAL | 34.06 |
| 28. E. Ballester - FRA | 34.29 |
| 29. M. Dorney - IRL | 34.57 |
| 30. S. Williams - WAL | 36.38 |

Teams:

| | |
|-------------|----|
| 7. Scotland | 31 |
| 8. France | 36 |
| 9. Wales | 49 |
| 10. Ireland | 51 |



Above: Richard Findlow(England) explains to Wolfgang Munzel why he only came 8th !!

Below: Dimitile mountain from stadium



WORLD TROPHY Overall National Ranking

The following ranking order, indicating the **mountain running strength of each country** has been calculated as follows: A total of 21 countries finished a complete team in at least one category. Therefore 21 points is awarded for a 1st team position, 20 for 2nd and so on. The points scored by a country in each category are then added together to obtain the total score (e.g. Italy score 18+21+21+21=81)

Junior womens results have been included for the first time.

| | | Position in | |
|-----------------|------|-------------|------|
| | 1998 | 1997 | 1996 |
| 1. Italy | 81 | 1 | 1 |
| 2. France | 70 | 2 | 2 |
| 3. England | 68 | 3 | 4 |
| 4. Austria | 65 | 7 | 3 |
| 5. Czech R | 60 | 4 | 4 |
| 6. Scotland | 54 | 6 | 8 |
| 7. Wales | 49 | 8 | 7 |
| 8. Germany | 46 | 21 | 6 |
| 9. Ireland | 43 | 13 | 12 |
| 10. N. Zealand | 37 | 9 | 13 |
| 11. Slovakia | 35 | 5 | 16 |
| 12. Slovenia | 34 | 12 | 9 |
| 13. Poland | 32 | 18 | 14 |
| 14. Russia | 27 | 10 | 9 |
| 15. USA | 24 | 14 | 18 |
| 16. Netherlands | 21 | 16 | 19 |
| 17. N. Ireland | 13 | 15 | 17 |
| 18. Belgium | 11 | 11 | 14 |
| 19. Hungary | 7 | 23 | 21 |
| 20. San Marino | 4 | 22 | 25 |
| 21. Belarus | 3 | 24 | 24 |

Right: Happy German team at Caro Beach



Dita Hebelkova (Czech Republic) - Profile of a Champion

Everyone, including Dita herself, was surprised by her victory in the 1998 ladies uphill world trophy course in Reunion. Before the race she thought a place in the first 16 would be a satisfying position, but closer investigation into the history of Dita's approach to the event indicates a talent waiting the right moment to emerge.

Her initiation into mountain running at world level showed great promise as, at the tender age of 19, she finished 3rd in Berchtesgaden (1994) behind that dominant pair, Pfluger and Guillot. The following year in Edinburgh illustrated her lack of confidence on up/down courses as she struggled home in 41st position. She fared better on the tough uphill course in Telfes, but could manage no better than 20th. She missed the opportunity to compete on her own doorstep in the Czech Republic in 1997 because she missed the selection race through injury and rather lost her appetite for running (at least competitively)

So what happened to project her to the premiere position in 1998? A girl with no cross country or road racing background, with no 5 k or 10k race times to her credit because she never ran them. There seem to be three strands of argument to answer this question.

First, she has been a keen cross country skier since the age of 7. And who else do we know who excels at both cross country skiing and mountain running? Gudrun Pfluger of course. These two sports seem to compliment each other perfectly.

Secondly, lifestyle. Dita not only runs but takes time off to indulge in her other sporting interests which include cycling, swimming, rock climbing, and bush walking. This, combined with a healthy eating regime (no trash food, and a vegetarian diet) forms the basis of her high level of health and fitness.

Thirdly, she spent 8 months with her friend Louise Fairfax (who has represented Australia with distinction

on many occasions, but was prevented from running in Reunion because of a strained calf muscle) at Louise's home in Tasmania. They trained together day after day, running in the bush and in the hills of Tasmania. They just simply ran together enjoying the experience, doing NO SPEEDWORK, but continuing with the cross training by getting into the swimming pool for water running exercise.

On her return home she started to enter mountain races again and discovered that she was running well. She won her national race in record time and set up new records in a few other races.



Dita has now returned to her studies at university, doing a pedagogical course of English and Civics. She has a boyfriend who shares her sporting interests, but it seems that she is not the domestic type, preferring her sport activities to cooking or housework (plenty of time for that kind of thing later in life Dita!).

Her other interests include reading and literature (which she loves) cinema theatre and music. She confesses to two sins as far as her eating habits are concerned, and I quote 'I love coffee first of all, sitting over a cappuccino with my friend and chatting. Oh...lovely time, and the second sin is wine. I cannot imagine good dinner without

a glass of good wine. Therefore there is hardly ever wine missing from my dinner table.'

Despite her difficulties with up/down running she is ambitious to compete in Malaysia and this is her goal for 1999. She hopes it will be possible despite the high cost of travelling and the shortage of funding from the Czech Federation.

Surely her national federation, (Cesky atleticky svaz) led by President Karel Pilny, who is well acquainted with mountain running will find the means of ensuring that this fine ambassador for sport is on the starting line to defend her title in Sabah, Malaysia, in September 1999.

Jonathan Wyatt (New Zealand) - Profile of a Champion.

In complete contrast to the 1998 ladies champion (Dita Hebelkova) Jonathan Wyatt came to the starting line for the arduous world trophy course in Reunion with an impressive athletic performance history under his belt. No one who was aware of his credentials could have doubted that he would be with the leaders at the finish. The only question in their minds would have been about how well he could translate his level running form to mountain running.

Now aged 26 Jonathan has competed at the highest level in athletics. He was 6th in the Commonwealth games 5,000m final in 1994; he has competed in the world cross country championships on 3 occasions; he competed for N.Zealand in the Olympic Games in Atlanta (16th in the 5,000m), and in the world championships in Athens. He also has to his credit 8 junior N.Zealand titles, and 5 senior titles on road, cross country, track and mountain running. He has won the Australian cross country title on two occasions and in 1990 was the Junior Olympic 5,000m champion. PHEW!! He came to Reunion having won, in 1998, the N.Z cross country championship, the N.Z cross challenge series, and the mountain running championship.

