

# WORLD MOUNTAIN RUNNING ASSOCIATION



## NEWSLETTER 2013

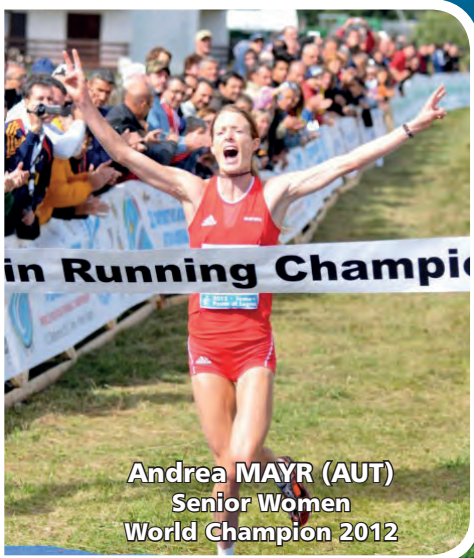
Issue 18 • May 2013



**Sevilay EYTEMIS (TUR)**  
Junior Women  
World Champion 2012



**Michael CHEROP (UGA)**  
Junior Men  
World Champion 2012



**Andrea MAYR (AUT)**  
Senior Women  
World Champion 2012



**Petro MAMO (ERI)**  
Senior Men  
World Champion 2012





## Message from Bruno GOZZELINO – WMRA President

First of all I am pleased to report that the WMRA relationship with the IAAF continues to be a solid one. Both IAAF and WMRA are happy that WMRA has brought on board Pierre Weiss as an Honorary WMRA Council Member.

2013 is an exciting time for the WMRA with the new WMRA Constitution approved by the Monegasque Government.

WMRA is grateful to IAAF President, Lamine Diack for dealing with all the necessary documents and especially to Pierre Weiss for his assistance in the process. This new constitution recognises Monaco as the official “home” and headquarters of the WMRA.

It is also a pleasure to report that the IAAF financial grant to WMRA has been increased this year and WMRA expresses grateful thanks to Lamine Diack, IAAF President, Essar Gabriel, General Secretary, Paul Hardy, Competitions Director and Sean Wallace-Jones, IAAF Senior Manager for their full support of WMRA activities.

WMRA Treasurer, Nancy Hobbs with agreement of WMRA Council, has introduced a new system for the payment of the WMRA annual fee. This is another important aspect for improving WMRA activities.

WMRA will continue its strong fight against doping. In a few years there had been three positive cases for medalist athletes in the WMRA World Mountain Running Championships (one) and the EAA European Championships (two) respectively.

An important step had been taken by the LOC, FIDAL and IAAF at last years' World championships in Italy where 50 athletes were subject to 'Blood Control' blood testing procedures. In particular a great job had been done by Doctor Giuseppe Fischetto and his staff. The data results from Italy had been collated and the long term tracking of blood levels will be followed by IAAF as the 'biological passport of the athletes'.

This again would take place at the World Championships in Poland this year.

WMRA has prepared a new rule to appear in the IAAF rule book. The proposed rule from the WMRA Council is intended as a guide and incentive to assist countries to further develop Mountain running as well as defining the technical system and organisational requirements for World Mountain Running Championships, Continental and National Championships. WMRA hopes that under IAAF procedures this rule will be given full approval by IAAF during 2013.

Preparations are now underway for the election this year of

WMRA officials, to confirm the actual structure of the Council for the forthcoming years ahead. I would like to thank all the current WMRA Council members plus Adrian Woods, WMRA Consultant, for their strong support.

WMRA once again will be looking to increase sponsorship (thanking Erhan Basoglu) and to work with the LOC's

to increase the prize money available for mountain races, starting with the GP races (with exception of the World Championships race).

WMRA is continually updating statistics on mountain running and increasing coverage of its activities on the WMRA webpage (thanking Tomo Sarf), most recently the electronic addition of Newsletters from previous years.

WMRA continues to have good relationships with IAAF, all six Area Continental areas and an increasing number of National Athletic Federations.

Finally, 2012 will be seen as a very positive evaluation of the development of World Mountain running with a record of 40 countries present at the World Championships in Italy, great participation at the Long Distance

Challenge and Masters World Championships but perhaps most importantly was the continued development and success of our young participants at the International Youth Cup.

2013 will see some important WMRA events in the WMRA Calendar with exciting organisational and technical profiles; the World Championships and Long Distance Challenge in Poland, Master Championships in Czech Republic and the International Youth Cup in France are all competitions where WMRA Council members (in particular Galia Puhaleva, Wolfgang Munzel, Tomo Sarf and Pierre Weiss) are involved in supporting and working together with the LOC's and National Athletic Federations to ensure their success!

Looking to the future - the great “challenge” will be to organise the World Championships in 2014 in Africa. This achievement would mean that the World Championships will have been hosted by all five continents: Oceania - New Zealand; Asia - Malaysia, America - Anchorage; Europe – many Countries!

For 2015 and beyond WMRA has received interest from enthusiastic Federations interested in hosting the World Championships and other important WMRA events, so WMRA remains optimistic.

