

ICMR

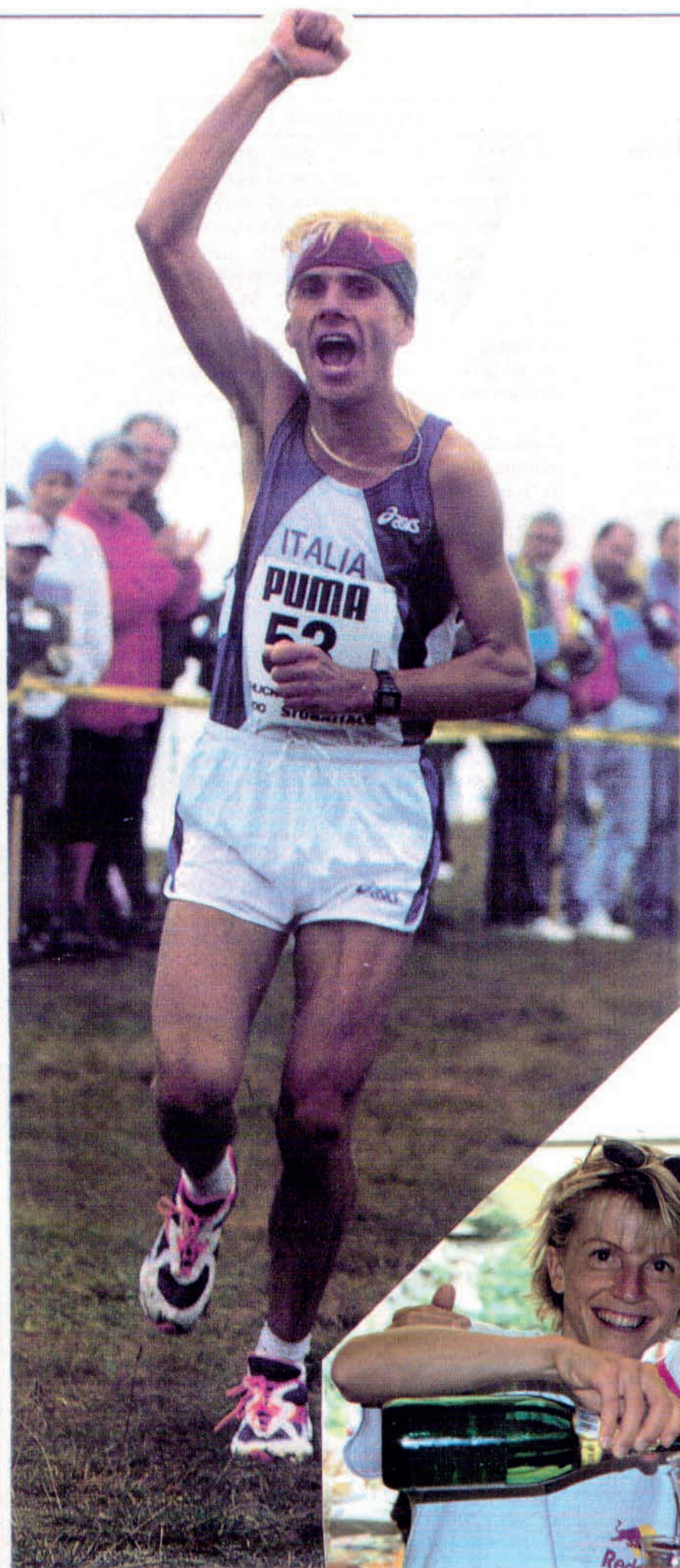
NEWSLETTER

ISSUE No. 2
MAY 1997



*Antonio Molinari(Italy) 1996
World Mountain Running Champion*

*Gudrun Pfluger(Austria) 1996
World Mountain Running Champion
celebrates with ICMR president
Danny Hughes*



FOREWARD

Assembling material for an international publication is not easy. A successful issue depends on the enthusiasm and co-operation of those involved in international mountain running. It also depends on good communications using personal relationships as well as all the modern technology such as Computers, Fax, and E Mail. So my first comment is an appeal to all you key people to supply me with material that might be of interest to the international mountain running community.

I am looking for important race results (with good photographs); profiles of national champions and other leading athletes; news of the development of mountain running in your country; and of course any ideas you have for promoting the sport world-wide.

The newsletter can also be used to publicise your important national events.

ICMR are again issuing the newsletter free of charge and look to recovering some of the cost in the future from advertising revenue and by the registration of international races as ICMR associate members.

There is no copyright so please feel free to photocopy and distribute more widely in your own country.

The next issue will be October 1997.

Copy should reach me by 30th September 1997.

HEALTH REPORT

My non appearance in Telfes for the 1996 Trophy due to illness caused many enquiries as to my state of health.

Normally fit enough to run (slowly!) in the open race, sickness on the scale I have just experienced was a shock both to me and to friends.

My wife Norma had to drive me back home from Switzerland, en route for Telfes, when the symptoms of the illness became apparent.

Immediate hospitalisation and subsequent tests revealed that I had a rare disease, a variant of a neurological illness called Guillain-Barre Syndrome. In this illness my own immune system was attacking healthy material in the peripheral nerves. The result of this was immobilisation and loss of control of the normal motor functions so that before treatment commenced I was reduced to a wheelchair, had difficulty swallowing, speaking, holding, and had a sensation of fizzing over the

surface of the face hands and feet. All most unpleasant!

The cause of this illness is unknown, but it is thought to be triggered by a virus which is unconnected with the condition.

Very fortunately for me the doctors were able to bring the immune system under control using steroids. Also the damaged nerves are slowly repairing themselves.

Now I am exercising every day, biking and some easy jogging to build up my strength.

All being well my course of medication will be complete by July.

Finally a big thankyou to all of you who kindly enquired as to my progress. The 'Get Well' poster which Lyndon Ellefson organised and which many of you signed, was a great encouragement at a crucial time in the early stages of the illness.

I hope to see many of you in Czech Republic in September and wish you well in all your preparations.

Danny Hughes.