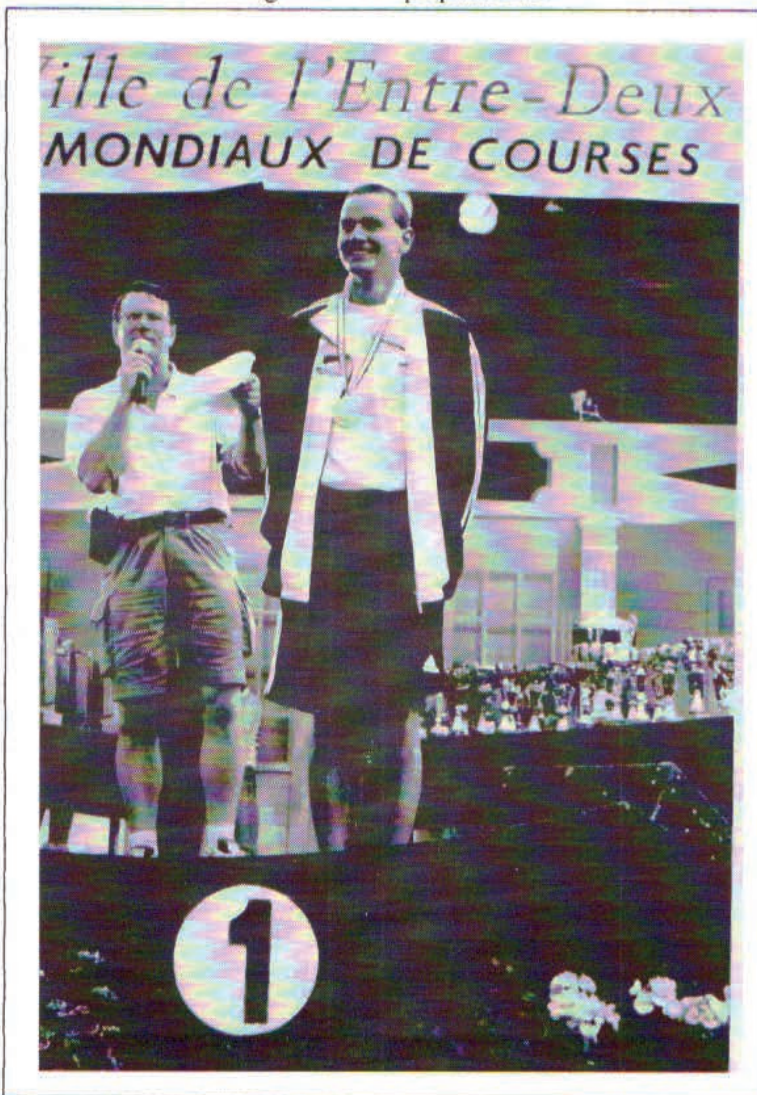
His personal best times are as follows:

| | | |
|--------|------------------|------|
| 800m | 1min 54.6 sec's | 1996 |
| 1500m | 3min 43.08 sec's | 1996 |
| 1 mile | 4min 1.96 sec's | 1996 |
| 5000m | 13min 27.6 sec's | 1997 |
| 10000m | 28min 18 sec's | 1995 |

Being one of the countries outstanding endurance runners he was in demand to compete in the

commonwealth games in Kuala Lumpur which were held at the same time as the World Trophy.

Having obtained the necessary qualifying time in 1997, he would have had to repeat it nearer the event, but after competing in and winning the NZ mountain running championship race in April (mountain running being part of his long term training plans for the Olympic year) he decided that competing in Reunion would suit his endurance preparations.



As a category A member of Athletics New Zealand high performance programme Jonathan enjoys considerable support in his athletic endeavours. His current sponsors, in addition to the N.Z sports foundation, are NIKE and POWER BAR.

He was encouraged in his mountain running preparations by fellow New Zealander Aaron Strong, himself a distinguished performer in world trophy events. Regarding the 1999 world trophy Jonathan says 'I will first need to find out more about the course. I would like the opportunity to run against the best runners in the world in this discipline and I enjoyed the friendliness of the other competitors in Reunion.'

At present, Jonathan, an honours graduate in architecture is seeking employment either in N.Z.

or overseas as an Architect or as an Industrial or Graphic Designer because he believes he trains better when his mind is occupied with his profession.

Jonathan's main athletic goal, under his coach Graham Tattersall, is the Sydney Olympic Games. He says of mountain running and cross country 'All this is good strength training and is really preparing me for the Olympic games in Sydney where I hope to run in the 10,000m. Mountain running is ideal for this kind of preparation.'

THE 15TH World Mountain Running Trophy 1999

"The First Trophy in the Orient!"

It all began with the intention to train a mountain rescue squad of Park rangers to save mountaineers in trouble on Mount Kinabalu, the awesome summit of Borneo. These rangers have been very fit to ascend the mountain quickly and bring the mountaineers back to safety.

In 1987 a race took place with the clear purpose of training rangers for rescue mission. The first mountain race, which was to the peak (4095.2m.) of Mount Kinabalu and down, was known as the "Mt. Kinabalu Climbathon". Then the organisers received inquiries from other countries and the race became known as the "Mt. Kinabalu International Climbathon."

Trophy races (preceded by the traditional 'open' race) the next day, Sunday September 19th, 1999.

Kinabalu Park, the race venue, is a World Heritage nominee and renowned treasure trove of flora and fauna. Its terrain, varying from tropical jungle, montane forest to pure granite surface, offers a unique mountain race. The specially prepared route for the 15th World Mountain Running Trophy 1999 has been approved by WMRA inspectors and takes runners through the ancient virgin Borneo forests. Despite being only 4 degrees North of the Equator, at 1800 m. from sea level, the mountain air is pleasantly cool.

Malaysians and especially the friendly Sabahans are looking forward to welcoming all WMRA Delegates, their families and friends, for the ultimate



Trophy Event in the Orient and exciting Borneo!

That race eventually attracted the attention of Mr. Danny Hughes, the President of WMRA. In 1991 he visited Malaysia and saw an enthusiastic mountain race organisation, and an exciting mountain venue.

He suggested that Malaysia should take part in the World Trophy in Edinburgh (1995) and bid for the World Trophy. The Local Organisers, through the Honorary Secretary of the State Athletic Association, applied to the Malaysia Amateur Athletic Union and the National Federation, who in turn gave the green light for Malaysia to take part. Thus Malaysia became the first country from Asia to take part in the World Mountain Running Trophy 1995.

The dream took sometime to materialise. Malaysia finally succeeded at Upice, Czech Republic, in 1997, after two unsuccessful bids in previous years.

