



WORLD MOUNTAIN RUNNING ASSOCIATION NEWSLETTER 2004



ISSUE No. 9
March 2004



2003 WORLD MOUNTAIN RUNNING CHAMPIONS, ALASKA USA

(Top Right) Marco de Gasperi (Italy)

(Main Photo) Melissa Moon 263 (New Zealand 1st) leads Angela Mudge (Scotland 2nd)

(Middle Right) Karrisaw Hawitt (England - Junior)

(Bottom Right) Mitja Kosovelj (Slovenia - Junior)

Photos: The Sports Section, Anchorage, Alaska, USA (www.sports-section.com/alaska)

Editorial

The news items in this newsletter will give you some impression of the great strides WMRA has made in the past year in bringing our sport of mountain running closer to the mainstream of athletics while at the same time retaining our very special identity.

What is it that makes the sport of mountain running special within the athletic family?

In common with other branches of athletics we are an endurance running sport; we are strictly against drugs; we operate within a set of rules; we pay strict attention to the safety of our athletes; we need money and depend on sponsorship; the majority of competitors are truly amateur in the sense that they have jobs to earn their living; we find our friends in the spheres of competition and training; we offer opportunities for travel and for young people to meet others of different cultures and faiths.

The thing that makes us special is the setting within which we enjoy our athletics. Track & Field requires sophisticated and expensive stadium facilities available to only a small proportion of the world's population but is transmitted to a worldwide audience due to its popularity with the TV media.

Road running has a more universal appeal as can be seen by the popularity of the large city marathons, but it is nevertheless an urban based sport. We share in common with skiing and mountaineering a love of the remote (Alaska!) mountainous regions of the world where scenery inspires and the challenge lies in the terrain.

Our sport is largely indebted to hundreds of enthusiastic volunteers who organise mountain races where they live. The policy of WMRA is to offer mountain runners and their coaches a level of competition at the pinnacle of the sport. Our purpose is to provide the best mountain runners in each country with a 'mountain summit' of achievement towards which they can aspire.

2003 saw us make great progress in this direction.

This newsletter is circulated freely throughout the world with the assistance of IAAF. Photo credits are shown when known. Those without credits are probably mine.

Danny Hughes (WMRA President)



WMRA Council. Back row (L to R) Wolfgang Muenzel (Technical), Carlos Cardoso (IAAF), Otto Klappert (IAAF), Pierre Weiss (IAAF), Tomo Surf (Development). Front row (L to R) Bruno Gozzelino (Secretary), Danny Hughes (President), Nancy Hobbs (Treasurer), Raimondo Balicco (Organisation), Serge Moro (Marketing).

A message from the IAAF President

With the decision of the IAAF Congress last August that the IAAF should now be the World Governing Body, not only of track and field athletics, road running, race walking and cross country running but also for Mountain Running, it gives me particular pleasure to look forward to another exciting year of WMRA competition from a more involved perspective.

The 19th World Mountain Running Trophy races which were held in the coldest and snowiest of conditions last September in Girdwood, Alaska, were an outstanding success with 27 different countries in attendance despite the huge traveling distance which had to be undertaken by many visiting teams. We can now look forward to the 20th celebration which will take place in Sauze d'Oulx, Italy at the beginning of September, and the 4th Masters Championships which precede it the weekend before.



*Lamine Diack
IAAF President*

Also on the horizon at the beginning of July this year are the 3rd EAA Mountain Running Championships in Korbiewo, Poland, and most excitingly the inaugural NACAC Mountain Running Championships in Vail, Colorado, USA, as this discipline's international wings flex ever more widely.

Yet before we reach any of these major championships we will first greet the start of the 2004 WMRA Grand Prix which opens on 16 May with the 15th Gara Internazionale Terzano in Meltina Italy. This six meeting annual series will conclude with the 25th Smarna Gora International in Ljubljana, Slovenia at the beginning of October, and I am certain will be another successful, season long, showcase for Mountain Running.

Lamine Diack, President IAAF

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WMRA WEB SITE

(Courtesy of European Athletic Association):

www.wmra.info

THE WMRA ACCOUNT

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

Wells Fargo Bank
5710 Constitution avenue
Colorado Springs
CO 80915
USA

Routing number 102000076
Account number 1013312721

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

WMRA NEWS

2005 WORLD TROPHY GOES TO NEW ZEALAND

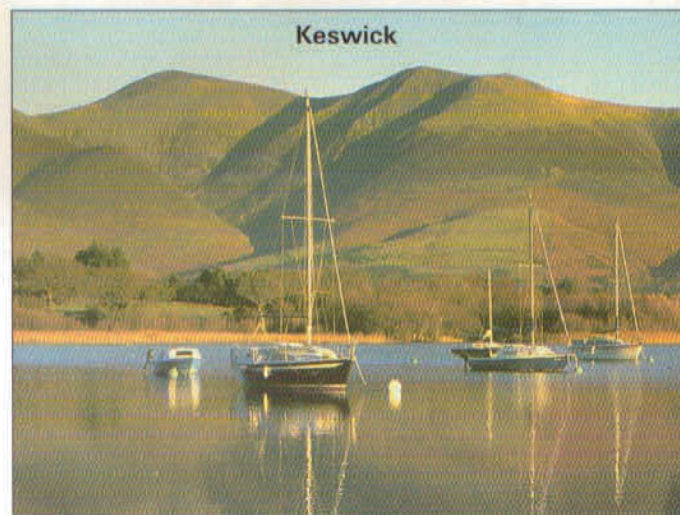
The 2003 Congress were presented with two strong bids by England and New Zealand to stage the 2005 World Trophy. A fine presentation by the New Zealand team consisting of Martin Macdonald (LOC chairman) Arthur Klapp (professional event organiser) and World Champion, Melissa Moon won over many delegates who voted in their favour by 19 to 6, despite the forbidding cost of travel. This major hurdle was addressed by Athletics New Zealand who promised a \$120,000 US travel subvention to be shared between visiting teams.



Martin
Macdonald

2005 MASTERS CHAMPIONSHIPS

England's bid to stage the 2005 World Trophy was combined with a bid to stage the Masters championships one week before. It was therefore some small compensation, for the disappointment of failing to obtain the World Trophy, that the WMRA Council awarded England the 2005 Masters championships. Many of the impressive arrangements put in place for the Trophy apply to the Masters event which is assured of massive local support from athletes and the beautiful Lake District town of Keswick.



NACAC IAAF AREA CHAMPIONSHIPS

As you will see from an advert elsewhere in this newsletter, a second IAAF area association have introduced a mountain running championships in 2004. It will be held on the same weekend as the European Championships. The initials NACAC stand for the North & Central American and Caribbean areas.

MOUNTAIN RUNNING IS A BRANCH OF ATHLETICS

Yes, it is official at last. As WMRA enters its 20th year the 2003 IAAF congress in Paris approved a resolution to include Mountain Running as part of the definition of athletics in IAAF rule 1, thus taking its place beside Track & Field, Cross Country, Road Running and Race Walking. This was the logical conclusion of the IAF/WMRA seminar held in Innsbruck in 2002 entitled 'Mountain running as a branch of athletics'

The continuing work and policy of WMRA is to integrate mountain running activity throughout the world under the IAAF umbrella and therefore under the umbrella of the athletic federations.

LONG DISTANCE MOUNTAIN RUNNING

After several years of discussion in WMRA council, it has at last been decided to experiment with the idea of offering the worlds best long distance mountain runners the opportunity of having their own championships.

Initial ideas are that a world class long distance event (with a winning time between 2 and 5 hours) would be chosen each year as the championship event therefore encouraging all the worlds best runners to be present. The regulations for such an event have been drawn up and we have consulted with a few of the top level event organisers. The first event will be staged this year and incorporated into the Sierra Zinal race in Switzerland. Watch our web page for further announcements.

2003 Seirra-Zinal - Billy Burns, 2nd**CROATIA INTRODUCE NATIONAL MOUNTAIN RUNNING CHAMPIONSHIPS**

The Croatian athletic federation (HAS) are the latest federation to introduce a national mountain running championships. It is scheduled to take place on May 16th on Mt Medvednica and will be organised by the club of Dragan Jankovic, the Croatian team manager.

WMRA COUNCIL MEMBERS PUBLICATIONS

Nancy Hobbs (WMRA treasurer) has published a book on Mountain & Trail running with her colleague Adam Chase. It contains much useful information for competing athletes from beginners to advanced. You can order a copy by sending a message to Nancy at her e-mail address.

Serge Moro (WMRA Marketing Director) and Isabelle Guillot (four times world mountain running champion) have published a book 'Courir Grandeur Nature'. It is in French and contains much of interest on training techniques for mountain runners. Order your copy my e-mailing Serge.

Serge & Isabelle**2003 WMRA CONGRESS
ALYESKA-ALASKA (USA)**

The annual congress of WMRA was attended by delegates from 26 member athletic federations in the small town of Alyeska, Alaska, USA

The following were elected to WMRA council for a period of 2 years:

Development Director:	Tomo Sarf (SLO)
Organisational Director:	Raimondo Balicco (ITA) Technical
Director:	Wolfgang Muenzel (GER)
Marketing Director:	Serge Moro-Sibilot (FRA)

Congress approved two technical changes to the World Trophy rules concerning course design. They also approved a new regulation that places a lower limit on the age of juniors competing in the junior categories of the World Trophy. This latter change follows a similar regulation by the IAAF for its junior competitions. These changes are now shown on our web page.

