

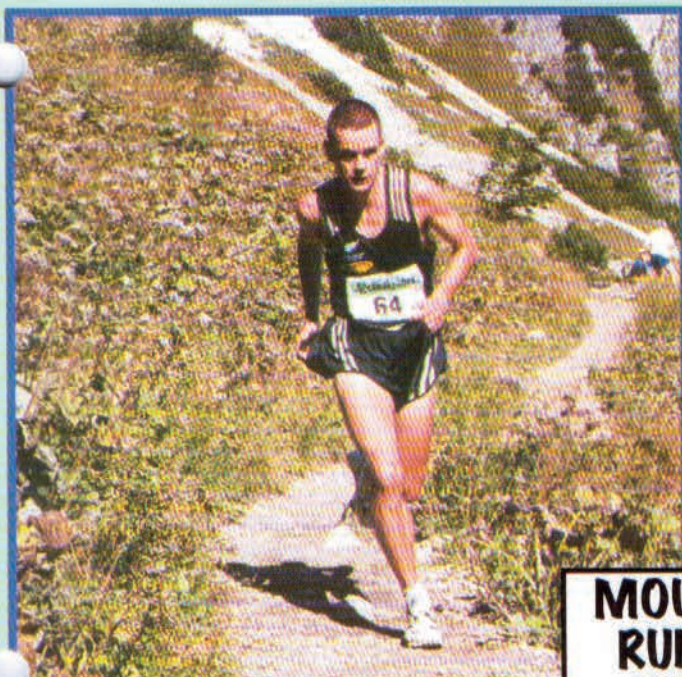


IAAF (Patrons)

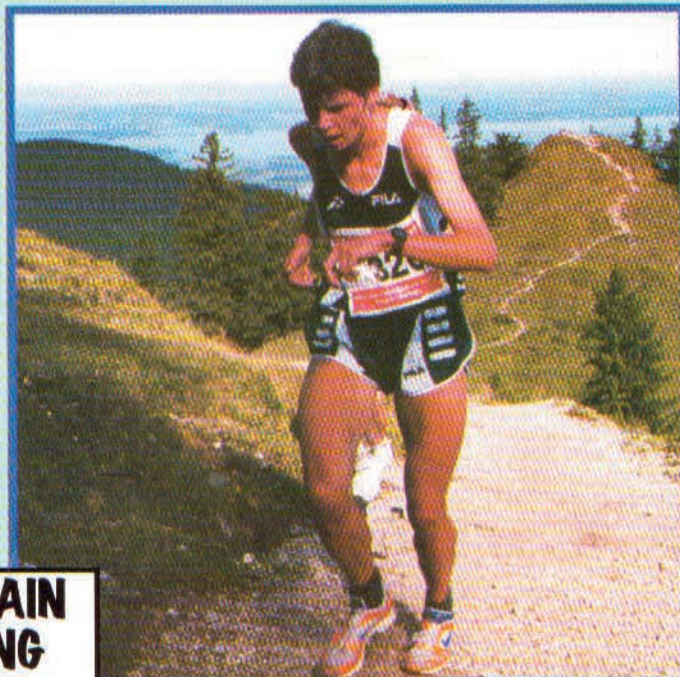
# WORLD MOUNTAIN RUNNING ASSOCIATION NEWSLETTER 2001

ISSUE No. 6

March 2001



Jonathan Wyatt (New Zealand)



Angela Mudge (Scotland)

**MOUNTAIN  
RUNNING  
WORLD  
CHAMPIONS  
2000**



Elise Marcot (France - Junior)



Nebai Habtegiorgis (Eritrea - Junior)



## *Editorial*

Welcome to this edition of the 2001 WMRA newsletter. Its purpose is to bring you some of the highlights of the last WMRA year and to wet your appetite for the coming season.

Looking back we were privileged to see some very fine athletic performances, culminating in a World Trophy held in a wonderful mountain setting and blessed with beautiful weather. Those performances are duly acknowledged in these pages.

Progress towards a truly worldwide sport has been small. We remain on a plateau of about 30 countries, but much work was done in continuing to build the foundation necessary for the eventual growth which we are confident will come.

I would like to thank council members for their support over the past year. Each has other jobs to attend to, in addition to council work. Their efforts over the past year, in working to ensure a good level of competition for mountain runners and the development of the sport, is appreciated. We are learning all the time.

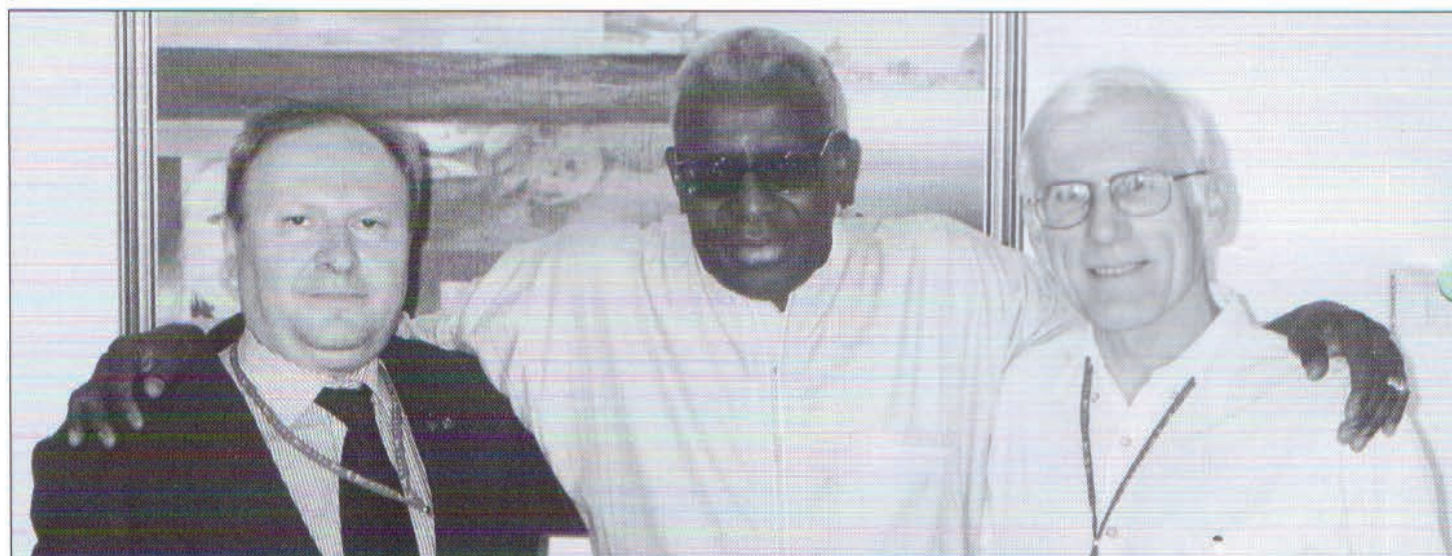
The activities of WMRA continue to expand with the introduction of a Veterans championship, a new Grand Prix format, and the Web site. We are working hard to achieve official European championship status.

Preparations for European (Slovenia) and World (Italy) Trophies are well in hand, and some challenging courses have been designed. Details of the WMRA Grand Prix are inserted in this newsletter as a flyer. This will also be distributed at major mountain races at the start of the season.

As usual, the newsletter is being sent, free of charge, directly to those athletes who competed in last years World Trophy, and who have provided me with addresses. It is also circulated to the offices of all IAAF athletic federations throughout the world. With a print run of 1000 this year there are additional copies available, on request, for the use of mountain running officials associated with WMRA.

Note: Photographs are my own except where others are credited or I do not know the photographer.

**Danny Hughes (President WMRA)**



*Bruno Gozzelino and Danny Hughes welcomed by Lamine Diak following discussions on the relationship of IAAF to the mountain running branch of athletics*

## *A message from the IAAF President*

On behalf of the International Amateur Athletic Federation, I am happy to write to write this brief message for our friends in the mountain running community.

The IAAF is happy to see the growth in popularity of this branch of athletic activity, and I was particularly pleased to notice that a young man from Eritrea, won Africa's first world title at the recent World Cup event in Bergen.

Mountain running has a distinguished history but is also reaching out to new groups of participants.

I would like to commend Danny Hughes, and his colleagues, for their hard work that is making the sport thrive, and I look forward to an increasingly close collaboration in future.

**Lamine Diack (IAAF President)**

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# WMRA NEWS

**WMRA WEB SITE**

(Courtesy of European Athletic Association):  
www.eaa-athletics.ch/wmra

**THE WMRA ACCOUNT**

In future our account will be held in US\$ and our account details are as follows:

Sanwa Bank, 891 Loring Avenue  
Crockett, CA 94525, USA  
Account number: 006611737  
Routing number: 1220-0351-6

**NEW TREASURER APPOINTED**

Nancy Hobbs, the USA delegate to the WMRA congress for several years, was approved as treasurer by the 2000 congress in Bergen, on the retirement of Wendelin Parpan.

As manager of the USA women's team she will also bring an important female voice to the councils deliberations. Having a council member outside of Europe reflects the growing world-wide nature of our activities.

She is co-authoring a book, due out in June, entitled 'The Ultimate Guide to Trail-Running'.

She is an competitive trail and mountain runner; has been and is involved in many aspects of athletics including marketing, sponsorship, public relations, sales, press liaison, and reporting. As well as her WMRA council duties she is on the board of the Federation for sport at Altitude, Secretary/Treasurer of the USATF Mountain Ultra Sports Council, and a leading member of several other councils.

We are fortunate to have recruited such a well qualified, experienced and enthusiastic member.

**VETERANS CHAMPIONSHIP APPROVED**

Congress approved plans to stage a WMRA World Mountain Running Championship for veteran athletes and Poland came forward with an offer to stage the first event.

The reasoning behind this development was our observation that traditional mountain races attract large numbers of veteran athletes. The competition is fierce within age groups so it was a logical step for WMRA to provide an opportunity for the best athletes to come together in one competition.

Constructing the rules has not been easy but we have tried to strike a middle path so far as the severity of courses is concerned.

The rules are not 'cast in tablets of stone', and we will be looking for feedback from as many competing veterans as possible to assess their reactions to the current arrangements.

We are looking forward to offers of staging the championships in 2002. The courses may be uphill only or up/down. The date may be at the request of the organiser but it must not clash with other WMRA events.

# WMRA NEWS



## INNSBRUCK SUCCESS

Christian Lechner (above), Event Director, presented Innsbruck's (Austria) bid to stage the **2002 World Trophy**. Christian highlighted the considerable official backing he had obtained to ensure a successful event. The State of Tyrol, The City of Innsbruck, The Tourist Authorities of Innsbruck, and LSV 1990 Kitzbuhel. Accommodation will be in the city itself, and the start of the men's race will be in front of the famous 'Golden Roof'. The mountain to be scaled, Seegrube, looms precipitately over the city and

presents a severe test of mountain running ability.

**Athletes will have an opportunity to preview and test out the course this summer, as the traditional Seegrube race is the first event of the WMRA Grand Prix series.**

## 2001 A CRITICAL YEAR FOR EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIP PROPOSALS

As we go to press the reaction of the EAA council to proposals agreed between the presidents of EAA (Hansjorg Wirz) and WMRA are eagerly awaited.

Under these proposals, the championship would become an EAA event and WMRA would cease to be the controlling body.

This is not so drastic as it may sound since EAA will be dependent on the enthusiasm and experience of members of WMRA for the success of the championships.

Under the present proposals, the EAA council would appoint a commission to oversee the detailed organisation of the event.

Hansjorg Wirz is well qualified to present the proposal to his council since he is Swiss, and familiar with the mountain running sport. He was present in Zermatt for the World Trophy in 1992.



We have been advised, and supported in Council, by Erika Strasser (Austria - above) who is the EAA council member responsible for contact with mountain running and WMRA.

If the EAA council approve the proposals they will go forward to the EAA congress in October for formal approval.