**BRUNO GOZZELINO**  
President WMRA

Cover photos supplied by Nancy Hobbs and LOC



Monte Carlo, January 13th, 2013

From left to right: Adrian Woods (WMRA Consultant), Erhan Basoglu (WMRA Director of Marketing), David Okeyo (Chairman of IAAF Cross Country Committee), Bruno Gozzelino (WMRA President), Pierre Weiss (WMRA Member of Honour), Nancy Hobbs (WMRA Treasurer), Raimondo Balicco (WMRA Director of Competition), Wolfgang Munzel (WMRA Director of Organisation), Galia Puhaleva (WMRA At-Large Director), Paul Hardy (IAAF Competition Director) and Tomo Sarf (WMRA Director of Development).

Photo supplied by Adrian Woods

## WMRA Council

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## MESSAGE FROM LAMINE DIACK - IAAF PRESIDENT



Lamine Diack  
Photo by IAAF

It gives me great pleasure to write my annual address for the WMRA Newsletter and to look forward to another exciting year of WMRA competition.

With a record 40 nations competing in the 28th edition of the World Mountain Running Championships which took place in 2012 in Ponte di Legno, Italy, and with eleven nations earning medals in the four events, the discipline of Mountain Running continues to increase in global popularity.

With Eritrea and Uganda taking team titles, mixing it with the established squads from the USA and Europe it is clear in the elite divisions of Mountain Running at least that the traditional heartlands no longer dominate the medal table as they once did. That is of course natural in a sport which is developing its appeal so fast globally.

Another significant step in Mountain Running's development seen in Ponte di Legno was the enhanced anti-doping control programme which led to over 50 runners being blood tested. This was the first step in the establishment of biological passports for mountain running's elite competitors.

The host venue for the World Mountain Running Championships will also soon go through a seismic change, when the 2014 World Championships are staged in Obudu, Nigeria, making Africa the fifth continent to host the world event for mountain running.

This year the World Mountain Running Championships moves east, held on Sunday 8 September in the Polish town of Krynica Zdrój. Famous as a spa resort, the town is situated in the mountains of southern Poland at 560-720m above sea level among picturesque valleys which will provide the perfect setting for the championships. I wish all athletes, officials, media and fans associated with this exciting and exhilarating athletics discipline whether at Championship or Grand Prix, international or domestic competition level, a wonderfully successful 2013.

**Lamine Diack**  
IAAF President

## MESSAGE FROM DAVID S. OKEYO - CHAIRMAN IAAF CROSS COUNTRY COMMITTEE



David S. Okeyo

I feel very much humbled and honoured to associate with the World Mountain Running Association (WMRA).

The Association has over the years worked very closely with the IAAF Cross Country Committee for the betterment and promotion of our sport all over the world, and for the first time the World Mountain Running Championships will be held in Africa where the host city will be Obudu in Nigeria in 2014. This is an indication that WMRA activities are growing and should be supported by all the member countries.

I therefore and on behalf of Mr. Malboun Kalkaba, President CAA appeal to all member countries to enter their athletes for the WMRA Championships in Obudu, Nigeria next year.

Once again I want to thank Mr. Lamine Diack, IAAF President, Mr. Essar Gabriel, IAAF Secretary General, Mr. Paul Hardy, IAAF Competitions Director, Mr. Sean Wallace - Jones, IAAF Senior Manager Road Running and Mr. Bruno Gozzelino, President WMRA for the support and encouragement they have always accorded the organization of mountain running as well as Cross Country.

**David S. Okeyo, MBS, HSC**  
Chairman - IAAF Cross Country Committee

**WMRA Website (Courtesy of European Athletics)**



**www.wmra.info**

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

Newsletter compiled and edited by Adrian Woods  
Email: woodsadrian@btinternet.com





# 9th World Long Distance Mountain Running Challenge

Jungfrau Marathon, Interlaken, Switzerland

8th – 9th September 2012

The Jungfrau Marathon in Interlaken, Switzerland made a great location for the 9th WMRA World Long Distance Mountain Running Challenge. 6,317 runners finished the 20th edition of the historic event (a record number of participants) and over the entire route a reported 50,000 people watched this unique race. With all of these attributes and when you add in the altitude gain of over 1,829 meters (6,000'), this event is regarded as Europe's toughest mountain marathon.

The weekend's racing was split into two days, with the ladies running on the Saturday and the men on the Sunday, with both undertaking the same route. It was Saturday's women's race which provided the USA with plenty to cheer about, as Stevie Kremer took the World title in 3:22:42, the fastest time for almost 10 years. Though not part of the USA team, Kremer saw some impressive Team US performances which led to team gold, led by Kim Dobson in third place. Individual Silver medal went to Austria's Sabine Reiner.

The 2011 Jungfrau winner Markus Hohenwarter (Austria) took it on in the men's race as the runners hit the mountain and held the lead to win in 2:59:42, with 2011 WLDMRC Champion Mitja Kosovelj (Slovenia) absolutely storming through the field to take silver. Kenya's Hosea Tuei took the bronze with Switzerland winning the team title.