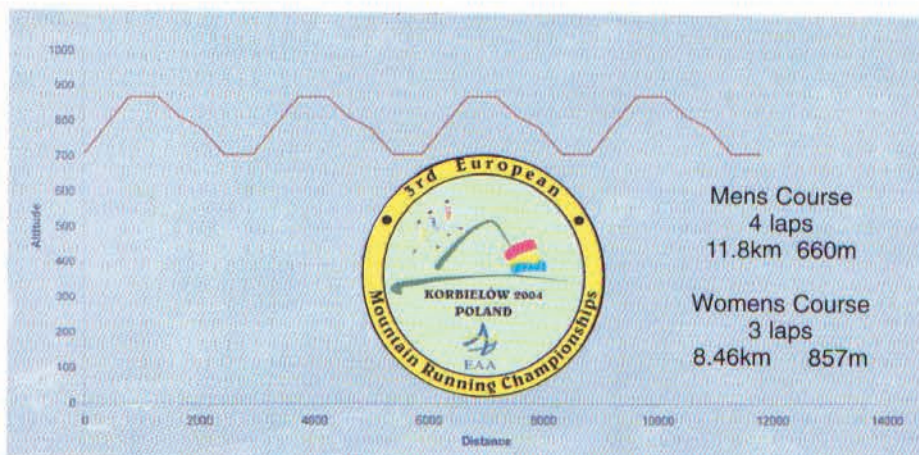
IAAF FINANCIAL SUPPORT

IAAF continue to encourage and support the development of mountain running by maintaining the levels of support at \$10,000 for WMRA administration and \$40,000 as a travel subvention to assist teams travelling to the 2004 World Trophy in Sauze d'Oulx (Italy).

Our thanks are extended to President Lamine Diack and his council, to General Secretary Istvan Gyulai, and General Director Pierre Weiss, and the IAAF office for their continuing encouragement and assistance.

2nd EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS TRENTO - MONTE BONDONE (ITALY) - 6th July 2003 RESULTS

MEN											
1	GAJARDO Marco	ITA	01:06:05	61	LONERGAN George	IRL	01:19:47	20	DOCOUTO Anne	FRA	00:48:04
2	SCHMUCK Helmut	AUT	01:07:13	62	DLUGOSZ Andrzej	POL	01:20:09	21	MATYASOVA Pavla	CZE	00:48:20
3	KRUPICKA Robert	CZE	01:07:31	63	BARYSEVICH Vasily	BLR	01:20:57	22	BUSS Stefanie	GER	00:48:40
4	DE GASPERI Marco	ITA	01:08:03	64	CEGAR Goran	YUG	01:21:47	23	JURISIC Veronika	CRO	00:48:44
5	PASQUION Nicolas	FRA	01:08:15	65	GODTFREDSEN Kim J.	DEN	01:22:07	24	SHARP Louise	GBR	00:48:57
6	GEX-FABRY Alexis	SUI	01:08:19	66	LAMOUR Jean	BEL	01:22:26	25	MARTINEZ Maribel	ESP	00:48:58
7	ROUX Regis	FRA	01:08:32	67	VITEK Miroslav	CZE	01:23:44	26	EROFEEVA Nelli	RUS	00:49:03
8	VANKO Miroslav	SVK	01:08:36	68	IOANNIDIS Panagiotis	GRE	01:23:48	27	SCHÖNER Ellen	GER	00:49:04
9	MATANIN Marcel	SVK	01:08:39	69	MALKA Chaim	ISR	01:23:52	28	ONAT Hasibe	TUR	00:49:07
10	SCHIESSL Helmut	GER	01:09:09	70	JAKSIC Zeljko	CRO	01:24:36	29	BERBEROGLU Reyhan	TUR	00:49:15
11	CASTA—ER Cristofol	ESP	01:09:32	71	O'SULLIVAN Vincent	IRL	01:25:09	30	LEHMANN Daniela	SUI	00:49:20
12	JÖHL Toni	SUI	01:09:43	72	AZZOPARDI Peter	MLT	01:25:54	31	KAPUSCINSKI Marion	AUT	00:49:40
13	BAJCICAK Martin	SVK	01:09:56	73	ZALAC Darko	CRO	01:26:45	32	CZUTA-PAKOSZ Irena	POL	00:49:48
14	MANZI Emanuele	ITA	01:10:18	74	SPASOJEVIC Danilo	YUG	01:27:09	33	SCHARRER Andrea	GER	00:50:04
15	DAVIES Timothy	GBR	01:10:42	75	MARKOVIC Zoran	YUG	01:27:55	34	DIAMANTIDES Helene	GBR	00:50:07
16	FASCHINGBAUER Pavel	CZE	01:10:46	76	BOZTEPE Burhan	TUR	01:29:07	35	WOJTOWICZ Anna	POL	00:50:15
17	TÜRK Frank	GER	01:10:50	77	YURKEVICH Yauheni	BLR	01:29:37	36	SCHAFFNER Astrid	FRA	00:50:26
18	MAMLEEV Mikhail	RUS	01:11:06	78	CERNIC Damir	CRO	01:30:37	37	RIEM Claudia	SUI	00:50:31
19	KRÖLL Markus	AUT	01:11:11	MEN TEAMS				38	JIMENEZ Nuria	ESP	00:50:40
20	HAVLICEK Jan	CZE	01:11:11	1	Italy	1,4,14	19	39	ASKOGLU Gulsen	TUR	00:51:08
21	CURA Munir	TUR	01:11:25	2	Slovakia	8, 9, 13	30	40	VLADAROVA Jana	SVK	00:51:32
22	QUINN Robert	GBR	01:11:37	3	Czech Republic	3, 16,20	39	41	AGNIESZKA Stafa	POL	00:51:40
23	CEH Joze	SLO	01:11:41	4	France	5,7,27	39	42	KUNCOVA Barbara	CZE	00:51:53
24	BROWN John	GBR	01:11:49	5	Austria	2,19,25	46	43	ZABJEK Simona	SLO	00:52:23
25	RIEDER Alexander	AUT	01:11:52	6	Switzerland	6,12,32	50	44	MERKOVA Martina	SVK	00:52:26
26	JENNE Markus	GER	01:12:00	7	Germany	10,17,26	53	45	FROMENT Sabine	BEL	00:52:56
27	FONTAINE Raymond	FRA	01:12:06	8	Great Britain	15,22,24	61	46	AKDOGAN Gülsah	TUR	00:52:59
28	LOPEZ Pastor	ESP	01:12:08	9	Spain	11,28,31	70	47	SUSTARSIC Mateja	SLO	00:53:03
29	TASTAN Hikmet	TUR	01:12:19	10	Turkey	21,29,36	86	48	WALKNER Andrea	AUT	00:53:55
30	BATORY Ivan	SVK	01:12:26	11	Slovenia	23,38,42	103	49	ORLIC Antonija	CRO	00:55:29
31	ROC Agusti	ESP	01:12:28	12	Poland	34,39,49	122	50	ROMERO Alicia	ESP	00:56:42
32	ANCAY Tarcis	SUI	01:12:31	13	Russia	18,55,57	130	51	SAYZEVA Katsiaryna	BLR	00:57:01
33	AGOSTINI Andrea	ITA	01:12:41	14	Belgium	43,45,50	138	52	THORROUT Francoise	BEL	00:57:57
34	WOSIK Daniel	POL	01:12:42	15	Portugal	41,44,53	138	53	MISSIONISHNIK Jessika	ISR	00:58:06
35	STARK Robert	AUT	01:12:45	16	Ukraine	37,51,60	148	54	TIKHONOVA Svetlana	RUS	00:58:22
36	ALTINOK Muammer	TUR	01:13:10	17	Ireland	58,61,71	190	55	LUKIC Mariana	YUG	00:58:29
37	TOPTUN Andriy	UKR	01:13:25	18	Belarus	56,63,77	196	56	SEMANOVA Zlatica	SVK	00:59:42
38	SALAMUN Igor	SLO	01:13:36	19	Serbia & Montenegro	64,74,75	213	57	HRAKHOLSKAYA Ala	BLR	01:00:01
39	SZOST Henryk	POL	01:14:02	20	Croatia	70,73,78	221	58	STAMATOVIC-TASIC Hana	YUG	01:02:41
40	BURRIER Georges	FRA	01:14:28	WOMEN				59	DOMIJAN Albina	CRO	01:03:47
41	FRANCISCO Orlando	POR	01:14:35	1	LALLEMAND Catherine	BEL	00:43:48	60	KHRAMYKH Nadzeya	BLR	01:23:12
42	MESNER Andrej	SLO	01:15:07	2	MUDGE Angela	GBR	00:44:01	WOMEN TEAMS			
43	ISTACE JosÉ	BEL	01:15:13	3	CONFORTOLA Antonella	ITA	00:44:30	1	Italy	3,7,9	19
44	PEREIRA Abilio	POR	01:15:36	4	ZATORSKA Izabela	POL	00:45:08	2	Czech Republic	8,10,21	39
45	JAMOULLE Patrick	BEL	01:16:03	5	GUILLOT Isabelle	FRA	00:45:27	3	Great Britain	2,13,24	39
46	BAIER Tibor	HUN	01:16:18	6	GASSMANN Daniela	SUI	00:45:37	4	France	5,18,20	43
47	PEACE Andy	GBR	01:16:27	7	SALVINI Vittoria	ITA	00:45:42	5	Switzerland	6,19,30	55
48	ZARNIK Sebastjan	SLO	01:16:34	8	PICHRTOVA Anna	CZE	00:45:51	6	Austria	16,17,31	64
49	DORSZYNSKI Grzegorz	POL	01:16:39	9	BOTTINELLI Monica	ITA	00:46:11	7	Poland	4,32,35	71
50	DE BERGE Bart	BEL	01:16:42	10	SADKOVA Irena	CZE	00:46:38	8	Germany	22,27,33	82
51	ZHELEZOV Kostyantyn	UKR	01:16:55	11	MOREIRAS Lucinda	POR	00:46:58	9	Turkey	28,29,39	96
52	DEBERTIN Dirk	GER	01:16:59	12	HIZAR Ines	SLO	00:47:12	10	Belgium	1,45,52	98
53	PEREIRA Francisco	POR	01:17:02	13	BRINDLEY Tracey	GBR	00:47:15	11	Slovakia	15,40,44	99
54	CASTELL" Jesus	ESP	01:17:08	14	GAVIGLIO Flavia	ITA	00:47:23	12	Slovenia	12,43,47	102
55	KONONOV Danila	RUS	01:17:16	15	MELICHEROVA Ludmila	SVK	00:47:33	13	Spain	25,38,50	113
56	LIOSHYN Andrei	BLR	01:18:05	16	BAUMANN Sandra	AUT	00:47:37	14	Croatia	23,49,59	131
57	GILMUTDINOV Ravil	RUS	01:18:38	17	RAUSCH Patricia	AUT	00:47:39	15	Belarus	51,57,60	168
58	TURNER Colm	IRL	01:18:57	18	FARGET Patricia	FRA	00:47:40				
59	NEVES Germano	POR	01:19:10	19	RUEDA OPPLIGER	SUI	00:47:58				
60	PAVLICHENKO Serhiy	UKR	01:19:26								



**2004 European Mountain
Running Championships
Korbielew, Poland**

**EAA Technical Delegate
Wolfgang Muenzel**

**EAA Organisational Delegate
Bruno Gozzelino**

Web page: www.ksdiamet.pl



2003 European Championships



Helmut Schmuck (AUT) 2nd.