International teams are scheduled to arrive, latest, on September 16th 1999 at Kota Kinabalu, the coastal capital of this northern Malaysian Borneo State of Sabah. The Teams will be driven to scenic Kundasang in the mountains situated at the foot of Mount Kinabalu. The WMRA Annual Congress and the Technical Meeting will be held on September 17th and 18th, respectively. The Opening Ceremony will be in the afternoon of September 18th and the World

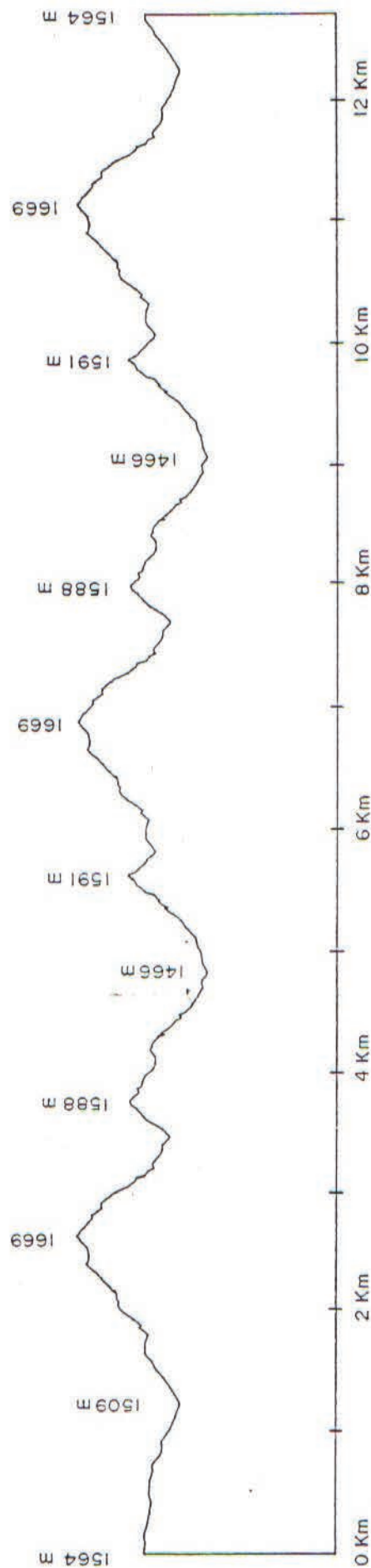
The 15th World Mountain Running Trophy 1999 and the 13th Mt. Kinabalu International Climbathon 1999 (on the following weekend) receive a solid support from the Government of Malaysia and Sabah State Government. The IAAF, WMRA, Asian AAA, and Malaysian AAU are all in hand to give their support to the Local Organising Committee of the World Trophy 1999.

HOLIDAY

While in Sabah, do take time to see the sights and experience this exciting land. It is the Borneo of myths and legends... of jungles and wildlife where the man-of-the-forests, the **orang utan** roam, of longhouses and ancient ethnic cultures and traditions are practised. The beaches and islands off its long coastline offer exciting world-renowned dive sites - Sipadan, Layang-Layang, see the Gomantong caves where edible birds nests are collected, cruise the kinabatangan river for the magical experience of seeing the rare Proboscis monkeys flying through the trees at the waters edge and as dusk falls sail quietly back home surrounded by twinkling fireflies. There is so much to see and experience. A big surprise for first-timers to Borneo is to find choice international Hotels and Resorts with world-class facilities, including signature golf courses.

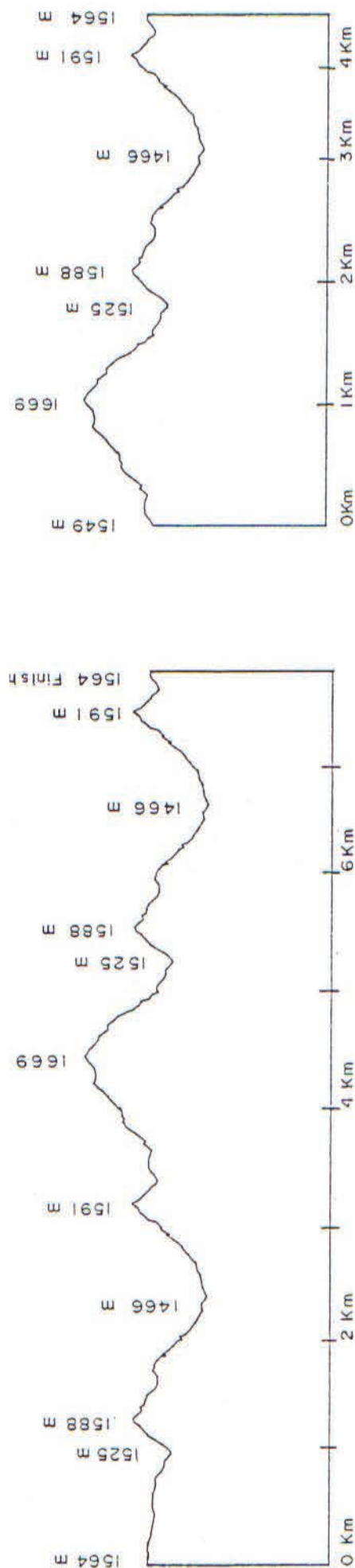
Itineraries, with (surprisingly modest) costs can be obtained from the local organising committee, or from Danny Hughes (President WMRA) who can put you in contact with a local tour company.

1999 WORLD TROPHY COURSE PROFILES



MEN: Distance 12.5 km. Ascent/Descent 817m

The course starts with a small lap of 1.6km on road surface. Then 2.5 laps on jungle trails finishing with 0.9km on road.



WOMEN & JUNIOR MEN: Distance 7.8km. Ascent/Descent 496m

300m

After about 0.6km on the road surface, there are 2 laps on jungle trails finishing with a few 100m on road.

JUNIOR WOMEN: Distance 4.1km Ascent/Descent

One lap on jungle trails with short start and finish on road

19th Smarna Goro Mountain Race (Slovinia) 3/10/98

(WMRA Associate Member)

Distance: 9.5km Climb: 650m Descent: 290m Record: 40.01

Results (Men)

| | |
|----------------|-------|
| 1. Matanin M. | 41.09 |
| 2. Mesner A. | 42.39 |
| 3. Salamun I. | 43.14 |
| 4. Soukup R. | 43.41 |
| 5. Mehle J. | 44.41 |
| 6. Urh L. | 44.57 |
| 7. Melinc S. | 45.15 |
| 8. Krebs M. | 45.21 |
| 9. Ceh J. | 45.24 |
| 10. Teraz F. | 45.25 |
| 11. Cvajnar B. | 45.32 |
| 12. Zorc Z. | 45.55 |

Results (Women)

| | |
|----------------|-------|
| 1. Vivod S. | 52.12 |
| 2. Hizar I. | 52.44 |
| 3. Hizar T. | 53.02 |
| 4. Bajic S. | 59.35 |
| 5. Pitamic J. | 60.02 |
| 6. Grm O. | 61.17 |
| 7. Bernard S. | 62.30 |
| 8. Lahajner P. | 64.03 |

137 runners took part.