**We are appreciative of the help being given by the EAA in constructing our web site and incorporating it within the EAA site. Visit it and let us have your comments and suggestions.**

## NEW WMRA GRAND PRIX SERIES

The flyer enclosed with this newsletter describes the new format and the races that have been chosen. A word of explanation is necessary. An analysis of the previous Grand Prix result showed that only a few of the top runners were taking any real interest in it. In order to stand any chance of a leading position, athletes had to compete in all 4 events at the insistence of the event organisers. Only two women (they finished 1st and 2nd) and 7 men (1st, 2nd, and 3rd included) managed to achieve this. Previous years showed similar trends.

# WMRA NEWS

WMRA therefore proposed that athletes be allowed a choice of events and in addition the World Trophy be included. The event organisers could not agree to these proposals and therefore it was decided that WMRA had to take full control of their event. The rules and races printed on the flyer are the result.

We believe and hope that the new Grand Prix, the final results of which will also form the Official WMRA World Ranking List, will prove popular with a much wider spectrum of runner from many countries. As well as the overall cash prizes there are significant cash prizes on offer in most events.

Our intention is that there will be some different races chosen each year. This will meet the desire of many race organisers to see their event in the series and also of the athletes to experience different races (see World Champion Angela Mudge's comments).

We will review the success or otherwise of these arrangements at the end of the season.

Despite our disagreement the contribution to the sport of mountain running of last years event organisers is acknowledged, and appreciated. We hope that in the future their races will be once more included in the WMRA Grand Prix.

## VALUABLE IAAF SUPPORT CONTINUES

Despite our failure to persuade the IAAF to agree to a change in the title of our World Trophy event to 'IAAF Mountain Running World Trophy', we have had confirmation of IAAF support in other ways.

The amount of travel assistance for teams coming to the World Trophy has been increased to \$20,000 US and the administration grant remains at \$5,000 US.

The travel grant will be distributed taking into account a countries distance from the venue, its economic state, and the performance level of both their teams and their individual athletes. There are also some overriding conditions that will be published and distributed to national athletic federations.

In addition to travel assistance, Pierre Weiss (IAAF General Director - above) directs considerable administrative help to us from the IAAF bureau in Monaco

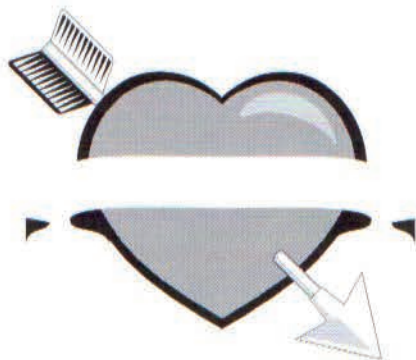


## INTERNATIONAL ATHLETIC FOUNDATION SUPPORTS MOUNTAIN RUNNING SEMINAR with \$20,000US grant.

The IAF, a constituent body of the IAAF formed to specialise in the promotion of athletics via conferences and seminars, has responded to a proposal for WMRA to stage a mountain running seminar in conjunction with the World Trophy in Arta Terme.

Influential members of national athletic federations who have mountain running potential, but who are not yet organised as part of WMRA or the World Mountain Running Trophy, will be invited to attend the World Trophy 2001 and a one day seminar aimed at introducing them to our organisation and sport.

The \$20,000 will be used mainly to cover the transport and accommodation costs of bringing representatives from 12 new countries, from all around the world, to see how exciting and challenging our branch of athletics can be. The title of the seminar is 'Mountain Running is a Branch of Athletics', and will contain explanations of WMRA, the rules, the relationship with IAAF, how to organise a mountain running event, and how to promote mountain running as a new athletic activity.



## Announcements

Year 2000 saw the wedding of 3 couples well known to WMRÄ and its members.

WMRÄ extends its best wishes for a long, happy, and fruitful married life to:

Nancy (nee Hobbs-USA ladies team manager & WMRÄ Treasurer) and Jeff who have moved from Colorado to make their home in California where Jeff works;

Valerie and Thierry (Icart - in case you do not recognise him in that smart traditional dress - a leading member of the French team for several

years) who have just moved into an old house near Briancon;

Francesca and Antonio (Molinari. Italian team member, world champion 1996, European champion 1999, and 1998)

Valerie and Francesca both attracted the attention of their husbands not only with their beauty, but showing that they too could run up mountains. Francesca's mountain running activity is now suspended while they await the arrival of their first baby in March.



Valerie and Thierry



Nancy and Jeff



Francesca and Antonio

## PROFILE OF A CHAMPION ANGELA MUDGE - SCOTLAND

Scotland's Angela Mudge, who last summer was awarded her chemistry doctorate (PhD) by Edinburgh University, achieved another lifetime ambition when taking the gold medal in the 2000 World Mountain Running Trophy. In addition she claimed victories in the WMRA Grand Prix series and the British fell running championship ñ the latter for an unprecedented fourth successive year.

As if all this was not enough for one year, following the World Trophy, she departed to spend the European winter in sunny New Zealand. En route she stopped off in Borneo to retain her Mt Kinabalu ('The Worlds Toughest Mountain Race!') title and pick up the well-deserved \$4,500 prize money.

So how did she rate her performance in Bergen? Has the honour of being one of Britain's few world champions sunk in yet? And where does it rank in her list of achievements to date?

### *Career Highlight*

'It was the highlight of my career without a doubt' smiles Dr. Angela Mudge. 'It is the race to win, and it is the one race where everybody's there. None of the leading runners are missing. Winning the race didn't sink in straight away. It's sunk in now ñ and it feels great ñ but it didn't sink in straight away, no.í

### *Training and Preparation*

Mudge's build up to this year's race differed from her previous world trophy attempts. She spent 5 weeks in Switzerland, mostly at altitude, and came to the race directly from altitude. 'I had been altitude training on previous occasions, but always with an interval between returning and the race. This didn't seem to work for me, but this year, returning the day before the race, I felt very strong'. Mudge continues 'I had no idea how my final preparations would work out. I was just doing 3 minute repetition runs by myself so had no one to measure against' Mudge's build up also differed in that this year she decided

early on to target the World Trophy rather than just take in the event at the end of a long hard season. Included in this plan was competing in several of the European uphill only race to test her progress.

She comments 'at the start of the season I decided to aim for the World Trophy and believed I was capable of winning a medal. I didn't think I would get gold as Birgit (Sonntag) and Izabella (Zatorska) were beating me consistently. In the up/down races I did not run hard downhill to avoid trashing my legs. I wanted to make sure I ran well when it mattered'.

### *Future plans*

For the 2001 season there will be some slight changes. She will not contest her British Championship title (best 4 out of 6 races). 'Winning it four times in succession is something nobody has done before. Having achieved that goal, it's time to move on' 'I will have the European and World Trophy races as my main objective. I have also heard that they are changing

the format of the Grand Prix series and introducing new races. If they do that I will compete in the Grand Prix again. I do not want to just do the same four races again, so if it remains the same I'll give it a miss' (see the new WMRA Grand Prix format Angela and we look forward to seeing you running to retain your Grand Prix title).

'For the more distant future, I would like to make the GB cross country team again and I have plans to run a marathon. I have always fancied a marathon although I do not like training on the roads. I will definitely do one, but the timing is for the future' For the moment, Mudge is content to bask in the knowledge that she is a rarity in British athletics: a World Champion with a PhD under her belt and new horizons ahead

*The above is an edited version of an interview by Gareth Webb for the British magazine 'Athletics Weekly'.*



Photo: T. Sarf

## 2000 WORLD MOUNTAIN RUNNING CHAMPION JONATHAN (JONO) WYATT - NEW ZEALAND

In 2000, Jono Wyatt joined the ranks of double World Mountain Running Champions, Marco De Gasperi, Helmut Schmuck, Martin Jones, Jairo Correa, Fausto Bonzi, and Alfonso Vallicella (3 times).

Here he reveals some of the thinking behind his success (based on an interview by Matt Dravitski for 'Coolrunning New Zealand')

*First of all Jono, remind us of your athletic pedigree.*

Personal best times of 13.27 (5k) and 28.18 (10k). Commonwealth Games 5k - 6th, Atlanta Olympics 5k - 16th New Zealand national road and cross-country titles.

*Why do you prefer running as your sport?*

I started running with my father and two brothers and it has become my lifestyle over the past 17 years. I love the freedom and uncomplicated nature of running, the resulting fitness and the friends I make. I am stimulated by good competition and the myriad of different challenges and goals that I can set myself since running can be so varied from track racing, road running, cross country and mountain running.

*What has been the highlight of your running career?*

Usually one would choose a particular race success as a highlight. But for me it is a continuous thing of getting out running into beautiful surroundings. That is one of the reasons mountain running is so satisfying for me.

*Why did you opt for mountain running last year when you could have made a bid for selection to run in the Olympics?*

For me it was not a simple choice between the Sydney Olympics and the World Mountain Running Championships. Two years ago I reassessed my ambitions and goals in athletics. My conclusion was to go into mountain running as a means of keeping up my interest and enthusiasm for competitive running. I had been disillusioned with my athletics for some time and the freshness that mountain running provided me with was the catalyst I needed to continue.

*What are your major running goals in the future?*

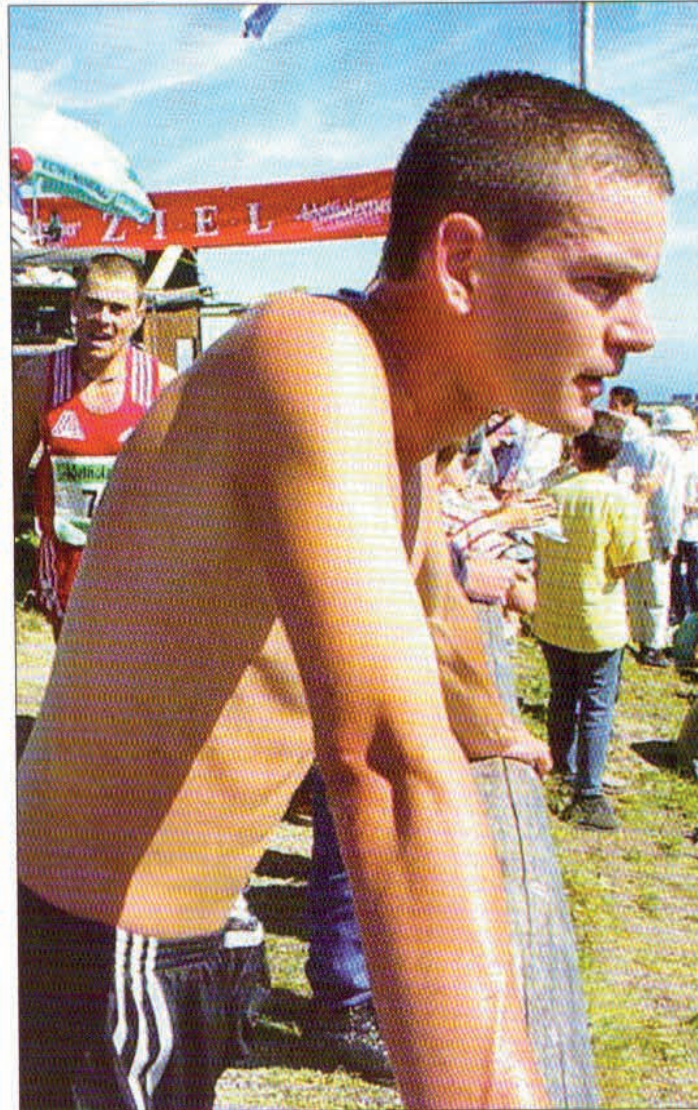
I sit down at the end of each season or tour and decide exactly where I need to go with my running for the next 12 months or so. I don't like to plan too far ahead since life always throws up new things and I like to have the flexibility to go with new challenges that come up.

I have been considering tackling a marathon and no doubt I will have

to try this soon. The problem for me is finding the time necessary to prepare properly since I have to work a full time job. I would not want to go into a major marathon, expecting a fast (2hours 11 minutes) time unless I had put in the all the right preparation.

*What type of training do you do?*

My training consists mainly of running over my local (Hutt) hills around Wellington. I work best off a high strength and endurance base. It does not take me long to achieve good track speed off a minimal number of track workouts (always remembering that 'good' track speed is all relative!).