Marco Gaiardo (ITA) 1st.

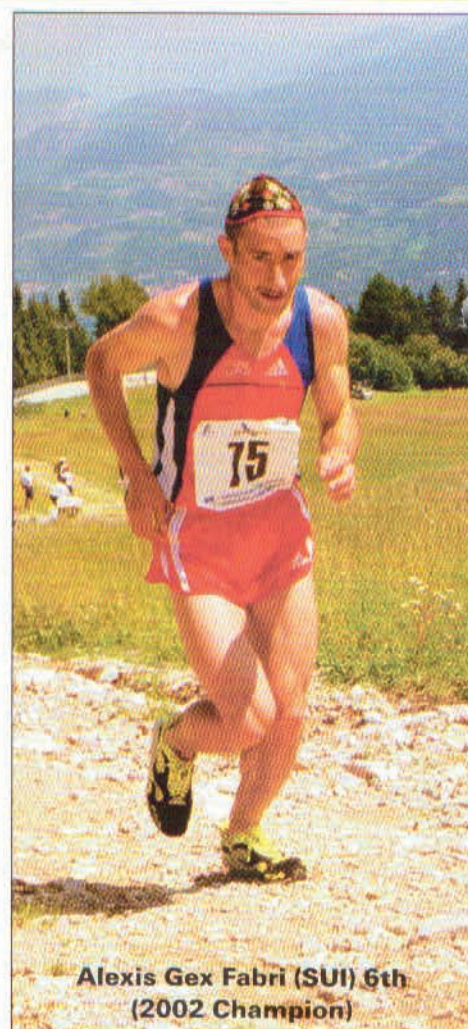
Robert Krupicka (CZE) 3rd.



Marco Gaiardo (ITA) 1st



Mikhail Mamleev (RUS) 18th



Alexis Gex Fabri (SUI) 6th
(2002 Champion)

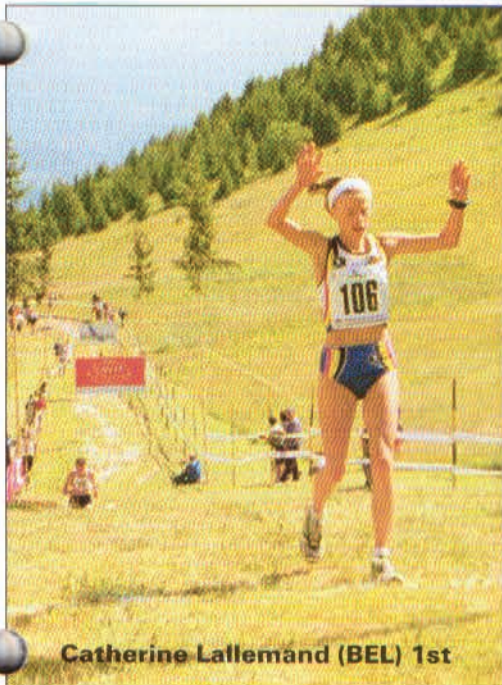
2003 European Championships



Angela
Mudge (GB) 2nd

Catherine
Lallemand (BEL) 1st

Antonella
Confortola (ITA) 3rd



Catherine Lallemand (BEL) 1st



Croatian Team (14th)
L-R Antonija Orlic,
Veronika Jurisic,
Albina Domijan



Gold Medal Team, Italy
L-R Flavia Gaviglio
(14th) Antonella
Confortola (4th),
Vittoria Salviati (7th),
Monica Bottinelli (9th)



Melissa Moon (NZL)
Gold Medallist

Junior Women start in a blizzard



NIGERIA AND GIBRALTAR TAKE UP MOUNTAIN RUNNING

Two new races appear on the WMRA international calendar for 2004. The Gibraltar Amateur Athletic Association are organising an international mountain race on May 30th which finishes on top of the famous Rock of Gibraltar. Leading mountain runners have been invited to compete (all expense paid) and an impressive prize list has been assembled with winners (men and women) taking home £1,000 sterling. The race is in part of the Gibraltar 300 year anniversary celebrations. Visit their web page www.gaaa.gi for more details.

The Athletic Federation of Nigeria are involved in the organisation of their first mountain race in Cross River State, in concert with the Governor of the state who wants to show the world the tourist attraction of the Obudu region. The Obudu International Mountain Race (rescheduled to be held on November 27th) is open to all and there is a \$50,000 first prize on offer so it is bound to attract a high quality field. Here again travel expenses, for invited leading mountain runners, are being offered.

Further details can be found on their web page: www.obudumountainchallenge.com or via the link on our web page.



*His Excellency, Donald Duke,
Governor of Cross River State, Nigeria,
with WMRA President Danny Hughes.*

19th WORLD MOUNTAIN RUNNING TROPHY 2003

20/21 September, Alaska /USA

RESULTS

Senior Men

1	Marco De Gasperi	ITA	0:50:29.7
2	Heinzle Florian	AUT	0:51:16.0
3	Marco Gaiardo	ITA	0:51:55.9
4	Andrew Jones	ENG	0:52:10.1
5	Tim Davies	WAL	0:52:46.2
6	Alexis Gex-Fabry	SUI	0:53:02.8
7	Emanuele Manzi	ITA	0:53:05.1
8	Helmut Schiessl	GER	0:53:19.5
9	Ricardo Mejia	MEX	0:53:35.7
10	Sebastien Epiney	SUI	0:53:42.1
11	Simon Bailey	ENG	0:53:56.1
12	Lloyd Taggart	ENG	0:54:05.5
13	Claudio Cassi	ITA	0:54:12.1
14	Markus Jenne	GER	0:54:20.4
15	Paul Low	USA	0:54:21.4
16	Henryk Szost	POL	0:54:22.4
17	Alessio Rinaldi	ITA	0:54:24.6
18	Timo Zeiler	GER	0:54:28.7



19	Andrej Mesner	SLO	0:54:30.0
20	Jean C. Dupont	FRA	0:54:31.2



21	Simon Booth	ENG	0:54:32.3
22	Regis Roux	FRA	0:54:32.7
23	Georges Volery	SUI	0:54:44.4
24	Georges Burrier	FRA	0:55:05.0
25	Julien Rancon	FRA	0:55:13.0
26	Andrew Lemongello	SCO	0:55:20.2
27	Max Frei	GER	0:55:39.5
28	Phil Davies	SCO	0:55:44.1
29	Bill Raitter	USA	0:55:49.5
30	Jean-Yves Rey	SUI	0:55:50.8
31	Tarcis Ancay	SUI	0:55:54.1
32	Dave Rodgers	SCO	0:55:55.4
33	Krzysztof Bak	POL	0:56:01.3
34	Joze Ceh	SLO	0:56:08.5
35	Tomas Perez	MEX	0:56:11.3

36	Zdenek Zoubek	CZE	0:56:16.6
37	Marco Agostini	ITA	0:56:19.4
38	Graeme Bartlett	SCO	0:56:22.5
39	Rudolf Reitberger	AUT	0:56:25.7
40	Bostjan Novak	SLO	0:56:47.2
41	Milan Madaj	SVK	0:56:54.1



42	Benjamin du Bois	AUS	0:56:57.8
43	Neil Carty	NIR	0:56:58.3
44	Nicolas Pasquion	FRA	0:57:10.1
45	Symonds Andrew	ENG	0:57:16.3
46	Alaislair Snowden	NZL	0:57:19.7
47	Claude Nicolet	SUI	0:57:21.3
48	Bostja Hrovat	SLO	0:57:32.3
49	Kenneth Myers	CAN	0:57:33.3
50	Mike Wakelin	NZL	0:57:36.8
51	Aled Rees	WAL	0:57:38.1
52	Pedro Perez	MEX	0:57:38.6
53	Paul McRae	NZL	0:57:39.1
54	McKibbin Alan	NIR	0:57:52.6
55	Seaton Meredith	NZL	0:57:59.4
56	Franck Lelut	FRA	0:58:04.2
57	Andrew Hunt	WAL	0:58:05.7
58	Phil Villeneuve	CAN	0:58:16.4
59	Simon Taylor	NIR	0:58:17.6
60	Eric Morse	USA	0:58:26.1
61	Peter De La Cerda	USA	0:58:31.5
62	Daniel Wosik	POL	0:58:33.1
63	Colin Dignum	CAN	0:58:42.9
64	Igor Mernik	SLO	0:58:50.5
65	Jiri Zak	CZE	0:58:56.9
66	Dusan Podrouzek	CZE	0:59:06.4