Full results on results page of [www.wmra.org](http://www.wmra.org)

## MEN

|                          |          |        |          |
|--------------------------|----------|--------|----------|
| 1 HOHENWARTER Markus AUT | 02:59:42 | 1 SUI  | 09:32:11 |
| 2 KOSOVELJ Mitja SLO     | 03:00:47 | 2 USA  | 09:38:20 |
| 3 TUEI Hosea KEN         | 03:01:24 | 3 GER  | 09:42:22 |
| 4 WIESER Patrick SUI     | 03:03:11 | 4 SCO  | 09:44:50 |
| 5 CANADAY Sage USA       | 03:06:47 | 5 WAL  | 09:53:12 |
| 6 MACMAHON Brian IRL     | 03:07:44 | 6 SLO  | 09:53:14 |
| 7 FRICK Gerd ITA         | 03:08:17 | 7 AUT  | 09:59:43 |
| 8 MICHIEKA Paul M. KEN   | 03:08:41 | 8 ENG  | 10:15:18 |
| 9 SIMPSON Robbie SCO     | 03:10:23 | 9 CZE  | 10:46:50 |
| 10 STURM Marco GER       | 03:10:52 | 10 MEX | 11:05:19 |

## Team Results

## WOMEN

|                                 |          |        |          |
|---------------------------------|----------|--------|----------|
| 1 KREMER Stevie USA             | 03:22:42 | 1 SUI  | 09:32:11 |
| 2 REINER Sabine AUT             | 03:24:10 | 2 USA  | 09:38:20 |
| 3 DOBSON Kim USA                | 03:26:58 | 3 GER  | 09:42:22 |
| 4 CAMBOULIVES Aline FRA         | 03:27:28 | 4 SCO  | 09:44:50 |
| 5 MATHYS Maude SUI              | 03:35:40 | 5 WAL  | 09:53:12 |
| 6 NUNIGE Jasmin SUI             | 03:36:13 | 6 SLO  | 09:53:14 |
| 7 MUDGE Angela SCO              | 03:39:15 | 7 AUT  | 09:59:43 |
| 8 HAAKENSTAD-EVERTSEN Anita NOR | 03:41:55 | 8 ENG  | 10:15:18 |
| 9 FAIRCHILD Melody USA          | 03:44:22 | 9 CZE  | 10:46:50 |
| 10 HALDIMANN-RIEDO Angela SUI   | 03:46:11 | 10 MEX | 11:05:19 |

## Team Results







Sabine REINER (AUT) 2nd  
Photo by Winfried Stinn



Hosea TUEI (KEN) 3rd  
Photo by swiss-images.ch



Stevie Kremer (USA) 1st  
Photo by swiss-images.ch



Women's 1st, 2nd and 3rd Podium  
L-R Sabine REINER (AUT) 2nd, Stevie KREMER (USA) 1st,  
Kim DOBSON (USA) 3rd  
Photo by swiss-images.ch



Men's 1st, 2nd and 3rd Podium  
L-R Mitja KOSOVELJ (SLO) 2nd,  
Markus HOHENWARTER (AUS) 1st, Hosea TUEI (KEN) 3rd  
Photo by swiss-images.ch



Mitja KOSOVELJ (SLO) 2nd  
Photo by swiss-images.ch



Women's 1st 2nd and 3rd  
L-R Sabine REINER (AUT) 2nd, Stevie KREMER (USA) 1st,  
Kim DOBSON (USA) 3rd with Seiler, Umberg, Gozzelino  
and mascot 'Coolie' of the European Track and Field Athletics  
Championships in Zurich 2014  
Photo by swiss-images.ch



# 11th European Mountain Running Championships



Denizli-Pamukkale, Turkey  
7th July 2012



Turkey's Ahmet Arslan took his sixth successive European Mountain Running Championships title on home soil in Denizli-Pamukkale, covering the 12.2km course in 49.46. Arslan, still only 26, remains unbeaten at the event since he made his debut in 2007.

Conditions were hot and the route held on a fast up and down course in the historic Pamukkale heritage site, with around 240m of ascent negotiated on a 4km lap. The men's 3 lap race was held in temperatures above 30 degrees involving an ascent of ancient stairs and running through small forests. Ahmet Arslan (TUR) looked majestic as he controlled the race from the front to take the title ahead of team mate Ercan Muslu (TUR). In third place was Ionut Alin Zinca (ROU).

Close behind came the Italian team in positions 4th (Gabriele Abate), 5th (Marco De Gasperi) and 7th (Xavier Chevrier) which proved enough to win the team competition ahead of Turkey (19) and France (48).

The women's race saw a strong start from the team from (GBR) as Mary Wilkinson and Emma Clayton completed the first circuit the fastest. It was the second climb where the strongest runners came through and this was Monika Furholz (SUI) who came first, 9 seconds ahead of Nadezhda Leshchinskaia (RUS) with

Pavla Schorna Matyasova (CZE) 4 seconds behind. The winners of the team award were Great Britain with 20 points as Italy just headed Russia with the same points.