This is also the type of running I like most. Out over the hills and farmland, instead of hammering along the road or round the track. By running off road in the hills or forest I find it a lot easier to motivate myself.

*What are your thoughts about uphill only versus up and down mountain races?*

They are two very different disciplines and this is reflected in looking at the results of these races where people tend to do well in one but not the other. It is a very good athlete who can do well in both.

Obviously having won both of the last two world up-hill events I have a preference for the uphill races which tend to allow you to compete more frequently since the recovery period from an up and down race is so much longer and tends to be more damaging on the muscles. **I think that having both disciplines is good for the sport giving it more diversity.**

*What major reasons would you give for your outstanding superiority over other world-class mountain runners in the 2000 Championships?*

The year 2000 was my third year competing on the mountain running circuit and I feel that I learnt so

much in the previous two years travelling on the circuit and competing. In 2000 I could make use of the things I learnt and plan for the races I wanted to do and I knew where I could go to do the training I needed. I prepared specifically for the course in Bergen and made sure I was familiar with it. I also learnt more about the training needed for this type of running and made a conscious decision not to go altitude training having experimented with it the year before.

I am really still new to this type of running but I can adapt what I know from other types of running and the experimentation is something I enjoy and keeps things exciting.

**Thanks for the opportunity to give you some of my thoughts.  
Jonathan Wyatt**

## 2000 WORLD MOUNTAIN RUNNING TROPHY

### Bergen (Germany)

#### SENIOR MEN

|   |                      |       |
|---|----------------------|-------|
| 1 | Wyatt Jonathan. NZL  | 47.29 |
| 2 | Kögler Hans AUT      | 49.48 |
| 3 | Gex-Fabry Alexis SUI | 50.16 |
| 4 | Gregor Thomas GER    | 50.31 |
| 5 | Chiesa Sergio ITA    | 50.39 |
| 6 | Fontaine Raymond FRA | 50.47 |
| 7 | Burns Billy ENG      | 50.50 |
| 8 | Cox Martin ENG       | 50.59 |



|    |                      |       |
|----|----------------------|-------|
| 9  | Schmuck Helmut AUT   | 51.18 |
| 10 | Galliano Massimo ITA | 51.25 |
| 11 | Steidl Uli GER       | 51.30 |
| 12 | Dunham Dave USA      | 51.33 |
| 13 | Ousstachev Iouri RUS | 51.36 |
| 14 | Berhe Tesfit ERI     | 51.38 |
| 15 | Molinari Antonio ITA | 51.44 |
| 16 | Calandro Roberti ITA | 51.56 |



|    |                       |       |
|----|-----------------------|-------|
| 17 | De Gasperi Marco ITA  | 52.05 |
| 18 | Rieder Alexander AUT  | 52.11 |
| 19 | Findlow Richard ENG   | 52.23 |
| 20 | Skalsky Roman CZE     | 52.25 |
| 21 | Strong Aaron NZL      | 52.29 |
| 22 | Maunder Simon NZL     | 52.41 |
| 23 | Osmond David AUS      | 52.48 |
| 24 | Reitberger Rudolf AUT | 52.50 |
| 25 | Robison Chris SCO     | 52.59 |
| 26 | Dold Guido GER        | 53.03 |
| 27 | Serralheiro Joao POR  | 53.04 |
| 28 | Losman Petr CZE       | 53.07 |
| 29 | Salamun Igor SLO      | 53.23 |
| 30 | Shelly Richard USA    | 53.27 |
| 31 | Icart Thierry FRA     | 53.39 |
| 32 | Harlander Callum NZL  | 53.43 |
| 33 | Zoubek Zdenek CZE     | 53.46 |
| 34 | Pleticha Richard CZE  | 53.48 |
| 35 | Johl Toni SUI         | 53.55 |
| 36 | Woldelessie A ERI     | 53.57 |
| 37 | Morse Eric USA        | 53.59 |
| 38 | Sambale Martin GER    | 54.02 |
| 39 | Marzec Stanislaw POL  | 54.07 |
| 40 | Green Daniel AUS      | 54.11 |
| 41 | Holzener Mathias GER  | 54.14 |
| 42 | Kynel Stanislav CZE   | 54.17 |
| 43 | Adem Aroda ERI        | 54.19 |
| 44 | Richard Sylvian FRA   | 54.27 |
| 45 | Duncan Jon ENG        | 54.44 |
| 46 | Baier Tibor HUN       | 54.49 |
| 47 | Milesi Davide ITA     | 54.52 |
| 48 | Engl Franz AUT        | 54.54 |
| 49 | Johl Karl SUI         | 55.01 |
| 50 | Hamdi Rafik FRA       | 55.04 |
| 51 | Jamoule Patrick BEL   | 55.06 |
| 52 | Meile Patrick SUI     | 55.06 |

|     |                         |       |
|-----|-------------------------|-------|
| 53  | Melnic Stojan SLO       | 55.11 |
| 54  | Crake Paul AUS          | 55.13 |
| 55  | Wakelin Michael NZL     | 55.28 |
| 56  | Icart Gilles FRA        | 55.33 |
| 57  | Milligan Alan SCO       | 55.36 |
| 58  | Tobin Shaun WAL         | 55.41 |
| 59  | Berkeley Noel IRL       | 55.43 |
| 60  | Sagi Jozsef HUN         | 55.46 |
| 61  | Fourdin Arnaud FRA      | 55.50 |
| 62  | Volery Georges SUI      | 55.53 |
| 63  | Carpenter Matt USA      | 55.56 |
| 64  | Uciechowski Pitor POL   | 56.01 |
| 65  | Ceh Joze SLO            | 56.04 |
| 66  | Boltachev Alexandre RUS | 56.08 |
| 67  | Michiels Pascal BEL     | 56.13 |
| 68  | Novak Bostjan SLO       | 56.15 |
| 69  | Blaha Jan CZE           | 56.27 |
| 70  | Habison Gerald AUT      | 56.37 |
| 71  | Donnelly Colin SCO      | 56.49 |
| 72  | Mernik Igor SLO         | 56.54 |
| 73  | Faveaux Thierry BEL     | 56.55 |
| 74  | Roa Lopez Ricardo COL   | 57.06 |
| 75  | Hiscox Darren WAL       | 57.15 |
| 76  | Malak Michal SVK        | 57.17 |
| 77  | Holzer Stefan SUI       | 57.19 |
| 78  | Wilkinson Neil SCO      | 57.34 |
| 79  | Chalaguine Andrei RUS   | 57.42 |
| 80  | Teraz Franci SLO        | 57.52 |
| 81  | Low Paul USA            | 57.54 |
| 82  | Bowness Alan ENG        | 57.56 |
| 83  | Davies Andrew WAL       | 58.06 |
| 84  | Hudson Ross AUS         | 58.17 |
| 85  | Timmermans Thomas BEL   | 58.25 |
| 86  | Zuhasz Andras HUN       | 58.27 |
| 87  | Doyle Mark IRL          | 58.33 |
| 88  | Brown John ENG          | 58.34 |
| 89  | Rollo Reon NZL          | 58.39 |
| 90  | Kidkosegi Alex KEN      | 58.41 |
| 91  | Waloszyk Bartłomiej POL | 58.51 |
| 92  | De Pelsmeaker Johan BEL | 59.17 |
| 93  | Williams Peter WAL      | 59.19 |
| 94  | Gall Scott USA          | 59.21 |
| 95  | Ervine Brian NIR        | 59.33 |
| 96  | Battray Benjamin AUS    | 59.35 |
| 97  | Marum Noel IRL          | 59.36 |
| 98  | Debertin Dirk GER       | 59.43 |
| 99  | Cathy Neil NIR          | 60.00 |
| 100 | Zhelezov K. UKR         | 60.01 |
| 101 | Zawierucha Jerzy POL    | 60.05 |
| 102 | Jennings Mark WAL       | 60.08 |
| 103 | Borosevitsch V. BLR     | 60.12 |
| 104 | Loischun Andrej BLR     | 60.44 |
| 105 | Holovnitsky O. UKR      | 61.00 |
| 106 | Jakubowski Marian POL   | 61.10 |
| 107 | Yacob Fortunato ERI     | 61.17 |
| 108 | Ostorozycki F. HUN      | 61.22 |
| 109 | Lamont Jonathan IRL     | 61.52 |
| 110 | Konstantinov N. RUS     | 62.11 |
| 111 | Reyyer Andriy UKR       | 62.12 |
| 112 | Lawlor Bob IRL          | 62.37 |
| 113 | Candy Gareth AUS        | 63.31 |
| 114 | Radjuk Valeri BLR       | 63.32 |
| 115 | Syshko Dmytro UKR       | 63.35 |
| 116 | McNeilly David NIR      | 63.47 |
| 117 | Whitehead Dan SCO       | 63.51 |
| 118 | McKibben David NIR      | 64.00 |
| 119 | Bin Sumbad Yusof MAS    | 64.41 |
| 120 | Rees-Williams G. WAL    | 65.09 |
| 121 | Logue James NIR         | 65.55 |
| 122 | Pewinski Robert POL     | 66.39 |
| 123 | Sodundo Rodimin MAS     | 66.45 |
| 124 | Gihun Madamin MAS       | 66.55 |
| 125 | mjadzedzev Juri BLR     | 67.01 |
| 126 | Tikhonov Leonid RUS     | 68.30 |
| 127 | Sagi Zsolt HUN          | 68.47 |

|     |                      |       |
|-----|----------------------|-------|
| 128 | Kovtunen Yuriy UKR   | 69.37 |
| 129 | Patterson James NIR  | 70.18 |
| 130 | Panaszyk Sergiy UKR  | 71.57 |
| 131 | Izioumov Mikhail RUS | 73.58 |

#### SENIOR MEN TEAMS

|    |             |                   |     |
|----|-------------|-------------------|-----|
| 1  | Italy       | (5,10,15,16)      | 46  |
| 2  | Austria     | (2,9,18,24)       | 53  |
| 3  | New Zealand | (1,21,22,32)      | 76  |
| 4  | Germany     | (4,21,22,32)      | 79  |
| 5  | England     | (47,8,19,45)      | 79  |
| 6  | Czech R.    | (20,28,33,34)     | 115 |
| 7  | France      | (6,31,44,50)      | 131 |
| 8  | Switzerland | (3,35,49,52)      | 139 |
| 9  | USA         | (12,30,37,63)     | 142 |
| 10 | Eritrea     | (14,36,43,107)    | 200 |
| 11 | Australia   | (23,40,54,84)     | 201 |
| 12 | Slovenia    | (29,53,65,68)     | 215 |
| 13 | Scotland    | (25,57,71,78)     | 231 |
| 14 | Russia      | (13,66,79,110)    | 268 |
| 15 | Belgium     | (51,67,73,85)     | 276 |
| 16 | Poland      | (39,64,91,101)    | 295 |
| 17 | Hungary     | (46,60,86,108)    | 300 |
| 18 | Wales       | (58,75,83,93)     | 309 |
| 19 | Ireland     | (59,87,97,109)    | 352 |
| 20 | N.Ireland   | (95,99,116,118)   | 428 |
| 21 | Ukraine     | (100,105,111,115) | 431 |
| 22 | Belarus     | (103,104,114,125) | 446 |