Left: Joze Mehle (5th, 1st junior, and 10th in the 1998 Junior world trophy) on a descent section of the Smarna Goro course

20th Smarna Goro 9th October 1999

Details:

Tomo Sarf
Nedohova 6
1210
Ljubljana- Sentvid
Slovenia

Mt. Kinabalu International Climbathon (Sabah, Malaysia) 4/10/98

(WMRA Associate Member)

Distance: 20km Climb: 2200m Descent: 2544m Record: 2.24.07

Results (Men)

| | | |
|-------------------|-----|---------|
| 1. Holmes I. | GB | 2.42.07 |
| (new record time) | | |
| 2. Brunod B. | ITA | 2.43.12 |
| 3. Salagan G. | MAS | 2.45.15 |
| 4. Booth SGB | | 2.49.30 |
| 5. Davies J. | GB | 2.52.16 |
| 6. Simbad Y. | MAS | 2.53.19 |
| 7. Rigby M. | GB | 2.54.03 |
| 8. Regis RFRA | | 2.57.59 |
| 9. Sodundu R. | MAS | 2.53.19 |
| 10. Thulong S. | NEP | 2.58.58 |
| 11. Yohanes Y. | INA | 3.00.59 |
| 12. Naradmani R. | NEP | 3.01.49 |
| 13. Cosgrave F. | IRE | 3.02.46 |
| 14. Lekbahadur | NEP | 3.04.05 |
| 15. Gabi J. | MAS | 3.04.36 |
| 16. Sarun S. | MAS | 3.06.55 |
| 17. Pendiling J. | MAS | 3.06.57 |
| 18. Samanding S. | MAS | 3.08.43 |
| 19. Serizawa Y. | JAP | 3.10.36 |
| 20. Gandhikumar | NEP | 3.15.15 |

141 Ran

Results (Women)- shorter course.

| | | |
|----------------|-----|---------|
| 1. Gongot K. | MAS | 2.03.47 |
| 2. Salagan H. | MAS | 2.10.35 |
| 3. Pairin H. | MAS | 2.15.35 |
| 4. Losuyun S. | MAS | 2.18.34 |
| 5. Limpagen R. | MAS | 2.21.37 |
| 6. Lonok S. | MAS | 2.26.05 |

43 ran

endurance. He set a **new record at 2 hrs. 42 mins. 7 secs.** in 1998 - **superhuman feat for 21 km. Race to the 4093m summit of Mt Kinabalu (2,500m climb and descent).** For the Women Category, local farmer-lass Danny @ Kuilin Gongot set a time of 2 hrs. 3 mins. 47 secs. For 1800m/3353m, 15 km. Race (turn around at Laban Rata). Due to the narrow track of the route and its special challenge, the Organisers will limit participation to only 150 Men and 150 Women competitors. Only 20 of the best local participants are permitted to enter. The rest are reserved for runners from WMRA member countries. Therefore, participants **MUST register EARLY. Places will allocated be on First-Come-First Basis.**

US \$26,000 is the Total Cash Prizes, up for grabs in Borneo!

Left to Right: Bruno Brunod (Italy), Ian Holmes (England), Gianus Salagan (Malaysia)



Why not take a week's rest after the **World Trophy**, then compete in "The World's Toughest Mountain Race". The 13th Mt. Kinabalu International Climbathon 1999 on 25/26th September. Ask Ian Holmes (GB) about the almost impossible sensation - which pushed the limits of human

Mountain Running Grand Prix.

1998 Official Ranking List (under the organisers Grand Prix rules operating in 1998)

Points scored are shown in the order 'Reunion/Lenzerheide/Telfes/Susa/Bergen' - Total (N = did NOT run)

LEADING POSITIONS (Women)

| | | |
|-------------------------|-----------------|-----|
| 1. Saxer-Juszkó J - POL | N/100/100/50/32 | 282 |
| 2. Ravizza M - ITA | 80/N/N/100/100 | 280 |
| 3. De Pay G - GER | 11/80/60/29/36 | 216 |
| 4. Edhouse M - NZL | N/40/80/32/40 | 192 |
| 5. Baumgartner J - GER | 14/60/45/26/45 | 190 |
| 6. Roberti M G - ITA | 45/N/N/80/N | 125 |
| 7. Heastman H - GBR | 29/N/N/N/80 | 109 |
| 8. Hebelkova D - CZE | 100/N/N/N/N | 100 |
| 9. Krossbacher F - AUT | N/N/50/24/52 | 96 |
| Schoner E - GER | 1/45/24/N/26 | 96 |
| 11. Greenwood C - GBR | 26/N/N/N/60 | 86 |
| 12. Bandano F - ITA | N/N/29/22/18 | 69 |
| 13. Bach M - GER | N/32/22/N/12 | 66 |
| 14. Baronchelli P - ITA | 18/N/N/45/N | 63 |
| 15. Moon M - NZL | 60/N/N/N/N | 60 |
| Peyrot L - ITA | N/N/N/60/N | 60 |

LEADING POSITIONS (Men)

| | | |
|-----------------------|------------------|-----|
| 1. Molinari A - ITA | 80/N/100/100/100 | 380 |
| 2. Erni A - SUI | 13/80/36/26/29 | 184 |
| 3. Wyatt J - NZL | 100/N/N/N/80 | 180 |
| 4. Icart T - FRA | 7/40/60/40/22 | 169 |
| 5. Strong A - NZL | 20/26/50/45/26 | 167 |
| 6. Dold G - GER | 60/N/40/N/45 | 145 |
| 7. Cox M - GBR | N/100/N/6/32 | 138 |
| 8. Reitberger R - AUT | 14/22/26/16/40 | 118 |
| 9. Schatz P - AUT | 4/N/45/24/36 | 109 |
| 10. Schmuck H - AUT | 40/N/6/N/60 | 106 |
| 11. Findlow R - GBR | 32/45/N/15/11 | 103 |
| 12. Quinn R - GBR | 50/50/N/N/N | 100 |
| 13. von Kanel M - SUI | 6/60/N/32/N | 98 |
| 14. Blaha J - CZE | N/50/32/N/14 | 96 |
| Gex Fabry A - SUI | 18/N/N/60/18 | 96 |
| Kroll M - AUT | N/N/80/N/16 | 96 |

Berglauf Journal

The annual of the authors
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**The bible in
mountain-
running**

1999 WMRA MOUNTAIN RUNNING GRAND PRIX

Grand Prix Race details:

- 11th July:** Internationaler Danis Berglauf (10.4 km/ 536m climb) Tourismusverein, Lenzerheide -Valbella, CH-7078 Lenzerheide. Tel 41 0813843434
- 8th August:** Internationaler Schlickeralp Berglauf (11km/1310m climb) Tourismoffice, A-6165 Telfes/Stubaital. Tel 43 0522562750
- 22nd August:** Challenge Stellina (15.5km/1500m climb) Atletica Susa, Via Mazzini 44, Susa, Italy. Tel/Fax 0122 629415 (Adriano Aschieris)
- 3rd October:** Internationaler Hochfölln Berglauf (8.9km/1074m climb) Ski-club, Georg Anfang, Lindenhofstrasse, D-83346 Bergen Chiemgau. Tel: 49 086628302

WMRA respectfully requests that organisers of national mountain running events take due account of the Grand Prix dates and do not hold national championship or selection races on these weekends.