The Junior Men's race saw another dominant display by Turkey with Individual Gold and Silver going to Ahmet Ozrek (TUR) and Mazlum Aydemir (TUR). Anton Palzer (GER) took bronze medal.

Mazlum Aydemir was later disqualified which saw Anton Palzer (GER) move into the Silver medal position and Vitaly Lagushin (RUS) into Bronze. Team awards saw Turkey again take the Gold medal ahead of Russia and the Czech Republic. The Junior Women's was dominated by Annabel Mason (GBR). Eytemis (TUR) took Silver with Cesminaz Yilmaz (TUR) winning the bronze medal. The team event saw 5 points for both GBR and TUR with Turkey taking the title as the last runner was in position 3rd ahead of the GBR runner Melanie Hyder in 4th. Bulgaria took the bronze team medals.

At the closing ceremony Memhet Terzi, President of Turkish Athletics Federation, through Christian Milz, EA General Director, passed the EA flag to Dobromir Karamarinov, Bulgarian Athletics Federation who will host the event in 2013.



L-R Dobromir Karamarinov, President of Bulgarian Athletics Federation and Chairman of EA Mountain Running Commission, Christian Milz (SUI - EA General Director) and Mehmet Terzi, President of Turkish Athletics Federation

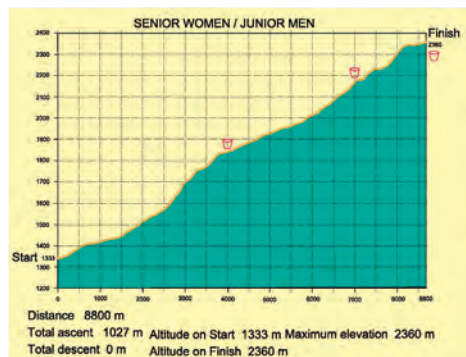
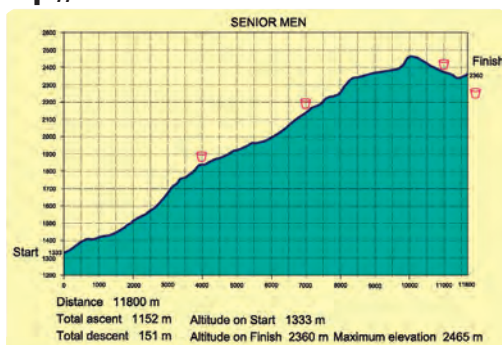
Photo by TAF



## FOCUS ON

# 12TH EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS 6 JULY 2013 BOROVELTS BULGARIA

<http://www.borovets2013.eu>





# 11th European Mountain Running Championships

Denizli-Pamukkale, Turkey  
7th July 2012



## MEN

Individual (12.2 km/700 m/51 participants)

|    |                       |            |              |
|----|-----------------------|------------|--------------|
| 1  | <b>ARSLAN Ahmet</b>   | <b>TUR</b> | <b>49:46</b> |
| 2  | MUSLU Ercan           | TUR        | 49:57        |
| 3  | ZINCA Ionut           | ROU        | 50:19        |
| 4  | ABATE Gabriele        | ITA        | 50:33        |
| 5  | DE GASPERI Marco      | ITA        | 50:49        |
| 6  | RANCON Julien         | FRA        | 51:00        |
| 7  | CHEVRIER Xavier       | ITA        | 51:23        |
| 8  | LECHLEITNER Simon     | AUT        | 51:26        |
| 9  | MENESES Enrique       | ESP        | 51:41        |
| 10 | KRUPICKA Robert       | CZE        | 51:45        |
| 11 | VERNON Steve          | GBR        | 52:16        |
| 12 | MATHYS Christian      | SUI        | 52:18        |
| 13 | CARVALHO Jose         | POR        | 52:24        |
| 14 | KOSOVELJ Mitja        | SLO        | 52:30        |
| 15 | CRESPO Javier         | ESP        | 52:40        |
| 16 | AKKOYUN Mehmet        | TUR        | 52:43        |
| 17 | GUSEV Aleksandr       | RUS        | 52:59        |
| 18 | RODRIGUES Artur       | POR        | 53:01        |
| 19 | SIMPSON Robbie        | GBR        | 53:23        |
| 20 | DURAND Maxime         | FRA        | 53:26        |
| 21 | BAJZA Jakub           | CZE        | 53:40        |
| 22 | JANDARI Said          | FRA        | 53:51        |
| 23 | DEMATTEIS Bernard     | ITA        | 53:56        |
| 24 | ALIC Simon            | SLO        | 53:58        |
| 25 | VOJAK Jiri            | CZE        | 54:00        |
| 26 | BREGAR Gasper         | SLO        | 54:04        |
| 27 | PECHEK Petr           | CZE        | 54:19        |
| 28 | KAZAN Deniz           | TUR        | 54:23        |
| 29 | LAMOVEC Peter         | SLO        | 54:24        |
| 30 | MUSTAFA Shaban        | BUL        | 54:26        |
| 31 | PELLE Ludovic         | FRA        | 54:32        |
| 32 | SHKLYAEV Andrey       | RUS        | 54:59        |
| 33 | MACMAHON Brian        | IRL        | 55:04        |
| 34 | PERMITIN Vasily       | RUS        | 55:20        |
| 35 | SMITH Christopher     | GBR        | 55:29        |
| 36 | ALVAREZ Martin        | ESP        | 55:56        |
| 37 | SWIERC Marcin         | POL        | 56:10        |
| 38 | MUGA Rui              | POR        | 56:56        |
| 39 | CONROY Ian            | IRL        | 57:41        |
| 40 | KELLEZI Ilir          | ALB        | 58:11        |
| 41 | HOGAN Tom             | IRL        | 58:27        |
| 42 | KEVAN James           | IRL        | 58:53        |
| 43 | MIKULIC Nikola        | CRO        | 1.04:42      |
| 44 | MALKA Haim            | ISR        | 1.05:28      |
| 45 | SADIGLI Tural         | AZE        | 1.10:35      |
| 46 | CHECHEL Oleksiy       | UKR        | 1.13:41      |
| 47 | MAZERSKI Bartosz      | POL        | 1.13:48      |
| 48 | BOZHKO Kostiantyn     | UKR        | 1.14:55      |
| 49 | SHCHERBANIVSKY Andriy | UKR        | 1.23:20      |
|    | EDWARDS Orlando       | GBR        | DNF          |
|    | SOUSA Aires           | POR        | DNF          |