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PROFILE OF A CHAMPION - ANTONIO MOLINARI ITALY.

The victory of Antonio Molinari in the 1996 World Trophy (Telfes, Austria) was no surprise to those who know this determined and exuberant exponent of the fine sport of mountain running. He is usually an easily recognised figure due to his brightly coloured hair! And when not on the running course by his leading in the celebrations and partying that invariably accompany his exploits. He is unmarried but from observations at mountain running events seems to have no shortage of female admirers!

Born in 1967 he lives in the small village of Civezzano in the Trento region of northern Italy. Being situated close to the mountains he naturally developed a love of the mountain scenery and atmosphere so it was inevitable that as his athletic talent became apparent he should choose to practice it in running through the inspiring countryside and over the mountains of his youth.

Although he finished 7th in the world trophy junior event in 1986, it could not be envisaged that he would achieve the premier position in the world ten years later. His rise to the top has not been a smooth one. He incurred an injury in 1989 that resulted in missing almost two full seasons. However he became the Italian champion in 1993, a year in which he was 12th in the world trophy. Then followed impressive performances in the world trophy events of 1995 and 1995 when he was 2nd and 4th, and eventually, as a result of great determination, resolution and talent, 1st in 1996.

Since the 1996 event was uphill only, it remains for Antonio to prove his all-round champion quality by winning this years up/down event in the Czech republic, no easy task with the standard of competition increasing year by year. Only Gudrun Pfluger has won on both types of course in the history of the World trophy.



Molimari finishing first in the 1996 World Trophy

Photo- Kurt Brumbauer

ICMR NEWS FLASHES.

The European Athletic Association, Patrons of the European Mountain running Trophy, have given a grant of 5000 Swiss Francs for travel assistance.

The IAAF travel grant for 1997 remains at \$15,000 US as it has been for several years. An application for an increase in this assistance has been made.

The IAAF did not support a request, arising from the 1996 annual ICMR meeting, for mountain running to be a demonstration event in the 2000 Olympics.

The contract of agreement between ICMR and the French federation for the 1998 World Trophy has been agreed but not yet signed. Written confirmation of the transport arrangements between Paris and La Reunion are still awaited.

Johannes Mayer, Secretary ICMR, has indicated his desire to stand down from this post after the 1997 annual meeting due to professional commitments.

IAAF have published a distance running handbook for the use of event organisers. It contains details of the requirements for organising an international event. The mountain running section will be of value for those planning mountain races.

An ICMR data base, consisting of the names and addresses of those chosen to represent their country in either the European or World trophy events, is to be assembled starting with the event in Ebensee. It will be updated regularly and it is expected to have about 300 names on it at any one time. Athletes on the data base will receive certain ICMR communications direct.

We still await confirmation of details of the transport arrangements from Paris to La Reunion for the 1998 World Trophy from the French Federation.

1997 WORLD MOUNTAIN RUNNING TROPHY.

The

There will also be an open race over the mens Trophy course before the main event takes place. Unlike the casual cross country race that is sometimes staged at World cross country championships, this is a serious event attracting 300 to 400 runners, all anxious to measure their performance against that of the selected elite. Anyone wishing an introduction to the sport could do no better than visit Male for this event. The contact address of the local organiser is TJ Maratonstav, Palackeho 348, 542 32 Upice, Czech Republic.

The 1997 world Trophy, under IAAF patronage, takes place in the Czech Republic on 7th September. The event will be centred on the cosy and picturesque village of Male Svatonovice at the foot of the Hawk Mountains. Local organisers are the sports club Maraton-stav Upice, under the Czech AAA who this year celebrate their 100th anniversary.

This year the races start and finish on the same level, involving both ascent and descent. The course profile gives some indication of how demanding the races will be, testing not only the strength and stamina demanded by uphill running, but also the skills, fast reactions, concentration and speed demanded by the downhill sections. The mens course involves three ascents/descents, the women and junior men two, and junior women one. This is the first year that junior women have been included in the championships.

The ladies race favourite must once again be the Austrian Gudrun Pfluger who has proved her versatility in all types of mountain races by wining for the past 3 years. Her great rival Isabelle Guillot of France is bound to be in close contention again as she leads a French contingent likely to repeat their team victory of 1996.

In the mens race the Italians look unassailable. They are fearless 'descenders' so the current world champion Antonio Molinari, the outstanding winner on the uphill course in Telfes last year should be capable of repeating that feat on the 1997 up/down course. His main challengers are likely to be from his own countrymen, Severino Bernardini, runner up last year and Lucio Fregona the 1995 champion who is very strong on up/down courses. Two times champion Helmut Schmuck (Austria), and third last year can be ruled out since he has little appetite for the downhill sections, but some challenge to the Italians will come from 1995 runner up Tommy Murray from Scotland and Andrew Peace from England, Both of whom are respectable climbers but world class descenders.

Readers should note that under the ICMR rules governing the world trophy races, entry is by selection to represent the national team, similar to that which applies to the world cross country championships. Mountain runners in countries who do not send teams are encouraged to approach their own federations to bring the event to their notice and enter a team. A record 30 countries were represented last years World trophy in Telfes, Austria.

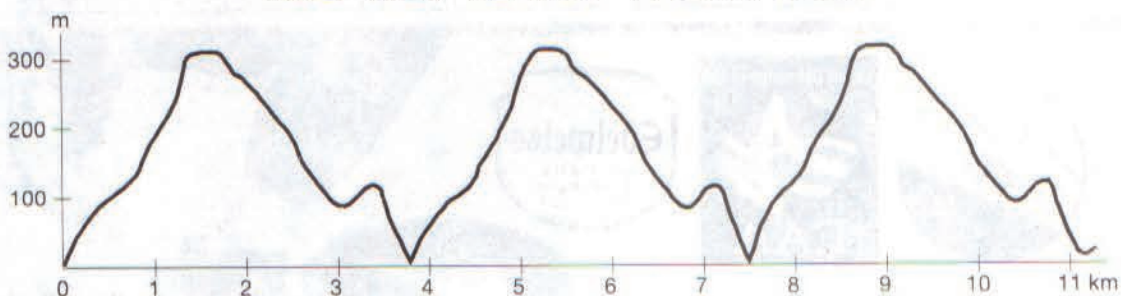


J-PAUL PAYET (France)	
World Trophy	1990- 8th
	1991- 2nd
	1992- 2nd
	1993- 41st
	1994 - 13th
	1995 - 12th
	1996 - 7th

MUZI - MEN - HERREN - 11160 m / 900 m

Ladies and Junior men make two ascents.