Rules:

The official ranking list will be compiled using points scored in all 4 races **AND** the 1999 World Trophy.

The remaining rules and details of the awards are subject to agreement between the organisers and WMRA (represented by acting director of Competition, Wolfgang Münzel)

Women Results

| | |
|-------------------------|-------|
| 1. Gelpi R R - ITA | 34:58 |
| 2. Gaviglio F - ITA | 35:47 |
| 3. Baronchelli P - ITA | 36:14 |
| 4. Roberti M - ITA | 36:22 |
| 5. Greenwood C - ENG | 36:38 |
| 6. Briedova E - SVK | 37:31 |
| 7. Payet M - FRA | 38:09 |
| 8. Gadi H - FRA | 38:31 |
| 9. Brindley T - SCO | 38:59 |
| 10. Goussel...N - RUS | 39:13 |
| 11. Turnbull J - ENG | 39:18 |
| 12. Hanakova M - CZE | 39:21 |
| 13. Herry Z - FRA | 39:30 |
| 14. Wilkinson V - ENG | 39:36 |
| 15. Averkova A - UKR | 39:42 |
| 16. Haarmann U - GER | 39:54 |
| 17. Truel A - FRA | 39:59 |
| 18. Stawicka A - POL | 40:06 |
| 19. Magauuer J - AUT | 40:12 |
| 20. Hague Y - ENG | 40:14 |
| 21. Armitage S - SCO | 40:31 |
| 22. Matuszkiewicz - POL | 40:37 |
| 23. Hajzlerova M - CZE | 40:39 |
| 24. Mourato V - POR | 40:41 |
| 25. Puchner U - AUT | 40:46 |
| 26. Weber A - GER | 40:48 |
| 27. Zivko A - SLO | 41:04 |
| 28. Brzozowska - POL | 41:07 |
| 29. Nixon A - WAL | 41:08 |
| 30. Mechtcheriako - RUS | 41:11 |
| 31. Haider M - AUT | 41:23 |
| 32. Kaefer K - AUT | 41:37 |
| 33. Shestok V - UKR | 41:44 |
| 34. Bajic S - SLO | 41:48 |
| 35. Jones N H - WAL | 41:54 |
| 36. Koch B - GER | 41:55 |
| 37. Nevkapsa O - UKR | 42:03 |
| 38. Trobec M - SLO | 43:13 |
| 39. Schipper A - NED | 43:31 |
| 40. Gray S - WAL | 43:51 |
| 41. Mort D - WAL | 43:59 |
| 42. DeNooljer E - NED | 44:27 |
| 43. Turnova E - CZE | 44:38 |
| 44. Hanusova L - CZE | 45:10 |
| 45. Blanchaert T - BEL | 45:28 |
| 46. Wenmekers P - NED | 47:13 |
| 47. Bernard S - SLO | 47:32 |
| 48. Korevaar W - NED | 48:04 |
| 49. Malchanova O - BLR | 52:01 |
| 50. Zailseva E - BLR | 55:30 |

Teams

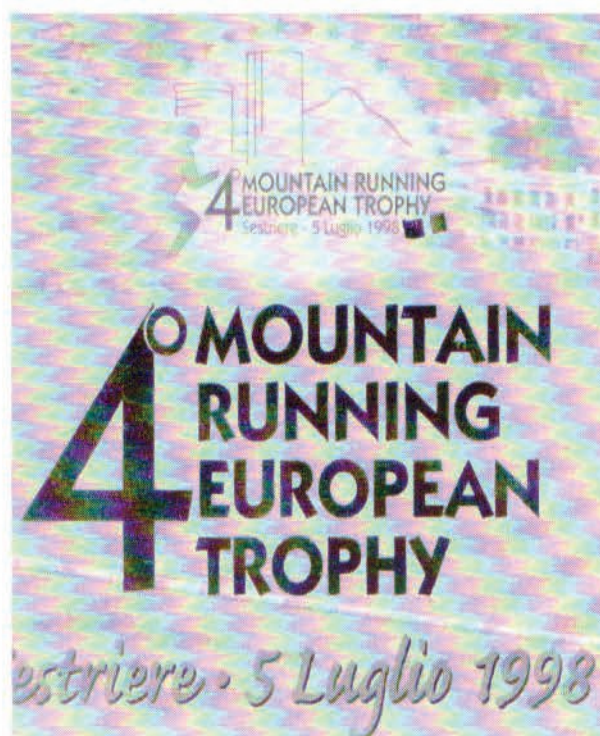
| | |
|-----------------|-----|
| 1. Italy | 6 |
| 2. France | 28 |
| 3. England | 30 |
| 4. Poland | 68 |
| 5. Austria | 75 |
| 6. Germany | 78 |
| 7. Czech. R | 78 |
| 8. Slovenia | 99 |
| 10. Wales | 104 |
| 11. Netherlands | 127 |

Incomplete teams

Scotland, Russia; Belarus;
Slovakia; Portugal; Belgium.

Mens Results

| | |
|------------------------|-------|
| 1. Molinari A - ITA | 53:02 |
| 2. Pearson A - ENG | 53:44 |
| 3. De Gasperi M - ITA | 53:58 |
| 4. Mendes J - POR | 54:05 |
| 5. Fregona L - ITA | 54:17 |
| 6. Matanin M - SVK | 54:43 |
| 7. Maheo S - FRA | 54:45 |
| 8. Serralheiro J - POR | 54:48 |
| 9. Roberts M - ENG | 55:01 |
| 10. Icart T - FRA | 55:05 |
| 11. Staercke K - BEL | 55:10 |
| 12. Salamun I - SLO | 55:22 |
| 13. Holmes I - ENG | 55:26 |
| 14. Skalsky R - CZE | 55:53 |