## JUNIOR MEN

individual (8.3 km/470 m/39 participants)

|   |                    |            |              |
|---|--------------------|------------|--------------|
| 1 | <b>OZREK Ahmet</b> | <b>TUR</b> | <b>35:18</b> |
| 2 | PALZER Anton       | GER        | 36:26        |
| 3 | LAGUSHIN Vitaly    | RUS        | 36:42        |
| 4 | RESHETNIKOV Rodion | RUS        | 36:52        |
| 5 | TUNCTAN Yetkin     | TUR        | 37:04        |
| 6 | MAESTRI Cesare     | ITA        | 37:07        |
| 7 | JANU Jan           | CZE        | 37:14        |

|    |                                |     |           |
|----|--------------------------------|-----|-----------|
| 8  | HAVLICEK Josef                 | CZE | 37:26     |
| 9  | O'REGAN Jake                   | IRL | 37:31     |
| 10 | MONELLA Michael                | ITA | 38:11     |
| 11 | DEMIR Serkan                   | TUR | 38:16     |
| 12 | ZAVESKY Filip                  | CZE | 38:17     |
| 13 | HARRISON Peter                 | GBR | 38:22     |
| 14 | CALDEIRA Johan                 | POR | 38:22     |
| 15 | ROGIEWICZ Andrzej              | POL | 38:31     |
| 16 | LEANCA Andrei                  | ROU | 38:32     |
| 17 | ARMSTRONG Hugh                 | IRL | 38:38     |
| 18 | BUCIFAL Libor                  | CZE | 38:43     |
| 19 | DANILOV Vasilii                | RUS | 38:44     |
| 20 | BULANTI Fabio                  | ITA | 38:48     |
| 21 | JOHNSTON Joesph                | GBR | 38:54     |
| 22 | ZYCHSKI Marcin                 | POL | 39:12     |
| 23 | PLAZNIK Matic                  | SLO | 39:28     |
| 24 | O'CONNOR Killian               | IRL | 39:43     |
| 25 | KOVACIC Tim                    | SLO | 39:46     |
| 26 | LANDZHEV Georgi                | BUL | 39:56     |
| 27 | WHARTON Max                    | GBR | 40:36     |
| 28 | JONES Nathan                   | GBR | 40:40     |
| 29 | CULLEN Andrew                  | IRL | 41:11     |
| 30 | SZYMANOWSKI Krzysztof          | POL | 41:22     |
| 31 | CADEZ Ziga                     | SLO | 41:23     |
| 32 | BOZIC Anze                     | SLO | 41:51     |
| 33 | SINGER Michael                 | AUT | 42:05     |
| 34 | YOTOVSKI Aleksandar            | BUL | 42:21     |
| 35 | TITON Dylan                    | ITA | 42:32     |
| 36 | JOSIPOVIC Jure                 | CRO | 42:50     |
| 37 | KOSTOV Tihomir                 | BUL | 43:07     |
| 38 | NURNIAZOV Marat Mazlum Aydemir | RUS | 55:00     |
|    |                                | TUR | DQ 32.2.a |