Junior Ladies make one ascent only.



European Mountain Running Trophy



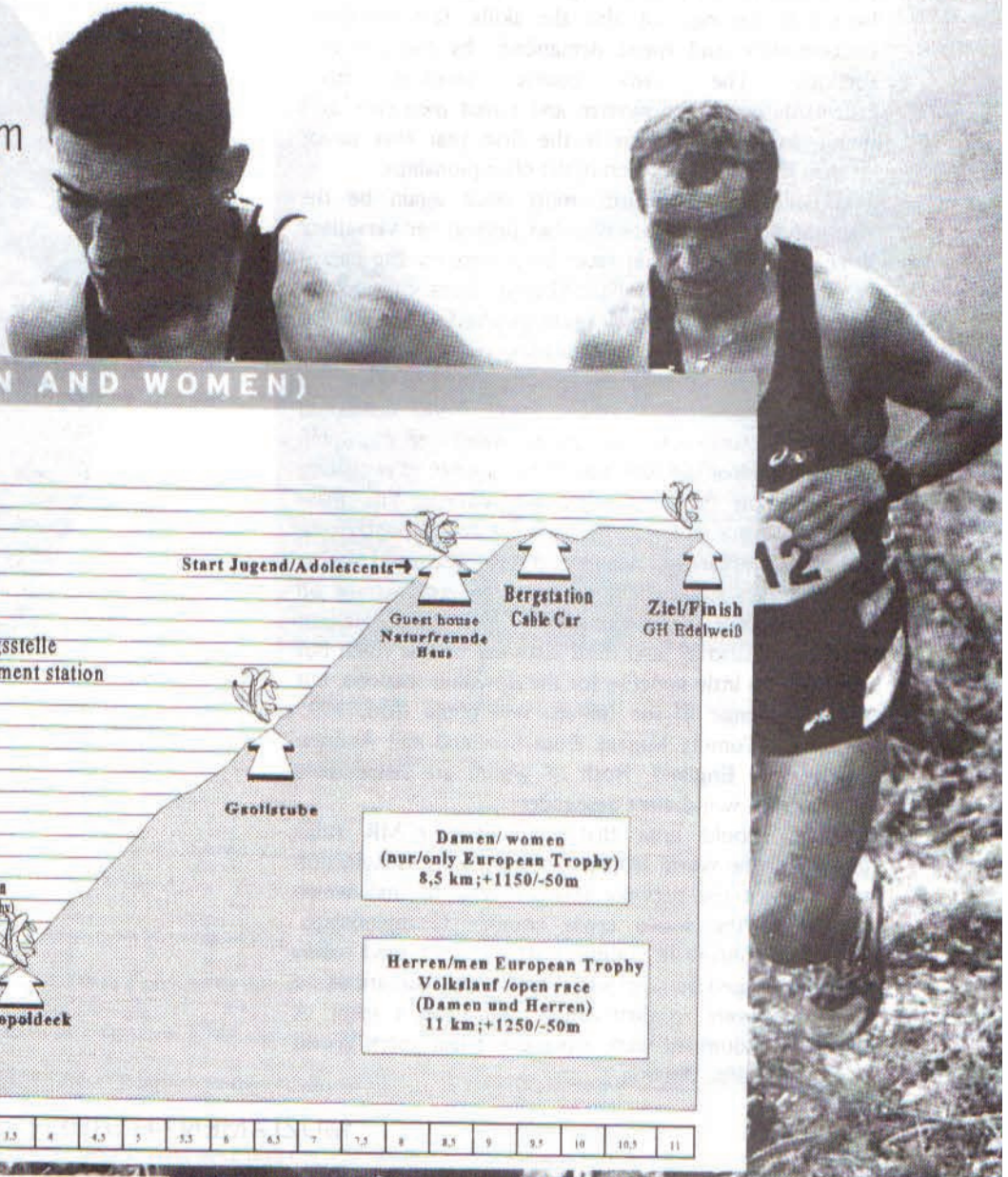
Berglauf Europameisterschaft

2. Int. Nike Feuerkogel Berglauf

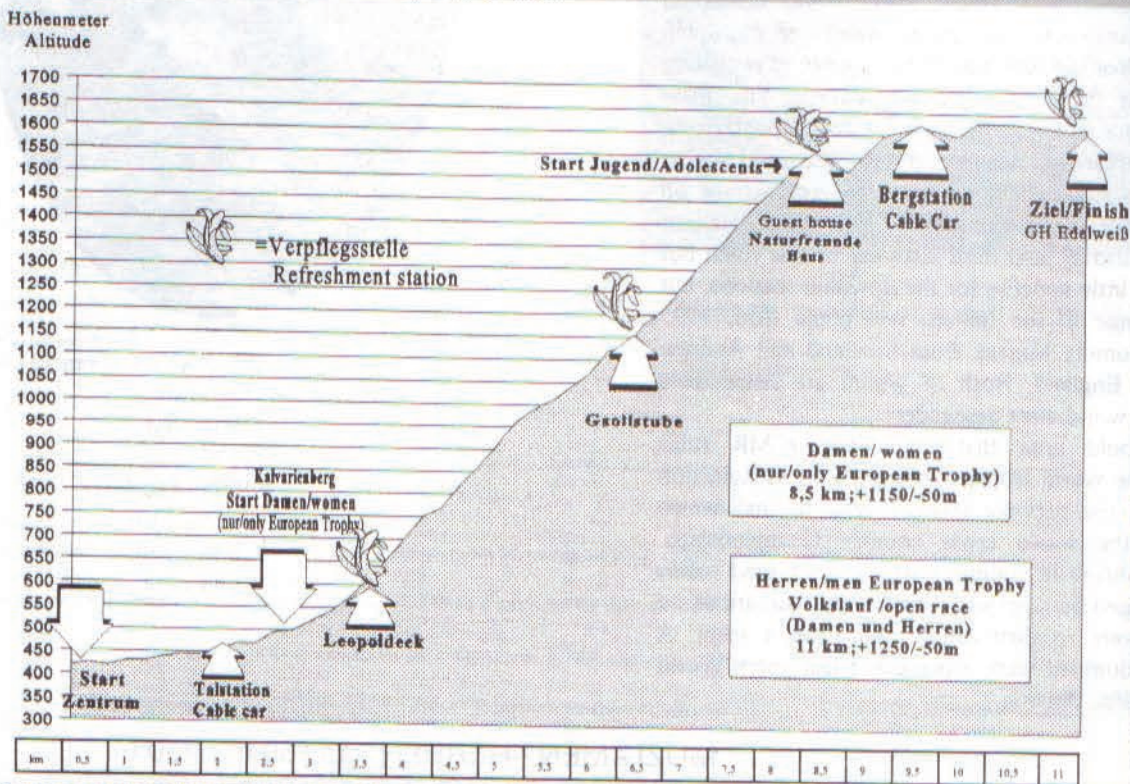
Ebensee/Upper Austria

4. – 6. Juli '97

Streckenlänge 11 km
 Höhenunterschied 1200 m
 Jugend- und Schülerlauf
 auf verkürzter Strecke



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the annual of the authors
Wilfried Ratz and Wolfgang Münzel

dates - meeting-profiles - training - statistics

date of issue:
1. March 1997

Berglauf-Journal '97



WOLFGANG MUNZEL

*Joint editor of the berglauf
journal competing in the 1996
Matterhornlauf (Zermatt).*

*Wolfgang is a member of the
ICMR Technical committee
and coach for the German
team*

*The journal is essential for
anyone wishing to have
details of many mountain
races in continental Europe
covering Germany,
Switzerland, Austria, France,
Italy, Czech Republic, Poland,
Holland.*

Photo-Winfried Stim

RESULTS
Mountain Running World Trophy 1996

SENIOR MEN (First 20)

1. Molinari, Antonio	67	ITALY	56:21
2. Bernardini, Severino	66	ITALY	58:42
3. Schmuck, Helmut	63	AUSTRIA	59:25
4. Schatz, Peter	58	AUSTRIA	59:27
5. Strong, Aaron	72	NEW ZEALAND	59:28
6. Fregona, Lucio	64	ITALY	59:33
7. Payet, Jean Paul	60	FRANCE	59:36
8. Raim, Ladislav	64	CZECH REPUBLIC	59:42
9. Peace, Andy	68	ENGLAND	59:45
10. Bertolla, Costantino	63	ITALY	1:01:27
11. Dunham, Dave	64	USA	1:01:28