#### JUNIOR MEN

|    |                          |       |
|----|--------------------------|-------|
| 1  | Habtegiorgis Nebai ERI   | 44.08 |
| 2  | Heinze Floria AUT        | 44.48 |
| 3  | Klisz Thomas POL         | 46.31 |
| 4  | Tonazzini Alessandro ITA | 46.45 |
| 5  | Massi Matteo ITA         | 47.10 |
| 6  | Cattaneo Jonny ITA       | 47.26 |
| 7  | Galovic Rastilav SVK     | 47.44 |
| 8  | Berhane Gaim ERI         | 47.59 |
| 9  | Cosentino Michael FRA    | 48.04 |
| 10 | Helm Julius GER          | 48.10 |
| 11 | Hudek Petr CZE           | 48.15 |
| 12 | Hughes Glenn NZL         | 48.22 |
| 13 | Sergeev Alexandre RUS    | 48.27 |
| 14 | Beha Josef GER           | 48.35 |
| 15 | Gaudel Roman CZE         | 49.06 |
| 16 | Holiencik Stanislav SVK  | 49.15 |
| 17 | Gniewek Jaroslaw POL     | 49.18 |
| 18 | Mason James ENG          | 49.20 |
| 19 | Lemoncello Andrew SCO    | 49.22 |
| 20 | Sutter Dominic SUI       | 49.23 |
| 21 | Kosovej Mitja SLO        | 49.30 |
| 22 | Coubrough James NZL      | 49.48 |
| 23 | Pechek Petr CZE          | 49.55 |
| 24 | Parker Jonathan ENG      | 50.00 |
| 25 | Ettner Florian GER       | 50.01 |
| 26 | Vassiliev Eugeni RUS     | 50.02 |
| 27 | Aimo Bot Marco ITA       | 50.33 |
| 28 | Erben Libor CZE          | 50.36 |
| 29 | Symonds Andrew ENG       | 51.06 |
| 30 | Peer Hans-jorg AUT       | 51.09 |
| 31 | Krizan Vladimir SVK      | 51.13 |
| 32 | Menghistab Tecele ERI    | 51.19 |
| 33 | Freimuller Matthias AUT  | 51.22 |
| 34 | Duncan Niall IRL         | 51.29 |
| 35 | Stone Graham NZL         | 51.46 |
| 36 | Smith Steven NZL         | 51.50 |
| 37 | Ecoeur Yannick SUI       | 51.52 |
| 38 | Lamovec Peter SLO        | 51.53 |
| 39 | Kastelic Peter SLO       | 51.55 |
| 40 | Maytain Jerome SUI       | 51.56 |
| 41 | Kiflesion Habtai ERI     | 52.04 |
| 42 | Jardine Euan SCO         | 52.07 |
| 43 | Pfister Markus SUI       | 52.14 |
| 44 | Barbier Benjamin BEL     | 52.33 |
| 45 | Dorighi Krzysztof POL    | 53.08 |



# 2000 WORLD MOUNTAIN RUNNING TROPHY

Bergen (Germany)

|    |                        |       |
|----|------------------------|-------|
| 46 | Pierce Cai WAL         | 53.12 |
| 47 | Mlinar Matic SLO       | 53.23 |
| 48 | Dalton Peter IRL       | 53.31 |
| 49 | Valour P-Henri FRA     | 53.54 |
| 50 | Bernath Krisztian HUN  | 54.01 |
| 51 | Derobert Damien FRA    | 54.33 |
| 52 | Shestakovych Ivan UKR  | 54.57 |
| 53 | Savage Stephen ENG     | 55.09 |
| 54 | Williams Ctwyn WAL     | 55.21 |
| 55 | Fitzmaurice Fergal IRL | 55.54 |
| 56 | Cassidy Scott SCO      | 56.03 |
| 57 | Luger Clemens AUT      | 56.07 |
| 58 | Lagrenet Cedric BEL    | 56.47 |
| 59 | Tapper Gareth WAL      | 57.19 |
| 60 | Eberle Daniel BRA      | 57.25 |
| 61 | Fraimont Jean Paul FRA | 57.34 |
| 62 | Zeiler Timo GER        | 57.49 |
| 63 | Arrowsmith William WAL | 59.04 |
| 64 | Bradshaw Martin IRL    | 59.42 |
| 65 | Ujvari Zoltan HUN      | 59.56 |
| 66 | Bak Krzysztof POL      | 60.45 |
| 67 | Lamon thibaut BEL      | 61.19 |
| 68 | Christov Dimitry RUS   | 61.40 |
| 69 | Neill Robert NIR       | 61.40 |
| 70 | Taylor Simon NIR       | 66.12 |



|    |           |            |     |
|----|-----------|------------|-----|
| 17 | Wales     | (56,59,65) | 180 |
| 18 | N.Ireland | (64,68,70) | 202 |

## JUNIOR WOMEN

|   |                       |       |
|---|-----------------------|-------|
| 1 | Marcot Elise FRA      | 29.05 |
| 2 | Tye Chris NZL         | 29.20 |
| 3 | Vetsch Lean SUI       | 29.20 |
| 4 | Montonati Adele ITA   | 29.45 |
| 5 | Stafa Agnieszka POL   | 30.40 |
| 6 | Recknagel Susanne GER | 30.44 |



|    |                          |       |
|----|--------------------------|-------|
| 29 | Melicherova Ludmila SVK  | 55.38 |
| 30 | O'Neill Cindy USA        | 55.40 |
| 31 | Havelkova Dagmar CZE     | 55.42 |
| 32 | Zabjek Simona SLO        | 55.49 |
| 33 | Plounikova Marina RUS    | 55.53 |
| 34 | Mayr Andrea AUT          | 55.55 |
| 35 | Clark Megan ENG          | 56.00 |
| 36 | Frazee Rene USA          | 56.10 |
| 37 | Leservuisier Michele FRA | 56.15 |
| 38 | Diamantides Helen SCO    | 56.24 |
| 39 | Jackson Helen ENG        | 56.27 |
| 40 | Borcard Colette SUI      | 56.34 |
| 41 | Pakosz Irena POL         | 56.41 |
| 42 | Peterson Julie USA       | 56.48 |
| 43 | Paulu Blanka CZE         | 57.03 |
| 44 | Florey Isabelle SUI      | 57.13 |
| 45 | Balusakova Anna SVK      | 57.42 |
| 46 | West Suzy USA            | 58.24 |
| 47 | Fairfax Louiseaus        | 58.59 |
| 48 | Rae Jenny SCO            | 59.17 |
| 49 | Gousseltchikova N. RUS   | 59.21 |
| 50 | Briedova Alena SVK       | 60.06 |
| 51 | Mojarova Irina RUS       | 60.25 |
| 52 | Lipusecek Sergeja SLO    | 60.38 |
| 53 | Pardaens Agnes BEL       | 60.43 |
| 54 | Brzozowska Sabina POL    | 60.59 |
| 55 | Zivko Anica SLO          | 61.18 |
| 56 | Lloyd Jayne WAL          | 62.01 |
| 57 | Armitage Sonia SCO       | 62.08 |
| 58 | Froment Sabine BEL       | 62.17 |
| 59 | Turner Emma WAL          | 63.13 |
| 60 | Blanchaert Tina BEL      | 63.18 |
| 61 | Teveli Petra HUN         | 63.38 |
| 62 | Zalokar Amrak SLO        | 63.42 |
| 63 | Imielowska Joanna POL    | 63.40 |
| 64 | Donnelly Shileen NIR     | 63.54 |
| 65 | Musgrove Victoria WAL    | 64.19 |
| 66 | Meszaros Marta HUN       | 66.12 |
| 67 | Cobbaert Anne BEL        | 66.20 |
| 68 | Sandford Anne NIR        | 66.40 |
| 69 | Matyas Eniko HUN         | 68.20 |
| 70 | McCausland Hazel NIR     | 69.21 |
| 71 | Philips Nina IRL         | 71.52 |
| 72 | Knapp Nicola WAL         | 73.12 |
| 73 | Zaizewa ekaterina BLR    | 74.14 |
| 74 | Mulleady Eva IRL         | 76.28 |
| 75 | Terentjewa Alena BLR     | 94.59 |

## JUNIOR MEN TEAMS

|    |             |            |     |
|----|-------------|------------|-----|
| 1  | Italy       | (4,5,6)    | 15  |
| 2  | Eritrea     | (1,8,32)   | 41  |
| 3  | Czech R.    | (11,15,23) | 49  |
| 4  | Germany     | (10,14,25) | 49  |
| 5  | Slovakia    | (7,16,31)  | 54  |
| 6  | Austria     | (2,30,33)  | 65  |
| 7  | Poland      | (3,17,45)  | 65  |
| 8  | New Zealand | (12,22,35) | 69  |
| 9  | England     | (18,24,29) | 71  |
| 10 | Switzerland | (20,37,40) | 97  |
| 11 | Slovenia    | (21,38,39) | 98  |
| 12 | Russia      | (13,26,68) | 107 |
| 13 | France      | (9,49,51)  | 109 |
| 14 | Scotland    | (19,42,56) | 117 |
| 15 | Ireland     | (34,48,55) | 137 |
| 16 | Wales       | (46,54,59) | 159 |
| 17 | Belgium     | (44,48,67) | 169 |

## SENIOR WOMEN

|    |                          |       |
|----|--------------------------|-------|
| 1  | Mudge Angela SCO         | 49.24 |
| 2  | Sonntag Birgit GER       | 49.43 |
| 3  | Zarorska Izabela POL     | 50.11 |
| 4  | Moon Melissa NZL         | 50.52 |
| 5  | Ravizza Matilde ITA      | 51.22 |
| 6  | Olarte Alessandra COL    | 51.32 |
| 7  | Pichrtova Anna CZE       | 51.37 |
| 8  | Edhouse Megan NZL        | 51.49 |
| 9  | Rust Elisabeth AUT       | 51.54 |
| 10 | Baronchelli P-Angela ITA | 51.58 |
| 11 | De Pay Gudrun GER        | 52.05 |
| 12 | Gaviglio Flavia ITA      | 52.14 |
| 13 | Murphy Karen NZL         | 52.09 |
| 14 | Hanusova Lenka CZE       | 52.41 |
| 15 | Buss Stefanie GER        | 52.46 |
| 16 | Magauer Johanna AUT      | 52.49 |
| 17 | Heinzle Cornelia AUT     | 53.00 |
| 18 | Guillot Isabelle FRA     | 53.17 |
| 19 | Sheena Angela AUS        | 53.25 |
| 20 | Schoner Ellen GER        | 53.55 |
| 21 | Pickvance Ruth ENG       | 54.21 |
| 22 | Mura Evelyne FRA         | 54.31 |
| 23 | Docouto Anne FRA         | 54.34 |
| 24 | Gavin-Schneider R. SUI   | 54.50 |
| 25 | Rota Gelpi Rosita ITA    | 55.05 |
| 26 | Csomor Erika HUN         | 55.19 |
| 27 | McDonald C. NZL          | 55.25 |
| 28 | Tomkinson Clair ENG      | 55.32 |