## WOMEN

Individual (8.3 km/470 m/48 participants)

|    |                         |            |              |
|----|-------------------------|------------|--------------|
| 1  | <b>FURHOLZ Monika</b>   | <b>SUI</b> | <b>39:54</b> |
| 2  | LESHCHINSKAIA Nadezhda  | RUS        | 40:03        |
| 3  | SCHORNA MATYASOVA Pavla | CZE        | 40:07        |
| 4  | WILKINSON Mary          | GBR        | 40:10        |
| 5  | PEREZ Veronica          | ESP        | 40:21        |
| 6  | CLAYTON Emma            | GBR        | 40:27        |
| 7  | CONFORTOLA Antonella    | ITA        | 40:54        |
| 8  | MCCORMACK Sarah         | IRL        | 40:55        |
| 9  | GAGGI Alice             | ITA        | 41:10        |
| 10 | WALSHAW Katie           | GBR        | 41:20        |
| 11 | KHAITOVA Nigina         | RUS        | 41:26        |
| 12 | WISNIEWSKA Dominika     | POL        | 41:28        |
| 13 | HAVLOVA Pavla           | CZE        | 41:32        |
| 14 | TROTTI Maura            | ITA        | 41:48        |
| 15 | GREGOROVA Kamila        | CZE        | 41:52        |
| 16 | GADI Hafida             | FRA        | 41:59        |
| 17 | ZHAVORONKOVA Aleksandra | RUS        | 42:01        |
| 18 | ROBERTI Maria Grazia    | ITA        | 42:13        |
| 19 | DRAGOMIR Denisa         | ROU        | 42:19        |
| 20 | METELKOVA Tatiana       | CZE        | 42:21        |
| 21 | BELUSIC Barbara         | CRO        | 42:25        |
| 22 | MOAGA Elena             | ROU        | 42:35        |
| 23 | MATOŠEVIC Matea         | CRO        | 42:36        |
| 24 | DUTACONSTANTA Roxana    | ROU        | 43:06        |
| 25 | SOARES Rosa             | POR        | 43:10        |
| 26 | BOHOLTAN Alina          | ROU        | 43:24        |
| 27 | CHABRAN Nathalie        | FRA        | 43:26        |
| 28 | SANCHEZ Amada de Jesus  | ESP        | 43:27        |

|    |                    |     |         |
|----|--------------------|-----|---------|
| 29 | KRASTEVA Anita     | BUL | 43:33   |
| 30 | KRSINAR Neja       | SLO | 43:45   |
| 31 | SANZ Ainhoa        | ESP | 43:49   |
| 32 | CAN Yasemin        | TUR | 43:54   |
| 33 | OGULKANMIS Nursel  | TUR | 43:54   |
| 34 | MIRANDA Fernanda   | POR | 44:00   |
| 35 | PANTHEON Adelaide  | FRA | 44:07   |
| 36 | MOREIRAS Lucinda   | POR | 44:29   |
| 37 | MOREIRAS Adelina   | POR | 45:12   |
| 38 | ROCHE Fiona        | IRL | 45:17   |
| 39 | MULLIGAN Sarah     | IRL | 46:04   |
| 40 | GRIEBBAUM Tanja    | GER | 46:33   |
| 41 | BASTUG Hulya       | TUR | 47:16   |
| 42 | ZUPAN Spela        | SLO | 47:36   |
| 43 | GRANDOVEC Daneja   | SLO | 49:05   |
| 44 | BENAMI Hana        | ISR | 53:24   |
| 45 | BOYKO Iryna        | UKR | 57:27   |
| 46 | PEREPICHAJ Tetiana | UKR | 59:12   |
| 47 | PUZIY Anastasiya   | UKR | 1.00:21 |
|    | TARHAN Yagmur      | TUR | DNF     |

## JUNIOR WOMEN

Individual (4.4 km /240 m/28 participants)

|    |                      |            |              |
|----|----------------------|------------|--------------|
| 1  | <b>MASON Annabel</b> | <b>GBR</b> | <b>20:25</b> |
| 2  | EYTEMIS Sevilya      | TUR        | 21:14        |
| 3  | YILMAZ Cesminaz      | TUR        | 21:45        |
| 4  | HYDER Melanie        | GBR        | 22:25        |
| 5  | NINEVA Marinela      | BUL        | 22:31        |
| 6  | RICHEs Laura         | GBR        | 22:37        |
| 7  | MIRCHEVA Militsa     | BUL        | 22:53        |
| 8  | IVONINA Ekaterina    | RUS        | 23:03        |
| 9  | ADANIR Seyran        | TUR        | 23:09        |
| 10 | HILL-STIRLING Louise | IRL        | 23:35        |
| 11 | PETREA Mihaela       | ROU        | 23:45        |
| 12 | KHRIASHCHEVA Anna    | RUS        | 23:48        |
| 13 | MENDES Catia         | POR        | 23:55        |
| 14 | PALUCH Kamila        | POL        | 24:00        |
| 15 | BRAYKOVA Hristiyana  | BUL        | 24:05        |
| 16 | MCCARTHY Clare       | IRL        | 24:17        |
| 17 | MILES Sarah          | IRL        | 24:21        |
| 18 | DZIURA Agata         | POL        | 24:21        |
| 19 | JESENKO Sara         | SLO        | 24:22        |
| 20 | VARINA Mariia        | RUS        | 24:38        |
| 21 | RUS Rebeca           | ROU        | 24:40        |
| 22 | DALMAGROI Iaria      | ITA        | 24:42        |
| 23 | FACCHIN Iris         | ITA        | 24:45        |
| 24 | LHANSOUR Sara        | ITA        | 24:46        |
| 25 | KIRINIC Romana Tea   | CRO        | 25:25        |
| 26 | KOZJEK Tina          | SLO        | 25:31        |
| 27 | BAJC Monika          | SLO        | 25:49        |
| 28 | POPESCU Laura        | ROU        | 26:05        |