12. Murray, Tommy	61	SCOTLAND	1:00:14
13. Matanin, Marcel	73	SLOVAKIA	1:00:30
14. De Jesus Mendes, Jaime	62	FRANCE	1:00:41
15. Tikhonov, Leonid	56	RUSSIA	1:00:45
16. Icart, Thierry	68	FRANCE	1:00:56
17. Galliano, Massimo	74	ITALY	1:01:06
18. Dold, Guido	63	GERMANY	1:01:13
19. Quinn, Robert	65	SCOTLAND	1:01:26
20. Hartmann, Patrick	75	SWITZERLAND	1:01:36

SENIOR WOMEN (FIRST 20)

1. Pfluger, Gudrun	72	AUSTRIA	40:56
2. Guillot, Isabelle	61	FRANCE	41:09
3. Lallemand, Catherine	79	BELGIUM	41:18
4. Zatorska, Izabela	62	POLAND	41:39
5. Gaviglio, Flavia	63	ITALY	41:52
6. Heasman, Heather	63	ENGLAND	42:21
7. Rota-Gelpi, Rosita	73	ITALY	42:38
8. Payet-Javerzac, Martine	64	FRANCE	42:53
9. Mura, Evelyne	62	FRANCE	43:22
10. Hulley, Angie	62	ENGLAND	43:27
11. Roberti, Maria Grazia	66	ITALY	44:06
12. Van Der Linde, Marian	72	NETHERLANDS	44:07
13. Buckley, Ann	67	ENGLAND	44:31
14. Ravizza, Matilde	71	ITALY	44:55
15. Baumgartner, Johanna	60	GERMANY	44:57
16. Fairfax, Louise	51	AUSTRALIA	45:04
17. Berg, Lee	62	NEW ZEALAND	45:10
18. Pupaza, Irina	71	RUSSIA	45:38
19. Angharad, Menna	57	WALES	45:47
20. Hebelkova, Dita	76	CZECH REPUBLIC	45:49

JUNIOR MEN (FIRST 8)

1. De Gasperi, Marco	77	ITALY	37:31
2. Mosca, Alberto	78	ITALY	38:27
3. Van de Meerssche, Jerome	78	BELGIUM	38:47
4. Eberle, Lukas	78	SWITZERLAND	38:52
5. Bialek, Martin	78	SLOVAKIA	38:54
6. Losman, Petr	79	CZECH REPUBLIC	38:59
7. Davies, Tim	77	WALES	39:17
8. Manzi, Emanuele	77	ITALY	39:27