67	Trond Flagstad	NOR	0:59:17.3
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68	Mark Jennings	WAL	0:59:22.2
69	John Lenihan	IRL	0:59:22.8
70	Steven Page	AUS	0:59:27.2
71	John Winsbury	AUS	0:59:34.5
72	Brian Ervine	NIR	0:59:59.6
73	Alexander Rieder	AUT	1:00:24.1
74	Ryan Leef	CAN	1:00:29.1
75	Marjan Zupancic	SLO	1:00:35.0
76	Rubin McRae	NZL	1:01:01.5
77	Mark Roberts	ENG	1:01:19.6
78	Scott Gall	USA	1:01:58.5
79	Simon Gutierrez	USA	1:02:01.4
80	Steve Bachop	CAN	1:02:06.0
81	Kevin Laws	AUS	1:02:11.4
82	Goran Cegar	YUG	1:02:21.8
83	James McIntyre	IRL	1:02:27.6
84	Stephen Smith	NZL	1:02:47.5
85	Tom Blackburn	IRL	1:03:07.3
86	David McNeilly	NIR	1:03:14.0
87	Gareth Davies	WAL	1:03:16.3
88	Frantisek Pechek	CZE	1:03:57.8
89	Bernard Fortune	IRL	1:03:59.8
90	Piotr Lupiezowicz	POL	1:04:03.9
91	Katib Muhamad	ISR	1:04:06.2
92	Alex Brennan	NIR	1:04:48.8
93	Jonas Teltie	NOR	1:04:54.7
94	George Lonergan	IRL	1:04:59.0
95	Paul Nolan	IRL	1:05:05.0
96	Jurai Brugos	SVK	1:05:19.9
97	Vladimir Juarez	MEX	1:05:31.7
98	Ian Hallam	CAN	1:05:49.3
99	Trond Bjorn Jensen	NOR	1:06:18.0
100	Cohen Yizhak	ISR	1:08:00.6
101	Lioshyn Andrei	BLR	1:08:30.1
102	Piotr Uciechowski	POL	1:08:31.7
103	Damir Cernic	CRO	1:08:38.3
104	Vladimir Pechek	CZE	1:10:00.8
105	Philip Zandotti	MON	1:14:08.8
106	Roman Talikadze	POL	1:19:13.9
107	Predrag Bosnjak	CRO	1:19:15.1
108	Antonio Cuffaro	MON	1:19:23.1
109	Girncarlo Giuliano	MON	1:20:38.0
110	Mialik Siarhei	BLR	1:20:41.8
111	Pale Zeljko	CRO	1:27:38.7
112	Pavel Matejovsky	CZE	1:29:59.6
113	Simankov Stanislav	BLR	1:31:09.2
114	Dragan Jankovic	CRO	1:32:23.4
115	Peter Buc	SVK	1:39:34.1
	Bert Pelgrim	AUS	DNS
	Markus Hohenwarter	AUT	DNS
	Leopoldo Gutierrez	MEX	DNS
	Alun Vaughan	WAL	DNS

Senior Men Team

1	ITA	(1,3,7,13)	24
2	ENG	(4,11,12,21)	48
3	GER	(8,14,18,27)	67
4	SUI	(6,10,23,30)	69
5	FRA	(20,22,24,25)	91
6	SCO	(26,28,32,38)	124
7	SLO	(19,34,40,48)	141
8	USA	(15,29,60,61)	165
9	WAL	(5,51,57,68)	181
10	MEX	(9,35,52,97)	193
11	POL	(16,33,62,90)	201
12	NZL	(46,50,53,55)	204
13	NIR	(43,54,59,72)	228
14	CAN	(49,58,63,74)	244
15	CZE	(36,65,66,88)	255
16	AUS	(42,70,71,81)	264
17	IRL	(69,83,85,89)	326
18	CRO	(103,107,111,114)	435

Senior Women

1	Melissa Moon	NZL	39:02:00
2	Angela Mudge	SCO	39:41:00



3	Tracey Brindley	SCO	39:59:00
4	Antonella Confortola	ITA	40:27:00
5	Izabela Zatorska	POL	40:54:00
6	Sylvie Claus	FRA	40:56:00
7	Andrea Mayr	AUT	41:02:00
8	Anita Ortiz	USA	42:33:00
9	Patricia Farget	FRA	42:41:00
10	Anna Pichrtova	CZE	43:03:00
11	Cornelia Heinzle	AUT	43:04:00
12	Radka Churanova	CZE	43:05:00
13	Andrea Priestley	ENG	43:06:00
14	Isabelle Guillot	FRA	43:10:00
15	Barbara Kuncova	CZE	43:13:00
16	Sandra Baumann	AUT	43:23:00
17	Angela Serena	ITA	43:25:00
18	Lyn Wilson	SCO	43:30:00
19	Daniela Lehmann	SUI	43:36:00
20	Vittoria Salvini	ITA	43:41:00
21	Ludmila Melicherova	SVK	43:45:00
22	Anne Buckley	ENG	43:46:00
23	Stefanie Buss	GER	43:55:00
24	Nikki Kimball	USA	44:04:00
25	Angela Brand-Barker	WAL	44:16:00
26	Isabelle Grenier	FRA	44:35:00
27	Veronika Jurisic	CRO	44:35:00
28	Patrizia Rausch	AUT	44:50:00
29	Flavia Gaviglio	ITA	44:59:00
30	Natalie White	ENG	44:59:00
31	Sarah Devoy	NZL	45:00:00
32	Meghan Day	CAN	45:00:00
33	Louise Sharp	ENG	45:00:00
34	Pavla Matyasova	CZE	45:11:00
35	Carline Macdonald	NZL	45:13:00
36	Belinda Wimmer	NZL	45:53:00
37	Anica Zivko	SLO	45:59:00
38	Sigrid Aas	NOR	46:00:00
39	Kelli Lusk	USA	46:05:00
40	Patricia Sloan	NIR	46:37:00
41	Sylvia Corbett	CAN	46:47:00
42	Jayne Lloyd	WAL	47:36:00
43	Angela Jones	WAL	48:00:00
44	Claire Townsend	CAN	48:16:00
45	Mateja Sustarsic	SLO	48:20:00
46	Louise Fairfax	AUS	48:34:00
47	Alwynne Shannon	NIR	48:51:00
48	Kari DiStefano	USA	49:04:00
49	Jane Cahill	IRL	49:22:00
50	Lindsay McLaren	CAN	49:27:00
51	Ursa Trobec	SLO	49:43:00
52	Sharon McBurney	NIR	49:49:00
53	Emma Turner	WAL	50:01:00
54	Nicola Cinnamound	IRL	50:37:00
55	Roisin McDonnell	IRL	51:04:00
56	Antonija Orlic	CRO	51:06:00
57	Blaithin Hannon	IRL	51:08:00
58	Meriana Weber	MON	51:09:00
59	Violet Linton	NIR	51:35:00
60	Alenka Zorn	SLO	51:44:00

61	Zofia Wieciorkowska	POL	54:03:00
62	Jelena Luksic	CRO	54:10:00
63	Susan Clark	AUS	54:28:00
64	June Petrie	AUS	54:43:00
65	Irena Czuta-Pakosz	POL	DNF
66	Danuta Marcyk-Teschner	POL	DNS

Senior Women Team

1	SCO	(2,3,18)	23
2	FRA	(6,9,14)	29
	AUT	(7,11,16)	34
4	CZE	(10,12,15)	37
5	ITA	(4,17,20)	41
6	ENG	(13,22,30)	65
7	NZL	(1,31,35)	67
8	USA	(8,24,39)	71
9	WAL	(25,42,43)	110
10	CAN	(32,41,44)	117
11	SLO	(37,45,51)	133
12	NIR	(40,47,52)	139
13	CRO	(27,56,62)	145
14	IRL	(49,54,55)	158
15	AUS	(46,63,64)	173

Junior Men

1	Mitja Kosovelj	SLO	35:41:00
2	Peter Lamovec	SLO	36:01:00
3	Sedat Gunen	TUR	36:06:00
4	Iain Donnan	SCO	36:44:00
5	Alexis Traub	FRA	37:10:00
6	Matthew Prosser	NZL	37:34:00
7	Radoslaw Kleczek	POL	37:45:00
8	Antonio Toninelli	ITA	37:56:00
9	Ruggero Ghezzi	ITA	38:01:00
10	Nicola Spada	ITA	38:06:00
11	Thomas Dold	GER	38:09:00
12	Pierre Fournier	SUI	38:20:00
13	Mark Buckingham	ENG	38:31:00
14	Martin Urbanovsky	SVK	38:36:00
15	Shaun Krawitz	NZL	38:38:00
16	Jaime Noriega	MEX	38:42:00
17	Luca Orlandi	ITA	38:43:00
18	Adem Pekdogan	TUR	38:46:00
19	Konstantin Kostin	RUS	38:52:00
20	Uros Tomec	SLO	38:57:00
21	Christopher Doyle	ENG	39:00:00
22	Julien Poupard	FRA	39:01:00
23	John Newsom	SCO	39:04:00
24	Vit Pavlista	CZE	39:12:00
25	Markus Jahn	GER	39:14:00
26	Jan Kalenda	CZE	39:17:00
27	Graham Bee	SCO	39:19:00
28	Hamdullah Gul	TUR	39:22:00
29	Bartlomiej Chlosta	POL	39:28:00
30	Stuart Hunn	ENG	39:30:00
31	Sean O'hEigheartaigh	IRL	39:48:00
32	Craig Longmore	IRL	39:53:00
33	Kyle Greig	SCO	40:17:00
34	Markus Enders	GER	40:22:00
35	Andrew Payton	USA	40:27:00
36	Pierre Vincent	FRA	40:29:00
37	Steve Pauritsch	AUT	40:30:00
38	Eduardo Pasko	USA	40:38:00
39	Lyndon McGoughran	NZL	41:00:00



