

WORLD MOUNTAIN RUNNING ASSOCIATION

# NEWSLETTER 2012

Issue No 17 - May 2012



Max KING (122) (USA) Senior Men World Champion 2011  
Kasie ENMAN (197) (USA) Senior Women World Champion 2011  
Adem KARAGOZ (274) (TUR) Junior Men World Champion 2011  
Lea EINFALT (333) (SLO) Junior Women World Champion 2011

## Message from the WMRA President – Bruno Gozzelino

### What is the future for mountain running and the WMRA?

Mountain Running is now well established as a worldwide sport and branch of traditional athletics and it is continually growing in popularity among athletes all around the world.

It is now clear that mountain running is recognised as a modern and precious

part of athletics which helps improve the athletes' performances in all endurance races. However, "mountain running is mountain running" and it should not be confused with trail running, sky running, snowshoe running, skyscrapers ascent or other similar activities with different names. It is important to distinguish mountain running from these other activities. Trail is an attractive and important movement that will probably become more popular in the future around the world but it is running or walking by persons of all the ages on track of different distances and surfaces (path,

grass, sand, rocks, and so on), but trail running is not mountain running! Sky running is an interesting commercial activity where participants can win large amounts of money. Some competitors are ex-international mountain runners who, at the end of their international athletic mountain running career, start in this event with the intention of winning money. The people that normally practice sky running are usually older runners with the exception of a few younger top runners who have not come from traditional mountain running. Sky running attracts media coverage due to the fact that participants walk or run on the top of the mountains at high altitude and sometimes competing in close to extreme conditions, but sky running is not mountain running!

Mountain running – at the moment – takes place in spring and summer not in winter in the snow. Snowshoe running is not mountain running!

Skyscrapers ascent is a "commercial show," everyone understands that a skyscraper is not a mountain! Once again this activity can be useful for an athlete to win some money and of course money is important but the purist athletes that really have a passion for the sport of mountain running don't use their energy and enthusiasm for this kind of activity, instead, they prefer to compete in organized mountain races. Money cannot change skyscrapers into mountains! Skyscrapers ascent running is not mountain running!

Of course, WMRA is not against the fact that athletes receive prize money in mountain running competition but what must be clear is that the LOC, media and, above of all, sponsors understand that mountain running is an athletic discipline not to be confused with these other activities. Having a clear definition of mountain running makes it easier to approach sponsors and to improve opportunities to attract money into our sport for competitors. Also, I believe that athletes can help this situation by choosing mountain running and not being present in events that are not athletics, not mountain running! Mountain Running has clear characteristics: it is, first of all, running in the mountain on clear, fixed and marked tracks with parameters that are very clear. It is not about survival, not an extreme activity; mountain runners don't need special support or equipment, runners cannot drink or have assistance along the full track but only under clearly defined conditions; mountain running is not a dangerous sport; the distance of the races are fixed; the track race is clearly signed and marked and the athletes do not choose their own route on the track.

This is mountain running, an official part of athletics!

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

Finally, in our sport of mountain running there is doping control: this is

another very important difference from many of the other running activities I have mentioned.

Mountain running tries to attract young athletes as one of its main goals but also understands that the Masters is an important movement and WMRA is very well linked with WMA.



From left to right: Raimondo Balicco (WMRA Director of Competition), Norma Hughes (WMRA Honorary Consultant), Bashir Hussain (WMRA Secretary), Paul Hardy (IAAF Competition Director), Erhan Basoglu (WMRA Director of Marketing), Wolfgang Munzel (WMRA Director of Organisation), David Okeyo (Chairman of IAAF Cross Country Committee), Galia Pulaheva (WMRA At-Large Director), Bruno Gozzelino (WMRA President), Sean Wallace-Jones (Senior Manager at IAAF), Nancy Hobbs (WMRA Treasurer) and Tomo Sarf (WMRA Director of Development). Photo: Norma Hughes

Finally – and this is very, very important too – WMRA races try to encourage the participation of athletes who are also able to run in cross country, in the marathon, in 10km races or steeplechase races.

Mountain running is recognized as a true test of endurance, ability, skills and wise preparation and to many athletes it is considered to be the best practice to excel in all types of distance races. There have been many athletes who have been champion mountain runners and also champions in athletics in general. Gelindo Bordin, of Italy, is

one such athlete who as well as being a top class mountain runner won the marathon race at the Seoul Olympics in 1988 and also the Boston Marathon. The World Mountain Running Association has worked solidly for thirty years in order to achieve important results for our sport.

The WMRA has excellent relationships with IAAF and all the Area Continental Athletic Associations and valuable contact with many National Athletic Federations. The WMRA stage an annual World Mountain Running Championships and also organize a full mountain running Calendar every year. The WMRA are always ready to introduce a new kind of event into our sport and at the moment council members are looking into the possibility of introducing a world relay event into the calendar, possibly in 2013.

These outcomes are the consequence of the enthusiasm and passion of a group of people (WMRA Council members and a lot of people around the world), who work for free, without receiving any financial gain! It is important to remember this aspect!

The WMRA budget is only a very small budget but at the heart of mountain running are these dedicated people who support the wonderful values and principles of our sport!

What then is the future of mountain running and the WMRA?

One possibility is that the discipline of mountain running could eventually become fully integrated into the body of the IAAF and an IAAF Mountain Running Committee would be created. The WMRA Council would of course be fully supportive of this course of action and would cease to exist from this point onwards.

However, until the timing is right for these circumstances the WMRA will continue to carry on as normal counting on the full backing of the IAAF, Area Continental Athletic Associations and each National Athletic Federations. The WMRA expresses its gratitude to the IAAF and its associated bodies for this support.

One thing is clear: mountain running is a sport that goes on developing, getting more popular and stronger every year. I would like to thank everyone for their hard work, the officials and race organizers, the coaches and the athletes. I know that everyone who is involved in mountain running has a passion and love for our sport! This is very important for WMRA and for mountain running!

The WMRA cannot predict what will happen to its organization in the future but certainly the WMRA President and Council members are ready to do their best!

And there is no question about the future of mountain running - our beautiful sport is here to stay!

Bruno Gozzelino (President WMRA)

**WMRA COUNCIL****PRESIDENT**

Bruno Gozzelino  
via Susa, 23  
I0138 Torino  
Italy  
Tel: (home) +39 011 38 55 914  
Tel/Fax: (office) +39 011 43 43 372  
Mobile: +39 339 1916 108  
E-mail: bgozzel@libero.it

**SECRETARY**

Bashir Hussain  
1 Knowsley Road  
Stockport  
Cheshire, SK1 4JA  
United Kingdom  
Tel: (home) +44 161 474 7554  
Tel/Fax: (office) +44 7 816833086  
Mobile: +44 7 816833086  
E-mail: bh122@tiscali.co.uk

**TREASURER**

Nancy Hobbs 5011 Rocking  
PO Box 9454 or R Drive  
Colorado Springs Colorado Springs  
CO 80932 CO 80915, USA  
USA  
Tel: +1719-573-4133  
Fax: +1719-573-4408  
E-mail: trlrunner@aol.com

**DIRECTOR OF COMPETITION**

Raimondo Balicco  
via Div.Acqui 5  
I-24011 Alme,  
Bergamo,  
Italy  
Tel: (home) +39 035 54 52 93  
Mobile: +39 335 592 4218  
E-mail: balicco.rai@teletu.it

**DIRECTOR OF ORGANISATION**

Wolfgang Munzel  
Schipbacherstr 6  
D - 63906 Erlenbach  
Germany  
Tel: +49 9372 71426  
Fax: +49 9372 5610  
E-mail: W.M.52@web.de

**DIRECTOR OF DEVELOPMENT**

Tomo Sarf  
Nedohova 6  
1133-Ljubljana,  
Slovenia  
Tel: +386 41 785 859  
Fax: 00 386 1 722 4330  
E-mail: tomo.sarf@helios.si

**DIRECTOR OF MARKETING**

Erhan Basoglu  
Yesil Caddesi  
Ugur Ap. B Blok, No: 13/8, Yildirim  
Bursa, Turkey  
Tel: (office) +90 224 326 9464  
Tel: (private) +90 224 549 0613  
Mobile: +90 533 491 8480  
E-mail: erhanbasoglu@gmail.com

**AT LARGE DIRECTOR**

Galia Puhaleva  
Bulgarian Athletic Federation  
75, Vasil Levski blvd  
1040 Sofia  
Bulgaria  
Tel: +359 2 9885462  
Mobile: +359 888 566603  
Fax: +359 2 9880714  
E-mail: galia@bulathletics.info

**WMRA Website**

(Courtesy of European Athletic Association):

**www.wmra.info**

Contact Treasurer: Nancy Hobbs (above)  
regarding money transfers to WMRA account.

Newsletter compiled and edited by Adrian Woods

Email: woodsadrian@btinternet.com

**MESSAGE FROM MR LAMINE DIACK -  
IAAF PRESIDENT**

Photo: IAAF

Dear Friends,

It is always a pleasure for me to write these few words for the WMRA annual Newsletter.

2011 was another year of excellent competitions and was also marked by the participation of new countries, either as organisers or competing athletes. The continuing expansion of Mountain Running was demonstrated by the success of the 27th World Mountain Running Championships in Tirana, Albania. The fact that this event was honoured with the presence of both the President of Albania and the Minister of Sport, shows the impact that athletics can have and the fact that this exciting competition saw no fewer than eleven nations take medals is ample proof that Mountain Running is a dynamic and growing sport.

This is particularly satisfying as we prepare to celebrate the IAAF Centenary, in the knowledge that our sport, whilst steeped in history, is able to develop disciplines that are attracting growing numbers of participants from an increasing number of nations.

I am delighted to see that both the quality and number of competitions organised by the WMRA continues to expand and I am sure that we will see many more great competitions in 2012 and in the years to come, as the passionate work of the WMRA President and Board bears its fruits.

I wish you all much success in your endeavours and a year of wonderful competitions.

Lamine Diack

IAAF President

**NEW IAAF GENERAL  
SECRETARY - ESSAR GABRIEL**

Photo: IAAF

Since the first of November 2011, the IAAF has a new General Secretary. Essar Gabriel has taken over the reins from Pierre Weiss, who has now retired.

Essar Gabriel, who is 45 years old and of French nationality, has a wealth of experience at the highest administrative levels of sport. He comes to the IAAF after four years with the International Olympic Committee, where he was Head of the Youth Olympic Games.

Prior to this, Gabriel worked as a sports consultant, following two years as the Chief Operating Officer and Deputy CEO of the Paris 2012 Olympic Games Bid Committee. From 2001-2003, he played a major role as the CEO of one of the most successful ever IAAF World Championships in Paris.

His earlier experience also includes working as the Director of the International Media Centre for the FIFA World Cup, France 98 and as a Venue Manager for the Sydney 2000 Summer Olympic Games Organizing Committee.

**MESSAGE FROM CHAIRMAN IAAF  
CROSS COUNTRY COMMITTEE**

It gives me great pleasure to associate myself with the World Mountain Running Association (WMRA) as the Chairman of the IAAF Cross Country Committee.

The Association has worked very tirelessly to bring this particular sport to where it is today under the patronage of Mr. Bruno Gozzelino, President, WMRA and his entire council members.

I want to take this opportunity to appeal to all IAAF Member Federations to support the mountain running just as any other sport in athletics because the mountain running builds endurance and speed which are the key factors in athletics.

I attended the WMRA Board meeting on 14th January, 2012 in Monaco in my capacity as the Chairman of the IAAF Cross Country Committee and I enjoyed and learnt a lot of ideas and ideologies regarding the mountain running. The council members are very humorous, knowledgeable and have what it takes as far as mountain running is concerned. I want to take this opportunity once again to thank Mr. Lamine Diack, IAAF President, Mr. Essar Gabriel, IAAF General Secretary, Mr. Paul Hardy, IAAF Competitions Director, Mr. Sean Wallace – Jones, IAAF Senior Manager Road Running and Mr. Bruno Gozzelino, President, WMRA for the support they have always given to the organization of mountain running as well as cross country.

David S. Okeyo, MBS, HSC

Chairman - IAAF Cross Country Committee

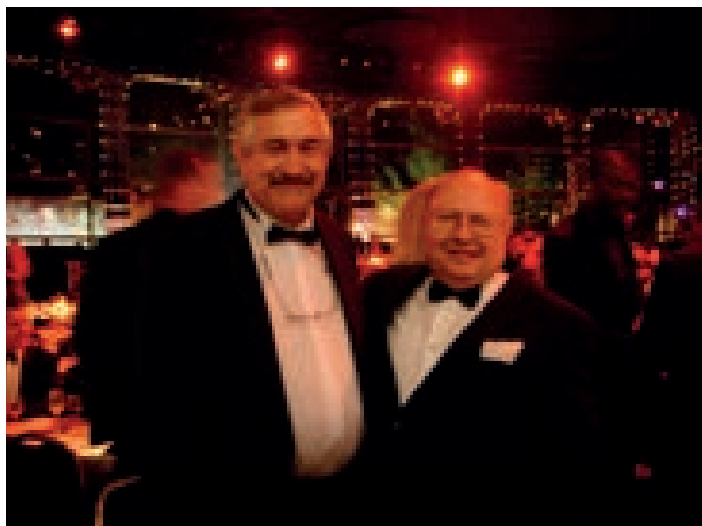


Photo: Patrizia Longo

## THANK YOU, PIERRE WEISS

At the end of December 2011 the lengthy and successful career of Pierre Weiss as IAAF General Secretary ended: he had decided to call it a day and resigned from his post!

Pierre Weiss held the following positions inside IAAF:

Assistant to General Secretary from 1985 until 1987;

General Director from 1991 until 2006; General Secretary, 2006 until 2011. Worldwide, everyone who works for athletics knows Pierre Weiss. He was always available to everybody and loves athletics. He was always very busy but he is a person able to do and to think about a hundred things at the same time and he never forgot one promise: if anyone asked Pierre a question he always gave a reply! As for mountain running and for WMRA Pierre Weiss was - and is - a fantastic friend, always.

Personally, I have been involved in the mountain running family since 1989 -1990 (for a World Seminar in Italy at Bardonecchia and then as General Secretary of LOC World Mountain Running Trophy 1992 in Italy, Susa Valley). I officially started to work for WMRA in 1997 as WMRA Secretary and since 2009 as President. I cannot imagine the mountain running movement without Pierre Weiss!

From my first moment in this role Pierre was the point of reference for my activity and for the WMRA policy. Many people have helped mountain running around the world and in all Continents but Pierre Weiss will remain in the history of mountain running as one of the most important individuals within our sport! He has helped our discipline in all situations and in view of everybody around the world: Pierre believed that mountain running is an important part of athletics and -although he had many more important tasks to perform - he never forgot mountain running.