TEAM RESULTS
Mountain Running World Trophy 1996

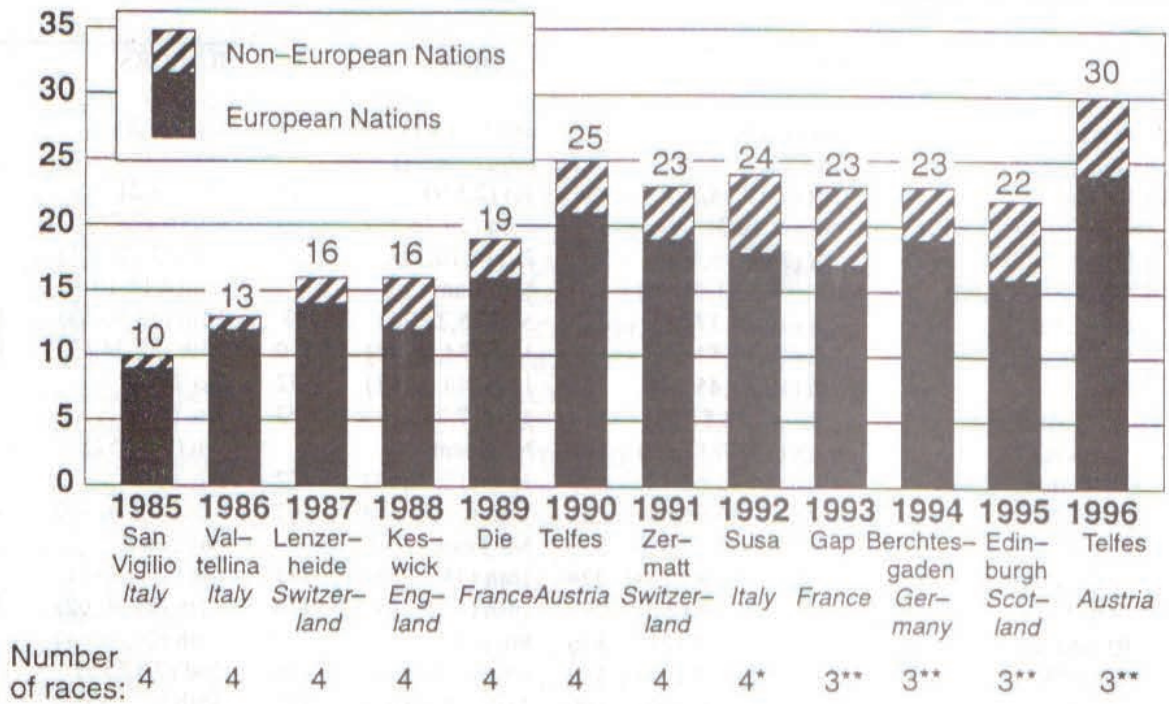
	MEN		LADIES		JUNIORS	
ITALY	1st (1,2,6,15)	24	2nd (5,7,11)	23	1st (1,2,8)	11
AUSTRIA	2nd (3,4,22,28)	57	6th (1,30,40)	71	8th (9,25,34)	68
FRANCE	3rd (7,12,14,32)	65	1st (2,8,9)	19	7th (14,21,30)	65
CZECH REPUBLIC	4th (8,30,31,44)	113	10th (20,38,46)	104	4th (6,23,24)	53
ENGLAND	5th (8,26,36,49)	123	3rd (6,10,13)	29	10th (22,29,31)	82
SWITZERLAND	6TH (20,33,35,36)	124	No Team		3rd (4,15,19)	38
GERMANY	7th (16,34,37,38)	125	5th (15,22,26)	63	16th (53,56,58)	167
SCOTLAND	8th (10,17,53,59)	139	13th (34,37,48)	119	13th (32,44,47)	123
USA	9th (19,41,45,47)	152	17th (44,47,61)	152	No Team	
N. ZEALAND	10th (5,42,51,66)	164	4th (17,21,25)	63	No Team	
SLOVAKIA	11th (11,50,55,69)	185	No Team		9th (5,17,52)	74
NETHERLANDS	12th (25,46,60,78)	209	15th (12,52,58)	122	No Team	
SLOVINIA	13th (27,63,65,68)	223	11th (24,32,51)	107	12th (27,46,48)	121
KENYA	14th (23,52,79,82)	236	No Team		No Team	
IRELAND	15th (24,76,85,89)	274	16th (33,42,56)	131	6th (10,11,41)	62
POLAND	16th (48,70,81,96)	295	14th (4,55,60)	119	14th (37,40,62)	139
RUSSIA	17(13,90,112,121)	336	8th (18,31,45)	94	11th (20,33,43)	96
WALES	18(54,87,103,105)	349	9th (19,36,41)	96	2nd (7,12,16)	35
N.IRELAND	19(80,95,106,109)	390	18th (35,69,72)	176	15th (42,55,61)	158
HUNGARY	20(86,97,114,120)	417	19th (63,64,66)	193	No Team	
LATVIA	21(101,108,113,115)	437	No Team		No Team	
BELARUS	22(98,104,130,131)	463	No Team		No Team	
SAN MARINO	23(99,116,123,129)	467	No Team		No Team	
AUSTRALIA	No Team		6th (16,28,29)	73	No Team	
BELGIUM	No Team		12th (3,39,67)	109	5th (3,18,38)	59
ISRAEL	No Team		20th (71,73,74)	218		

OVERALL NATIONAL POSITIONS

The following positions have been calculated by awarding 26 points for a first team position (26 countries managed to finish a complete team in at least one of the categories), 25 for a second team position, and so on. Then adding the points together. For example Italy score 26 (men), 25 (women), 26 (junior) making 77 points in total. This suggestion for arriving at an overall position and thus giving a good indication of a countries strength in mountain running, has no official standing and is merely offered for interest.