Left to Right: Maria Robeti; Flavia Gaviglio; Pierangela Baronchelli; Rosita Rota Gelpi (Italian Team)

| | |
|------------------------|-------|
| 15. Resch H - AUT | 56:16 |
| 16. Thierry B - FRA | 56:26 |
| 17. Kropf E - SWI | 56:29 |
| 18. Porro R - ITA | 56:40 |
| 19. Michiels P - BEL | 56:40 |
| 20. Francisco O - POR | 56:49 |
| 21. Kovasik I - SVK | 56:53 |
| 22. Rigby M - SCO | 56:55 |
| 23. Oussatchev I - RUS | 56:58 |
| 24. Reitburger R - AUT | 56:59 |
| 25. Petro R - SVK | 57:01 |
| 26. Faveau T - BEL | 57:05 |
| 27. Cordeiro V - POR | 57:11 |
| 28. Gex-Fabri A - SWI | 57:16 |
| 29. Hiscox D - Wales | 57:25 |
| 30. Jones C - WAL | 57:44 |
| 31. Zoubek Z - CZE | 57:49 |

| | |
|-------------------------|-------|
| 32. Zak V - CZE | 57:54 |
| 33. Novak B - SLO | 58:05 |
| 34. Hamdi K - FRA | 58:17 |
| 35. Schinkitz H - GER | 58:32 |
| 36. Racz S - SVK | 58:48 |
| 37. Meerssche J - BEL | 59:26 |
| 38. Lebedev K - UKR | 59:33 |
| 39. Teraz F - SLO | 59:35 |
| 40. Habison G - AUT | 59:36 |
| 41. Erni A - SWI | 59:38 |
| 42. Hajzler J - CZE | 59:45 |
| 43. Gautvik T - NOR | 59:57 |
| 44. Nolan P - IRL | 60:05 |
| 45. Singer A - GER | 60:22 |
| 46. Gian M L - RSM | 60:42 |
| 47. Redl A - AUT | 60:51 |
| 48. Green S - IRL | 61:11 |
| 49. Punt R - NED | 61:17 |
| 50. Holdinar A - SLO | 61:22 |
| 51. Vaughan A - WAL | 61:33 |
| 52. Davies A - WAL | 61:55 |
| 53. Pawlowski M - POL | 62:09 |
| 54. Thompson K - IRL | 62:39 |
| 55. Kohtcheev I - RUS | 62:45 |
| 56. Zverev D - RUS | 62:55 |
| 57. Guiney W - IRL | 62:59 |
| 58. Kovtunenkov - UKR | 63:13 |
| 59. Vinken R - NED | 63:30 |
| 60. Rorisvitsch W - BLR | 63:47 |
| 61. Pickl D - GER | 64:10 |
| 62. Zafferani M - RSM | 64:34 |
| 63. Van Erp M - NED | 65:07 |
| 64. Gasperoni M - RSM | 65:11 |
| 65. Uciechowski P - POL | 65:43 |
| 66. Petzsch A - GER | 66:16 |
| 67. Cox M - ENG | 67:00 |

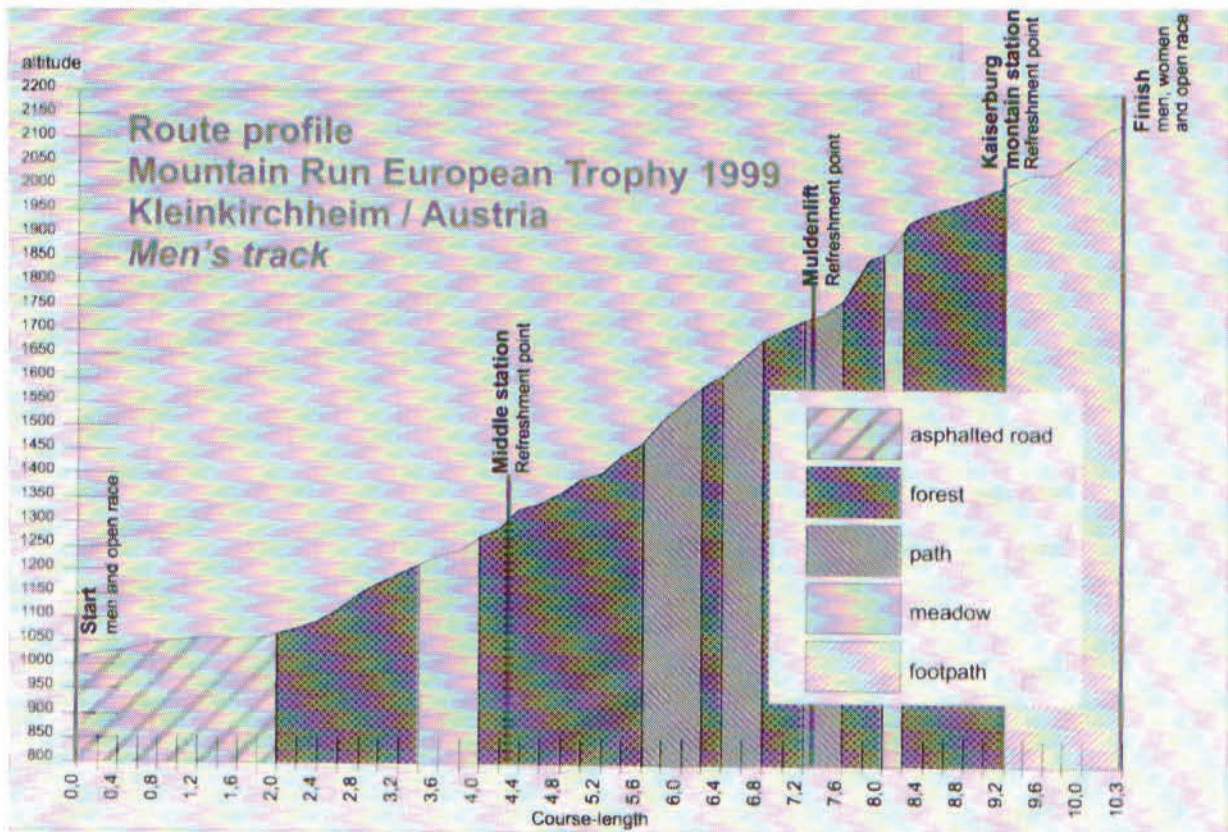
| | |
|------------------------|-------|
| 68. Kowalski B - POL | 67:12 |
| 69. Medvedev I - BLR | 67:38 |
| 70. Cybulski K - POL | 67:52 |
| 71. Schoch W - SWI | 68:53 |
| 72. Sarti M - RSM | 71:15 |
| 73. Liasmemevich - BLR | 76:02 |
| 74. Kovalchuk S - UKR | 84:10 |
| 75. Simonkov S - BLR | 88:21 |