## TEAMS

|    | Men | Women | Jun. Men | Women | Jun. Women |     |     |    |
|----|-----|-------|----------|-------|------------|-----|-----|----|
| 1  | ITA | 16    | TUR      | 17    | GBR        | 20  | TUR | 5  |
| 2  | TUR | 19    | RUS      | 26    | ITA        | 30  | GBR | 5  |
| 3  | FRA | 48    | CZE      | 27    | RUS        | 30  | BUL | 12 |
| 4  | CZE | 56    | ITA      | 36    | CZE        | 31  | RUS | 20 |
| 5  | ESP | 60    | IRL      | 50    | ESP        | 64  | IRL | 26 |
| 6  | SLO | 64    | GBR      | 61    | ROU        | 65  | POL | 32 |
| 7  | GBR | 65    | POL      | 67    | FRA        | 78  | ROM | 32 |
| 8  | POR | 69    | SLO      | 79    | IRL        | 85  | ITA | 45 |
| 9  | RUS | 83    | BUL      | 97    | POR        | 95  | SLO | 45 |
| 10 | IRL | 113   |          |       | TUR        | 106 |     |    |
| 11 | UKR | 143   |          |       | SLO        | 115 |     |    |
| 12 |     |       |          |       | UKR        | 138 |     |    |





European Mountain Running Championships  
Denizli-Pamukkale 2017

Senior Men climb the steps of the ancient city of Hierapolis



Emma Clayton (GBR) 6th Senior Women, one of the leaders on the first lap



Senior men tackle the descent  
Aleksandr Gusev (RUS bib 43) 17th  
Robbie Simpson (GBR bib 27) 19th



Senior Women ascend the ancient steps  
Sarah McCormack (IRL bib 75) 8th,  
Hafida Gadi (FRA bib 67) 16th,  
Yasemin Can (TUR bib 102) 32th  
and Nadezhda Lashchinskaia (RUS bib 94) silver medal



Julian Rancon (FRA) 6th tries to stay with Ionut Zinca (ROU) 3rd



Veronica Perez (ESP) 5th leads  
Antonella Confortola (ITA) 7th,  
Alice Gaggi (ITA) 9th  
and Nigina Khatova (RUS bib 93) 11th



Winner Ahmet Arslan (TUR), indicating his six victories in European Championship congratulated by Mehmet Terzi, President of Turkish Athletic Federation (TAF)



Winners Senior Ladies  
L-R Nadezhda Leschinskaia (RUS) 2nd,  
Monika Furholz (SUI) 1st,  
Pavla Schorna Matyasova (CZE) 3rd





Vitaly Lagustin (RUS) 3rd Junior Men

European Mountain Running Championships  
Denizli-Pamukkale 2012



Sevilay Eytemis bib 182 (TUR) 2nd and Cesminaz Yilmaz bib 183 (TUR) 3rd Junior Women



Jure Josipovic (CRO), 36th in the Junior Men's race



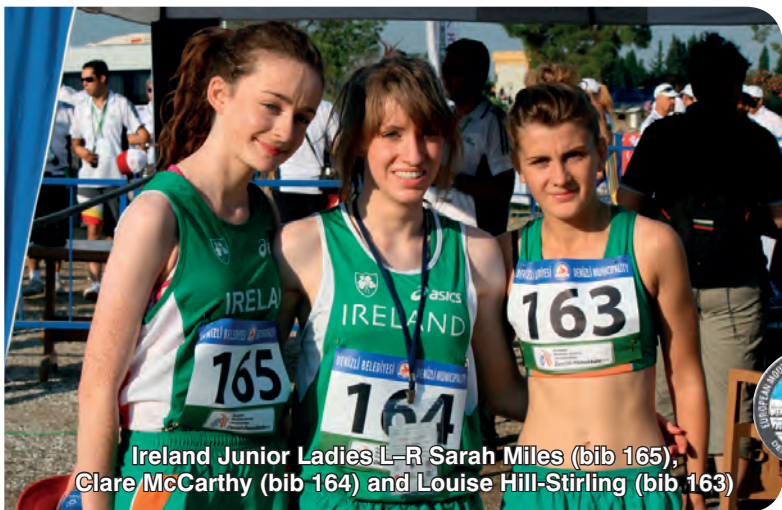
Annabel Mason (GBR) clear winner of the Junior Women's race



Georgi Landzhev (BUL) 26th in the Junior Men's race



Seyran Adanir (TUR) 9th Junior Women pushes hard



Ireland Junior Ladies L-R Sarah Miles (bib 165), Clare McCarthy (bib 164) and Louise Hill-Stirling (bib 163)



Poland Ladies team L - R Kamila Paluch (14th) Junior Women, Dominika Wisniewska (bib 83) 17th Senior Women, Manager Andrzej Puchacz and Agata Dziura (18th) Junior Women