40 Rory Egelus USA 41:46:00

41	Michael Lyons	IRL	41:57:00
42	Gwennael Berthiaud	FRA	41:59:00
43	Hamish Clareburt	NZL	42:05:00
44	Erdal Bulut	TUR	42:15:00
45	Pavel Holec	CZE	42:20:00
46	Kilian Haehlen	SUI	42:25:00
47	Brett Wilson	USA	42:33:00
48	Niall Sherlock	IRL	42:43:00
49	Robert Little	ENG	43:29:00
50	Andrej Cimperseck	SLO	44:03:00
51	Ben McDonald	WAL	44:13:00
52	Ian Williams	WAL	45:13:00
53	Martin Moravec	CZE	45:46:00
54	Heiko Baier	GER	DNF
55	Sinuhe Fletes	MEX	DNF

Junior Men Team

1	SLO	(1,2,20)	23
2	ITA	(8,9,10)	27
3	TUR	(3,18,28)	49
4	SCO	(4,23,27)	54
5	NZL	(6,15,39)	60
6	FRA	(5,22,36)	63
7	ENG	(13,21,30)	64
8	GER	(11,25,34)	70
9	CZE	(24,26,45)	95
10	IRL	(31,32,41)	104
11	USA	(35,38,40)	113

Junior Women

1	Karrissa Hawitt	ENG	17:24
2	Turkan Bozkurt	TUR	17:48
3	Mateja Kosovelj	SLO	18:00
4	Lucija Krkoc	SLO	18:09
5	Natalia Nemkina	RUS	18:23
6	Lisa Reisinger	GER	18:31
7	Juliane Doll	GER	18:42
8	Rachael Thompson	ENG	18:50
9	Dominika Wisniewska	POL	18:53
10	Iwona Bota	POL	18:54
11	Manuela Fadda	ITA	18:55
12	Dana Hastie	NZL	18:56
13	Sarah Beresford	NZL	18:58
14	Binnaz Uslu	TUR	19:01
15	Sarah Blake	SCO	19:13
16	Serena Pollazzon	ITA	19:17
17	Jana Vladarova	SVK	19:19
18	Carina Wasle	AUT	19:28
19	Laura Meyer	FRA	19:33
20	Lea Johanedisova	CZE	19:34
21	Suzana Mladenovic	SLO	19:38
22	Sara Dossena	ITA	19:44
23	Katherine Ingram	ENG	19:50
24	Cinthia Loup	FRA	19:53
25	Asli Cakir	TUR	19:59
26	Jana Pechkova	CZE	20:02
27	Lucy Cant	NZL	20:24
28	Patrycja Wegrzyn	POL	20:42
29	Sophie Andrey	SUI	21:18
30	Maggie McNanigal	USA	21:28
31	Jindra Hylmarova	CZE	22:11
32	Jessica Pitzer	USA	22:11
33	Erika Ross		

Junior Women Team

1	SLO	(3,4)	7
2	ENG	(1,8)	9
3	GER	(6,7)	13
4	TUR	(2,14)	16
5	POL	(9,10)	9
6	NZL	(12,13)	25
7	ITA	(11,16)	27
8	FRA	(19,24)	43
9	CZE	(20,26)	46
10	USA	(30,32)	62



Womens Gold Medal Team - Scotland



Lyn Wilson 18th

Angela Mudge 2nd

Tracy Brindlay 3rd

Antonella Confortola (ITA) 4th



Melissa Moon (NZL) 1st



Eduard Pasko (USA) 38th JM



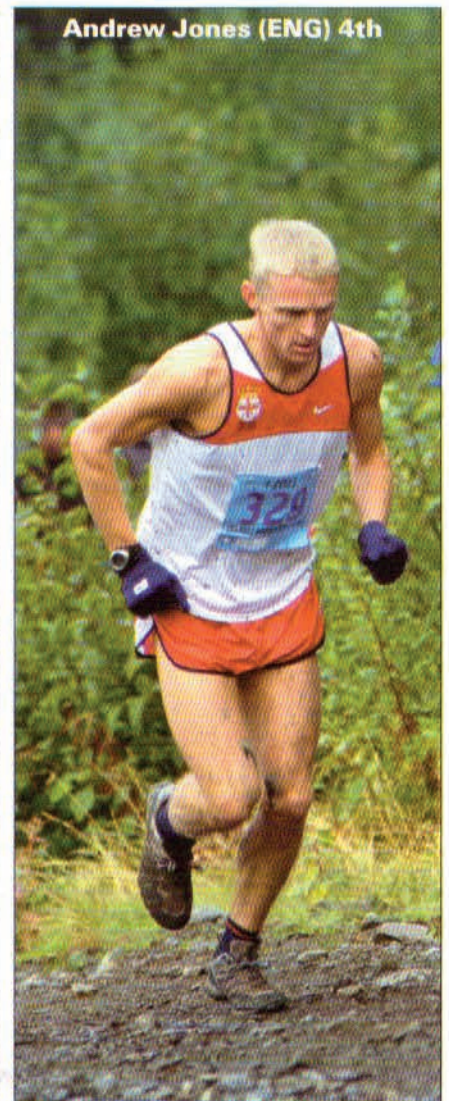
**WORLD TROPHY
ALASKA 2003**



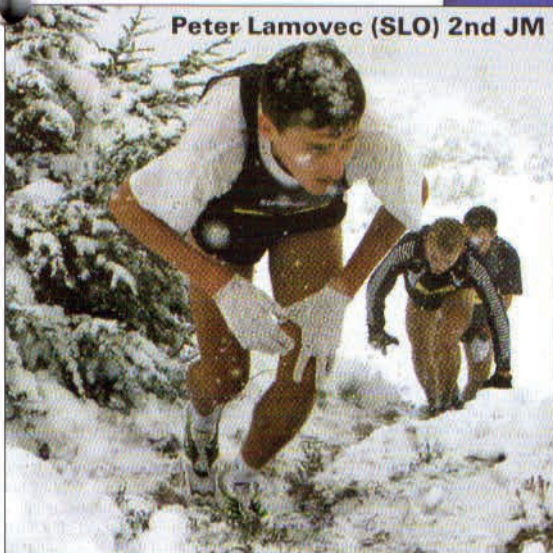
Florian Heinze (AUT) 2nd



Raimondo Balieco (Italian Coach) and Marco De Gasperi (ITA) 1st



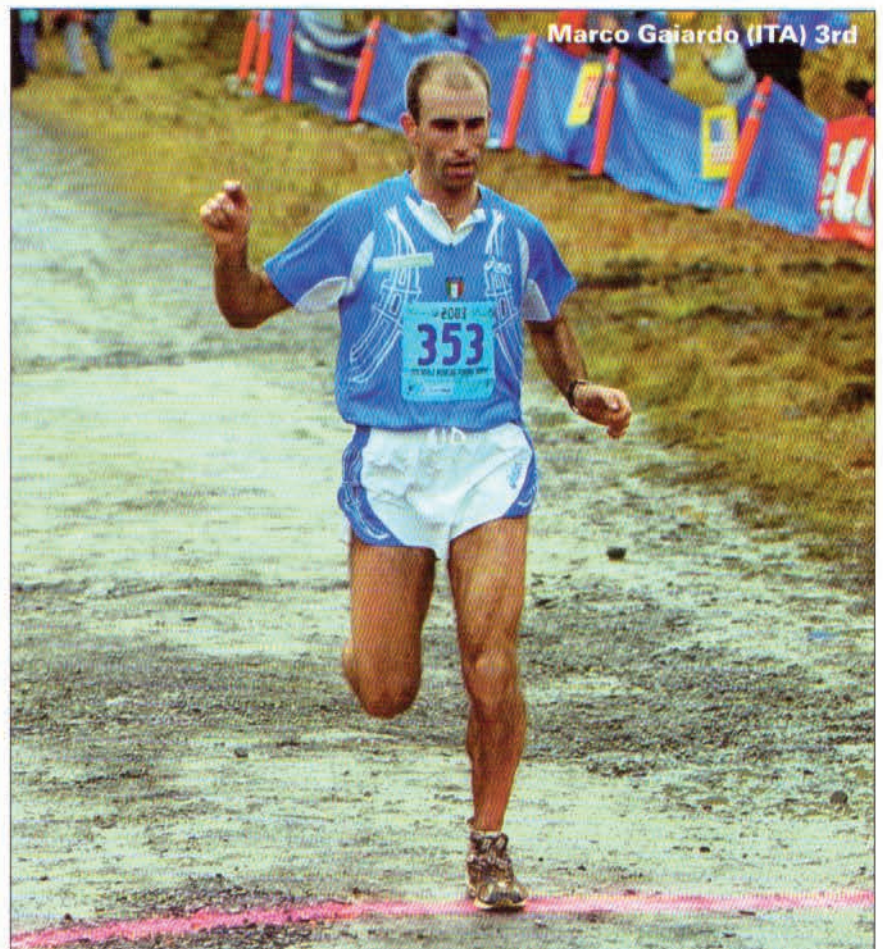
Andrew Jones (ENG) 4th



Peter Lamovec (SLO) 2nd JM



Sedat Gunen (TUR) 3rd JM



Marco Gaiardo (ITA) 3rd

THE 19TH WORLD MOUNTAIN RUNNING TROPHY. GIRDWOOD, ALASKA, USA. SEPTEMBER 20TH - 21ST 2003

When selecting Alaska as the venue for the 2003 World Trophy races, the World Mountain Running Association (WMRA) were well aware that some risks were involved. We had no doubt that the organisation would be of a high standard and this proved to be the case. However, the cost of reaching the venue threatened to deter many countries from participating, and the weather was an unpredictable factor since, after all, we knew that Alaska was a rather cold part of the USA. With many assurances that it never snowed on the competition mountain in mid September (!) all plans went ahead.

The problem of travelling costs was mitigated by generous travelling grants from the IAAF and WMRA and we had a satisfactory attendance from 27 different countries.