1. ITALY	77	14. BELGIUM	37
2. FRANCE	70	POLAND	37
3. AUSTRIA	65	16. SLOVAKIA	34
4. CZECH REPUBLIC	63	17. N.IRELAND	29
ENGLAND	63	18. USA	28
6. GERMANY	53	19. NETHERLANDS	27
7. WALES	52	20. AUSTRALIA	21
8. SCOTLAND	47	21. HUNGARY	15
9. SWITZERLAND	45	22. ISRAEL	7
RUSSIA	45	23. LATVIA	6
SLOVINIA	45	24. BELARUS	5
12. IRELAND	44	25. SAN MARINO	4
13. NEW ZEALAND	40		

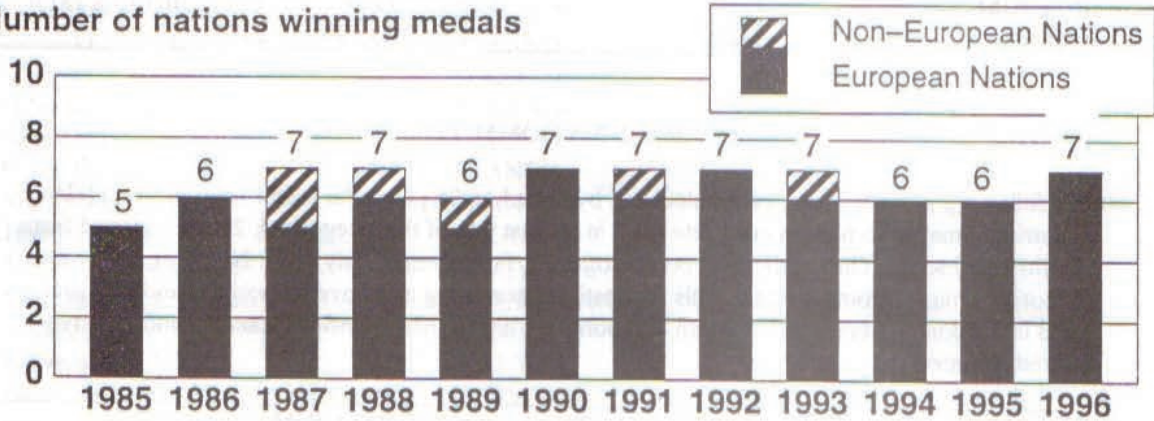
Mountain Running World Trophy – Number of Classified Nations 1985–1996



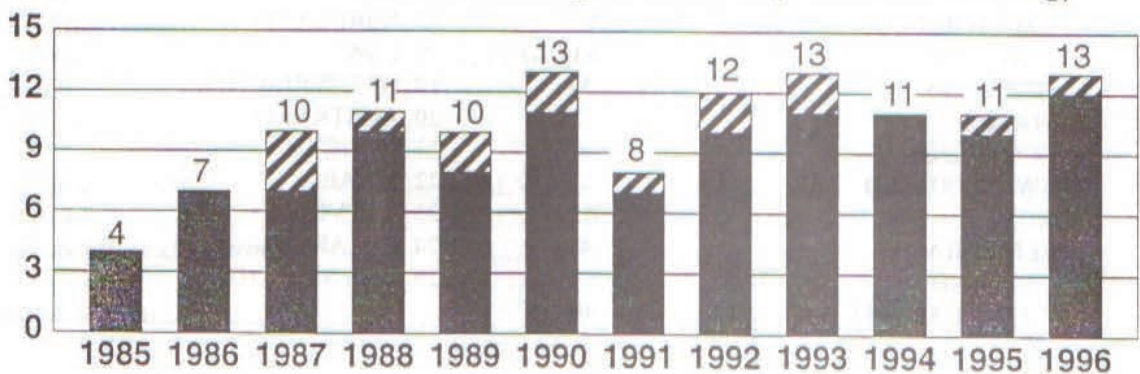
* The junior women's race at Susa (test race) is not included.

** Only one men's race from 1993 onwards (the rules being assimilated to those of the IAAF Cross-Country World Championships)

Number of nations winning medals



Number of nations with athletes among the first 10 (individual ranking)



REGISTERED ICMR MOUNTAIN RACES

1996 RESULTS.

Kitzbüheler Horn

Men.	1. Mezulianik Zdenek	CZE	58.38.
	2. Ten Kate Marti	NED	60.01.
	3. Dunham Dave	USA	60.12
Ladies.	1. Leveque B.O	FRA	74.14
	2. Hebelkova Dita	CZE	75.54
	3. Schlezingerova.R	CZE	77.47

Smarna Gora.

Men.	1. Fregona Lucio	ITA	40.57
	2. Matanin Marcel	SLO	41.50
	3. Salamun Igor	SLO	42.32
Ladies	1. Vivod Silva		49.49
	2. Hizar Ines		53.20
	3. Trobec Marija		55.47



19. Int. Kitzbüheler Horn- Bergstraßenlauf

12.9 km "IÖLC-Cup"
IAAF-ICMR Run, 1.234 m ü. NN

Premiere: Veteranen-WM

Grand Prix von Österreich


Sonntag, den 24. August 1997
um 9.00 Uhr

Schüler- und Nachwuchswettbewerbe auf verkürzter Strecke über 2.4 km

Ehrenpreise: ca. 200 Pokale und sportliche Sachpreise - Erinnerungspräsent und Ergebnisliste für alle Teilnehmer - Herrliche Asphaltstrecke - Startnummer und Ergebnisliste für alle Teilnehmer!

Information, Ausschreibung und Anmeldung bei: LSV Kitzbühel, Franz Puckl, Kaiserweg 111/2, A-6353 Going a. W. K., Telefon 05358 - 25 90; Telefax (über TVB Going) 05358 - 35 01

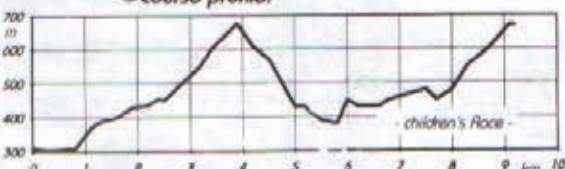
Zimmerinformation: TVB Kitzbühel, Telefon 05356 - 22 72 oder 21 55
Kitzbühel ist auch im Sommer eine Reise wert, verbunden mit einem Laufurlaub in unseren herrlichen sanften Bergen. Sie werden begeistert sein! Größter und schönster Berglauf im österreichisch-deutschen Alpenraum. Der Bergklassiker EUROPAS für alle Läufer - einem Marathonlauf mehr als gleichzusetzen, aber in der guten Luft unserer Bergwelt!



Mountain running in Slovenia?
Why not?
The Šmarna gora Race -
the most popular mountain running race on the sunny side of the Alps, only 10 km from the centre of Ljubljana, the capital of Slovenia; the fifth year the final race of Slovenian Cup in mountain running.