I will not forget all the friendships which I have been able to build in mountain running in more than 20 years but I hope that there may be another possibility in which Pierre Weiss will be able to help our discipline of athletics and WMRA in the future.

Mountain running, our Sport, is a marvelous one, comprised of exceptional athletes and wonderful officials and coaches in all parts of the world! To be able to work with such people, the IAAF and people like Pierre Weiss is the best thing about it.

I am not able to find enough words to thank Pierre Weiss for everything but I, personally, and the whole of the WMRA hope that his assistance and support to mountain running will not finish here!

Bruno Gozzelino  
WMRA President

## NANCY HOBBS AWARDED WOMEN'S TRAILBLAZER AWARD

Finally, the WMRA is delighted to announce Nancy Hobbs (WMRA Treasurer) was awarded the USA Women's Trailblazer Award for her outstanding contributions to the sport in January 2012.



Photo: Keith Ladzinski

## FAREWELL TO NORMA HUGHES AND A WELCOME TO ADRIAN WOODS

A special presentation was made to Norma Hughes for all her contributions and excellent work over the years and in particular for the contributions in compiling and editing the WMRA Newsletter. Norma has been in a tremendous stalwart in the development of mountain running not least in the support of husband Danny's dedication to mountain running worldwide over 25 years.

Norma has recently decided to retire from her duties in production of the Newsletter and has handed over the reins to Welshman Adrian Woods. Adrian was previously a Marketing Director and more recently General Secretary of the WMRA. He competed for Wales in the 1997 World Mountain Running Championships held in the Czech Republic and has a great love of the sport.



Bruno Gozzelino congratulating  
Norma Hughes for her contributions to  
Mountain Running

Photo: Nancy Hobbs



Bruno Gozzelino and Adrian Woods

Photo: Sharon Woods

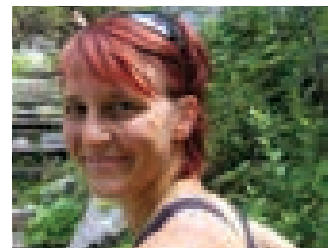
## INTRODUCING DR SONJA AMBROSY

Dr Sonja Ambrosy has been the medical Advisor to the WMRA Anti-Doping Commission since 2007. She is responsible for checking the TUE applications (THERAPEUTIC USE EXEMPTIONS) for athletes who compete in mountain races, which come under the umbrella of WMRA and are held at international Level (for example World Championships, Challenge, Grand Prix Race Series of races) TUE application forms can be sent to Dr Sonja Ambrosy via email: [sonja.ambrosy@gmx.de](mailto:sonja.ambrosy@gmx.de).

If you have any questions concerning the use of medication in and out of competition please contact Sonja directly.

Sonja has been a mountain runner and long distance runner (up to the marathon) and has competed since she was 13 years old. She has participating in many international mountain races and championships representing Germany. She stopped competing in 2000.

Dr Sonja Ambrosy specializes in Internal medicine.

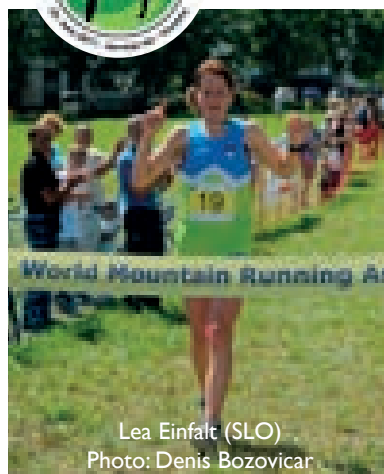




# 6TH WMRA INTERNATIONAL YOUTH CHALLENGE

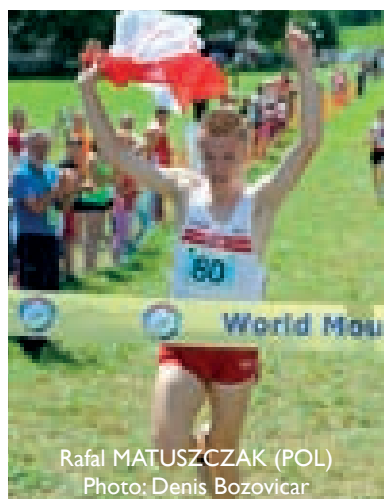
Gorenja vas (SLO)

25th June 2011



Lea Einfalt (SLO)

Photo: Denis Bozovicar

Ekaterina IVONINA (RUS) 2nd, Lea EINFALT (SLO) 1st, Katja STANONIK (SLO) 3rd  
Photo: Denis BozovicarRafal MATUSZCZAK (POL)  
Photo: Denis BozovicarKonstantin GALIULLIN (RUS) 2nd, Rafal MATUSZCZAK (POL) 1st, Marcin ZYCHSKI (POL) 3rd  
Photo: Denis Bozovicar

The 6th International Youth Mountain Running Challenge 2011 was held in Gorenja Vas in Slovenia. A record 13 countries competed (with a total of 75 athletes: 39 boys and 36 girls) on a very runnable mainly grass course which the athletes enjoyed.

Host Country Slovenia had much to celebrate in the girl's race as Lea Einfalt raced to victory in 14 minutes and 6 seconds. She was followed home by Russian Ekaterina Ivonina (in 14 minutes and 18 seconds) who was also the silver medallist in 2010. Slovenia also took the bronze medal with local runner Katja Stanonik (in 14 minutes and 27 seconds) running an impressive race.

The 2010 winner, Ffion Price of Wales, had opened an early lead but was pulled back on the second half of the first lap and eventually finished in fifth position (in 14 minutes and 58 seconds).

The boy's race was a much tighter affair with less than a minute separating the top 14 runners.

Nekagenet Crippa (ITA) broke away at the start but he too suffered the fate of starting too hard and had to settle for fourth. Polish runner Rafal Matuszczak was the first to pass the Italian and he held on from a strong chasing group to take victory (in 15 minutes and 1 second) by three seconds from Russian Konstantin Galiullin (in 15 minutes and 4 seconds).

Marcin Zychski (POL) took the bronze medal (in 15 minutes and 9 seconds) and with their third runner in twelfth position this was enough to give Poland the team with 16 points

The competition was opened by WMRA President Bruno Gozzelino in the presence of Janez Aljancic the Vice-President of the Slovenian Athletics Federation and the Mayor of Gorenja vas - Poljane, Milan Cadez.

## Results

### Boys

1.	MATUSZCZAK Rafal (POL)	15:01
2.	GALIULLIN Konstantin (RUS)	15:04
3.	ZYCHSKI Marcin (POL)	15:09
4.	CRIPPA Nekagenet (ITA)	15:17
5.	RESHETNIKOV Rodion (RUS)	15:21
6.	CAVAGNA Nadir (ITA)	15:31
7.	KARABULAK Suat (TUR)	15:36
8.	KOVACIC Tim (SLO)	15:41
9.	ISKEY Ozan (TUR)	15:50
10.	ARMSTRONG Hugh (IRL)	15:52

### Girls

1.	EINFALT Lea (SLO)	14:06
2.	IVONINA Ekaterina (RUS)	14:18
3.	STANONIK Katja (SLO)	14:27
4.	TEMEL Remuye (TUR)	14:36
5.	PRICE Ffion (WAL)	14:58
6.	KHRYASCHEVA Anna (RUS)	15:03
7.	HINTERHOLZINGEROVA Jana (CZE)	15:04
8.	MCCARTHY Clare (IRL)	15:12
9.	REES Halina (SCO)	15:14
10.	PALUCH Kamila (POL)	15:22

### Teams:

1. POL – 16 pts; 2. RUS – 23 pts; 3. ITA – 24 pts

### Teams:

1. RUS – 20 pts; 2. SLO – 30 pts; 3. TUR – 31 pts

Bruno Gozzelino and Tomo Sarf of WMRA with team leaders of all nations  
Photo: Denis BozovicarBoys' team winners  
Photo: Denis BozovicarGirls' team winners  
Photo: Denis Bozovicar

## 8TH WORLD LONG DISTANCE MOUNTAIN RUNNING CHALLENGE

Podbrdo, Slovenia

18th June 2011



405 runners from 18 Nations started the 8th WMRA World Long Distance Mountain Running Challenge in Podbrdo, Slovenia: 320 men and 85 women. The race was linked with the 10th Gorski Maraton štirih občin (GM40), a race of 37.5-kilometer mountain track with 2500m ascent and 2800m descent. It took a home boy to prevent a clean sweep from a Scottish trio. Mitja Kosovelj beat the competition by more than a four minute margin with the time of three hours, 22 minutes and 32 seconds. Second to the finish line was Thomas Owens of Scotland (3:26:59), and the bronze medal went to his younger countryman Robbie Simpson (3:29:05). The podium was just a step away from another Scotsman Jehro Lennox (3:33:21). The top finishers in the women's race turned out to be an Anglo-Irish affair. Englishwomen Philippa Maddams grabbed gold with 4:08:46, Ireland took second place with Karen Alexander (4:16:21), while bronze went to her English neighbour Helen Fines (4:19:14). Full results on the event web page or the results page of [www.wmra.info](http://www.wmra.info)

## MEN

## Leading Individual Results

1. KOSOVE LJ Mitja (SLO)	03:22:32
2. OWENS Thomas (SCO)	03:26:59
3. SIMPSON Robbie (SCO)	03:29:05
4. LENNOX Jethro (SCO)	03:33:21
5. BIRCHMEIER Ralf (SUI)	03:35:12
6. PECHEK Petr (CZE)	03:35:51
7. JOHNSON Oliver (ENG)	03:38:16
8. DAVIES Andrew (WAL)	03:38:30
9. PEARCE Graham (ENG)	03:38:37
10. CHECHUN Yirij (RUS)	03:40:32

## Team Results:

1. SCOTLAND	10:29:15
2. SLOVENIA	10:57:20
3. ENGLAND	10:58:46

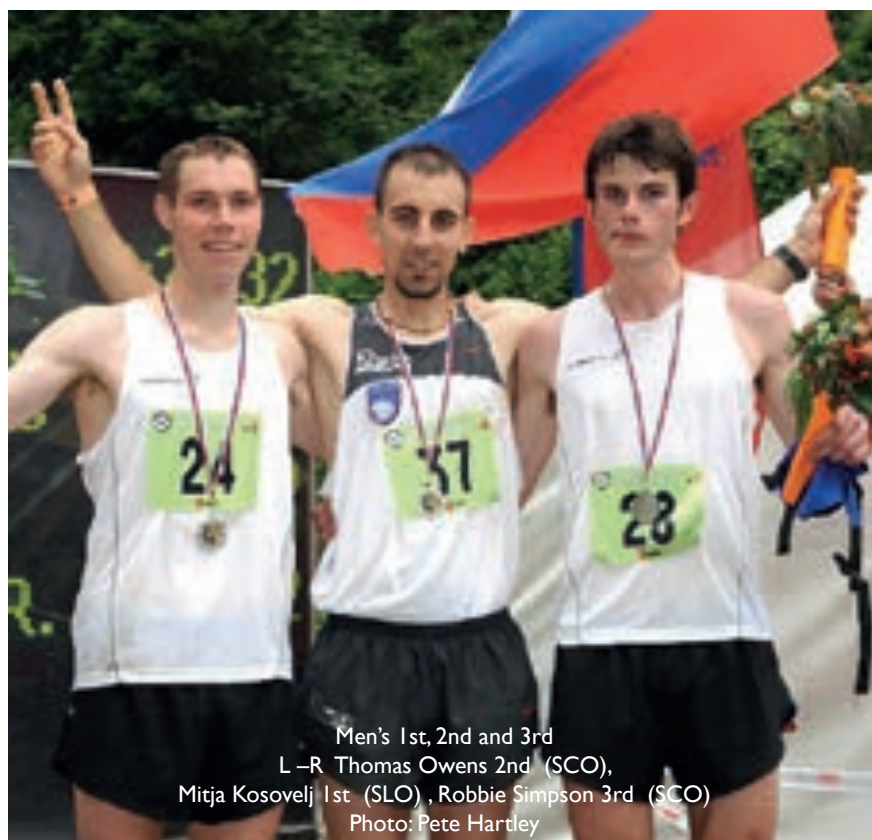
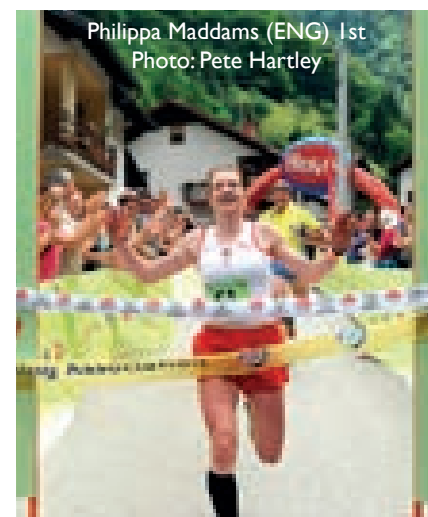
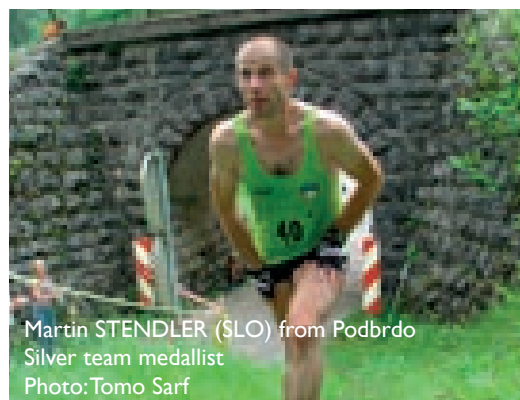
## WOMEN

## Leading Individual Results

1. MADDAMS Philippa (ENG)	04:08:46
2. ALEXANDER Karen (IRL)	04:16:21
3. FINES Helen (ENG)	04:19:14
4. PANKOVSKAYA Irina (RUS)	04:21:25
5. ROWLANDS Andrea (WAL)	04:24:08
6. CELINSKA Anna (POL)	04:24:40
7. KHAITOVA Nigina (RUS)	04:26:25
8. LUPTON Anna (ENG)	04:26:49
9. ESENTIEROVA Adela (CZE)	04:27:45
10. MAXWELL Fiona (SCO)	04:29:46

## Team Results:

1. ENGLAND	12:54:49
2. RUSSIA	13:24:37
3. SCOTLAND	13:41:07





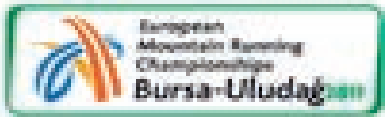




Bursa Municipality are proud to be an official sponsor of the  
World Mountain Running Association







# 10th European Mountain Running Championships

Bursa-Uludag (Turkey)