In the days, before the competition Girdwood (about 40km from Anchorage) enjoyed blue skies with cold frosty mornings turning into warm pleasant days as the sun rose.

The day of the races dawned with overcast skies and before long, about 3 hours before the first race, the snow started to fall! A 'crisis solving' group was convened by the LOC and a plan of action agreed with WMRA officials. A large team of volunteers was rapidly assembled, armed with rakes for removing the snow from the race track in the steepest most difficult parts of the course. Options to introduce a delay or change the courses were considered, rejected, and the races went ahead as planned and on schedule.

The junior ladies race (4.2km & 285m up & down) was won

by Karissa Hawitt, a national cross country champion in her age group in England, in 17 minutes 24 seconds, followed closely by Turkan Bozkurt (TUR) and Mateja Kosovelj (SLO). The team gold went to Slovenia and 10 countries finished full teams.

The junior mens race (7.7km & 600m up & down) proved an even greater triumph for Slovenia as they took gold and silver individual medals with Mitja Kosovelj (35 minutes 41 seconds), and Peter Lamovec (36.01). They were followed by 15-year-old Sedat Gunen of Turkey in bronze medal position, a favourite for more medals in the junior age group in the future. Slovenia again carried off the team award and thus enjoyed the rewards for their encouragement of mountain running in Slovenia by starting with their youth. 11 countries finished full teams.

By the time the senior ladies race (7.7km & 600m up & down) started a blizzard was in full swing but the course volunteers worked at full stretch to keep the course clear. With several past World Trophy medallists and champions competing (Mudge SCO, Moon NZL, Guillot FRA, Zatorska POL, Pichrtova CZE, Confortola ITA,) their race appeared wide open. The medals would go to the ones wearing the correct footwear and brave enough to overcome the difficult conditions. Melissa Moon of New Zealand, champion in 2001, and Angela Mudge of Scotland, champion in 2000 fought it out in close company until Melissa charged ahead of Angela at the start of the descent to establish a lead, which she kept up with great determination until the finish line. This victory capped a wonderful weekend for New Zealand whose bid to stage

the 2005 World Mountain Running Trophy had received the approval of the WMRA annual congress. Scotland, with Angela in silver medal position and team mate Tracey Brindle, having a brilliant descent to take bronze, carried off the team gold medal. After all, the weather in Scotland is not so much different to that in Alaska at times, so their team no doubt felt at home in the prevailing conditions! 15 countries finished full teams

The final race for senior men (11.48km & 900m of up & down) was held the following day, by which time the snow had ceased and the track reasonably clear but it was still a winter wonderland on the mountain.

Marco De Gasperi (ITA) already 3 times senior champion in the up/down event started as the favourite to repeat his previous triumphs. He had to be in the very best of form to beat the young, and rapidly improving, Florian Heinzle (a member of the

famous Heinzle family of mountain runners in Austria) by a mere 16 seconds. With the 2003 European champion, Marco Gaiardo in bronze medal position, Emanuele Manzi in 7th and Claudio Cassi in 13th the Italian men, for the 19th consecutive occasion, comfortably won the team event from England and Germany. 18 countries finished full teams.

So the two senior champions, Marco De Gasperi and Melissa Moon repeated their 2001 victories, which were won in entirely different conditions in Italy, proving that championship talent will out, whatever the situation and conditions.

This was a truly Alaskan wilderness experience which all who took part in will always remember.

This report by Danny Hughes appeared in the IAAF 2003 magazine, 'Review of the Year'



Brad Precosky, Event Director

PROFILE OF A JUNIOR CHAMPION

KARRISSA HAWITT

Winning the 2003 junior World trophy by the comfortable margin of 24 seconds proved to be the highlight of Karrissa's short but successful athletic career. Her previous best World Trophy result was 8th place in Arta Terme in 2001.

Aged 17 she has two more years in the junior ranks.

She started mountain running in very easy hill races at the age of 12 until in 2002 she won the English Fell running championships (Under 16) consisting of a 6 race series.

In the winter, she turns her attention to cross country running where she has proved herself to be a great talent in winning the under 17 British National Cross country Championships, coming 4th in the English schools championships and recording other notable wins in regional events in 2003.

Already this winter she has won the under 20 Northern England cross-country championships.

She will concentrate on track running in the early part of the

coming summer, training for the 3km and the Steeplechase

She lives in Runcorn, Cheshire, which is quite close to the Welsh mountains. She has two older sisters and a brother.

She finishes school in July and in September hopes to study dentistry at Sheffield University (a hilly town that will provide plenty of opportunity for further mountain race training)

I was delighted to discover that she is a member of my (Danny Hughes's) old club, Warrington Athletic Club.

When preparing for major mountain running events her training during a week consists of 1 hill session of short repetitions of about 2 minutes, 1 longer hill run lasting about 75 minutes, 1 track session, and two steady runs. She has just introduced a weekly gym session into her programme.

Her coach is Mike Hancock who has coached her for the past 7 years.



Karrissa Hawitt (ENG)

WHERE ARE THEY NOW?

Fabiola Rueda Oppliger (COL & SUI)

World champion 1987 & 88

Fabiola came to Europe from Columbia in 1987, together with a number of outstanding Columbian athletes such as Jairo Correa and Francisco Sanchez. They came to compete in the classic European mountain races. That same year she became world champion in Lenzerheide, beating Christina Fladt (FRG). She repeated this victory in 1988 at Keswick and in December that year celebrated by marrying Daniel Oppliger (Switzerland), another mountain runner, whom she had met in Sao Paulo in 1987, and so settled down in Switzerland.

She has pursued her athletic career ever since. Her record continues to be impressive as she finished in silver medal position in the Masters World Championships in 2002 (W35) and 2003 (W40).

Before that she represented Columbia again in the 1999 World Trophy (Malaysia) finishing 16th.

By 2001 she was representing Switzerland and came 43rd in Arta Terme and in 2002 came 33rd in Innsbruck.

The latest photo shows a very fit and shapely Fabiola at the 2003 European championships in Trento when she came 19th and second counter for the 5th placed Swiss team.

She works with husband Daniel in their Post office in Corsier.



**Fabiola winning the
1988 World Trophy in Keswick**



**Fabiola at the 2003
European Championships**

Obituary - Mauro Fogu (ITA)

Born 13.06.64 Died 08.11.03



Mauro Fogu, one of Italy's most respected mountain runners, died from cancer last year aged 39. He represented his country on several occasions, in Malaysia, Llanberis, Stellina Challenge, and Mt Tibor in Israel. As he approached the Masters age he was to be found officiating at races and encouraging young mountain runners even when he had been diagnosed with cancer. He belonged to the well known mountain running club 'Atletica Monte Rosa' of which his father Giuseppe is president. He will be sadly missed by his many mountain running friends.

Junior success for Slovenia in the 2003 World Trophy.



**Mateja Kosovelj
(SLO) 3rd JW**

Slovenian male juniors won gold and silver in the individual and gold in the team competition. Slovenian female juniors won bronze in the individual and gold in the team competition. What is the secret to this unprecedented success for such a small country?

One family name appears twice - Mitja Kosovelj who won the junior men's race and Mateja Kosovelj bronze medallist in the junior women's race, both coached by their father Edvin.

The Kosovelj family live in Nova Gorica, just few kilometres from Italian border. They spend a lot of time in the countryside with their grandparents working on a farm. The region is called Slovenian Karst and is known for its fine weather and good wine.

Father Edvin Kosovelj has been involved into mountain running since the early days of World Trophy events. In his competitive days he was a marathon and mountain runner. He was a member of Yugoslavian team for the 1989 World Trophy in Die (France) finishing 46th on the long course. In 1991 (Zermatt) he was 37th on the short course, and in 1993 53rd. His best time for the marathon is 2:25:57. He is a mechanical engineer, but now works as a teacher in mathematics and physics at a local primary school.

His coaching knowledge is a product of his personal experience of competition and reading coaching literature. He has had no special formal education in coaching.

His children work in a group together with some other young runners. In wintertime they concentrate on good basic preparation - aerobic long distance runs, changing tempo and course type. They also work to prepare the whole body, which is very important for up and down mountain running. As the time for competition comes closer, the quantity of training decreases and the quality increases.

During this time it is especially important to find the best ratio between work and rest to be in the best shape for races and to avoid injuries. This is the skill one must have when working with youth. Mitja started his sport career as a young boy playing football and running with his father was a part of his training. It was soon realised that he had a special talent for running and he started training for athletics at the age of 14, running cross-country races. Living close to Italy, he raced mostly against Italian runners and many times ran shoulder to shoulder, with Stefano Scaini (ITA) world junior champion in 2001 and 2002.

He prefers running in the hilly countryside around his grandparent's farm rather than on athletic tracks.

In 2003 he commenced study at the technical university of Ljubljana. He is sharing a room with his friend Peter Lamovec who finished just 20 seconds behind him in silver medal position in Alaska. They are good friends until the starting pistol goes!

Mateja was born in 1988. Her brother and father sparked her interest in athletics when she was 12, so she started receiving coaching from her father from an early age. Like her brother, she prefers running out of the stadium. She likes to run with her friend Lucija Krkoc - they are competitors all the time - Lucija was just one place and 9 seconds behind Mateja in Alaska. Mateja is still at school where she is an excellent pupil.

We must not forget that behind the successful Kosovelj family is mother who takes care for her athletes day after day.