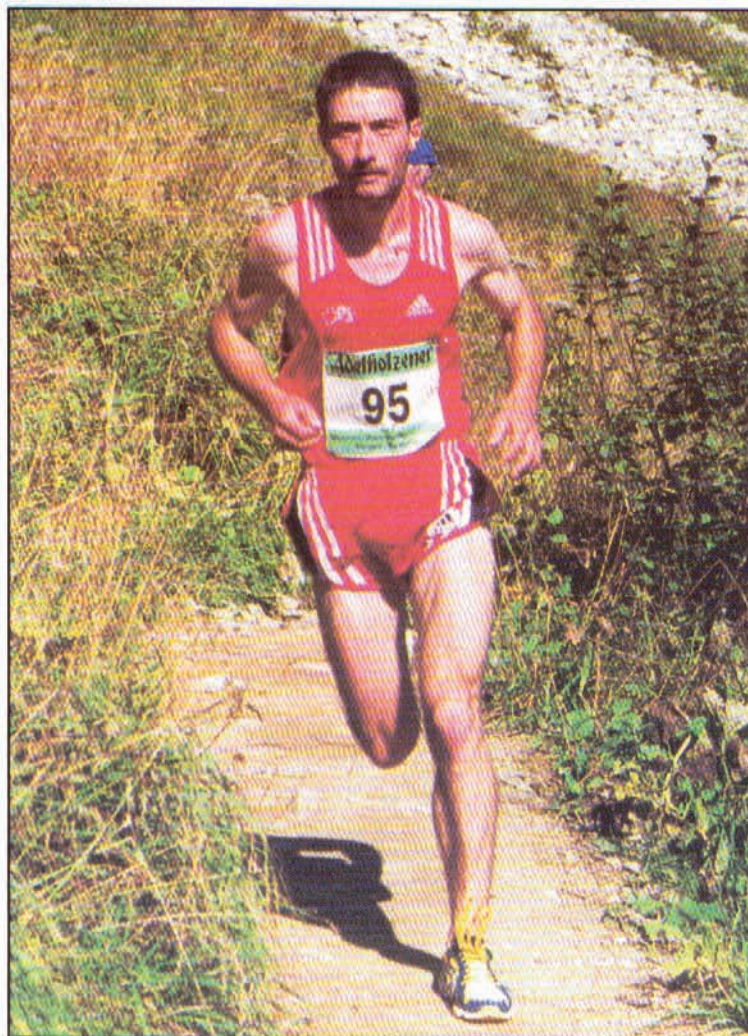
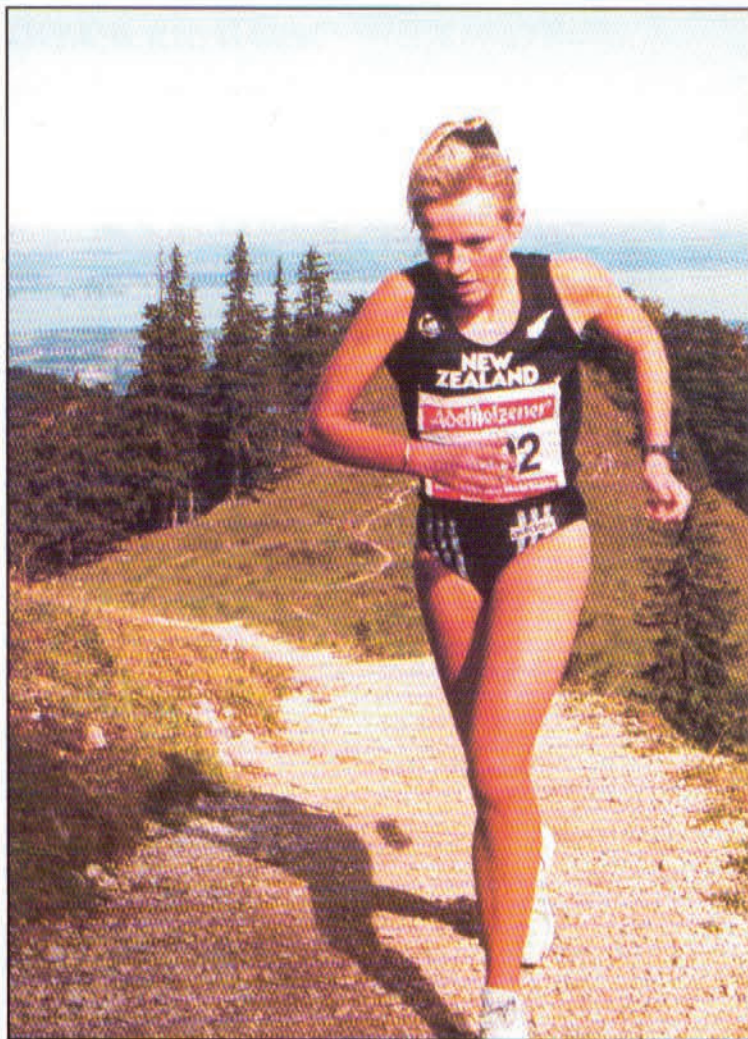
## SENIOR WOMEN TEAMS

|    |             |            |     |
|----|-------------|------------|-----|
| 1  | New Zealand | (4,8,13)   | 25  |
| 2  | Italy       | (5,10,12)  | 27  |
| 3  | Germany     | (2,11,15)  | 28  |
| 4  | Austria     | (9,16,17)  | 42  |
| 5  | Czech R.    | (7,14,31)  | 52  |
| 6  | France      | (18,22,23) | 63  |
| 7  | England     | (21,28,35) | 84  |
| 8  | Scotland    | (1,38,48)  | 87  |
| 9  | Poland      | (3,41,54)  | 98  |
| 10 | USA         | (30,36,42) | 108 |
| 11 | Switzerland | (24,40,44) | 108 |
| 12 | Slovakia    | (29,45,50) | 124 |
| 13 | Russia      | (33,49,51) | 133 |
| 14 | Slovenia    | (32,52,55) | 139 |
| 15 | Hungary     | (26,61,66) | 153 |
| 16 | Belgium     | (53,58,60) | 171 |

## JUNIOR WOMEN TEAMS

|    |          |         |    |
|----|----------|---------|----|
| 1  | Italy    | (4,8)   | 12 |
| 2  | France   | (1,14)  | 15 |
| 3  | Germany  | (6,11)  | 17 |
| 4  | Czech R. | (9,12)  | 21 |
| 5  | Poland   | (5,20)  | 25 |
| 6  | England  | (7,27)  | 34 |
| 7  | Austria  | (18,19) | 37 |
| 8  | Slovenia | (15,25) | 40 |
| 9  | Slovakia | (21,23) | 44 |
| 10 | Russia   | (13,38) | 51 |
| 11 | Scotland | (24,28) | 52 |
| 12 | Wales    | (26,29) | 55 |
| 13 | Ireland  | (35,36) | 71 |





left: Hans Kogler (Switzerland) Silver medallist.

centre: New Zealand Golden Girls: L to R: Carline Macdonald, Len Murphy, Melissa Moon, Megan Edhouse. (Photo-Anon)

above: Australian men looking fresh after the race. L to R: Gareth Candy, David Osmond, Benjamin Batray (Photo-W. Stinn)

right: Melissa Moon, 4th, leads home the victorious N.Zealand team.

right: Alexis Gex Fabry (Austria) Bronze medallist. (Photo W. Stinn)

right: Izabella Zatorska (Poland) Bronze medallist and European Champion. (Photo W. Stinn)

left: Alexandra Olarte, 6th, Columbia. (Photo W. Stinn)

## 2000 WORLD MOUNTAIN RUNNING TROPHY

(Report, provided for publication in IAAF news, by Danny Hughes)

**September 9th-10th, 2000.  
Bergen (Bavaria) Germany.**

The 16th edition of the World Mountain Running Trophy races took place on the 1674m high Hochfeln mountain in southern Bavaria.

Three new individual champions and a new national team champion emerged. The mens course started in the village of Bergen and finished at the top of Hochfeln after 11.6km and 1204m of ascent. Repeating his success of 1998 (France-Reunion), New Zealander Jonathan Wyatt started favourite then gave an awesome display of power uphill running to reach the summit in just over 47minutes, more than two minutes ahead of his nearest rival. The surprise silver medallist was Hans Kogler (Austria) and Alexis Gex-Fabry (Switzerland) ran out of his skin, again creating a surprise, to finish 3rd. The first seven places were occupied by runners from seven different countries, demonstrating the intense level of competition for leading places in this event. The Italians took their customary Gold medal in the team event with their counters finishing 5, 10, 15, and 16th. The New Zealanders, led by Wyatt, took their first team medals in a tight tussle for 3rd position, just 3 points ahead of Germany and England.

The shorter Women's course started some way up the mountain, covering 8.9km and 1074m of climbing to the summit. No one was prepared to predict the outcome (publicly anyway), between Izabella Zatorska (Poland) European champion and last years silver medallist, Birgit Sonntag (Germany) European silver medallist and winner of 3 out of 4 of the seasons Grand Prix races, and Angela Mudge (Scotland), who was famous for her many runner up positions.

In the end it was Angela, recently in reception of her university doctors degree, who prevailed to hold off the battling Sonntag by 19 seconds with Zatorska only another 28 seconds behind. It was a thrilling race and again athletes from different countries occupied the first 7 positions. The New Zealanders pulled off the big surprise of the day in taking gold medals in the team event, showing, with their mens medals, and now the women's team champions, that they have really arrived in this discipline of athletics (somewhat in contrast with their recently languishing track and field record).



Danny Hughes, President WMRA  
Photo: W. Stinn

As usual the junior races were entirely unpredictable but brought forth some magnificent performances and times. The elegant young French athlete Marcot Elise won her 4.5km, 605m ascent race by 17 seconds without showing any signs of distress. Surely a young lady with the talent to step into the shoes of past triple world champion and countrywoman Isabelle Guillot (18th in this years senior race). Again New Zealand showed their determination as their Chris Tye finished 2nd. Last years bronze medallist Kate Bailey could only manage 7th position, but such is the variability of junior performances. In this race we have to go down to 10th position before any country can record two finishes, in this case it was Italy, who as a result won the team race.

The junior mens race, over the same course as the senior women, saw a medal going to Africa for first time in the history of the World event. It was Nebai Habtegiorgis from Eritrea who led Florian Heinze (Austria), who was also silver medallist last year, by 40 seconds. This time Italy made no mistake with the team race packing closely together in 4th 5th and 6th positions.

## IAAF MAKE PERFORMANCE COUNT

The IAAF and WMRA have agreed the following set of rules which will be used for guidance when working out the proportion of the IAAF travel grant to be given to teams competing in the World Mountain Running Trophy.

- 1) The calculations will be based on a proportion of the travel grant (currently, US\$15,000 of the \$20,000 grant.)
- 2) A portion of the remaining money will be allocated by WMRA Council and IAAF, during their January meeting each year, to countries with special situations.
- 3) The remaining portion will be reserved for new countries. If not taken up, the WMRA Council will decide on a further distribution just before the event.
- 4) Countries that fail to place at least two qualifying athletes in the previous years World Trophy (see below) will have their calculated travel support reduced by half in the year following. If it happens two years in succession they will receive no travel support the following year.
- 5) No IAAF travel assistance will be given to the teams of the host country.
- 6) For all other countries, the distance to travel to the race venue will be taken into account. For countries adjacent to the venue country, the amount of travel money arrived at by calculation, as indicated below, will be reduced.
- 7) Qualifying athletes are those finishing in the first 50 (men); 30 (women); 30 (junior men); 10 (junior women) in the previous years world trophy. Currently, 40% of the distribution is allocated for this performance.
- 8) Qualifying teams are those finishing in the first 8 (men); 6 (women); 6 (junior men); 3 (junior women) in the previous years world trophy. Currently 10% of the distribution is allocated for this performance.
- 9) The distance from the venue for each country is currently divided into 10 categories (i.e. an adjacent country would score 1. A country from another continent would score 10). Currently, 30% of the distribution is allocated for this element.
- 10) The financial strength of each country will be taken into account on a scale of 0 to 5 (i.e. rich countries would score 0, poorest countries would score 5). Currently 20% of the distribution is allocated for this element.

In January 2001 WMRA council decided to allocate US\$1000 to selected African countries, Kenya, South Africa, and Eritrea (in addition to their calculated support).

**1ST WMRA VETERAN WORLD MOUNTAIN RUNNING CHAMPIONSHIPS (USTRON)****Rules**

1. Entries must be made on an official form and received before the event date as specified by the organiser. No late entries will be permitted. For reasons of economy, competitors from a different currency region may pay their race entry fee on arrival.
2. Evidence of age (passport or other) must be presented at the event when registering to compete.
3. Competitors must provide assurance that they are physically fit enough to compete by signing a declaration on the entry form to this effect
4. Entries will be accepted from individuals only. There is no team event.
5. Entry to the event is open to all who are of the requisite age.
6. The age groups will be as follows. For Men and Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, +70. For women only, an additional age group 35-39.
7. An athlete shall compete in the age group according to his/her age on the day of the championships
8. Champions will be declared and medals will be awarded to the first 3 in each age group. If less than 5 competitors start in an age group they will automatically be considered to be in the next viable (i.e. 5 competitors) younger age group.

*Andrzej Puchacz***Entries**Andrzej Puchacz

Polna 21/5, PL51-180, Wroclaw-Psary, Poland.

Tel/Fax 0048 71 348 3020, E-mail: esa@inetplus.pl

Closing date: 31st August

Entry Fee: 25 zloty. None Polish runners pay on arrival

Accommodation: Konfer-B.U.T Fax: 004833854 1869.

E-mail: danielx@pol.pl

**Web Site**

www.weterani.phg.pl  
(in Polish and English)

**Ustron (Poland)**

Ustron is located on the southern border of Poland adjacent to the junction where the Czech R. and Slovakia meet. The nearest airport is Krakow.

Ustron is a picturesque town nestling in the Vistula valley and surrounded by the mountain ridges of Rownica (884m), Wielka Czantoria (995m) and Mala Czantoria (866m).