10th July 2011

AKKOYUN Mehmet  
TODOROVSKI Pero  
SHCHERBANIVSKYI Andrii  
GASPAR Jose

TUR DNF  
MKD DNF  
UKR DNF  
POR DQ

23 LEHMANN Diana GER 52:49  
24 PANOVSKA Rumyana BUL 52:54  
25 PANTHEON Adelaide FRA 53:00  
26 WHITEHEAD Clare GBR 53:02  
27 MIHAYLOVA Milka BUL 53:05  
28 WILKINSON Victoria GBR 53:19  
29 RIEDO-H. Angela SUI 53:31  
30 METELKOVA Tatiana CZE 53:58  
31 MEEKIN Nicola GBR 54:08  
32 FREITAG Karin AUT 54:14  
33 BONOVA Iveta BUL 54:22  
34 COENEN Nora GER 54:38  
35 de JESÚS S. Amada ESP 54:42  
36 DUMERGUES Marie-L. FRA 54:49  
37 SKALNIKOVA Eva CZE 54:53  
38 MARTINHO Carla POR 55:18  
39 EGOROVA Galina RUS 55:31  
40 PORTE Fiona FRA 55:50  
41 TARHAN Yagmur TUR 56:29  
42 MCCORMACK Sarah IRL 56:33  
43 SEKYROVA Ivana CZE 56:34  
44 GRANDOVEC Daneja SLO 56:48  
45 MOREIRAS Lucinda POR 57:18  
46 ADIYAMAN Süheyla TUR 57:37  
47 GEYPEN Kim BEL 58:05  
48 MULLIGAN Sarah IRL 59:31  
49 FORTIN Aleksandra SLO 59:40  
50 FINN Michelle IRL 59:54  
51 KOZAREVA Hristina BUL 1:00:03  
52 MARTINS Márcia POR 1:01:46  
53 VELJANOVSKA Tanja MKD 1:09:56  
54 VÁRADI Enik? HUN 1:27:43  
BÜYÜKBEZGIN Burcu TUR DNF  
ALEXANDER Karen IRL DNF  
QOSJA Brixhilda ALB DNF

## MEN

1 **ARSLAN Ahmet** TUR 58:08  
2 ABATE Gabriele ITA 58:40  
3 DEMATTEIS Bernard ITA 59:41  
4 BÜYÜKBEZGIN Süleyman TUR 59:56  
5 BALDACCINI Alex ITA 1:00:25  
6 ANDY Jones GBR 1:00:39  
7 KLEIST Anders SWE 1:00:47  
8 BURRIER Georges FRA 1:01:03  
9 SCHNEIDER David SUI 1:01:07  
10 KRUPICKA Robert CZE 1:01:26  
11 ZINCA Ionut Alin ROU 1:01:28  
12 VERNON Steve GBR 1:01:34  
13 JANDARI Said FRA 1:01:38  
14 CARVALHO José POR 1:01:46  
15 ZAGO Didier FRA 1:01:54  
16 PAGNUEV Alexei RUS 1:02:11  
17 BORGES Gonçalo POR 1:02:19  
18 MUGA Rui POR 1:02:38  
19 TVERDOKHVALOV Vasilii RUS 1:02:43  
20 SYLTA Oeystein NOR 1:02:47  
21 MACMAHON Brian IRL 1:02:56  
22 RIEDER Alexander AUT 1:03:04  
23 DEMATTEIS Martin ITA 1:03:12  
24 MUSTAFA Shaban BUL 1:03:22  
25 CRESPO Javier ESP 1:03:27  
26 RANCON Julien FRA 1:03:35  
27 KAZAN Deniz TUR 1:03:36  
28 SOCIATS Just ESP 1:03:50  
29 VOJAK Jiri CZE 1:03:57  
30 HOHENWARTER Markus AUT 1:04:05  
31 LECHLEITNER Simon AUT 1:04:22  
32 BOLKHOVITIN Alexander RUS 1:04:42  
33 ZEILER Timo GER 1:04:44  
34 ALIC Simon SLO 1:04:48  
35 CONROY Ian IRL 1:04:51  
36 SCHOENBERGER Korbinian GER 1:04:52  
37 SUNDBY Oeyvind H. NOR 1:04:55  
38 PRIPFL Peter AUT 1:04:59  
39 RYAN Mark IRL 1:05:09  
40 BEHA Josef GER 1:05:17  
41 CASTANER Cristofol ESP 1:05:25  
42 BRYDL Pavel CZE 1:05:47  
43 JOLY Jente BEL 1:05:49  
44 CAPITAN Jose Luis ESP 1:05:57  
45 STEFANOV Hristo BUL 1:06:41  
46 OSBORNE Adam GBR 1:06:42  
47 HUBERT Stefan GER 1:06:52  
48 NIJS Sven BEL 1:06:54  
49 VOGT Josef LIE 1:06:56  
50 TENGSAEID Torstein NOR 1:07:12  
51 BERTELS Jelle BEL 1:07:20  
52 HAVLICEK Jan CZE 1:07:34  
53 PELEVIN Ivan RUS 1:07:50  
54 BIERCZAK Maciej POL 1:08:02  
55 SKOPAC Ivica CRO 1:08:19  
56 FLYNN Eoin IRL 1:08:45  
57 LAMOVEC Peter SLO 1:09:03  
58 WILSSSENS Koen BEL 1:09:34  
59 CEH Joze SLO 1:09:50  
60 TEVEKELEV Stoyan BUL 1:10:25  
61 ZILIC Zoran CRO 1:11:01  
62 GERLEI Tamás HUN 1:11:14  
63 MALKA Haim ISR 1:11:27  
64 MANFREDA Joze SLO 1:12:29  
65 KÉLLÉZI Ilir ALB 1:13:18  
66 LILOV Rosen BUL 1:15:53  
67 KIRADJIEV Aleksandar MKD 1:18:48  
68 MIKULIC Nikola CRO 1:18:48  
69 PELSŐCZY Attila HUN 1:19:39  
70 SWINBURN Nick GBR 1:20:43  
71 MARTINOVSKI Trpe MKD 1:20:57  
72 SZABÓ Kornél HUN 1:22:34  
73 KOVTUNENKO Yuriy UKR 1:49:34  
TRENDAFILOV Gjorgji MKD DNF

## JUNIOR MEN

1 **KÖMÜR Nuri** TUR 43:08  
2 DAG Sönmez TUR 43:12  
3 ORAK Murat TUR 43:40  
4 SZABOLCS I. Gheorgy ROU 45:27  
5 PALZER Anton GER 45:41  
6 KOÇLARDAN Münir TUR 45:58  
7 TRAVNICEK Matej CZE 46:24  
8 MOKIN Stanislav RUS 46:36  
9 SALAMIN Jean-B. SUI 46:48  
10 LEMBO Enrico ITA 47:00  
11 DOONEY Kevin IRL 47:45  
12 KVAELE Gaute NOR 47:52  
13 MAESTRI Cesare ITA 47:58  
14 BARATA Samuel POR 48:01  
15 ONDRASEK Pavel CZE 48:11  
16 LUSTENBERGER Daniel SUI 48:19  
17 JANU Jan CZE 48:21  
18 RANKIN Garry GBR 48:27  
19 HAGA Tommy NOR 48:33  
20 OLOCCO Giovanni ITA 49:00  
21 VANSHIN Ilmur RUS 49:14  
22 ROSS Jack GBR 49:22  
23 EGAN James IRL 49:42  
24 LAGUSHIN Vitaly RUS 49:47  
25 INNERHOFER Manuel AUT 49:50  
26 CHINDRIS Alexandru ROU 50:05  
27 MIHELIC Luka SLO 50:16  
28 PELISSERO Andrea ITA 50:34  
29 JOHNSTON Joseph GBR 50:45  
30 KUBIK Zsolt HUN 50:45  
31 GRYCKO Tomasz POL 51:04  
32 CADEZ Ziga SLO 51:20  
33 PLAZNIK Matic SLO 51:33  
34 NOWAK Jakub POL 51:41  
35 MUSTAFA Ahmed BUL 52:00  
36 STAIUC Alexandru B. ROU 52:10  
37 ONOFREI Andrei I. ROU 52:38  
38 DANILOV Vasilii RUS 52:59  
39 SPEIGHT James IRL 53:03  
40 RIFFLART Simon BEL 53:22  
41 SINGER Michael AUT 53:40  
42 ANCHEVSKI Atanas MKD 54:16  
43 SZYMANOWSKI Krzysztof POL 54:34  
44 ZUPAN Domen SLO 54:35  
45 MAHONEY Dominic GBR 54:50  
46 HAMMERLE Maximilian AUT 55:07  
47 DRUMCHEV Nikolay BUL 56:10  
48 DELAS Petar CRO 56:26  
49 URBÁN Máté HUN 56:33  
50 GRIFFIN James IRL 57:00  
51 JARCO Dominik POL 57:13  
52 UHL Adrian GER 58:25  
53 CAKÓ Bálint HUN 1:00:52  
54 PENKOV Penko BUL 1:06:58

## WOMEN

1 **STRÄHL Martina** SUI 48:44  
2 CONFORTOLA Antonella ITA 49:09  
3 KRKOC Lucija SLO 49:24  
4 BELOTTI Valentina ITA 49:40  
5 IVANOVA Marina RUS 49:57  
6 SCHORNA Pavla CZE 50:10  
7 CRISTINA Alex. Frumuz ROU 50:20  
8 MEIER-B. Bernadette SUI 50:22  
9 MELKEVIK Kirsten NOR 50:34  
10 CLAYTON Emma GBR 50:53  
11 SEMOVA Svetlana RUS 50:58  
12 VOKUEVA Janna RUS 51:17  
13 DANIELSEN K.-Karoline NOR 51:19  
14 DUBOIS Caroline FRA 51:33  
15 KOSOVELJ Mateja SLO 51:36  
16 FERRARA Ornella ITA 51:38  
17 REINER Sabine AUT 51:40  
18 BA?TUG Hülya TUR 51:56  
19 BELUSGI Barbara CRO 52:05  
20 GAGGI Alice ITA 52:08  
21 MIRANDA Fernanda POR 52:18  
22 BUER May Britt NOR 52:41

## JUNIOR WOMEN

1 **DRAGOMIR Denisa Ionela** ROU 21:43  
2 CAN Yasemin TUR 22:08  
3 EYTEMIS Sevilay TUR 22:16  
4 MAIR Susanne AUT 22:23  
5 RUS Rebeca ROU 23:08  
6 PINTO Sonia POR 23:31  
7 IVONINA Ekaterina RUS 23:48  
8 ATALAY Zeynep TUR 24:10  
9 HINTERHOLZINGEROVA Jana CZE 24:15  
10 PARLOV Matea CRO 24:17  
11 TITON Letizia ITA 24:17  
12 MANDLBAUER Christina AUT 24:41  
13 TOMAS Anda CRO 24:51  
14 PRICE Fiona GBR 24:54  
15 ADKIN Scout GBR 25:10  
16 OVSYANNIKOVA Faina RUS 25:23  
17 NINEVA Marinela BUL 25:31  
18 MARIEN Jessica BEL 25:41  
19 HILL-STIRLING Louise IRL 25:48  
20 ZUBANI Silvia ITA 25:50  
21 MIRCHEVA Militsa BUL 26:19  
22 TAYLOR Beckie GBR 26:21  
23 LHANSOUR Sara ITA 26:24  
24 MOROITA Adelina G. ROU 26:24  
25 TRIFONOVA Teodora BUL 26:44  
26 DENNY Niamh IRL 26:51  
27 SARA Moore IRL 26:56  
28 KOZJEK Tina SLO 27:02  
29 BOGATYREVA Alexandra RUS 27:03  
30 BAJC Monika SLO 27:39  
31 STOJCEVSKA Marija MKD 27:56  
32 KOZJEK Katja SLO 28:49

## TEAMS

Men	TUR	Men	Women	Jun. Women
1 ITA 10	6	22	TUR 5	ROM 6
2 TUR 32	39	28	AUT 16	CRO 23
3 FRA 36	43	38	RUS 23	GBR 29
4 POR 49	53	44	ITA 31	BUL 38
5 GBR 64	66	62	IRL 45	SLO 58
6 RUS 67	69	64		
7 CZE 81	73	73		
8 AUT 83	92	75		
9 ESP 94	108	84		
10 IRL 95	112	104		
11 NOR 107	132	105		
12 GER 109	136	140		
13 BUL 129				
14 BEL 142				
15 SLO 150				
16 CRO 184				
17 HUN 203				



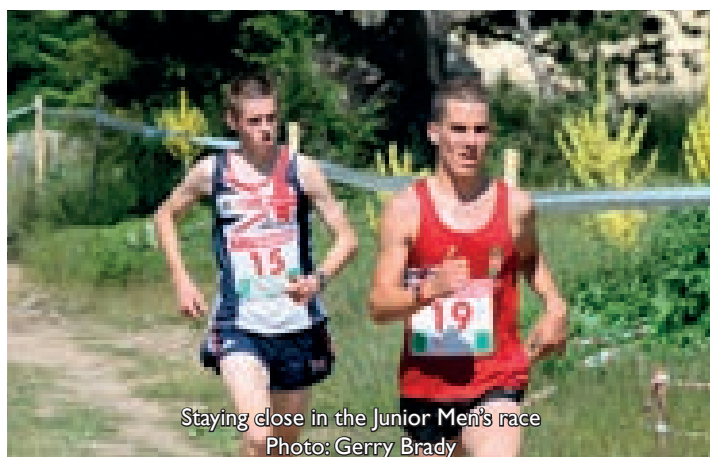
Turkish Junior Women group well together  
Photo: Gerry Brady