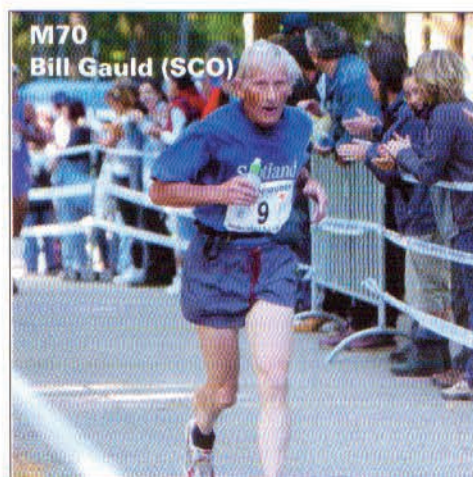
Tomo Sarf



Mitja Kosovelj (SLO) 1st JM

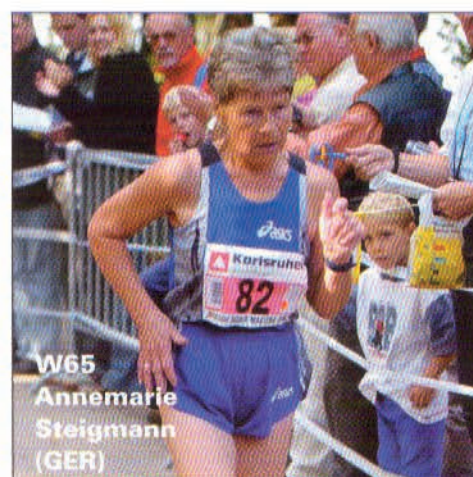


MASTERS WORLD MOUNTAIN RUNNING CHAMPIONSHIP ZELL am HARMERSBACH - GERMANY

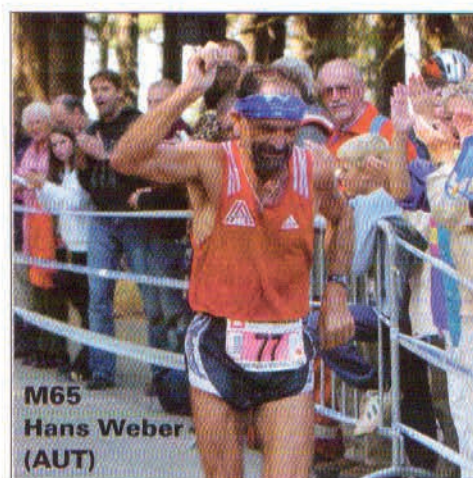


M70
Bill Gauld (SCO)

A record number of competitors (651 finishers) enjoyed a magnificent Masters World Championships staged by the distinguished sports club TVU (Turnverein Unterharmersbach) which was founded in 1898. Led by Ludwig Borsig and Alfred Siegesmund, hundreds of willing volunteers put on an event which will be remembered for many years by those who enjoyed their hospitality and professional organisation. They were enthusiastically supported and encouraged by Mayor Hans-Martin Moll. We will surely return to Zell am Harmersbach for future mountain running events.



W65
Annemarie Steigmann (GER)



M65
Hans Weber (AUT)

Mens Champions:

40-44	H.Schmuck	AUT	42.42
45-49	C.Doll	GER	43.56
50-54	A.Rungger	ITA	46.29
55-59	O.Van Noten	BEL	48.06
60-64	P.Lessing	GER	50.20
65-69	H.Weber	AUT	53.46
70+	W.Gauld	SCO	60.54

Womens Champions:

35-39	D.Grassman	SUI	49.18
40-44	M.Heilig-D.	GER	49.41
45-49	O.Brakebusch-L	FRA	52.36
50-54	L.Muschler	GER	56.23
55-59	M.Spronk	GER	57.59
60-64	E.Schneider	GER	65.05
65-69	A.Stiegmann	GER	78.33



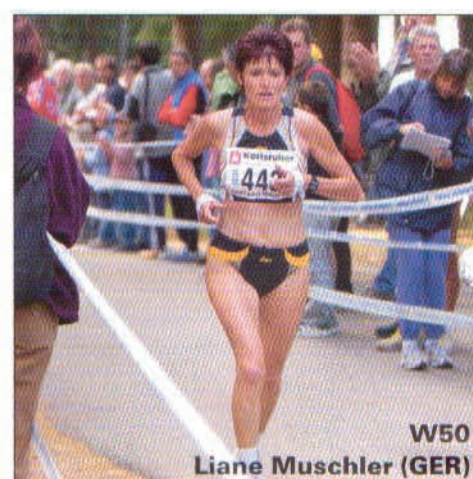
W55 Marianne Spronk (GER)



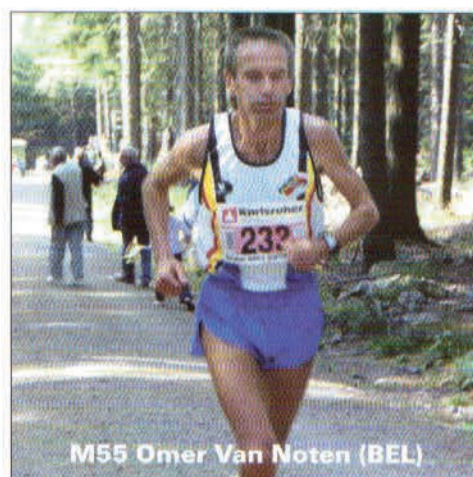
M60
Peter Lessing (GER)

Medal Table:

Nation	Gold	Silver	Bronze
Germany	7	6	7
Austria	2	0	0
Switzerland	1	3	0
Italy	1	0	3
Scotland	1	0	0
France	1	0	0
Belgium	1	0	0
Czech.R	0	1	1
Australia	0	1	0
N.Ireland	0	1	0
Slovakia	0	1	0
Poland	0	0	1
England	0	0	1



W50
Liane Muschler (GER)



M55 Omer Van Noten (BEL)

Number of Competitors per country

Germany	380
England	44
Czech R.	40
Italy	40
Slovakia	25
Austria	22
Slovenia	22
Scotland	20
N.Ireland	14
Poland	11
Switzerland	11
Belgium	10
Countries less than 10: FRA, WAL, NZL, AUS, NED, USA	



W40 Marie H-Duventaster (GER)



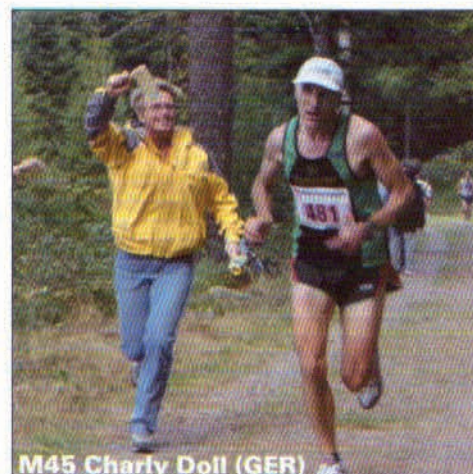
M-W65 Start



M40 Helmut Schmuck (AUT)



W35 Daniela Grassman (SU)



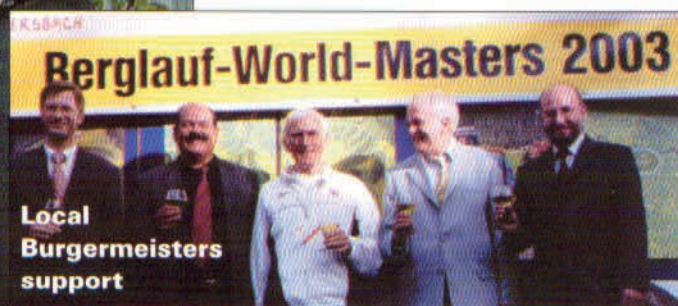
M45 Charly Doll (GER)



Ludwig Borisg (Left - President LOC) and Alfred Siegesmund (Right - Secretary LOC) congratulated on a splendid championships



M50 Albert Rungger (ITA)



Berglauf-World-Masters 2003

Local Burgermeisters support

FINAL RANKINGS WMRA GRAND PRIX SERIES 2003

MEN					Race						Races No.	TOTAL POINTS
RANK	Surname	Forename	Year	Nat.	1 M-A	2 G-H	3 S-T	4 M-Z	5 C-S	6 H-B		
1	Wyatt	Jonathan	72	NZL		100	100	100	100	100	5	400
2	Gaiardo	Marco	70	ITA	80	80	80		60	80	5	320
3	Krupicka	Robert	78	CZE		50	60		80	45	4	235
4	Blaha	Jan	71	CZE		45	50	60		50	4	205
5	Schiefl	Helmut	72	GER			40	80		60	3	180
6	Cox	Martin	69	GBR	11	60	45		18	4	5	134
7	Jenne	Markus	76	GER		29	29		32	18	4	108
8	Kröll	Markus	72	AUT	22	26	36		22	6	5	106
9	Brown	John	69	GBR		36			24	26	3	86
10	Reitberger	Rudolf	71	AUT		24	26	16		15	4	81
11	Heigl	Thomas	80	AUT		8	14	20	7	22	5	64
12	Skalsky	Roman	75	CZE		0	20		1	32	4	53
13	Zingl	Wolfgang	71	AUT	1	3	5				3	9

WOMEN					Race						Races No.	TOTAL POINTS
RANK	Surname	Forename	Year	Nat.	1 M-A	2 G-H	3 S-T	4 M-Z	5 C-S	6 H-B		
1	Confortola	Antonella	75	ITA	100		80		100	100	4	380
2	Zatorska	Izabela	62	POL		100	100	100		60	4	360
3	Gassmann	Daniela	64	SUI		60	60	80		80	4	280
4	Jurisc	Veronika	77	CRO		45	40	45	50	36	5	180
5	Melicherova	Ludmila	64	SVK		32	50	36		50	4	168
6	Kapuscinsky	Marion	67	AUT	32	36	32		40	40	5	148
7	Buss	Steffi	75	GER			45	50		45	3	140
8	Bellorini	Ombretta	67	ITA	20	16		13	18	16	5	70
9	Orlic	Antonija	77	CRO			13	8	15	11	4	47