It is known as a health resort with many sanatoriums.

The region is excellent for outdoor pursuits, climbing, walking, cycling and mountain running. The local club who are staging the championships, TRS Sila Ustron Sports Club, organise several mountain races each year in this region, including 3 from Ustron itself.

The programme is arranged for the championship races to be held on Saturday 22nd September, starting with the oldest age groups at 11.00 hours and then each age group setting of at 15 minute intervals, women and men running together on the same course.

This will be followed by an evening prize giving ceremony and farewell party.

T shirts and medals will be given to all finishers, and championship medals to the first 3 in each qualifying age group.

On Sunday there is an open race over Mt Czantoria, 9km, 635m climb)

At the time of going to print the championship course has still to be approved, but it is proposed to be over a distance of 8km and climb of 605m. There is some small descent amounting to 115m. The mountain summit finish is Mt. Rownica.

**META**

# EUROPEAN MOUNTAIN RUNNING TROPHY 2000

Miedzygorze (Poland)

**MEN**

|    |                   |     |       |
|----|-------------------|-----|-------|
| 1  | Galliano Massimo  | ITA | 50.22 |
| 2  | Findlow Richard   | ENG | 50.56 |
| 3  | Molinari Antonio  | ITA | 51.03 |
| 4  | Skalsky Roman     | CZE | 51.19 |
| 5  | Goncalves Paulo   | POR | 51.31 |
| 6  | Quinn Robert      | SCO | 51.37 |
| 7  | Wilkinson Neil    | SCO | 51.57 |
| 8  | Robison Chris     | SCO | 52.04 |
| 9  | Zoubek Zdenek     | CZE | 52.19 |
| 10 | Ceh joze          | SLO | 52.21 |
| 11 | Matanin Marcel    | SVK | 52.26 |
| 12 | Agostini Andrea   | ITA | 52.33 |
| 13 | Icart Gilles      | FRA | 52.45 |
| 14 | Icart Thierry     | FRA | 52.53 |
| 15 | Serralheiro Joao  | POR | 52.56 |
| 16 | Milligan Allan    | SCO | 52.58 |
| 17 | Novak Bostjan     | SLO | 53.05 |
| 18 | Porro Roberto     | ITA | 53.26 |
| 19 | Michiels Pascal   | BEL | 53.31 |
| 20 | Zawierucha Jerzy  | POL | 53.34 |
| 21 | Bowness Alan      | ENG | 53.42 |
| 22 | Fourdin Aranud    | FRA | 54.00 |
| 23 | Kovacik Lubos     | SVK | 54.09 |
| 24 | Holovnytsky.O     | UKR | 54.13 |
| 25 | Richard Sylvain   | FRA | 54.14 |
| 26 | Salamun Igor      | SLO | 54.32 |
| 27 | Dziuba Bogdan     | POL | 54.38 |
| 28 | Jebb Robert       | ENG | 54.50 |
| 29 | Boltachev Alex.   | RUS | 54.52 |
| 30 | Mendes Jaime      | POR | 54.55 |
| 31 | Reitberger R.     | AUT | 55.00 |
| 32 | Pripl Peter       | AUT | 55.06 |
| 33 | Faveaux Thierry   | BEL | 55.08 |
| 34 | Gniewek jaroslaw  | POL | 55.19 |
| 35 | Rolko Robert      | SVK | 55.24 |
| 36 | Dobsicek Pavel    | CZE | 55.28 |
| 37 | Kyncel Stanislave | CZE | 55.42 |
| 38 | Waloszczyk B.     | POL | 55.56 |
| 39 | Senjuric Mitja    | SLO | 56.02 |
| 40 | Davies Andrew     | WAL | 56.11 |
| 41 | Timmermans T.     | BEL | 56.26 |
| 42 | Zakharov Mikola   | UKR | 56.29 |
| 43 | Ranftl Dieter     | GER | 56.41 |
| 44 | Figueiredo V.     | POR | 56.55 |
| 45 | McQueen James     | WAL | 56.56 |
| 46 | Turk Frank        | GER | 56.57 |
| 47 | Jamoule Patrick   | BEL | 57.19 |
| 48 | Heigl Thomas      | AUT | 57.27 |
| 49 | Heery Gerard      | IRL | 57.32 |
| 50 | Bohmann Markus    | GER | 57.34 |
| 51 | Durr Florian      | AUT | 58.00 |
| 52 | Roberts Emlyn     | WAL | 58.46 |
| 53 | Konsantinov N.    | RUS | 59.22 |
| 54 | Thomas Richard    | WAL | 59.28 |
| 55 | Macina Gianluigi  | SMR | 59.32 |
| 56 | Lipovsky V.       | SVK | 60.01 |
| 57 | Liosshn Andrei    | BLR | 60.03 |
| 58 | Zafferani Matteo  | SMR | 60.13 |
| 59 | Gasperoni M.      | SMR | 60.18 |
| 60 | Hill Mick         | ENG | 60.26 |
| 61 | Kovtunenko Yuri   | UKR | 60.28 |
| 62 | Barysevich Vasili | BLR | 61.02 |
| 63 | Lzioumov Mik.     | RUS | 62.23 |
| 64 | Shestakovich I.   | UKR | 63.03 |
| 65 | Wilke Thomas      | GER | 65.01 |
| 66 | Bernardi Fabio    | SMR | 70.41 |
| 67 | Simankov S.       | BLR | 81.26 |



Scotland (2nd), Italy (1st), France (3rd)

|    |                  |     |       |    |                   |     |       |
|----|------------------|-----|-------|----|-------------------|-----|-------|
| 8  | Melicherova L.   | SVK | 35.30 | 39 | Bretherick Sam    | WAL | 40.29 |
| 9  | Guillot Isabelle | FRA | 35.49 | 40 | Tomkinson Clare   | ENG | 40.34 |
| 10 | Grosso M.        | ITA | 36.08 | 41 | Dolgopola L.      | BLR | 40.36 |
| 11 | Schoner Ellen    | GER | 36.14 | 42 | Lloyd Jayne       | WAL | 40.41 |
| 12 | Mayr Andrea      | AUT | 36.26 | 43 | Rybaczek Anna     | POL | 40.44 |
| 13 | Barvanova Llona  | UKR | 36.44 | 44 | Latowska Joianta  | POL | 41.06 |
| 14 | Hanusova Lenka   | CZE | 36.57 | 45 | Lipusek Sereja    | SLO | 41.10 |
| 15 | Moreiras Lucinda | POR | 36.59 | 46 | Haizlerova M.     | CZE | 41.37 |
| 16 | Shestok Varvara  | UKR | 37.01 | 47 | Mooney Edel       | IRL | 42.04 |
| 17 | Baronchelli P.   | ITA | 37.24 | 48 | Bernard Sonja     | SLO | 42.05 |
| 18 | Docouto Anne     | FRA | 37.29 | 49 | Heinzle Elizabeth | AUT | 42.19 |
| 19 | Bailey Kate      | ENG | 37.35 | 50 | Iakovleva Elena   | RUS | 42.36 |
| 20 | Signarbieux V.   | FRA | 37.41 | 51 | Turner Emma       | WAL | 43.56 |
| 21 | Newman Sally     | ENG | 37.51 | 52 | Zaitseva E        | BLR | 48.07 |
| 22 | Ploujnikova M.   | RUS | 37.55 | 53 | Tisarentsyeva A.  | BLR | 54.59 |
| 23 | Linder Romy      | GER | 38.00 |    |                   |     |       |
| 24 | Mojarova irina   | RUS | 38.11 |    |                   |     |       |
| 25 | Paulu Blanka     | CZE | 38.14 |    |                   |     |       |
| 26 | Diamantides H.   | SCO | 38.21 |    |                   |     |       |
| 27 | Mourato vitorina | POR | 38.31 |    |                   |     |       |
| 28 | Leservoisier M.  | FRA | 38.39 |    |                   |     |       |
| 29 | Havelkova D.     | CZE | 38.43 |    |                   |     |       |
| 30 | Suchtova Jana    | SVK | 38.49 |    |                   |     |       |
| 31 | Johnson Helen    | ENG | 38.53 |    |                   |     |       |
| 32 | Rozhko Olena     | UKR | 38.58 |    |                   |     |       |
| 33 | Rand-Barker A.   | WAL | 39.15 |    |                   |     |       |
| 34 | Zabijek Simona   | SLO | 39.18 |    |                   |     |       |
| 35 | Briedova Alena   | SVK | 39.21 |    |                   |     |       |
| 36 | Twardochleb B.   | POL | 39.27 |    |                   |     |       |
| 37 | Harbich Kerstin  | GER | 39.58 |    |                   |     |       |
| 38 | Rae Jennifer     | SCO | 40.26 |    |                   |     |       |

**WOMENS TEAM**

|    |          |          |     |
|----|----------|----------|-----|
| 1  | ITALY    | 3,6,10   | 19  |
| 2  | GERMANY  | 2,11,23  | 36  |
| 3  | FRANCE   | 9,18,20  | 47  |
| 4  | RUSSIA   | 4,22,24  | 50  |
| 5  | UKRAINE  | 13,16,32 | 61  |
| 6  | CZECH.R  | 14,25,29 | 68  |
| 7  | AUSTRIA  | 7,12,49  | 68  |
| 8  | SCOTLAND | 5,26,38  | 69  |
| 9  | ENGLAND  | 19,21,31 | 71  |
| 10 | SLOVAKIA | 8,30,35  | 73  |
| 11 | POLAND   | 1,36,43  | 80  |
| 12 | WALES    | 33,39,42 | 114 |
| 13 | SLOVENIA | 34,45,48 | 127 |
| 14 | BELARUS  | 41,52,53 | 146 |

**MENS TEAM**

|    |            |          |     |
|----|------------|----------|-----|
| 1  | ITALY      | 1,3,12   | 16  |
| 2  | SCOTLAND   | 6,7,8    | 21  |
| 3  | FRANCE     | 13,14,22 | 49  |
| 4  | CZECH.R    | 4,9,36   | 49  |
| 5  | PORTUGAL   | 5,15,30  | 50  |
| 6  | ENGLAND    | 2,21,28  | 51  |
| 7  | SLOVENIA   | 10,17,26 | 53  |
| 8  | SLOVAKIA   | 11,23,35 | 69  |
| 9  | POLAND     | 20,27,34 | 81  |
| 10 | BELGIUM    | 19,33,41 | 93  |
| 11 | AUSTRIA    | 31,32,48 | 111 |
| 12 | UKRAINE    | 24,42,61 | 127 |
| 13 | WALES      | 40,45,52 | 134 |
| 14 | GERMANY    | 43,46,50 | 139 |
| 15 | RUSSIA     | 29,53,63 | 145 |
| 16 | SAN MARINO | 55,58,59 | 172 |
| 17 | BELARUS    | 57,62,67 | 186 |

**WOMEN**

|   |                   |     |       |
|---|-------------------|-----|-------|
| 1 | Zatorska Izabela  | POL | 33.38 |
| 2 | Sonntag Birgit    | GER | 33.53 |
| 3 | Rota Gelpi Rosita | ITA | 34.17 |
| 4 | Demidenko S.      | RUS | 34.23 |
| 5 | Mudge Angela      | SCO | 34.37 |
| 6 | Gaviglio Flavia   | ITA | 34.56 |
| 7 | Heinzle Cornelia  | AUT | 35.26 |



Germany (2nd), Italy (1st), France (3rd)

**MASSIMO GALLIANO**  
*Fulfils his potential*

Massimo Galliano's victory in the 2000 European Trophy was no surprise to those who have observed his great athletic talent, which first became evident as a junior.

The occasion best remembered was his brilliant race against his Italian colleague, Maurizio Gemetto in the junior world trophy of 1992. He was just beaten into 2nd place by 8 seconds on the up & down course of Bardonecchia in torrential rain.

With another up & down Italian course prepared for the 2001 World Trophy, who would bet against Massimo being amongst the medals?

He has shown a slow improvement in position in World trophy races, 15th at Telfes in 1996, 12th at Reunion in 1998, 10th at Bergen last year.