Concentration in the Junior Women's race  
Photo: Gerry Brady



Junior Men's winner Nuri Komur (54) (TUR)  
Photo: Gerry Brady



Staying close in the Junior Men's race  
Photo: Gerry Brady



A cultural opening ceremony  
Photo: Gerry Brady



Janna Vokueva (47) (RUS)  
Photo: Gerry Brady



Turkish Junior Women's Gold Team medallists  
Photo: Gerry Brady



Austrian Junior Women's Bronze Team medallists  
Photo: Gerry Brady



Turkish Junior Men's Gold Team medallists  
Photo: Gerry Brady



Russian Senior Women's silver Team Medallists  
Photo: Gerry Brady



Senior Ladies individual Winners on podium  
Photo: Tomo Sarf



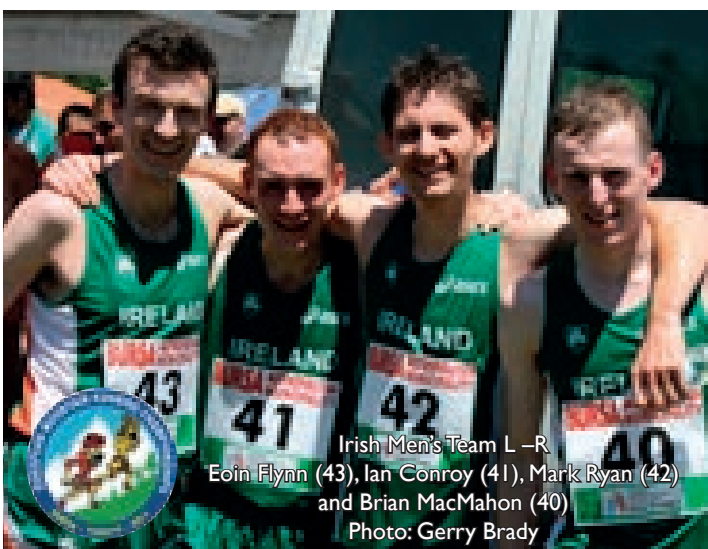
Senior Women's Individual Medallists L – R  
Antonella Confortola 2nd (ITA), Martina Strahl 1st (SUI),  
3rd Lucija Krkoc (SLO)  
Photo: Tomo Sarf



Turkish Junior Men's Team on podium  
Photo: LOC



Junior Women's Gold Medal Winner Denisa Ionela Dragomir (ROU)  
Photo: LOC



Irish Men's Team L – R  
Eoin Flynn (43), Ian Conroy (41), Mark Ryan (42)  
and Brian MacMahon (40)  
Photo: Gerry Brady



Senior Men's Gold Medal Winner Ahmet Arslan (TUR)  
Photo: LOC





# 27th World Mountain Running Championships

Tirana - Albania

11th September 2011



## MEN

<b>1 KING Max</b>	<b>USA</b>	<b>52:06</b>
2 ARSLAN Ahmet	TUR	52:41
3 DEMATTEIS Martin	ITA	52:57
4 DEMATTEIS Bernard	ITA	54:16
5 DE GASPERI Marco	ITA	54:33
6 ZAGO Didier	FRA	54:50
7 ZINCA Ionut	ROU	54:52
8 KIBET James	UGA	55:09
9 KOVACS Adam	HUN	55:22
10 RANCON Julien	FRA	55:30
11 GRAY Joseph	USA	55:33
12 KOSOVELJ Mitja	SLO	55:34
13 MUSLU Ercan	TUR	56:10
14 ABATE Gabriele	ITA	56:12
15 LECHLEITNER Simon	AUT	56:44
16 MANZI Emanuelele	ITA	56:47
17 FONTAINE Guillaume	FRA	56:59
18 CARVALHO Jose	POR	57:19
19 TOROITICH Martin	UGA	57:22
20 KARATAS Adem	TUR	57:49
21 CORNTHWAITE Tom	GBR	58:11
22 McMULLAN James	GBR	58:30
23 PECHEK Petr	CZE	58:37
24 BALDACCINI Alex	ITA	58:44
25 EDWARDS Orlando	GBR	58:51
26 RYAN Mark	IRL	58:56
27 PELEVIN Ivan	RUS	58:58
28 NIKOLOV Yolo	BUL	59:06
29 ALRAUN Fabian	GER	59:27
30 AKKOYUN Mehmet	TUR	59:33
31 MUGA Rui	POR	59:40
32 AKHMADEEV Rinas	RUS	59:50
33 KITIR Arif	TUR	1:00:07
34 BORGES Gonçalo	POR	1:00:12
35 MACMAHON Brian	IRL	1:00:23
36 RODRIGUES Pedro	POR	1:00:24
37 LAMBERT Adrian	CAN	1:00:36
38 SOYEKWO Kibet	UGA	1:00:48
39 TORFS Sanne	BEL	1:00:52
40 ZBLEWSKI Tadeusz	POL	1:00:57
41 BREGAR Gasper	SLO	1:01:00
42 SILVA Carlos	POR	1:01:02
43 KASTELIC Peter	SLO	1:01:21
44 JAILLARDON Renaud	FRA	1:01:30
45 CHAFE Paul	CAN	1:01:34
46 VOLLMER Mark	CAN	1:01:42
47 BERTELS Jelle	BEL	1:01:44
48 PERMITIN Vasilij	RUS	1:01:47
49 WOODS Ryan	USA	1:01:51
50 STOSIC Kristijan	SRB	1:01:54
51 BYRNE Matthew	USA	1:01:58
52 LAMOVEC Peter	SLO	1:02:05
53 MINNOCK Barry	IRL	1:02:14
54 HURU Dickson	UGA	1:02:21
55 WIGHTMAN Nicholas	AUS	1:02:37
56 ZAK Jiri	CZE	1:02:45
57 KEVAN James	IRL	1:02:46
58 SWANSON Kristopher	CAN	1:02:51
59 FUREY Brian	IRL	1:02:59
60 SAMUEL Rob	GBR	1:03:19
61 NISPEL Patrick	AUS	1:03:22
62 CONROY Ian	IRL	1:03:31
63 CLOWES Matthew	GBR	1:03:38
64 SERGEEV Andrei	RUS	1:03:40
65 BLAHA Tomas	CZE	1:03:56
66 JANDARI Said	FRA	1:04:09
67 KAZAN Deniz	TUR	1:04:34

68 RULJANCICH Shane	CAN	1:05:08
69 SZCZESNIEWSKI Milosz	POL	1:05:28
70 NYS Sven	BEL	1:05:37
71 RANGEL Juan Pablo	COL	1:05:40
72 MANFREDA Joze	SLO	1:05:47
73 SIDOROV Oleg	RUS	1:05:59
74 HORACEK Michal	CZE	1:07:33
75 PAGNUEV Alexei	RUS	1:07:38
76 PELSOCZY Attila	HUN	1:07:43
77 HARRIES Jordan	AUS	1:07:51
78 BOURNE Mark	AUS	1:08:01
79 MANNING Tommy	USA	1:08:10
80 TREDAFILOV Gjorgji	MKD	1:08:27
81 MALKA Haim	ISR	1:08:28
82 SZEKERES Attila	HUN	1:08:53
83 ROBB Gerard	AUS	1:09:35
84 LOPEZ Miguel Angel	MEX	1:09:48
85 PERRY Edwin	AUS	1:10:28
86 JOLY Jente	BEL	1:10:31
87 WIRKUS Lukasz	POL	1:10:57
88 KELLEZI Ilir	ALB	1:11:04
89 YEGHIKYAN Sevak	ARM	1:12:10
90 AJANOVSKI Kokan	MKD	1:12:24
91 KIRADZIEV Aleksandar	MKD	1:12:47
92 STEPAN Zsolt	HUN	1:13:52
93 CELINSKI Robert	POL	1:15:18
94 SZABO Tamas	HUN	1:18:13
95 DORZI Renato	ALB	1:20:41
96 SCOTT Jared	USA	1:20:59
97 KOSTOV Mitko	MKD	1:21:52
98 IIDA Yujiro	JPN	1:23:26
99 KERENYI Mate	HUN	1:24:03
100 MESI Bledar	ALB	1:27:56
101 MILOSHEVSKI Srgjanj	MKD	1:29:26
102 KOVTUNENKO Yuriy	UKR	1:42:34
103 ANTONYUK Denys	UKR	1:42:34
104 PRONIN Sergii	UKR	1:42:34
LUGJA Genc	ALB	DNF
GOSELIN Jame	CAN	DNF
SMITH Chris	GBR	DNF
STOJANOVSKI Aleksandar	MKD	DNF
CEH Joze	SLO	DNF
AYEKO Thomas	UGA	DNF
SHCHERBANIVSKYI Andrii	UKR	DNF

## MEN'S TEAMS

1 ITA 26	7 GBR 128	13 BEL 242
2 TUR 65	8 SLO 148	14 HUN 259
3 FRA 77	9 IRL 171	15 AUS 271
4 USA 112	10 RUS 171	16 POL 289
5 POR 119	11 CAN 186	17 MKD 358
6 UGA 119	12 CZE 218	

## WOMEN

<b>1 ENMAN Kasie</b>	<b>USA</b>	<b>40:39</b>
2 RUKHLYADA Elena	RUS	41:47
3 DUMERGUES Marie-Laure	FRA	42:23
4 SCHORNA Pavia	CZE	42:39
5 ADAMS Lizzie	GBR	42:43
6 KOSOVELJ Mateja	SLO	42:55
7 FERRARA Ornella	ITA	43:11
8 CONFORTOLA Antonella	ITA	43:14
9 GAGGI Alice	ITA	43:19
10 CLAYTON Emma	GBR	43:22
11 SEKYROVA Ivana	CZE	43:24
12 LUND Megan	USA	43:56
13 KHAITOVA Nigina	RUS	44:03
14 BELOTTI Valentina	ITA	44:12
15 METELKOVA Tatana	CZE	44:16

16 WILKINSON Mary	GBR	44:19
17 MIRANDA Fernanda	POR	44:20
18 GULLU Esra	TUR	44:32
19 BASTUG Hulya	TUR	44:38
20 VOKUEVA Janna	RUS	44:48
21 SUSZEK Michele	USA	44:48
22 FERNANDEZ Yolanda	COL	45:06
23 PANKOVSKAYA Irina	RUS	45:18
24 WOSZCZEK Danuta	POL	45:29
25 PANTHEON Adelaide	FRA	45:46
26 ERHOLTZ Brandy	USA	45:56
27 STELMACH Dominika	POL	46:08
28 ADIYAMAN Suheyla	TUR	46:15
29 GRANDOVEC Daneja	SLO	46:16
30 MARTINHO Carla	POR	46:21
31 CELINSKA Anna	POL	46:34
32 MRAK Valerija	SLO	46:50
33 BELUSIC Barbara	CRO	47:16
34 ROSS Melissa	CAN	47:21
35 WISNIEWSKA Dominika	POL	47:32
36 MERENYI Timea	HUN	48:28
37 MCCORMACK Sarah	IRL	48:54
38 TARHAN Yagmur	TUR	49:21
39 HUMPHRIES Elizabeth	AUS	49:38
40 SZEKERSESNE Fruzsina	HUN	49:46
41 GOODHEAD Kate	GBR	50:07
42 WICHERS Hubertien	AUS	50:38
43 MAHON Donna	IRL	51:25
44 DURRANT Clare	AUS	51:54
45 MULLIGAN Sarah	IRL	52:44
46 SEIBOLD-CROSBIE Kate	AUS	53:13
47 HAKKEL Tunde	HUN	53:21
48 YLIKAHILA Sonja	CAN	53:27
49 WASLEN Kathryn	CAN	53:29
50 VASS Vera	HUN	54:20
51 ESTEY Laura	CAN	55:29
52 VELJANOVSKA Tanja	MKD	56:56
GEKA Luiza	ALB	DNF
CLINTON Fiona	IRL	DNF
KRKOC Lucija	SLO	DNF

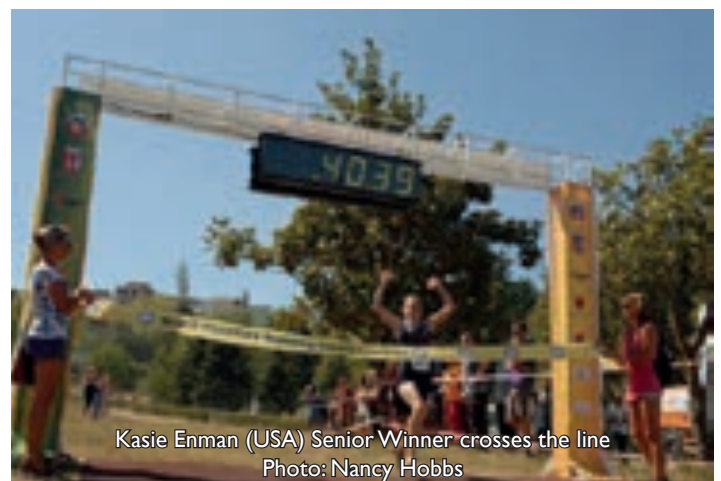
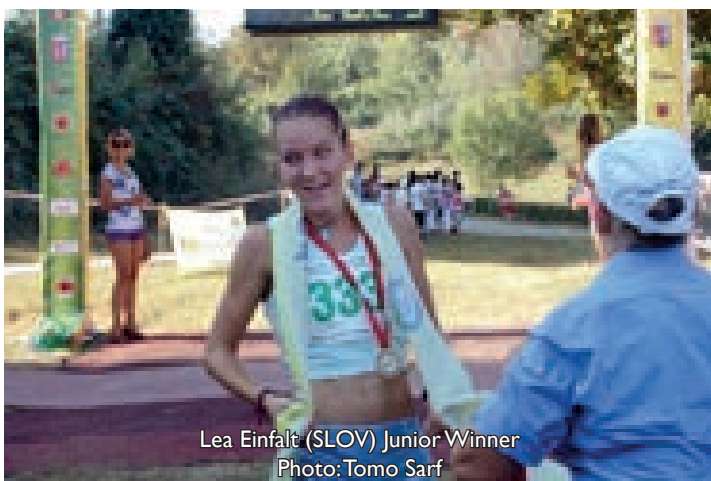
## WOMEN'S TEAMS

1 ITA 24	5 RUS 35	9 HUN 123
2 CZE 30	6 TUR 65	10 AUS 125
3 GBR 31	7 SLO 67	11 IRL 125
4 USA 34	8 POL 82	12 CAN 131

## JUNIOR MEN

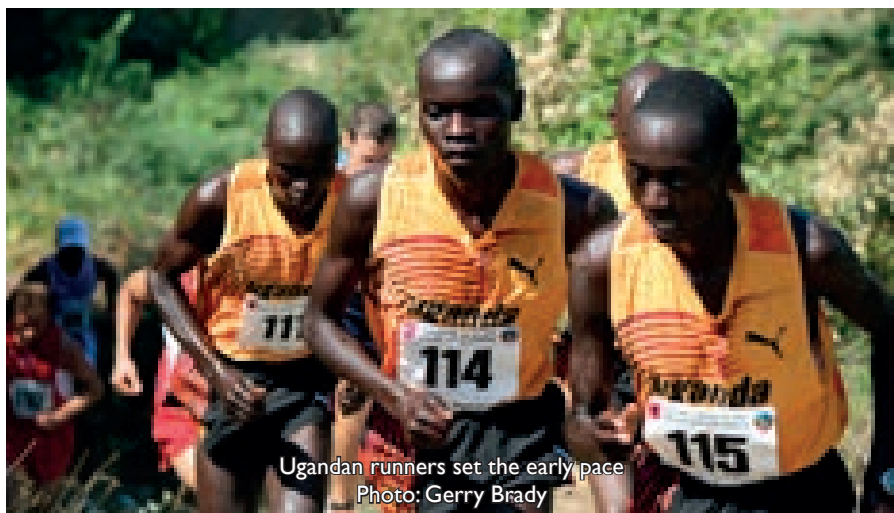
<b>1 KARAGOZ Adem</b>	<b>TUR</b>	<b>37:01</b>
2 PADUA RODRIGUEZ Saul A.	COL	37:40
3 ORAK Murat	TUR	38:05
4 CALDAROIU Cosmin Gabriel	ROU	38:18
5 MAESTRI Cesare	ITA	38:22
6 PRZEDWOJEWSKI Bartlomiej	POL	38:34
7 GRYCKO Tomasz	POL	38:43
8 DAG Sonmez	TUR	39:01
9 MATUSZCZAK Rafal	POL	39:01
10 GYORGY Szabolcs Istvan	ROU	39:03
11 LEE Ryan	USA	39:15
12 RYGIEL Jakub	POL	39:23
13 TITON Dylan	ITA	39:39
14 PELLISERO Andrea	ITA	39:47
15 BIRD-SMITH Dane	AUS	39:52
16 TSENOV Mitko	BUL	39:54
17 SCOTT Marc	GBR	40:06
18 ZAVESKY Filip	CZE	40:07
19 MOKIN Stanislav	RUS	40:12
20 STAIU Alexandru Bogdan	ROU	40:17