Teams

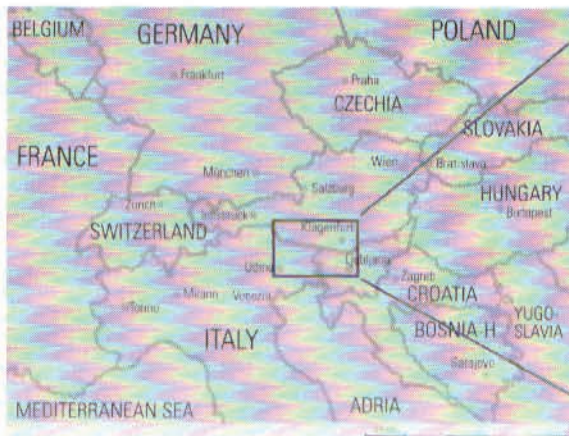
| | |
|--|----|
| 1. Italy | 9 |
| 2. England | 24 |
| 3. Portugal | 32 |
| 4. France | 33 |
| 5. Slovakia | 52 |
| 6. Belgium | 56 |
| 7. Czech. R | 77 |
| 8. Austria 19; 9. Slovenia 84; 10. Swiss 86; 11. Wales 110; 12. Russia 134; 13. Germany 141; 14. Ireland 146; 15. Ukraine 170; 16. Netherlands 171; 18. San Marino 172; 18. Belarus 202. | |

5th European Mountain Running Trophy

4th July 1999



Note: The womens course is the same as the men, except that the start is at the 1km point



Above:

The venue at Bad Kleinkirchheim is a few kilometres From Klagenfurt, candidate for 2006 Winter Olympics.

Photograph

The organisers enjoying the sun on the island of Reunion.

Left: Walter Grabul

Right: Otto Lobenwein

Centre: Herbert Brindl, organiser of 1997 European Trophy (Ebensee)



World Trophy -1985 to 1998- The last 14 years

Franci Teraz (Slovenia) vs Colin Donnelly (Scotland)

Who will keep going the longest?

The only two athletes to have competed in every World Trophy.

Franci Teraz

| | |
|--------------------|------------|
| 1985 St Vigilio | 23 (short) |
| 1986 Morbegno | 19 (long) |
| 1987 Lenzerheide | 7 (short) |
| 1988 Keswick | 8 (short) |
| | 9 (long) |
| 1989 Die | 31 (short) |
| 1990 Telfes | 15 (short) |
| 1991 Zermatt | 15 (short) |
| 1992 Susa | 33 (short) |
| 1993 Gap | 31 |
| 1994 Berchtesgaden | 65 |
| 1995 Edinburgh | 45 |
| 1996 Telfes | 101 |
| 1997 Upice | 51 |
| 1998 Reunion | 124 |

Now aged 37 Franci is ambitious to compete for Slovenia for a few more years yet.

Living near to Slovenia's highest mountains (Triglav 2864m) has formed his sporting interests. He started ski running at the age of 10, and rock climbing at 15. He has scaled many famous rock walls in the Alps, Atlas (Morocco), as well as Slovenia. These skills are put to use as a member of the Slovenian mountain rescue service.

His interest in mountain running competitions started in 1984 when his Italian mountain rescue friends invited him to run in a race in Forni di Sopra. This was followed by an invitation to run in the first World Trophy event, and after that he took the message of the sport of mountain running back to Slovenia.

He has won the Slovenian championship many times and was practically unbeaten in domestic races until 1994.

Well done Franci. Hopefully your vast experience will be of use and encouragement to others in building up the sport further in Slovenia.

Colin Donnelly

| | |
|------|------------------------|
| 1985 | 11 (short)...24 (long) |
| 1986 | 12 (short)...45 (long) |
| 1987 | 26 (short) |
| 1988 | |
| | 5 (long) |
| 1989 | 2 (short) |
| 1990 | 9 (short) |
| 1991 | 11 (short) |
| 1992 | 4 (short) |
| 1993 | 21 |
| 1994 | 55 |
| 1995 | 17 |
| 1996 | 59 |
| 1997 | 18 |
| 1998 | 49 |

39 year old Colin is equally ambitious to continue his running career which is an integral part of his life. Aiming to be in the Scottish team again this year he is also looking forward to his 40th birthday when he becomes eligible for the veterans competitions in the UK.

He needs competition to stimulate his hard training regime.

He has won the British championship 3 times and the Ben Nevis (highest mountain in the UK) on two occasions.

Latterly, Colin has done some very long (24hour) runs over the Scottish and Cumbrian hills.

His silver medal in the World Trophy in Die gave him great pleasure, but he is also proud of his 17th position in '95 on his own ground in Edinburgh, helping Scotland to a silver team medal.



WORLD MOUNTAIN RUNNING ASSOCIATION (WMRA)
(PATRONS - IAAF)

Membership

Membership of the above international committee is open to all Athletic Federations who are IAAF members.

The WMRA congress meets once per year on the occasion of the annual World Trophy event.

Each member federation is permitted one voting member at the congress.

A nominal WMRA membership fee of **200 Swiss Francs** must be paid by member federations

All countries are encouraged to become a member, to enter runners for the Trophy event (men, women, and juniors of both sexes), and to join with us in promoting this exciting branch of athletics.

Most of those countries currently sending athletes to the World Trophy are members, though it is not necessary to have competing athletes to be a member. The congress is a useful forum in which to become familiar with the procedures for establishing the sport in your own country.

The 1998 membership consists of the following national **29** national athletic federations:

Austria, Australia, Belarus, Belgium, Czech R., England, France, Germany, Hungary, Italy, Ireland, Madagascar, Malaysia, Mauritius, New Zealand, Netherlands, Northern Ireland, Paraguay, Poland, Portugal, Russia, San Marino, Scotland, Slovenia, Slovakia, Switzerland, Ukraine, United States of America, Wales

Why Not Join Them? :

Membership fees should be paid into our account in Switzerland as follows,

Graubuender Kantonalbank, Postfach, CH-7002, Chur, Switzerland

and advise the WMRA secretary, *Bruno Gozzelino, Via Susa n.23, 10128-Torino, Italy.*

Associate Membership

WORLD-WIDE Recognition for International Mountain Races

One of the objectives of WMRA is to strengthen ties between the International body and international mountain races by publicising those races and encouraging a high standard of organisation and competition by offering 'WMRA Associate Membership' to qualifying races.

Criteria for Associate Membership.

1. The race must have been staged at least twice
2. Dope testing procedures, in accordance with IAAF rules, may be requested by the national Athletic Federation.
3. The race is registered and sanctioned by the national Athletic Federation
4. ICMR must be supplied with prior notice of the race and with a full result list.
5. If required by WMRA, one of their technical officials may attend to view the race and report on the conduct of the event. All costs incurred by this must be met by the race organisation and the official will be chosen so as to minimise travel costs.