His one other European result was in 1996 when he finished thirteenth at Snowdon, suffering from blisters because he was wearing the wrong shoes.



He works in the town of Cuneo (100km km Turino) as a metalworker and started on his mountain running career with club Podistica Valle Varaita, and coach Giulio Peiracchia. In 2000 he changed his coach to Beppe Viale.

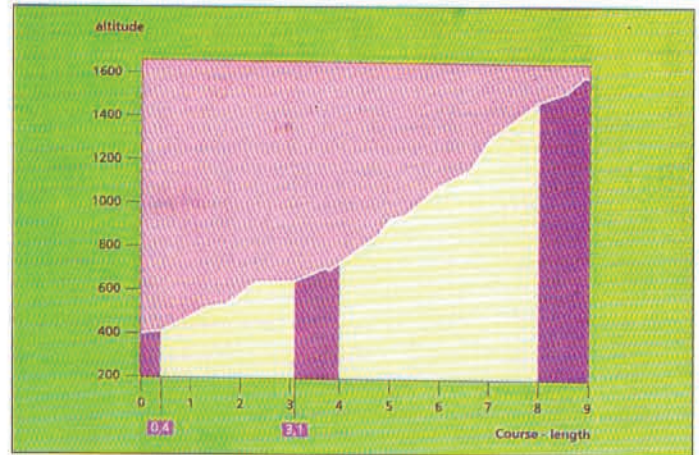
Massimo's problem in the past has been lack of consistency in the important races such as the selection events. Now with more careful planning, limiting his number of races, and improving his technical ability on descending, he has at last reached full maturity.

Getting married to Paola, a good athlete herself who understands the needs of a successful international, seems to have been a telling influence on his current success.

(Now I quote directly from Raimondo Balicco's report) 'The couple expect a baby to be born in mid March'.the fruit of the European Trophy in Poland! In the Italian teams celebrations after the race in Miedzegorze among the happiness and applause, Galliano said that he would celebrate properly his individual victory with his wife in order to have a child. In this way they will remember for all the life this splendid victory. He has kept his word!'

Massimo's personal best times are 5k ñ 14.30; 10k ñ 29.29 half marathon 65.03. His aim for 2001 is a medal in Arte Terme.

**7th EUROPEAN TROPHY 2001**  
*Cerklje (Slovenia)*



0 to 0.4km asphalt road; 0.4 to 3.1km forest road; 3.1 to 4.0km asphalt road; 4.0 to 8.0 km forest path; 8.0 to 9.0 km meadow. The mountain is called Krvavec.



Ljubljana airport to Cerklje is 4km.

Accommodation and meals will be provided by the local organising committee to registered teams (Maximum 10 persons) in accordance with WMRA regulations, from Friday 29th June to Monday 2nd July 2001.

Friday 29th June. Arrival of teams, registration, and course inspection.

Saturday 30th June. Course inspection continued.  
10.00 WMRA European Congress.  
15.00 Meeting for coaches/managers  
18.00 opening Ceremony

Sunday 1st July.  
Race Programme  
09.00 Open race  
10.30 European Trophy Women  
11.30 European Trophy Men  
18.00 Prize-giving ceremony.  
20.00 European Trophy farewell party.



## WORLD TROPHY 2001

### ARTA TERME (ITALY)

The 2001 World Trophy returns to Italy after a break of nine years, out-bidding England by just one vote at the 1999 WMRA congress in Sabah.

The local organisers are the town of Arta Terme, located in the north eastern corner of the country. The Austrian and Slovenian borders are just 20 or 30 km away. There is a local airport (Aeroporto Friuli Venezia Giulia) but most teams flying into Italy will head for Venice. There is a frequent train service to Udine from where the LOC local organising committee will pay for onward travel of 20km by bus to Arta Terme.

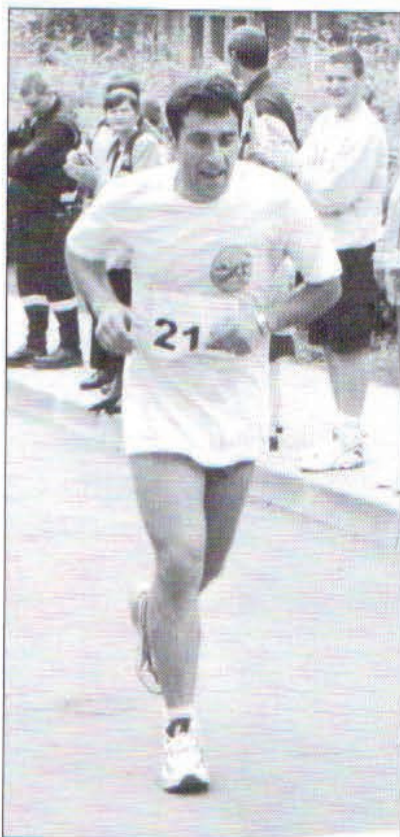
The small attractive town nestles in a valley with steep wooded hillsides. The lap course chosen takes in the most accessible hill side and passes through a small village called Cabia at its high point. This course has been used for previous Italian championship races, so the home team are very familiar with its characteristics. The only difference, and it is quite a significant one, is that the lap will be run anticlockwise (as it was in earlier years when this course was first used) instead of the clockwise direction used in recent years. The change in course direction has been made possible by improvements to what is now the descent through forest, and was desirable because of the extreme steepness of a section of the course when run in the clockwise direction. The Italian runners could handle this without too much difficulty, but it would have presented a major hazard for athletes from countries with an uphill only tradition.

Men will run two laps, women and junior men one lap (with an extension after the main descent). The

junior womens course was the most difficult to design, so they don't ascend very high. Their climbing /descent is made up of many undulations along the bottom section of the lap course.

The lap for men and women starts with about 600m of road through Arta Terme, onto a forest road where, after an initial gentle climb, there comes the steepest part of the course, climbing 70m in a short 200-300m stretch. There follows 400m climbing on road before a steep ascent on track to the village of Cabia. It is road through the village to the highest point, then very fast running on wide forest road with a gentle descent. Descent proper is on forest path where the usual care will need to be exercised to ensure running is always under control. There are a few tricky rocky outcrops, but mountain runners will leap these with ease (road runners beware!). The return to Arta Terme town is along a 1.5km undulating track, probably the most demanding section of the course. The Women and Junior Men have an extension to the lap (a small climb and descent) before entering this final 1.5km. The men go on for a repeat lap after passing through Arta Terme again. All finish in the town square. The women and juniors will race on Saturday and the men on Sunday.

As usual, an open race is scheduled for supporters early on Sunday morning.



*Giacomino Rupil  
Event Director, competing in the Open  
race at the 2000 European Trophy*

For those with access to the internet, visit the excellent world trophy web site:  
[www.arta2001.org](http://www.arta2001.org)

### WMRA ASSOCIATE MEMBERSHIP

One of the objectives of WMRA is to strengthen our ties with international mountain races by including those races on the WMRA calendar, encouraging a high standard of organisation and competition. Membership is compulsory for races selected in the WMRA Grand Prix. Other race organisers are invited to consider joining WMRA, taking note of the following:

#### Criteria of Associate membership

1. The race must have been staged on at least two consecutive previous years.
2. Dope testing procedures, in accordance with IAAF rules must be complied with if requested by your national athletic federation.
3. The race must be registered and sanctioned by your national athletic federation.
4. The WMRA secretary must be sent a result list and a good event photograph on completion of the event.
5. If required by WMRA, one of their officials may attend to view the race and report on the conduct of the event. Associated incidental expenses will be paid for by the race organiser.

#### Advantages of Associate membership:

1. Access to an international network of top mountain races.
2. Increased international recognition of your event, including inclusion in any listing of WMRA races.
3. Publication of race details in WMRA newsletter with its worldwide circulation.
4. Use of the WMRA logo on race advertisements, results, on course, etc., indicating membership.

#### Applications for membership:

Supply the following information in typewritten form and post to the WMRA Treasurer who will then bill you for your membership fee (\$50 US) giving various options for payment.

Name of event - date - distance - ascent - descent - race records - race directors details.

#### Current WMRA Associate members are:

Mt. Kinabalu (Malaysia); Smarna Gora (Slovenia); Kitzbuheler Horn (Austria); Challenge Stellina (Italy); Seegrube (Austria); Snowdon (Wales)



## 2000 GRAND PRIX RESULTS

## MEN (FIRST 10)

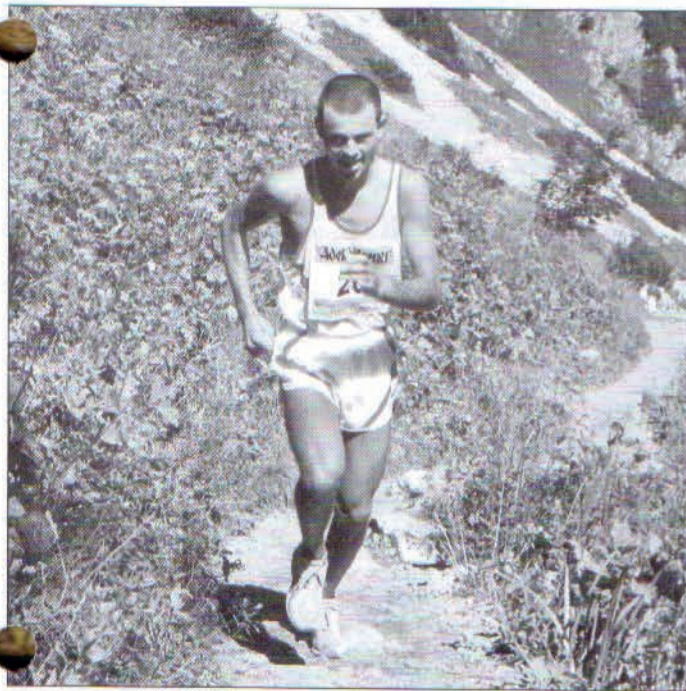
|    |                   |     | Races | Total points |
|----|-------------------|-----|-------|--------------|
| 1  | Molinari Antonio  | ITA | (4)   | 340          |
| 2  | Cox Martin        | GBR | (4)   | 222          |
| 3  | Schmuck Helmut    | AUT | (4)   | 209          |
| 4  | Wyatt Jonathan    | NZL | (2)   | 200          |
| 5  | Quinn Robert      | GBR | (4)   | 176          |
| 6  | Matanin Marcel    | SVK | (4)   | 143          |
| 7  | Engel Franz       | AUT | (4)   | 104          |
| 8  | Findlow Richard   | GBR | (3)   | 96           |
| 9  | De Gasperi Marco  | ITA | (1)   | 80           |
| 10 | Reitberger Rudolf | AUT | (4)   | 75           |

The remainder competed in two or fewer of the 4 races

## WOMEN (FIRST 10)

|    |                    |     | Races | Total points |
|----|--------------------|-----|-------|--------------|
| 1  | Mudge Angela       | GBR | (4)   | 285          |
| 2  | Olarte Alexandra   | COL | (4)   | 270          |
| 3  | Sontag Birgit      | GER | (3)   | 260          |
| 4  | Zatorska Izabela   | POL | (3)   | 225          |
| 5  | Melicherova Limila | SVK | (3)   | 134          |
| 6  | Edhouse Megan      | NZL | (2)   | 90           |
| 7  | Heinzle Cornelia   | AUT | (1)   | 50           |
| 8  | Gaviglio Flavia    | ITA | (1)   | 50           |
| 9  | Zabiek Simona      | SLO | (1)   | 45           |
| 10 | Buss Stephanie     | GER | (1)   | 40           |

The remainder competed in only one of the four races.