21	NURNIYAZOV Marat	RUS	40:20	57	CAKO Balint	HUN	50:56	22	HILL-STIRLING Louise	IRL	23:48		
22	TRAVNICEK Matej	CZE	40:46	58	HAJAGOS Gergely	HUN	51:00	23	TRIFONOVA Teodora	BUL	23:54		
23	GRIDELLO Edgar	FRA	40:54	59	TEJEDA Ramon	MEX	51:55	24	DEARBORN Krisztina	USA	24:02		
24	TOTTEN Eoghan	IRL	41:07	60	SLABE Matic	SLO	52:28	25	VARGA Dorottya	HUN	24:10		
25	ALTMAYER Hugo	FRA	41:07	61	SUBASHI Arlind	ALB	59:59	26	RICHEs Laura	GBR	24:22		
26	MARSHALL Jakub	CZE	41:10		JANU Jan	CZE	DNF	27	PELANNE Margot	FRA	24:28		
27	NELSON Jordan	AUS	41:12		YILDIRIMCI Sabahattin	TUR	DNF	28	MULLEN Catherina	IRL	24:33		
28	FAYETTE Billy	USA	41:16					29	SHEGOSKI Lara	USA	24:34		
29	RADICS Csaba	HUN	41:23	JUNIOR MENS TEAMS				30	MORETZ Clare	USA	24:35		
30	JOHNSON Joe	GBR	41:34	1	TUR 12	6	AUS 87	31	TOMAS Anda	CRO	24:38		
31	INNERHOFER Manuel	AUT	41:47	2	POL 22	7	RUS 87	32	DECOCK Florence	BEL	24:42		
32	RIFFLARD Simon	BEL	42:13	3	ITA 32	8	BUL 88	33	FRACKOWIAK Magdalena	POL	24:43		
33	PLAZNIK Matic	SLO	42:26	4	ROM 34	9	GBR 88	34	KOZJEK Tina	SLO	24:53		
34	MUSTAFA Ahmed	BUL	42:29	5	CZE 66	10	USA 93	35	GODARD Caroline	FRA	24:54		
35	RANCHIKJ Milosh	MKD	42:52	JUNIOR WOMEN				36	THERY Roxane	FRA	25:02		
36	DOBRIYESCU Alexandru	ROU	42:54	1	EINFALT Lea	SLO	20:23	37	RAJOVA Jana	CZE	25:05		
37	BARBUSCIO Marco	ITA	43:03	2	YILMAZ Cesminaz	TUR	20:36	38	MARIEN Jessica	BEL	25:16		
38	YOTOVSKI Alexandar	BUL	43:11	3	DRAGOMIR Denisa Ionela	ROU	20:44	39	KHRIASHCHEVA Anna	RUS	25:21		
39	CADEZ Ziga	SLO	43:16	4	EYTEMIZ Sevilay	TUR	21:13	40	SIPOS Anna	HUN	26:02		
40	PALZER Anton	GER	43:16	5	CAN Yasemin	TUR	22:32	41	STOJCHEVSKA Marija	MKD	26:51		
41	BILLINGTON Karl	GBR	43:25	6	DONEGAN Laura Rose	AUS	22:45	42	O'REILLY Eadaoin	IRL	27:26		
42	ARMSTRONG Hugh	IRL	43:42	7	OVSYANNIKOVA Faina	RUS	22:45	43	GJYLI Klesta	ALB	31:52		
43	O'CONNOR Killian	IRL	43:48	8	DAN Ioana Alina	ROU	22:48	44	KALLUCI Klodiana	ALB	35:12		
44	EGAN James	IRL	43:59	9	NINEVA Marinela	BUL	22:49	45	PECA Suela	ALB	42:34		
45	DUFFUS Benjamin	AUS	44:01	10	WILSON Annabelle	AUS	22:53		TITON Letizia	ITA	DNF		
46	RANKIN Garry	GBR	44:18	11	MANDLBAUER Christina	AUT	22:57		PALUCH Kamila	POL	DNF		
47	ZVONAREV Sergey	RUS	44:59	12	ZUBANI Silvia	ITA	23:01		NIKOLIC Olja	SRB	DNF		
48	ZUPAN Domen	SLO	45:18	13	ALJANCIC Eva	SLO	23:08	JUNIOR WOMENS TEAMS					
49	PROBIBAJ Gezim	ALB	46:00	14	POPESCU Laura Diana	ROU	23:12	1	TUR 6	6	BUL 30	11	USA 53
50	BROOKS Charles	AUS	46:44	15	WATSON Amber	GBR	23:15	2	ROM 11	7	ITA 31	12	FRA 62
51	GALIULLIN Konstantin	RUS	47:16	16	DULAK Katarzyna	POL	23:22	3	SLO 14	8	GBR 41	13	HUN 65
52	DRUMCHEV Nikolay	BUL	47:19	17	IVONINA Ekaterina	RUS	23:27	4	AUS 16	9	POL 49	14	BEL 70
53	VANNSON Charles	FRA	47:24	18	MITCHELL Nicole	NZL	23:39	5	RUS 24	10	IRL 50	15	ALB 87
54	BEAR DON'T WALK IV Oliver	USA	47:40	19	DAL MAGRO Ilaria	ITA	23:40						
55	IBARRA Ricardo	MEX	48:11	20	HUMPHRYs Bronwyn	AUS	23:42						
56	FASLLI Mariglen	ALB	49:49	21	MIRCHEVA Milita	BUL	23:45						

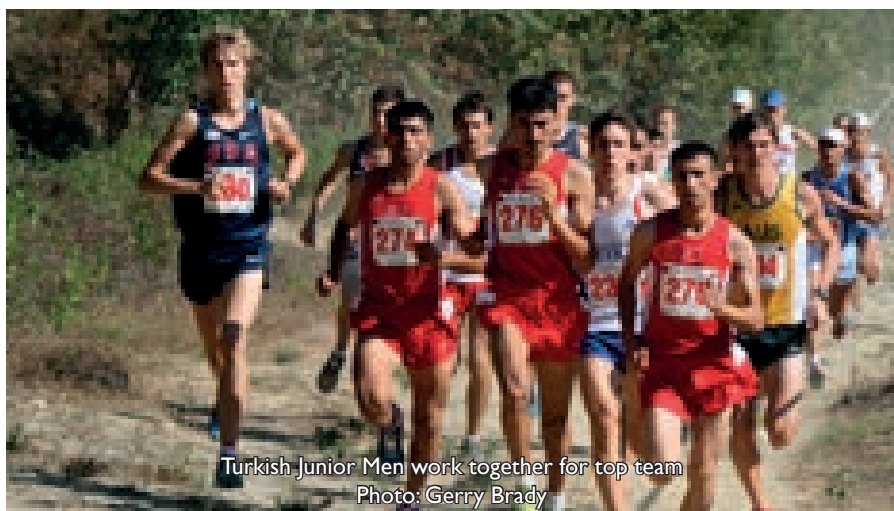




Senior Men's race Winner Max King (USA) heads for home  
Photo: Nancy Hobbs



Ugandan runners set the early pace  
Photo: Gerry Brady



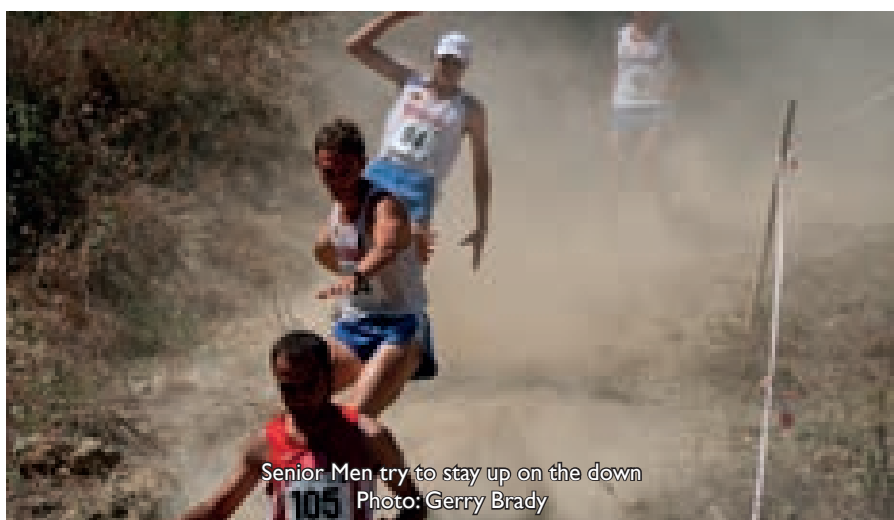
Turkish Junior Men work together for top team  
Photo: Gerry Brady



Junior Men's race Winner Adem Karagoz (TUR)  
celebrates his success  
Photo: Nancy Hobbs



Rodriguez Padua (COL) 2nd - settles in the group  
Photo: Gerry Brady

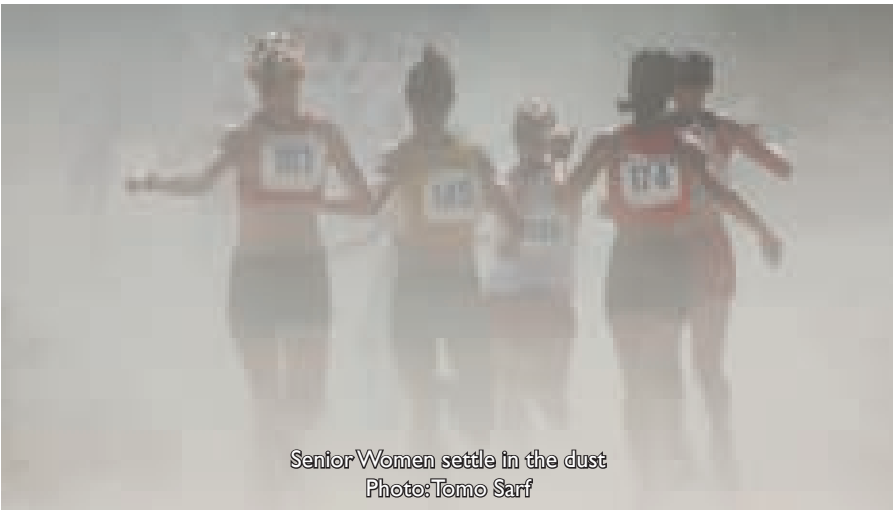


Senior Men try to stay up on the down  
Photo: Gerry Brady





Senior Women's start  
Photo: Nancy Hobbs



Senior Women settle in the dust  
Photo: Tomo Sarf



Senior Women's Winner Kasie Enman (USA) in the Zone  
Photo: Tomo Sarf



Senior Men climb the hill  
Photo: Gerry Brady



Junior Women on the descent  
Photo: Gerry Brady



Junior Women's Winner Lea Einfalt (SLO)  
concentrates on the descent  
Photo: Gerry Brady



## 27th World Mountain Running Championships

Tirana - Albania

11th September 2011



Eleven nations took medals at the 27th World Mountain Running Championships held Albania. The athletes will reflect on their wonderful experiences in the hospitable host city of Tirana. A tremendous welcome from the Albanian President and Minister of Sport was backed up with five hours of live television coverage. The elite mountain runners from across the world were treated to an insight into the culture of Albania and the impressive landscapes it has to offer, which included having the highest average altitude in Europe- perhaps a perfect fitting for the sport of mountain running!

In the Senior Men's Race a fierce early pace was set by four of the Ugandan team as they surged up the first circuit in the top 3 places. It was an experienced contingent as Martin Torotitch had taken silver in 2008 and James Kibet Bronze in 2009, but it was the younger Ugandan Thomas Ayeko who pushed on for most of the race. Always close behind them was European legend Ahmet Arslan (TUR) and Max King (USA) as the Italian team packed well preferring a steady start in the blast furnace of the Albanian forest. As the race progressed the Italian team moved up the field as the Ugandan's started to suffer and slow in the midday heat. It was heat exhaustion that got the better of the leader Ayeko as he ground to a halt less than 1000m from the finish. It was 31 year old, Max King (USA), who finished fastest winning from five times European Champion Ahmet Arslan (TUR). Italian twins, Martin and Bernard De Matteis finished 3rd and 4th with Marco De Gasperi backing them up in 5th and Gabriele Abate in 14th, showing Italian strength as they repeated their many previous victories.



Three wise men, Wolfgang Munzel, Raimondo Balicco and Otto Klappert. Photo: Nancy Hobbs

Turkey won the silver medals with France taking the team bronze award. The Senior Women's race was expected to be closely contested and it was the USA again taking top honours with Kasie Enman impressing with a 1 minute and 8 second victory. Two of the pre-race favourites took silver and bronze. Russia's Elena Rukhlyada and European Champion, Marie-Laure Dumerques from France joined Kasie on the podium. Italy again showed their strength in depth taking 7th, 8th and 9th positions to take the gold, Czech Republic took silver and Great Britain and Northern Ireland took the bronze team award.