- ⇒ 18 years tradition,
- ⇒ memorial gifts for each competitor,
- ⇒ accommodation for national teams,
- ⇒ wealthy prizes and special medals for the best runners in each of 12 categories,
- ⇒ traditional good organisation,
- ⇒ course record: 40:09 (Lucia Fregona-1995),
- ⇒ entry deadline: September 20, 1997,
- ⇒ information: tel.: 00 386 61 50 460 (Toma Šarf, president of Slovenian MR organisation).

⇒ **Course profile:**



The Šmarna gora Race is an official ICMR race.



Fregona (Italy) Winner 1996

HOW HIGH ?

The question of safety when racing at high altitude is of paramount importance for both race organisers and for competitors.

The advent of the so called SKYRUNNING movement, which promotes mountain races at altitudes much in excess of those normally encountered, calls into question the wisdom of competitors exposing themselves to the risk of damage to health. It is claimed that over the past 3 years much has been learned and published on the physiological effects of such competition. With races reaching maximum altitudes of over 4000 meters it is essential that such information is fed into the mainstream of athletics medicine.

The following extract from the 'Olympic Book of Sports Medicine' (an IOC publication) is the latest considered conclusion on the question of racing at altitude

'Despite the paucity of medical problems which have been encountered during competitions at high altitude, the potential dangers of altitude competition are a continuing concern of sports physicians.....

However, both practical experience and theoretical considerations support the position of the International Federation of Sports Medicine that problems attributable to altitude are unlikely below 2300m. Between 2300m and 3000m there is an increasing chance that the more vulnerable competitors could develop mountain sickness, pulmonary oedema, cardiacarrhythmias and cerebral hypoxia.

On PRESENT knowledge the likelihood of occasional incidents above 3000m seems sufficient to justify the categorical prohibition of major competitions in such an environment'

This opinion was published in 1988 so some updating in the light of further evidence may be necessary. In the meantime ICMR prefers to err on the side of caution.

HOW LONG ?

The ICMR Technical committee debated at length, during its meeting in January, the question of the ladies World Trophy course, and whether or not it should be modified to be the same as that used by the men.

It was evident to them that the mens course could be used by the women also, and for those properly trained for the longer distance and climb, it would present no problem other than the longer time which would be taken. It was recognised that womens performance does indeed come closer to that of men as the distance is increased.

However, the question for the committee was not the ability of trained women to compete on the mens course, but what kind of competition should the womens world mountain be. Should it be a short sprint type event, or a long marathon type event. In an ideal world all abilities would be catered for and it would require several races to satisfy them.

It was noted that the longer distances tended to be favoured by older women for the natural reason that stamina increases with age while speed tends to decrease. Therefore the danger for the development of womens mountain running (a department which is notoriously weak even in the major mountain running countries) would be that junior ladies may be lost to the sport as they entered the senior ranks because of the sudden large increase in the stamina effort demanded of them

The Technical committee therefore came to a unanimous conclusion that the current parameters of distance and height for the womens world trophy represented a fair compromise between a pure speed event and a pure stamina event, and one which would not discourage younger athletes coming into the sport. This opinion had the firm support of the IAAF delegate who had experienced a similar debate over the womens world cross country distance.

ISABELLE GUILLOT
*Winner
European Trophy
Snowdon
1996*

Photo - Robert Howard



LETTERS FROM AROUND THE WORLD

AUSTRALIA. John Harding writes:

An Australian Mountain Running Association is to be created. Its objectives will be the development of mountain running in Australia through co-ordination of events, a national information service, publication of a quarterly newsletter, sponsorship of championships and other major events, and an increased Australian presence in the World Trophy event.

The new Association will also aim to be the main advocate, on behalf of Australian mountain runners, with Athletics Australia, ICMR, Government and private sector organisations, and organisers of mountain races.

UKRAINE. Alexander Reyer writes:

Life in our country is full of problems. We had a lot of troubles in our family at the end of 1996. The main one was a wound which Andrey (who ran in the European Trophy at Snowdon in 1996) sustained during a fight with robbers. The situation was very dangerous because he lost a lot of blood. Now he is OK and full of hunger for mountain races. As a result I have changed my activities from ultramarathons to mountain running. As a result there is much interest in the Ukrainian Athletic federation to develop interest in the sport.

We will organise the first Ukrainian Mountain Running Championship in June 1997. Although we are short of money we will do everything possible to take part in the ICMR World Trophy in the Czech Republic in September.

AUSTRIA. Gudrun Pfluger writes:

Danny, your engagement in publishing news and results for mountain running is very important to introduce our sport to more people and make it more popular.

I can just support the initiative to adapt the womens world trophy course to that of the men. I think that in competitive sport, it is time that men and women are treated equally.

SLOVENIA. Tomo Sarf writes:

What is going on in the field of mountain running in Slovenia? 'everything is under control!' We are concentrating on four main areas. (1) Organising more mountain races. This year the Slovenian cup has 5 races and in addition there are 30 local races outside the cup competition. We are working with organisers to teach them how to stage 'serious' mountain races in accordance with ICMR rules.

(2) working with competitors, especially the young, giving advice and coaching in the sport.

(3) Publishing an annual information booklet 'INFORMATOR', which reviews past events, gives details of the coming season, and contains advice for race organisers.

(4) Raising money to further the development of the sport in Slovenia and to compete internationally.

MOUNTAIN RUNNING GRAND PRIX.

After agreeing the rules and conditions which would apply to an ICMR Grand Prix at the 1996 ICMR congress, it proved impossible to obtain the necessary sponsorship for a successful event. The Technical committee reluctantly decided that the time was not right to go ahead with the event without adequate funding.

This prompted some of the big Alpine races to attempt to set up their own Grand Prix. This effort also has met with the problem of finding a main sponsor. However, three races have managed to find sufficient money to make a start with a grand prix in 1997. The rules and conditions have been drawn up and agreed by the race organisers and are not those agreed by ICMR. Brief details are given below.