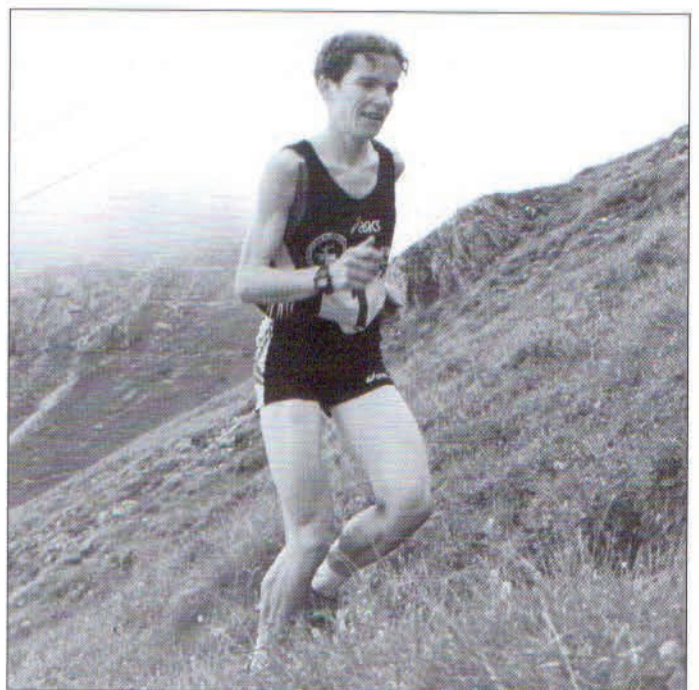
Martin Cox (GB) Runner-up



Marcel Matanin (SVK) 6th



Alexandra Olarte (COL) Runner-up



Birgit Sontag (GER) 3rd

## WMRA ASSOCIATED MEMBER MOUNTAIN RACES

### Smarna Gora 2000 Results

#### Men

|   |                      |       |
|---|----------------------|-------|
| 1 | De Gasperi Marco ITA | 41.07 |
| 2 | Manzi Emanuele ITA   | 41.07 |
| 3 | Novak Bostjan SLO    | 41.42 |
| 4 | Ceh Joze SLO         | 42.00 |
| 5 | Mernik Igor SLO      | 43.29 |
| 6 | Teraz Franci SLO     | 43.30 |

#### Women

|   |                        |       |
|---|------------------------|-------|
| 1 | Gelpi Rosita Rota ITA  | 56.31 |
| 2 | Romani Paola ITA       | 56.29 |
| 3 | Sustarsic Mateja SLO   | 56.29 |
| 4 | Lipuscek Sergeja SLO   | 57.04 |
| 5 | Rastelli Francesca ITA | 58.39 |
| 6 | Manfreda Majca ITA     | 67.02 |



This is the last of the WMRA 2001 Grand Prix events

Emanuele Manzi (ITA)

### Kitzbuheler Horn 2000 Results

#### Men

|   |                    |       |
|---|--------------------|-------|
| 1 | Wyatt Jonathon NZL | 55.58 |
| 2 | Steidl Uli GER     | 59.44 |
| 3 | Dunham Dave USA    | 60.28 |
| 4 | Maunder Simon NZL  | 60.59 |
| 5 | Blaha Jan CZE      | 61.40 |
| 6 | Skalsky Roman CZE  | 61.46 |
| 7 | Strong Aaron NZL   | 62.18 |
| 8 | Wagner Ekard GER   | 62.30 |
| 9 | Bowness Alan GBR   | 62.38 |

#### Women

|   |                         |       |
|---|-------------------------|-------|
| 1 | Zatorska Izabela POL    | 67.45 |
| 2 | Pichrtova Anna CZE      | 70.36 |
| 3 | Edhouse Megan NZL       | 71.49 |
| 4 | Melicherova Ludmila SVK | 75.26 |
| 5 | Heinzle Cornelia AUT    | 77.11 |
| 6 | Forstner Renate GER     | 78.50 |
| 7 | Egelseder Margit AUT    | 78.57 |
| 8 | Ambrosy Sonja GER       | 83.59 |
| 9 | Heinzle Elisabeth AUT   | 85.28 |

This race is the 4th of the 2001 WMRA Grand Prix events



Kitzbuheler Horn, Kitzbuhel (Austria)

### Mt. Kinabalu (Sabah, Malaysia) 2000 Results

#### Men

|    |                      |         |
|----|----------------------|---------|
| 1  | Pellissier Jean ITA  | 1.40.47 |
| 2  | Holmes Ian GBR       | 1.43.24 |
| 3  | Booth Simon GBR      | 1.44.46 |
| 4  | Meraldi Fabio ITA    | 1.45.18 |
| 5  | Jebb Robert GBR      | 1.48.45 |
| 6  | Balinting Mius MAS   | 1.48.55 |
| 7  | Matanin Marcel SVK   | 1.49.17 |
| 8  | Roberts Mark GBR     | 1.50.32 |
| 9  | Cosgrave Francis IRL | 1.51.53 |
| 10 | Salagan Guianus MAS  | 1.51.55 |



Simon Booth, Jean Pellissier and Ian Holmes congratulated by Datuk Nahalan Damsal

#### Women

|    |                         |         |
|----|-------------------------|---------|
| 1  | Mudge Angela GBR        | 1.59.00 |
| 2  | Pichrtova Anna CZE      | 2.05.28 |
| 3  | Danny Kuilin Gongot MAS | 2.07.13 |
| 4  | Pellissier Gloriana ITA | 2.13.27 |
| 5  | Soon Cho Wha KOR        | 2.19.27 |
| 6  | Longik Somilin MAS      | 2.20.22 |
| 7  | Brady Teresa USA        | 2.24.18 |
| 8  | Savin Gabriella ITA     | 2.24.56 |
| 9  | Jackson Helen GBR       | 2.28.39 |
| 10 | Losyun Sokiom MAS       | 2.33.46 |

Due to heavy rainstorms both races were shortened for safety reasons. Instead of the 4095m summit, the turning point was Laban Rata at 3,300m.

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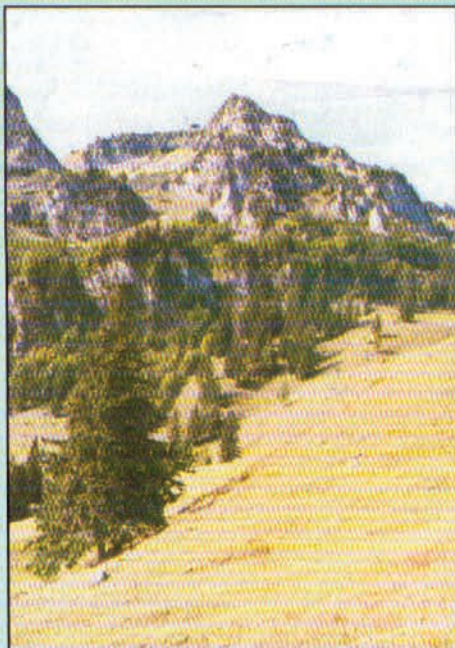
For further information visit  
[www.salomonoutdoor.com](http://www.salomonoutdoor.com)

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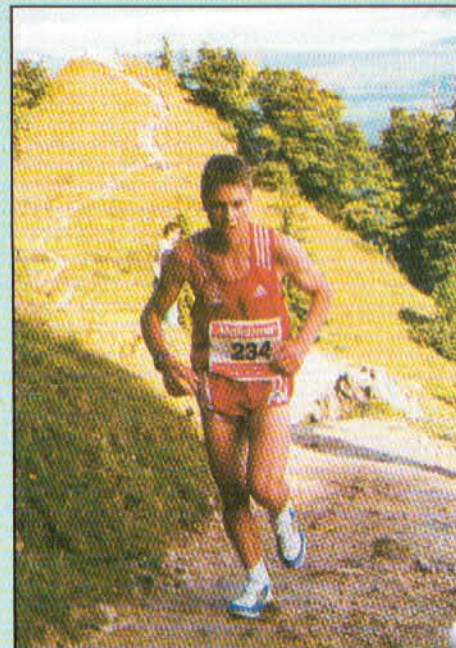
# MEMORIES FROM BERGEN



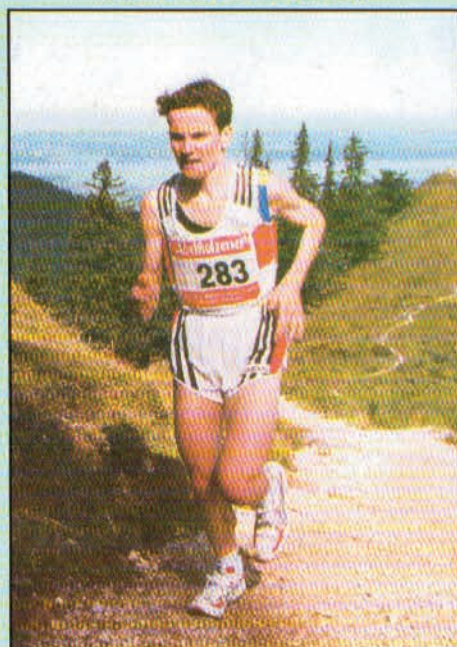
**Chris Tye (New Zealand)**  
Junior silver medallist



**Hochfelln Mountain**



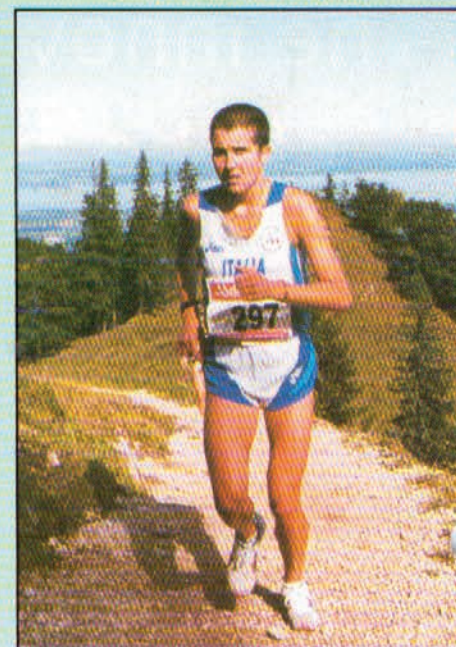
**Florian Heinzle (Austria)**  
Junior silver medallist



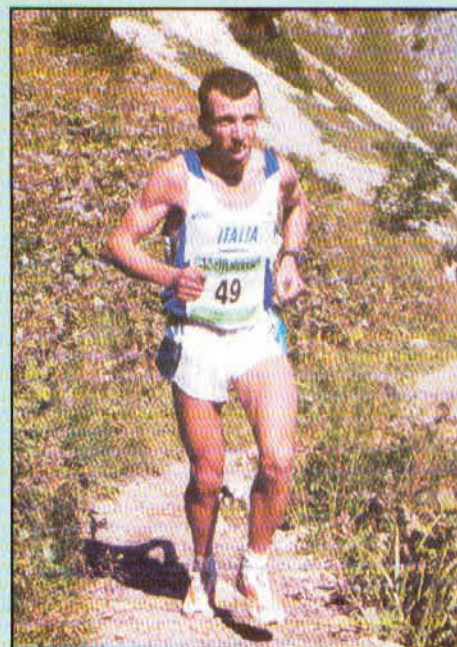
**Birgit Sonntag (Germany)**  
Silver medallist



**Hochfelln summit**  
The finish



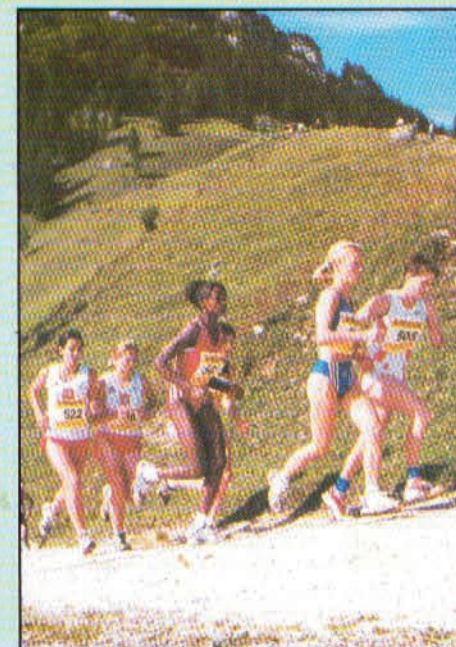
**Matilde Ravizza (Italy)**  
5th



**Sergio Chiesa (Italy)**  
5th



**Pack of senior men** nearing the finish



**Junior women** shortly after the start