The Junior Men's race saw a fast and furious start by the Turkish team as they attempted to dominate with 4 runners in the top 6 after the first climb. Always to the fore was the Columbian athlete Saul Padua Rodriguez as he bided his time on the first lap. On completing the second circuit the Columbian was forcing the pace and looked to be heading to victory, but Turkey's Adem Karagoz pulled away on the descent for a comfortable victory. Rodriguez took second and Turkey's Murat Orak third. Turkey dominated the Team with an impressive 12 points to Poland's 22 with Italy taking the bronze medals on 32 points. Slovenian Lea Einfalt impressed as she took the world title in the Junior Women's Race leading

her team-mates to Bronze team medals. Turkey and Romanian also made the Podium for individual medallists with Cesminaz Yilmaz taking Silver and Denisa Ionela Dragomir the Bronze. Turkey impressed with their team strength yet again with 2nd and 4th places to take the Gold team medals with Romania taking Silver



## 10th European Mountain Running Championships

Bursa-Uludag (TUR) – 10th July 2011

In front of the European Athletics President Hans Jorg Wirz, nine countries won medals at the 10th European Mountain Running Championships held in Bursa – Uludag, Turkey, in which 26 countries took part. WMRA President and EA Technical Delegate for the event, Bruno Gozzelino, congratulated the City of Bursa and its Governor for its excellent organisation of the event and the Turkish Athletic Federation TAF and the European Athletics Association for hosting the event. TAF President Mehmet Terzi was present throughout the Championships. The uphill races were held on a course which was a true test of mountain running skill, finishing at the ski station of Uludag, on a day when temperatures reached 30 degrees. Host nation Turkey, dominated the event, winning nine medals in total.

In the senior men's race, Turkish athlete, Ahmet Arslan made it five European Mountain Running Championship wins, as he finished 45 seconds in front of Gabriele Abate from Italy. The bronze medal went to Jose Gaspar of Portugal. The three individual medal winners were also team medal winners, with Italy taking the gold medal (12 points), followed by Turkey with silver



Ahmet Arslan, Senior Winner  
Photo: LOC

(34 points) just in front of Portugal in bronze (36 points). Martina Strahl of Switzerland won the Gold medal in the senior women's race repeating her win from 2009. Close behind in silver was Italian Antonella Confortola with Lucija Krkoc from Slovenia completing the podium in bronze medal position. Confortola lead the Italian team to the team gold medal with 22 points, with Russia (28 points) in silver and Switzerland (38 points) in bronze medal position.

Turkey dominated the junior men's race, taking all three places on the podium with Nuri Komur in gold, Sonmex Dag in silver and

Murat Orak in bronze, giving them the lowest possible team score and gold medal. The junior men's team silver medal was won by the Czech Republic with 39 points, just beating Italy in bronze medal position with 43 points. The junior women's race was won by Denisa Dragomir of Romania, who repeated her win from last year, followed by the Turkish runners Yasemin Can and Sevilay Eytemis. Turkey won the team medals; Romania won silver and Austria bronze.

## 2ND COMMONWEALTH MOUNTAIN RUNNING CHAMPIONSHIPS

Llanberis, Snowdonia, Wales

24th September 2011



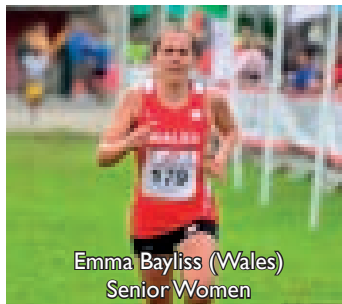
Llanberis (Snowdon) was the host town for some memorable Mountain races that saw England clinch all the gold medals in the 2nd Commonwealth Championships.

After an ominously rainy morning, the clouds gave way to glorious sunshine as the runners went through the testing damp course. James McMullan was the first man to cross the line in the Men's race, while the Women's gold medal went to pre-race favourite Lizzie Adams who had placed 5th in the recent World Mountain Running championships in Albania earlier in the month.

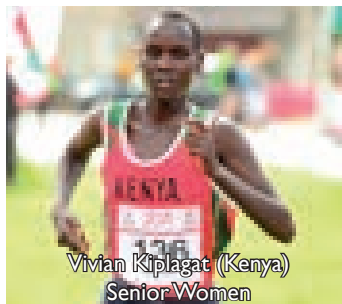
Runners from thirteen Commonwealth Countries started the race at the foot of Mount Snowdon, a well know venue for international mountain running events – they included England, Scotland, Kenya, Australia, Malawi, Canada, New Zealand, Isle of Man, Northern Ireland, Sierra Leone, Republic of South Africa, Gambia and host Country, Wales.



Sarah Livett (Wales) Junior event



Emma Bayliss (Wales)  
Senior Women



Vivian Kiplagat (Kenya)  
Senior Women



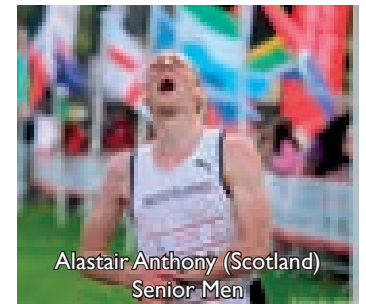
James McMullan (England) Senior Men's Winner



Lizzie Adams (England) Senior Women's Winner



Francis Khanje (Malawi)  
Senior Men



Alastair Anthony (Scotland)  
Senior Men



Lloyd Taggart (Isle of Man)



England and Wales do  
battle. Junior event

### MEN

#### Leading Individual Results

1. James McMullen (England)	50:03
2. Robbie Simpson (Scotland)	50:20
3. Joe Symonds (Scotland)	50:31
4. Francis Khanje (Malawi)	51:54
5. Rob Samuel (Wales)	51:56
6. Andres Jones (Wales)	52:02
7. Tom Cornthwaite (England)	52:25
8. Chris Smith (England)	52:30
9. Billy Burns (England)	52:44
10. Richard Phillips (Wales)	53:06

#### Men's Team Result:

1. England 16 pts (win on countback)
2. Scotland 16 pts
3. Wales 21 pts
4. Australia 57 pts
5. Canada 65 pts

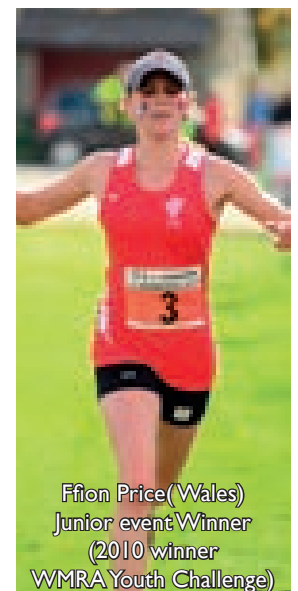
### WOMEN

#### Leading Individual Results

1. Lizzie Adams (England)	43:37
2. Tracey Brindley (Scotland)	43:56
3. Mary Wilkinson (England)	44:15
4. Olivia Walwyn-Bush (England)	44:41
5. Victoria Wilkinson (England)	45:15
6. Sarah Tunstall (England)	45:17
7. Catriona Buchanan (Scotland)	45:36
8. Vivian Kiplagat (Kenya)	45:44
9. Jackie Lee (Wales)	47:34
10. Claire Ward (Scotland)	47:52

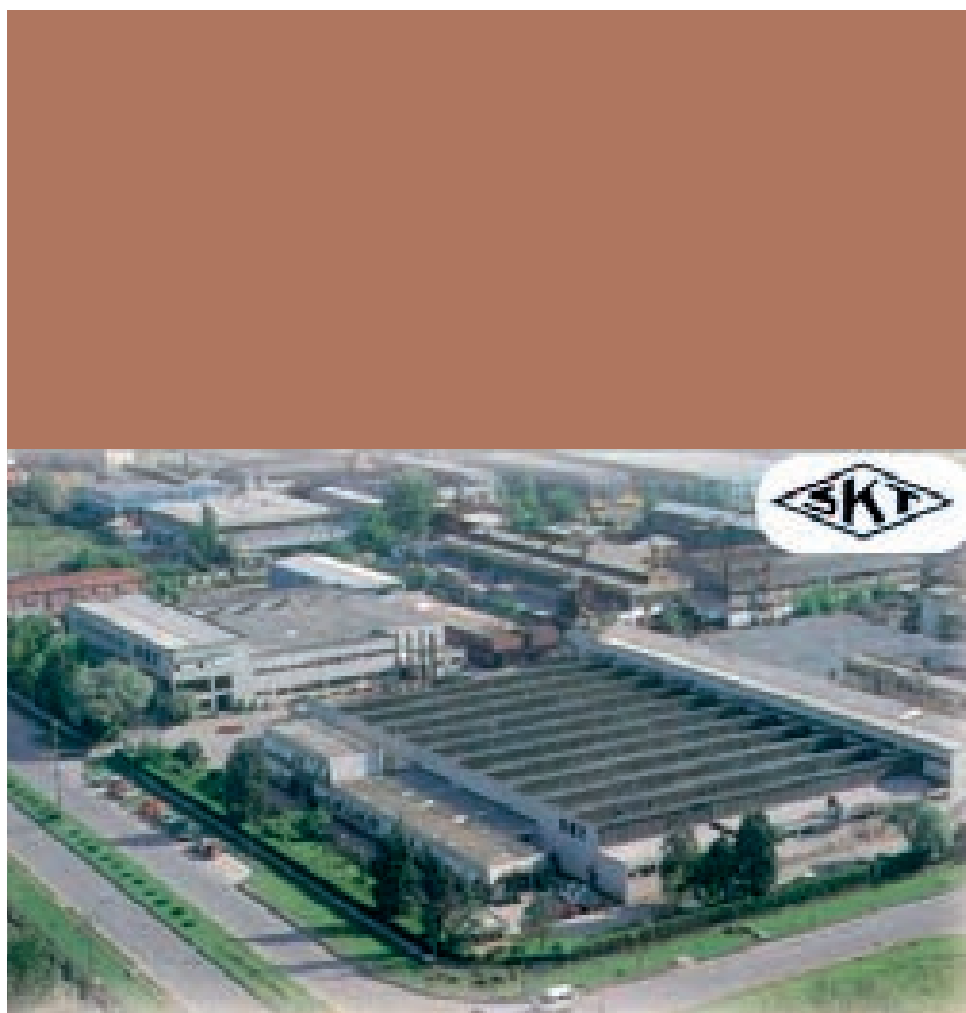
#### Women's Team Results:

1. England 8 pts
2. Scotland 19 pts
3. Wales 35 pts
4. Australia 44 pts
5. Canada 75pts



Ffion Price (Wales)  
Junior event Winner  
(2010 winner  
WMRA Youth Challenge)





# DINIZ HOLDING

are proud to be an  
official sponsor  
of the  
**World Mountain Running Association**





## 13th WMRA GRAND PRIX 2011 FINAL RESULTS



	MEN	born	nat.	1	2	3	4	5	6	total
1	ARSLAN Ahmet	86	TUR			100	85	102	120	407
2	SCHNEIDER David	81	SUI		100	85			102	287
3	DEMATTEIS Martin	86	ITA	100				90		190
4	ABATE Gabriele	79	ITA	70				29	90	189
5	KOSOVELJ Mitja	84	SLO	45			24	37	78	184
6	DEMATTEIS Bernard	86	ITA	85				84		169
7	EDWARDS Orlando	75	GBR		24	65		7	54	150
8	KOVACS Adam	86	HUN					54	84	138
9	ZAGO Didier	78	FRA		65			72		137
10	BALDACCINI Alex	88	ITA	55				8	72	135
11	OSBORNE Adam	76	GBR		30	45	35		23	133
12	KRUPICKA Robert	78	CZE			75	55			130
13	RANCON Julien	80	FRA		75			48		123
14	ALIČ Simon	71	SLO			70			48	118
15	CAGNATI Luca	90	ITA	16					60	76
16	LECHLEITNER Simon	79	AUT				45	26		71
17	TRILER Klemen	77	SLO			50	14			64
18	ZEILER Timo	81	GER		35		20			55
19	GUTIERREZ Simon	66	USA		27		27			54
20	LAMOVEC Peter	84	SLO	8		35			0	43
21	MIHELIČ Luka	92	SLO			27	3		5	35
22	TERAŽ Franci	62	SLO			12			13	25
23	MLAKAR Gregor	88	SLO			16			8	24
24	GERLEI Tamas	69	HUN			10	9		0	19
25	TROJER Andrej	71	SLO			5			2	7

	WOMEN	born	nat.	1	2	3	4	5	6	total
1	KRKOČ Lucija	88	SLO	100		100	85		120	405
2	CONFORTOLA Antonella	75	ITA	65			100	60	102	327
3	CLAYTON Emma	88	ENG	85	65		45	48	66	264
4	JESKA Lauren	74	ENG	60		75	30		60	225
5	KOSOVELJ Mateja	88	SLO				60	72	78	210
6	SCHORNA Pavla	80	CZE					84	90	174
7	KAPUSCINSKI Marion	67	AUT			65	35		42	142
8	DRAGOMIR Denisa	92	ROM			85	55			140
9	GAGGI Alice	87	ITA	75				54		129
10	PANTHEON Adelaide	91	FRA		85			7		92
11	TUŠAR Mihaela	66	SLO			55			32	87
12	TROBEC Urša	67	SLO			60			26	86
13	OUAHMANE Mina	72	FRA		7	27	27		17	78
14	ERHOLTZ Brandy	77	USA				70	6		76
15	BELOTTI Valentina	80	ITA	45				29		74
16	ZUPAN Špela	87	SLO			50			21	71
17	LILLEHOV Thea	77	AUT	0		24			29	53
18	HREN Petra	90	SLO			20			11	31
19	HREN Katja	94	SLO			9			8	17

## 14th WMRA GRAND PRIX 2012 CALENDAR OF RACES

The rules for 2012 remain the same whilst the total final prize fund provided by the WMRA has been increased to 18,000 Euros

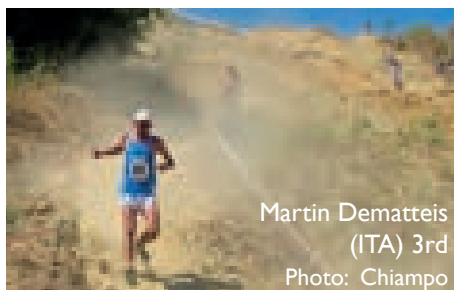
1	Thu.	17. May	32. Int. Montée Du Grand-Ballon	Willer-sur-Thur	FRA
2	Sun.	29. July	14. Int. Grintovec MR Race	Kamnik	SLO
3	Sun.	5. Aug.	4. Mayrhofen Harakiri Run	Mayrhofen	AUT
4	Sun.	2. Sept.	28. World Championships	Ponte di Legno	ITA
5	Sun.	23. Sept.	1. Int. Uludag MR race	Bursa	TUR



Ahmet Arslan  
(TUR) 1st  
Photo: LOC



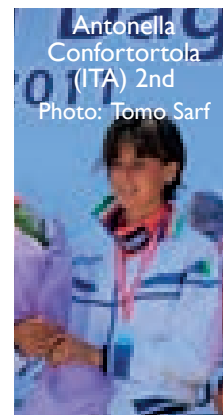
Lucija Krkoc  
(SLO) 1st  
Photo: LOC



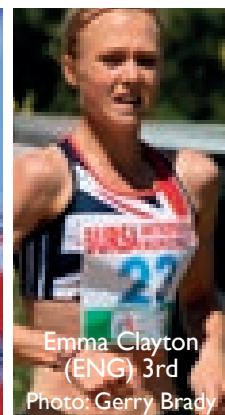
Martin Dematteis  
(ITA) 3rd  
Photo: Chiampo



Ahmet Arslan (TUR) and  
Lucija Krkoc (SLO)  
Winners of the Grand Prix  
Photo: T Sarf



Antonella  
Confortortola  
(ITA) 2nd  
Photo: Tomo Sarf



Emma Clayton  
(ENG) 3rd  
Photo: Gerry Brady



David Schneider  
(SUI) 2nd  
Photo:  
Vicente Capitan

## 8th NACAC (North American Central American Caribbean)

### Mountain Running Championships

Aijijc, Jalisco, Mexico – 17th July 2011

Joe Gray of the United States won the men's race in a new course record of 1 hour 16 minutes and 44 seconds. Ranulfo Sanchez of Mexico finished in second place and for the second year in a row, the Canadian men's team won the North American Central American and Caribbean Championships (NACAC) Mountain Running Championships. Led by James Gosselin in third position, the Canadian men beat the host Mexican squad by a single point.