THE INTERNATIONALER DANIS-BERGLAUF GRAND PRIX

Reglement:

1. Jede(r) Athlet(in) kann am Grand Prix teilnehmen. Diese(r) muss Mitglied in Einem nationalen Verband sein. Mindestalter 18 Jahre
2. Punkte bekommen die ersten 30 Männer und die ersten 30 Frauen.
3. Alle drei Veranstaltungen kommen gleichmassen in die Wertung.
4. Punkte.

PLATZ	PUNKTE	PLATZ	PUNKTE	PLATZ	PUNKTE
1	100	11	24	21	10
2	80	12	22	22	9
3	60	13	20	23	8
4	50	14	18	24	7
5	45	15	16	25	6
6	40	16	15	26	5
7	36	17	14	27	4
8	32	18	13	28	3
9	29	19	12	29	2
10	26	20	11	30	1

Preisgelder:

Nach Abschluss der grand prix Wertung am 28. September 1997 in Bergen Deutschland werden die folgenden Preisgelder aufgrund der höchsten Punktezahlen ausbezahlt

Herren: 1.Rang dm 2500; 2--1000; 3--800; 4--600; 5--500; 6400.

Damen 1.Rang dm 2500; 2--1000; 3--800.

The 3 races are as follows:

13.7.97 Danis Berglauf-Lenzerheide-Valbella, Schweiz.

10.4k HD 536m

Tel (++41) 081 384 34 34

17.8.97 Telfes, Austria.

11km HD 1310m

Tel (++43)05225 627 50

28.9.97 Hochfelln-Berglauf, Bergen, Deutschland.

Herren 8.9k HD 1074m. Damen 5.7k HD 561m

Tel (++49) 08662 83 02

INTERNATIONAL COMMITTEE - MOUNTAIN RUNNING

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I.A.A.F. (Patrons)

FAX MESSAGE TO TOMO SARF

Dear Tomo,

I have just read your FAX. Thankyou for your complimentary remarks about the newsletter.

Regarding the three race Grand Prix, you will have noted that they have not used the ICMR letters or logo. Instead it has been termed 'International Danis-Berglauf G.P' I do not think that the words Grand Prix could be reserved for ourselves. Have you misunderstood their title?

I included the information in the newsletter, as received in German from Munzel , for two reasons. First that considerable interest has been expressed ,from athletes, in what was replacing the official ICMR event, and secondly to show goodwill towards these race organisers with a view to what might develop from their Grand Prix. You will have noted that I carefully distanced ICMR from any involvement with the event.

Having said that, I agree with your general sentiments. There is no doubt that these organisers are ambitious to promote their races, but this must not be allowed to the detriment of the international organisation **or other international races** ,and the way decisions are arrived at.

I appreciate your concern that our business is conducted properly for the benefit of mountain running everywhere and especially for the good reputation and name of ICMR.

Which leads me to raise a question with you that I have been pondering about since Johannes Mayer announced that he would be retiring as ICMR secretary at the end of his term of office in September. I have noted that you are standing to be elected to the technical committee which indicates that you want to be involved at the heart of our international development. I have also been impressed with your enthusiasm for the sport - you are there with your team at all the important events. I will be standing for ICMR president again, and if elected would like to see you elected as the new secretary. You have the benefit of speaking and writing English, and are ideally situated in Europe to promote ICMR both east and west. I think we would make a good team. I spoke to George Jeremic and he shares my opinion. If you agree to this proposal then we will campaign for election at the meeting. Of course I will be able to give you a lot of assistance and with the advent of FAX and Email communication can be cheap and quick. Perhaps we can talk further about this proposal in Ebensee.

Best wishes

Danny Hughes 23/06/97
23/06/97

CONSTITUTION OF THE INTERNATIONAL COMMITTEE FOR MOUNTAIN RUNNING

1. Objectives

- a) To promote the sport of mountain running world-wide (particularly in those regions where traditional athletics are difficult to practice).
- b) To seek full affiliation to the International Amateur Athletic Federation (IAAF).
- c) To operate within the framework of the IAAF and in accordance with its rules.
- d) To promote and draw up regulations for competitions between national teams.
- e) To encourage formal relationships between mountain runners and their national amateur athletic federations.
- f) To accept into Associate Membership of ICMR, International Mountain Races which comply with the criteria set by ICMR Technical Committee.

2. Committee

- a) The Committee shall meet at least once per year.
- b) Every registered country is permitted to nominate one person to be a member of ICMR. This nomination must be made in writing to the Secretary.
- c) The officers - President, Secretary and Treasurer - will be elected by the ICMR in 1989 and every 4 years thereafter.
- d) Each member will have one vote and decisions will be made according to the majority. The President will have a casting vote. The Secretary and Treasurer, being elected members rather than national representatives will have no vote.
- e) The ICMR will appoint a Management/Technical Committee consisting of the President, Secretary and 5 members who will be elected every 2 years.
- f) Candidates for election or re-election as officers or technical committee members must be nominated by ICMR member federations, in writing to the Secretary, at least 2 months before the date of the Annual Congress at which the election is to take place.
- g) The Management/Technical Committee will be responsible for the day to day running of the ICMR in accordance with ICMR directives.

3. Race Course Control

The Management/Technical Committee will nominate two persons who, together with a person nominated by the host country, will inspect and approve race courses.

4. Jury of Appeal

This will consist of 3 persons as follows: Two members of the Management/Technical Committee; one person nominated by the host country.

5. Finance

- a) The ICMR is empowered to raise money from member countries and other sources to enable its objectives to be achieved.
- b) The Treasurer is empowered to handle all funds of the ICMR in accordance with its directives.
- c) The Treasurer will present a statement of the financial account to the ICMR once per year.

6. Registration

- a) Registration is open to any national organisation which -
 - a) promotes or controls mountain running, and,
 - b) is affiliated through its national athletic federation to IAAF.
- b) Registration is not open to individuals or non-national teams or associations.
- c) All countries wishing to take part in the affairs of ICMR will pay an annual registration fee, the value of which will be determined from time to time by ICMR.