KEY					Race		
1	M-A	Monte Altissimo	22 June	Borno	Italy		
2	G-H	Grossglockner	20 July	Heiligenblut	Austria		
3	S-T	Schlickeralm	3 August	Telfes	Austria		
4	M-Z	Matterhorn	17 August	Zermatt	Switzerland		
5	C-S	Challenge Stellina	24 August	Susa	Italy		
6	H-B	Hochfellen	5 October	Bergen	Germany		

WMRA CALENDAR OF INTERNATIONAL MOUNTAIN RACES 2004

Major Events				WMRA Affiliated events in Europe (cont)			
Date	Event	City	Country	Date	Event	City	Country
04.07.04	3rd EAA Mountain Running Championships apuch@poczta.onet.pl andrzej-puchacz@wl.pl	Korbielow	Poland	30.05.04	1st International "Rock of Gibraltar" Mountain Race francar@gibnynex.gi		Gibraltar
04.07.04	1st NACAC Mountain Running Championships mortiz@vailrec.com	Vail-Colorado	USA	24.07.04	29th International Snowdon Race ken.jones@snowdon-race.freemove.co.uk	Llamberis	Wales
08.08.04	WMRA Long Distance Mountain Running Championships (Sierre-Zinal) Zinal@sierre-annivers.ch info@sierre-zinal.com	Zinal	Switzerland	22.08.04	22nd Matterhornlauf matterhornlauf@zermatt.ch	Zermatt	Switzerland
28.08.04	4th WMRA Masters World Championships comsauze@tin.it	Sauze d'Oulx	Italy	22.08.04	26th International Kitzbueheler Horn info@kitzbuehel.com	Kitzbuehel	Austria
04.-05.09.04	20th World Mountain Running Trophy comsauze@tin.it ufficio.segreteria@comune.sauzedoulx.to.it	Sauze d'Oulx	Italy	29.08.04	5th Hog's Trail Marathon dragan.jankovic@zg.hinet.hr	Zagreb	Croatia
16.05.04	15th Gara Internazionale Terlano - Meltina info@berglaufmoelten.com	Meltina	Italy	24.10.04	47th Trofeo "E. Vanoni" (International relay) bottafamily@tiscali.it giacbot@hotmail.it	Morbegno	Italy
18.07.04	5th Großglocknerlauf International info@heiligenblut.at heide.pichler@heiligenblut.at	Heiligenblut	Austria	WMRA Affiliated events outside of Europe			
01.08.04	14th Schlickeralm-Berglauf E.Kuenz@tirol.gv.at	Telfes	Austria	19.06.04	44th Mt. Washington Hill Climb racetime@gsrs.com	New Hampshire	USA
22.08.04	16th Challenge Stellina info@atleticasusa.it Staff@atleticasusa.it	Susa	Italy	21.08.04	49th Pikes Peak Ascent ron.ilgen@mci.com	Manitou Springs (Colorado)	USA
26.09.04	31st Hochfellen-Berglauf SC-Bergen@gmx.de	Bergen	Germany	22.08.04	49th Pikes Peak Marathon ron.ilgen@mci.com	Manitou Springs (Colorado)	USA
09.10.04	25th Smarna Gora International webmaster@smarnagora.com tomo.sarf@helios.si	Ljubljana	Slovenia	02.10.04	18th Mt. Kinabalu Climbathon (Women) balwant@sabahtourism.com	Sabah	Malaysia
WMRA Affiliated events in Europe				03.10.04	18th Mt kinabalu Climbathon (Men) balwant@sabahtourism.com	Sabah	Malaysia
20.05.04	24th La Montée du Grand Ballon p.jah@dna.fr	Willer sur Thur	France	27.11.04	Obudu International Mountain Race ng@infoweb.abs dngerem@yahoo.com	Calabar	Nigeria
23.05.04	20th Intern. Gamperney Berglauf rmueller@physioweb.ch	Grabs	Switzerland				

Trofeo Valle Camonica, Borno



Natalie White (ENG)

30th Hochfeln-Berglauf, Bergen (GER)



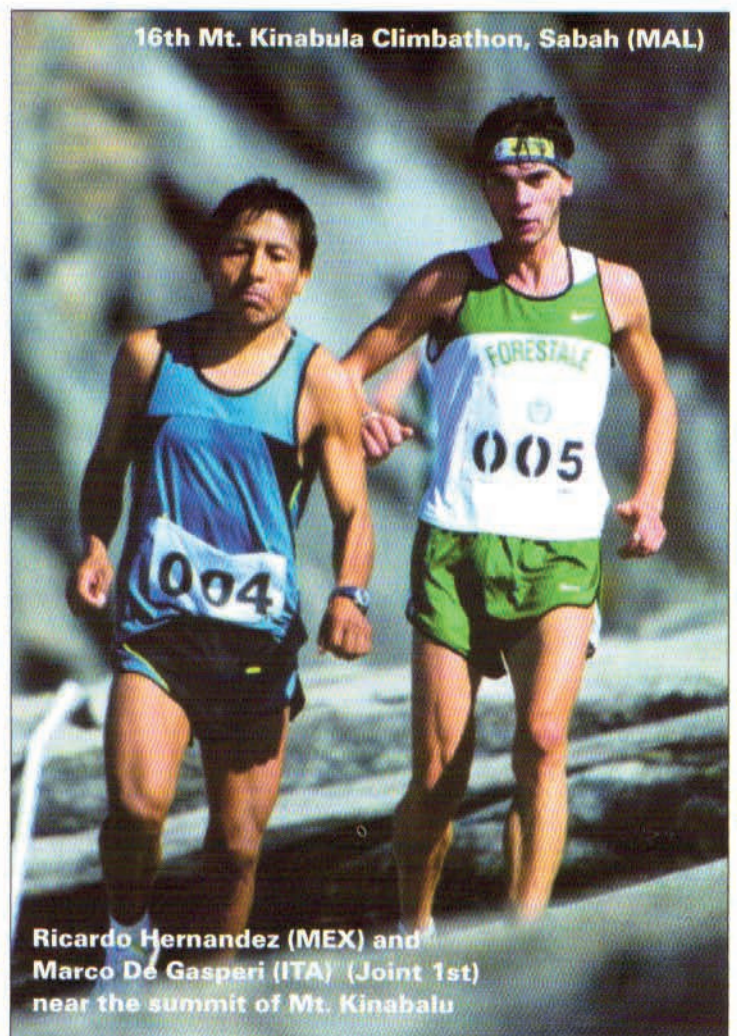
Alaska was not the only place to experience blizzards last summer

15th Challenge Stellina, Susa (ITA)



**Jonathon Wyatt
Grand Prix Winner**

16th Mt. Kinabula Climbathon, Sabah (MAL)



**Ricardo Hernandez (MEX) and
Marco De Gasperi (ITA) (Joint 1st)
near the summit of Mt. Kinabalu**



WORLD MOUNTAIN RUNNING TROPHY

4th - 5th September 2004

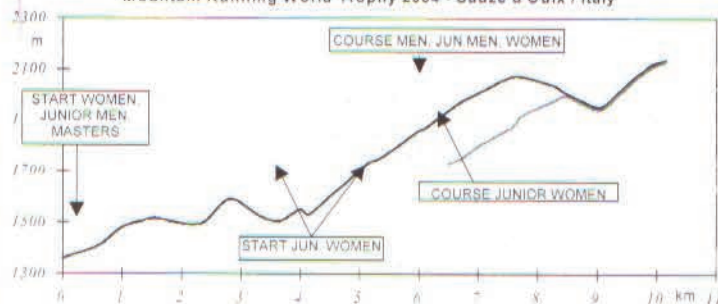
MASTERS WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

28th August 2004

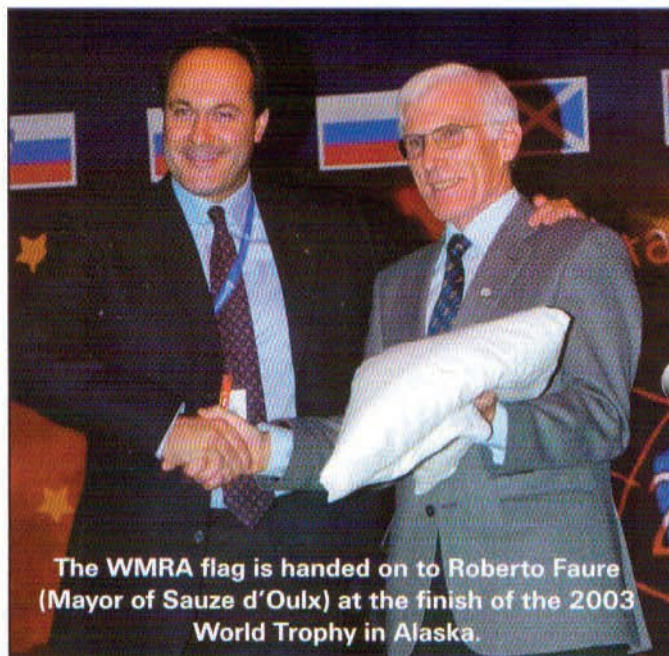
Sauze D'Oulx, Italy

Webpage: www.wmrt2004.info

Mountain Running World Trophy 2004 - Sauze d'Oulx / Italy



Categories	Start	Finish	Length	Total Ascent	Descent
Course >>A<< Junior Women	Clotes, 1360m	Sportina 2137m	3,6km	447m	60m
Course >>B<< Women, jun.men; master	Sauze Centre, 1510m	Sportina 2137m	8,5km	857m	250m
Course >>C<< Men	Jovenceaux 1360m	Sportina 2137m	10,1km	1017m	250m



The WMRA flag is handed on to Roberto Faure (Mayor of Sauze d'Oulx) at the finish of the 2003 World Trophy in Alaska.



26th Annual Teva Vail HillClimb 2004 NACAC Mountain Team Championships



Sunday, July 4
Vail, Colorado, USA

8:30 a.m.

www.vailrec.com

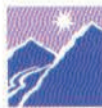
970.479.2280



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