The U.S. Women swept the podium, easily winning the team title over Mexico with Maria Dalzot, gold, finishing the race in the time of 1 hour 47 minutes and 04 seconds; Christine Lundy was second and Amber Moran third.

This is the eighth consecutive year that the NACAC Mountain Championship have been held with the event rotating being the U.S., Mexico, and Canada. This year's Championship was held in conjunction with the 9th Annual Carrera de La Chupinaya mountain race. The course is 13.8K (8.5-mile) of mainly technical singletrack done in one loop. The race starts at 5,020 feet elevation and climbs up to 7,875 feet at about 7K before descending back to the start.



Joseph Gray (USA) 1st  
Photo: Richard Bolt

#### Leading Results:

##### Men:

1	Joseph GRAY (USA)	1:16:44
2	Ranulfo SÁNCHEZ (MEX A)	1:19:06
3	James GOSSELIN (CAN)	1:21:20
4	Kristopher SWANSON (CAN)	1:24:09
5	Juan Carlos CARERA (MEX A)	1:24:11
6	Paul CHAFE (CAN)	1:25:31

##### Teams:

1. CAN – 13 pts; 2. MEX – 14 pts

##### Women:

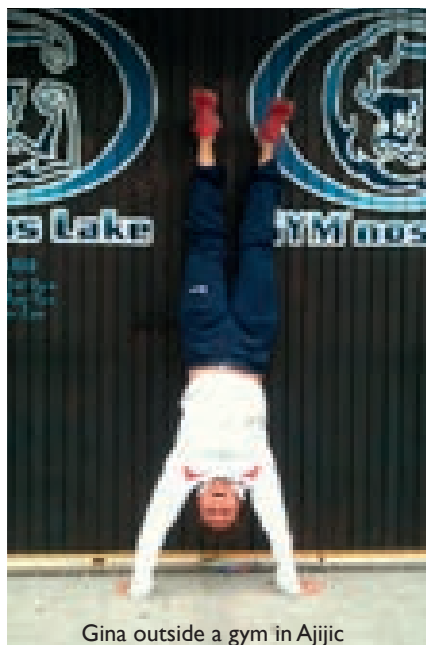
1	Maria DALZOT (USA)	1:47:04
2	Christine LUNDY (USA)	1:48:05
3	Amber MORAN (USA)	1:51:29
4	Marcela CAMARENA SÁNCHEZ (MEX)	1:59:50
5	Gina LUCREZI (USA)	2:00:28
6	América ROMERO GUTIÉRREZ Local	2:02:15
6	María Emilia GONZÁLEZ DURÁN (MEX)	2:03:35

##### Teams:

1. USA – 6 pts; 2. MEX – 17 pts



Maria Dalzot (USA) 1st  
Photo: Richard Bolt



Gina outside a gym in Aijijc

## 6th South American (Consudatle) Mountain Running Championships

Caracas, Venezuela –  
7th August 2011

Ecuador and Venezuela took the individual gold medals in the men's and women's races respectively at the 6th CONSUDATLE Mountain Running Championships which took place in Caracas, in the vicinity of Parque Nacional Warairarepano.

At the end of the 12 km men's race, the victory and gold medal was netted by Ecuadorean Pedro Ramos in a time of 1 hour 0 minutes and 4 seconds. He was trailed in second place by Colombian Jhon Jairo Vargas with Venezuelan Pedro José Puentes taking third. In the women's race, Venezuelan Jaimes Mileydis finished the 8 km course in a time of 52 minutes and 9 seconds to secure the gold medal ahead of fellow team mates Yaritza Saavedra in second and Rosa Méndez in third. Host Country Venezuela won both team prizes.

#### Leading Results:

Men: (Course: 8km; Ascent: 1100m)

1	RAMOS Pedro (ECU)	1:00:04
2	VARGAS Jhon Jairo (COL)	1:00:49
3	PUENTES Pedro Jose (VEN)	1:01:17
4	GUILLEN Neido (VEN)	1:02:29
5	GUILLEN Rafael (VEN)	1:03:30
6	PUENTES FIGUEROA Pedro Luis (VEN)	1:06:11

7	MEDINA Aristidis (VEN)	1:07:16
8	FIGUEREDO DE ASSI Naval (BRA)	1:09:01
9	DE OLIVEIRA CHAGAS Fabio (BRA)	1:10:53
10	DOS ANJOS Israel (BRA)	1:22:14

Women: (Course 8km, Ascent: 1100m)

1	JAIME Mileydy (VEN)	52:09
2	SAAVEDRA Yaritza (VEN)	53:52
3	MENDEZ Rosa (VEN)	57:24
4	PALACIOS Marisol (VEN)	58:45
5	ALVES Maria Lucia (BRA)	59:37
6	ALUISIO MESQUITA Luiza (BRA)	1:01:36
7	FELIZ DOS SANTOS Jucimira (BRA)	1:07:28

Mens Teams: 1. VEN – 12 pts; 2. BRA – 27 pts

Womens Teams: 1. VEN – 6 pts; 2. BRA – 18 pts



Pedro Ramos (ECU) 1st  
Photo: LOC



Mileydy Jaimes (VEN) 1st  
Photo: LOC



## 3rd African Mountain Running Championships

(7th Obudu Ranch International Mountain Race)

Obudu Ranch Park, Cross River State, Nigeria - 26th November 2011

The third African Mountain Running Championships was once again linked with the 7th Obudu Ranch International Mountain Race. More than 160 runners took part with 5 African Countries competing in the African Championships. Ethiopian male runners made a clean sweep of top cash prizes and for the third year running an Ethiopian won the race, but this time it was through 22 year old, Mesfin Hunegnaewai brushing aside the challenge of 135 other male runners and crossing the finishing line in a record time of 41.50. His compatriots Atseday Tsegay and Azmeraw Beke came second and third in times of 42.12 minutes and 42.30 minutes respectively.

In the female category the Ethiopians also dominated, with 18 year old Yalew Genet coming first in a time of 48.45 minutes while Ayelewu Wuda Yimer, also of Ethiopia, placed second in a time of 49.10 minutes. Margaret Wangari of Kenya, placed third. The cash prize for the runners in the male and female category was the same with each of the gold medallists receiving \$50,000; the silver medallists \$20,000, and bronze medallists \$9,000.

Ugandan, Geoffrey Kosuro, and Nigerian, Dung Janet, were crowned African Champions for 2011, leading their Nations to win the African title in the Team list.

The authorities of Nigeria including the Governor of Cross River State, Sen. Liyel Imoke CON have officially announced their candidature to organize the 30th World Mountain Running Championships in 2014 on the occasion of the tenth edition of the race.



Mesfin Hunegnaewai  
(ETH) 1st  
Photo: Patrick Ugbe

### Results 7th Obudu Ranch International Race

Men (Course 11km)

- |                                |       |
|--------------------------------|-------|
| 1. MESFIN Hunegnaew ALEMU ETH  | 41:50 |
| 2. TESFAYE, Atseday Tsegay ETH | 42:12 |
| 3. MOLALIGN Azmeraw Bekele ETH | 42:30 |

Women (Course 11km)

- |                           |       |
|---------------------------|-------|
| 1. GENET YALEW ETH        | 48:45 |
| 2. YIMER Ayelewu Wude ETH | 49:10 |
| 3. WANGARI Margaret KEN   | 49:52 |

### Results 3rd African AC Championships

Men (Course 11km)

- |                         |       |
|-------------------------|-------|
| 1. KUSURO Geoffrey UGA  | 42:40 |
| 2. MACDONALD Ondara KEN | 43:09 |
| 3. AYEKO Thomas UGA     | 43:31 |

Teams:

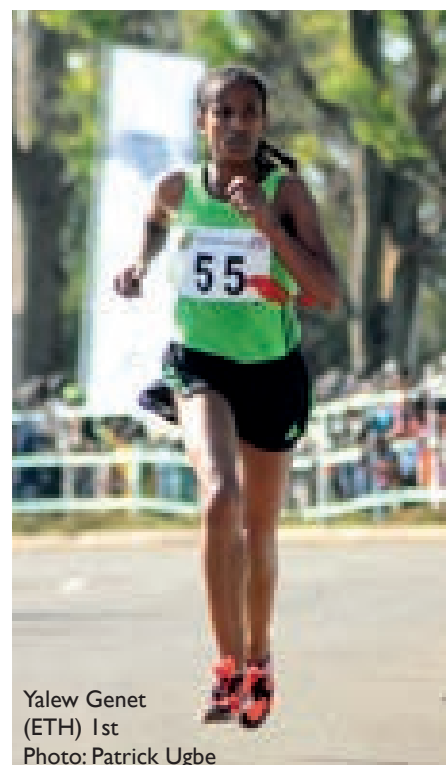
1. UGA – 8 pts; 2. ERI – 18 pts;  
3. NGR – 39 pts; 4. EGY – 48 pts.

Women (Course 11km)

- |                         |         |
|-------------------------|---------|
| 1. DUNG Janet NGR       | 58:20   |
| 2. MATHEW Nancy NGR     | 1:11:45 |
| 3. OLULUDI Aderonke NGR | 1:13:16 |

Teams:

1. NGR – 6 pts;



Yalew Genet  
(ETH) 1st  
Photo: Patrick Ugbe



## 4th African AC Mountain Running Championships

8th Obudu Ranch

International Mountain Race

Obudu Ranch, Cross River State, Nigeria –  
17th November 2012

Senior Men and Women – individual and team



**Obudu**  
Mountain Race

# 11th World Masters Mountain Running Championships

17th September 2011 – Paluzza (Italy)

The 11th edition of WMRA/WMA World Masters Mountain Running Championships was a great success with over 870 participating athletes represented from 29 Countries.

The following six Champions in 2011 retained their World Champion titles won the previous year in Poland: Georg Gross (GER-M70), Bruno Baggia (ITA-M75), Ivana Sekyrova (CZE-W35), Blanka Paulu (CZE-W55), Marianne Spronk (GER-W60), Maria Marcibalova (SVK-W75). The new Champions in 2011 included Massimo Galliano (ITA-M35), Antonio Molinari (ITA-M40), Craig Roberts (ENG-M45), Claudio Amati (ITA-M50), Leonid Tikhonov (RUS-M55), Aurelio Moscato (ITA-M60), Alfred Fruet (ITA-M65), Maria Pia Chemello (ITA-W40), Tracey Jayne Greenway (ENG-W45), Mags Greenan (IRL-W50), Charlotte Plener (GER-W65), Barbel Berghaus (GER-W70). In the team category Italy dominated the event by winning 10 gold medals and it was only Germany who was able to defeat Italy in two of the categories (W50 and W60) by winning the gold medals.

At the closing ceremony the WMRA flag was lowered and presented to the German delegation, led by the Mayor of Bühlertal where the next edition of WMRA/WMA World Masters Mountain Running Championships will be held on Saturday May 19, 2012.



Start M35 -39 and M40-44 Races  
Photo: Luciano Solero



L - R: Bruno Gozzelino, Secretary of Manuela Di Centa, Raimondo Balicco, Manuela Di Centa, Pierluigi Migliorini (FIDAL)  
Photo: Luciano Solero

## Results Summary:

### Mens Results

M35-39 GALLIANO Massimo ITA	47:52
M40-44 MOLINARI Antonio ITA	49:12
M45-49 ROBERTS Craig GBR	49:23
M50-54 AMATI Claudio ITA	51:08
M55-59 TIKHONOV Leonid RUS	41:01
M60-64 MOSCATO Aurelio ITA	43:55
M65-69 FRUET Alfred ITA	34:48
M70-74 GROß Georg GER	37:39
M75+ BAGGIA Bruno ITA	40:44

### Womens Results

M35-39 SEKYROVA Ivana CZE	57:38
M40-44 CHEMELLO Maria Pia ITA	59:53
M45-49 GREENWAY Tracey Jayne GBR	1:01:30
M50-54 HEILIG-DUVENTÄSTER Mari GER	1:01:44
M55-59 PAULU Blanka CZE	49:30
M60-64 SPRONK Marianne GER	56:35
M65-69 PLENER Charlotte GER	42:16
M70-74 BERGHAUS Bärbel GER	50:43
M75+ MARCIBALOVA Maria SVK	57:50

### Mens Team Results:

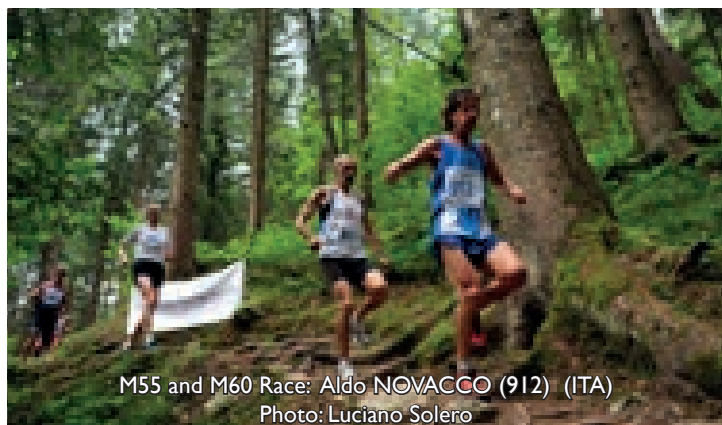
W35	ITA	6
W40	ITA	6
W45	ITA	11
W50	ITA	11
W55	ITA	11
W60	ITA	10