Advantages of Associate Membership

1. Access to an international network of top mountain races and mountain runners.
2. Increased international recognition of your event and international profile for your sponsors, town and country.
3. Increased intentional entry from athletes world-wide.
4. Free advertising in all WMRA publications (Newsletter, etc.) including results, photographs and race description.
5. Use of the WMRA logo as an accredited race.
6. Advertising in the AIMS/IAAF magazine 'distance running' at preferential rates
7. Association with other individuals involved in international mountain running events

APPLICATION FOR ASSOCIATE MEMBERSHIP OF WMRA.

Please provide the following information (typewritten please!)

NAME of EVENT /date / distance / ascent / descent / race directors name address and telephone/fax number / Number of years the race has been staged /

Average number of runners over the last 2 years. Male.....Female.....

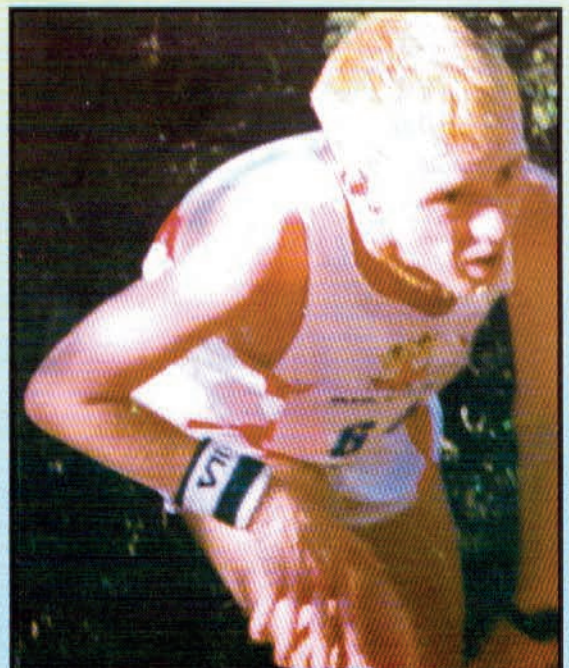
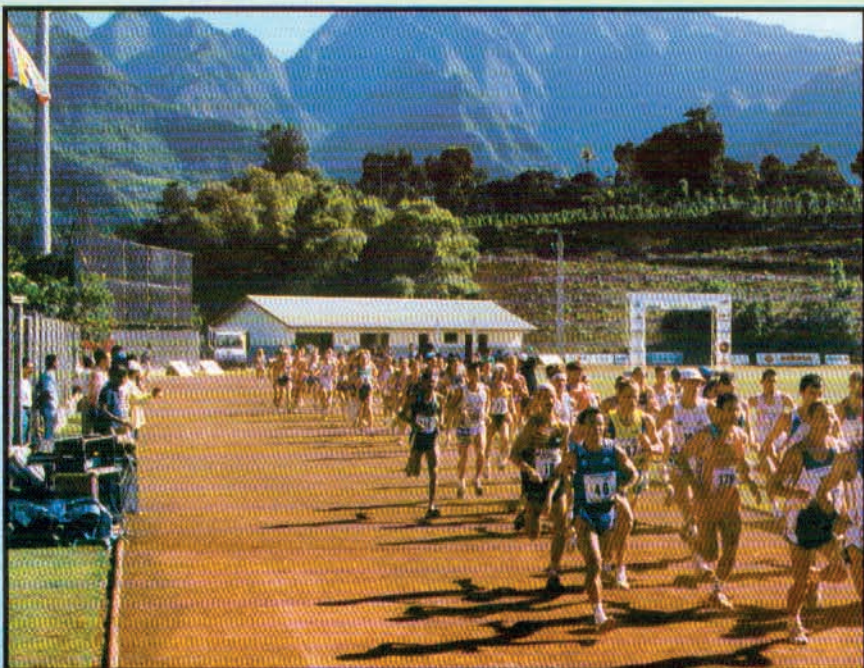
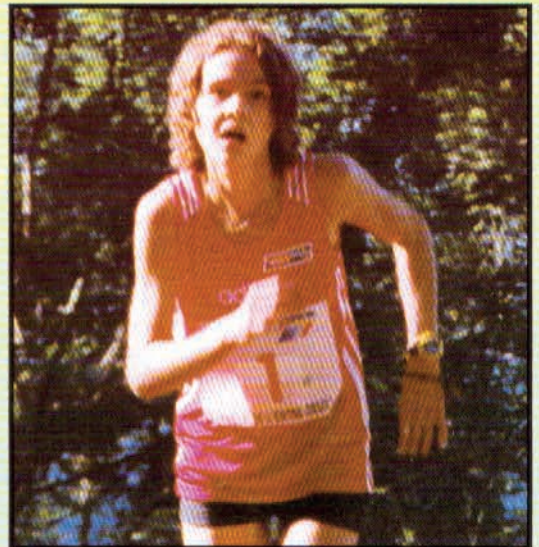
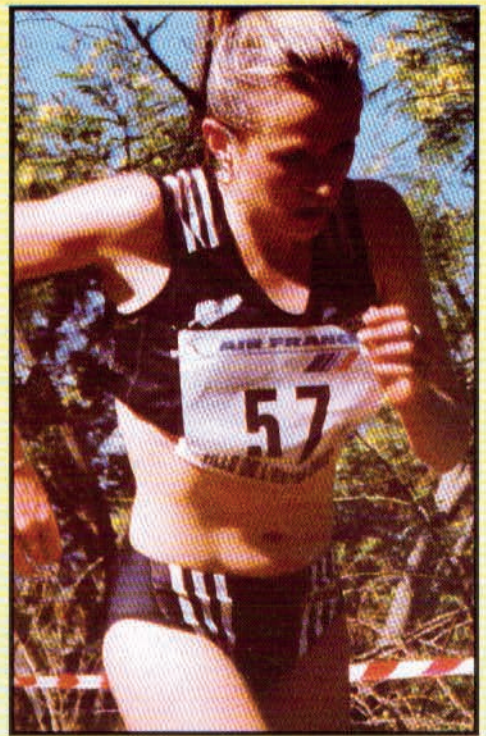
Average number of foreign countries represented over the last 2 years.....

Is your race sanctioned (approved or affiliated) by the national athletic federation?.....

Record Times: Men(Name/Country/Time)..... Women(Name/Country/Time).....

Associate membership fee of 250 Swiss Francs to be paid to the WMRA account as above.

Return this information to D.Hughes(President WMRA)



MEMORIES FROM REUNION

Top (L-R): Matilde Ravizza (Italy) 2nd Senior Women/Ines Hizar (Slovenia) 2nd Junior Women/
Melissa Moon (New Zealand) 3rd Senior Women.
Middle (L-R): N.Z. team relaxing at Caro Beach resort/Cornelai Heinzle (Austria) 1st Junior Women.
Bottom (L-R): Mens start in Entre Deux sports stadium/Adam Crossland (England) 2nd Junior Men.