### Womens Team Results:

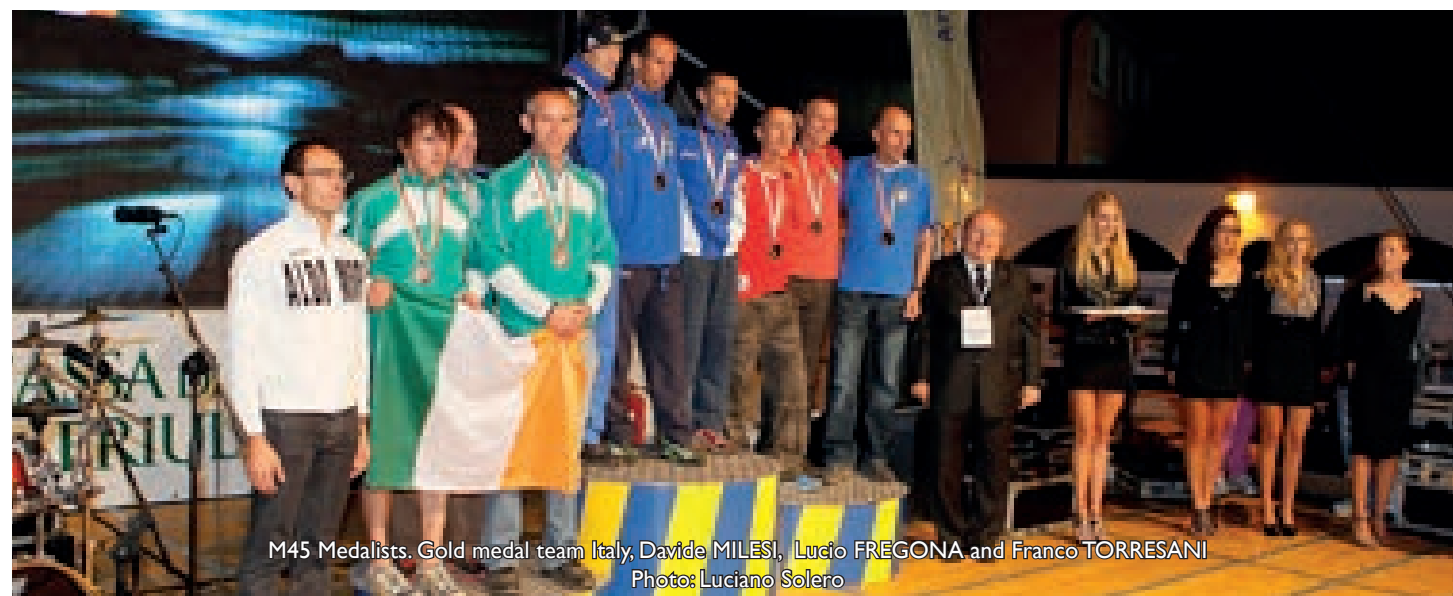
W35	ITA	17
W40	ITA	9
W45	ITA	17
W50	GER	16
W55	ITA	12
W60	GER	8



Leonid TIKHONOV (830) (RUS) winner of M55 and Gianpaolo ENGLARO (771) (ITA) 2nd  
Photo: Luciano Solero



M55 and M60 Race: Aldo NOVACCO (912) (ITA)  
Photo: Luciano Solero



M45 Medalists. Gold medal team Italy, Davide MILESI, Lucio FREGONA and Franco TORRESANI  
Photo: Luciano Solero

## 28th World Mountain Running Championships

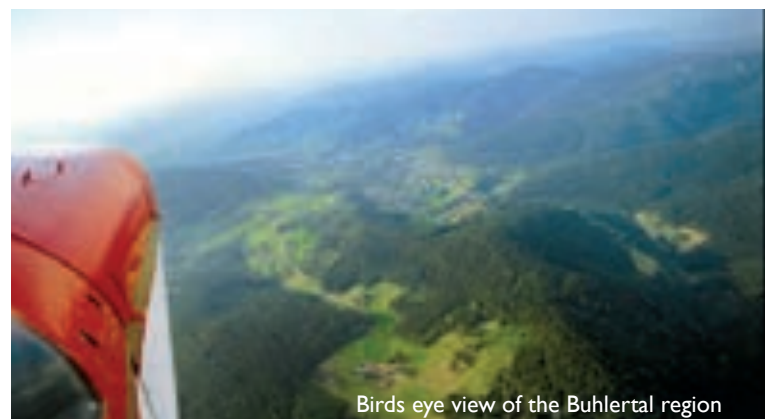
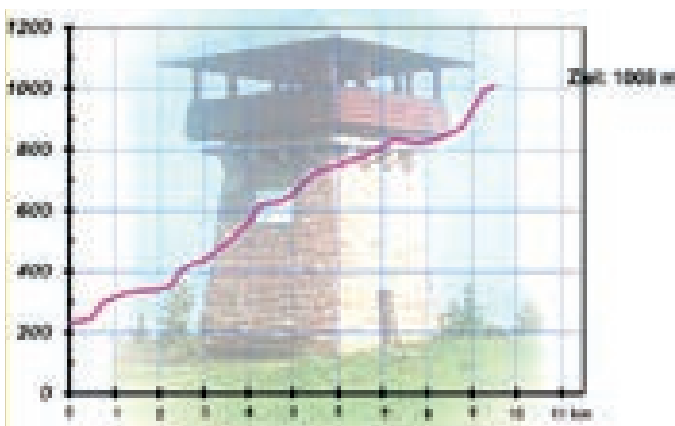
Temù, Ponte di Legno / Tonale, Vallecamonica (Italia)

Sunday 2nd September 2012



## 12th World Masters Mountain Running Championships

Bühlertal (Germany) - Saturday 19th May 2012



Birds eye view of the Buhlertal region





## 7th WMRA International Youth Cup

Glendalough, County Wicklow, Ireland  
24th June 2012

Organisers - Irish Mountain Running Association

Event website - <http://www.imra.ie/events/view/id/913/>

Race Director Gerry Brady

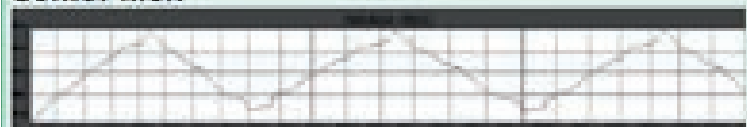
(email: [bradygerry@eircom.net](mailto:bradygerry@eircom.net))



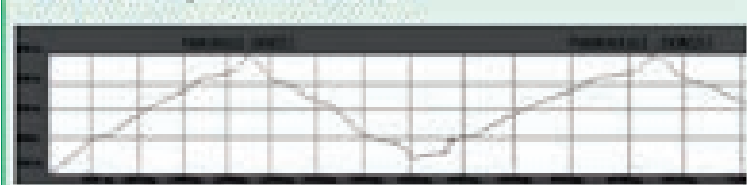
Both races start and finish in the same location with a 110 metres run-in to the start of the lap and 110 metres back to the finish. The lap is 1,660 metres with 95 metres ascent. The start is at an altitude of 146m and the highest point is at 235m.

Boys : 5,200m with 285m climb (3 laps)    Girls : 3,540m with 190m climb (2 laps)

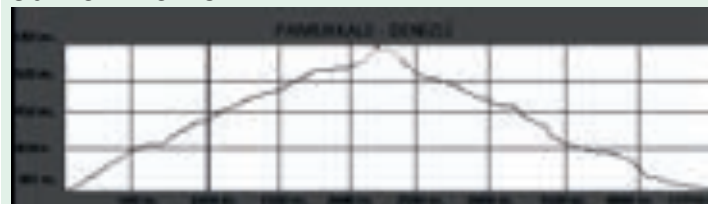
### Senior Men



### Junior Men, Senior Women

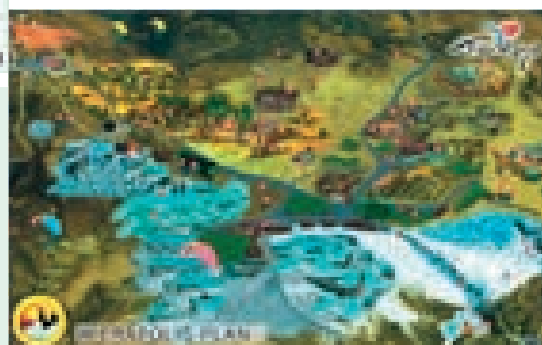


### Junior Women



## 11th EA Mountain Running Championships (up and down)

Denizli (Pamukkale), Turkey  
7th July 2012



## 4th Balkan Mountain Running Championships

Nova Zagora, Bulgaria - 7th June 2012





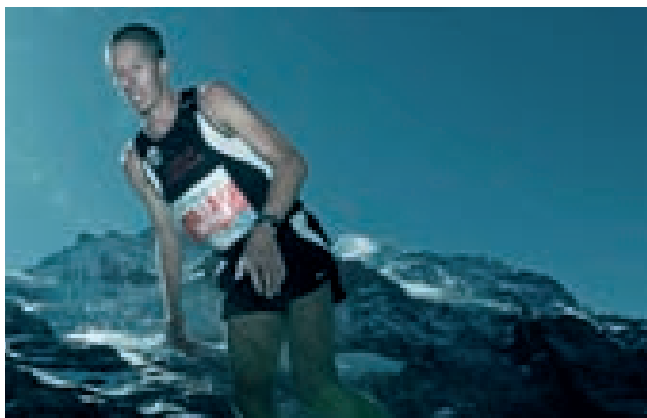
## 9th WMRA Long Distance Mountain Running Challenge

Jungfrau Marathon, Interlaken, Switzerland  
8th – 9th September 2012

**A great experience and an adventure - the idea of the Jungfrau Marathon**

After the start a 3 km loop through Interlaken the course goes along the beautiful lake Brienz. The first 10 km are flat, like at a city marathon. At the old wooden bridge in Wilderswil the runner is confronted with the first ascent of the marathon. The course goes further into the valley and reaches Lauterbrunnen - a very impressive place with it's 400 metre high cliffs and 72 waterfalls. The last flat loop of 6 km shows the competitor the prettiness of the Lauterbrunnen valley. Now kilometre 26 is reached and the strong ascents begin. It takes 26 turns to Wengen at 1274 metre above sea level is reached. But there are still 12 km and a altitude and difference of 1'000 metres to go...

Mettlenalp, Wengernalp is reached, the trees fade away and the impressive mountains Eiger, Mönch and Jungfrau get nearer and nearer. We are now above 1600 metres. At km 40 we reach the highlight: the moraine on which every runners pulse beats as high as possible. The last km goes down and after 42,195 km the finish line on the Kleine Scheidegg is reached.





### 9th NACAC Mountain Running Championships (uphill)

**Whistler,  
British Columbia  
CANADA**

**21st July 2012**



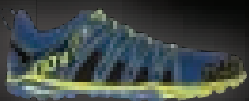
**7th CONSUDATLE  
Mountain Running  
Championships**

Aratoca, (Santander) COLOMBIA  
11th August 2012

# PERFORMANCE ON EVERY LEVEL



TRAILROC™ 255  
TOTAL PROTECTION



TRAILROC™ 245  
PERFORMANCE AND PROTECTION

**ZERO**



TRAILROC™ 235  
TOTAL PERFORMANCE

TRAILROC™ COMING SOON



**inov-8.com**

 facebook.com/INOV8run  
 twitter.com/INOV8run

inov-8 are proud to be an official sponsor of the  
World Mountain Running Association





## WMRA Calendar 2012 - International Mountain Running Races

### WMRA Events and World Championships 2012

Date	Event	Place / Venue	Country
19th May	12th WMRA/WMA Master World Mountain Running Championships	Buhlertal	GER
24th June	7th WMRA International Youth Cup	Glendalough	IRL
2nd September	28th WMRA World Mountain Running Championships (uphill)	Temù - Ponte di Legno / Tonale (Valle Camonica)	ITA
8th – 9th September	9th WMRA Long Distance Mountain Running Challenge	Interlaken	SUI

### IAAF Area Championships 2012

7th July	11th EA Mountain Running Championships (up and down)	Denizli (Pamukkale)	TUR
21st July	9th NACAC Mountain Running Championships (uphill)	Whistler, British Columbia	CAN
11th August	7th CONSUDATLE Mountain Running Championships	Aratoca (Santader)	COL
17th November	4th AAC Mountain Running Championships	Obudu Ranch (Cross River State)	NGR

### Other Championships 2012

7th June	4th Balkan Mountain Running Championships	Nova Zagora	BUL
1st July	4th EVAA European Master Mountain Running Championships	Bludenz	AUT

### 14th WMRA Grand Prix 2012

17th May	32nd La Montée du Grand Ballon / 1st G.P. race	Willer sur Thur/Goldbach	FRA
29th July	14th Gorski tek na Grintovec / 2nd G.P. race	Kamnik	SLO
5th August	4th Mayrhofen Harakiri Run / 3rd G.P. race	Mayrhofen	AUT
2nd September	28th WMRA World Mountain Running Championships (uphill) 4th G.P. race	Temù - Ponte di Legno / Tonale (Valle Camonica)	ITA
23rd September	1st Bursa – Uludag International mountain race / 5th G.P. race – Final G.P.	Bursa	TUR

### WMRA International 'Associate Member' Races 2012

19th - 20th May	28th Intern. Gamperney Berglauf	Grabs	SUI
16th June	11th GM40 - Gorski Maraton Štirich Obcin (km. 38)	Podbrdo	SLO
15th July	13th Chiavenna – Lagunc (Vertical Kilometre)	Chiavenna (Sondrio)	ITA
18th August	Skaala race	Loen - City Stryn	NOR
18th August	57th Pikes Peak Ascent (km. 21)	Manitou Springs	USA
19th August	57th Pikes Peak Marathon (km. 42)	Manitou Springs	USA
30th September	39th Hochfeln Berglauf	Bergen	GER
6th October	33rd Smarna Gora International mountain race	Ljubljana	SLO
21st October	55th Trofeo "E. Vanoni" (relay international male - 3 athletes) 29th Trofeo "E. Vanoni" (relay international female - 2 athletes)	Morbegno (Sondrio)	ITA

# Technology, friendly to the world

When aligned side by side, the products we have manufactured until now can travel the world 3 times. We maintain our position as the export champion of our sector for the last 11 years and solely make 80% of Turkey's total LCD TV exports. We steadily continue our investments with the motivation to globally represent our country in the best possible way. We are proud that millions of people from 127 countries around the world are using our products with friendly technologies.



Vestel are proud to be the main sponsor of the  
World Mountain Running Association



www.vestel.com.tr 444 4 123

*dost  
teknoloji*

**VESTEL**