# 28th World Mountain Running Championships

Temù - Ponte di Legno / Tonale (Valle Camonica), Italy

2nd September 2012



## MEN

Individual (14.1 km/1550 m/141 participants)

|    |                      |            |                 |
|----|----------------------|------------|-----------------|
| 1  | <b>MAMO Petro</b>    | <b>ERI</b> | <b>01:01:34</b> |
| 2  | TEKLAY Azeria        | ERI        | 01:02:47        |
| 3  | SAFRONOV Andrey      | RUS        | 01:03:06        |
| 4  | TSIEGE Debesay       | ERI        | 01:04:04        |
| 5  | ABATE Gabriele       | ITA        | 01:04:53        |
| 6  | BALDACCINI Alex      | ITA        | 01:04:59        |
| 7  | DE GASPERI Marco     | ITA        | 01:05:10        |
| 8  | CHECHUN Yuriy        | RUS        | 01:05:41        |
| 9  | RANDALL Glenn        | USA        | 01:05:48        |
| 10 | ESTIFANOS Atoy       | ERI        | 01:05:50        |
| 11 | KOSOVELJ Mitja       | SLO        | 01:05:52        |
| 12 | CANADAY Sage         | USA        | 01:05:55        |
| 13 | CHEVRIER Xavier      | ITA        | 01:06:03        |
| 14 | GRAY Joe             | USA        | 01:06:20        |
| 15 | AKALIN Emrah         | TUR        | 01:06:27        |
| 16 | PUENTES Pedro Jose   | VEN        | 01:06:29        |
| 17 | VERNON Steve         | GBR        | 01:06:40        |
| 18 | SIMPSON Robbie       | GBR        | 01:06:47        |
| 19 | DEMATTEIS Bernard    | ITA        | 01:06:49        |
| 20 | BELLAMY Benjamin     | FRA        | 01:06:57        |
| 21 | LECHLEITNER Simon    | AUT        | 01:07:07        |
| 22 | RANCON Julien        | FRA        | 01:07:19        |
| 23 | RAMIRO Mario Alberto | MEX        | 01:07:32        |
| 24 | KOVACS Adam          | HUN        | 01:07:37        |
| 25 | MEYSSAT Emmanuel     | FRA        | 01:07:40        |
| 26 | GOMES Paulo          | POR        | 01:07:48        |
| 27 | MINYAKOV Andrey      | RUS        | 01:07:50        |
| 28 | WEREDE Zerit         | ERI        | 01:07:52        |
| 29 | KLEIST Anders        | SWE        | 01:07:57        |
| 30 | MUSTAFA Shaban       | BUL        | 01:08:00        |
| 31 | CARVALHO Jose        | POR        | 01:08:01        |
| 32 | BUYUKBEZGIN Suleyman | TUR        | 01:08:01        |
| 33 | KRAR Robert          | CAN        | 01:08:03        |
| 34 | RANGEL Juan Pablo    | COL        | 01:08:11        |
| 35 | KAZAN Deniz          | TUR        | 01:08:15        |
| 36 | SYMONDS Joe          | GBR        | 01:08:18        |
| 37 | SHKLYAEV Andrey      | RUS        | 01:08:19        |
| 38 | VOJAK Jiri           | CZE        | 01:08:29        |
| 39 | BURRIER Georges      | FRA        | 01:08:32        |
| 40 | ZEILER Timo          | GER        | 01:08:33        |
| 41 | PAGNAUEV Alexey      | RUS        | 01:08:36        |
| 42 | MACMAHON Brian       | IRL        | 01:08:54        |
| 43 | JANDARI Said         | FRA        | 01:09:06        |
| 44 | FREI Martin          | CZE        | 01:09:09        |
| 45 | MUGA Rui             | POR        | 01:09:14        |
| 46 | JAILLARDON Renaud    | FRA        | 01:09:17        |
| 47 | RODRIGUES Artur      | POR        | 01:09:21        |
| 48 | RODRIGUES Pedro      | POR        | 01:09:23        |
| 49 | TONINELLI Antonio    | ITA        | 01:09:38        |
| 50 | SMITH Christopher    | GBR        | 01:09:39        |
| 51 | BUGGE Johan          | NOR        | 01:09:55        |
| 52 | HOMOLAC Jiri         | CZE        | 01:09:58        |
| 53 | BLAKE Eric           | USA        | 01:10:00        |
| 54 | DON-WAUCHOPE Iain    | RSA        | 01:10:06        |
| 55 | LAMOVEC Peter        | SLO        | 01:10:06        |
| 56 | SWINBURN Nick        | GBR        | 01:10:09        |
| 57 | MCMULLAN James       | GBR        | 01:10:17        |
| 58 | NIKOLOV Yolo         | BUL        | 01:10:23        |
| 59 | BUTLER Dougan        | NZL        | 01:10:26        |
| 60 | MANNING Tommy        | USA        | 01:10:38        |
| 61 | WIGHTMAN Nicholas    | AUS        | 01:10:40        |
| 62 | AKKOYUN Mehmet       | TUR        | 01:10:44        |

|     |                       |     |          |
|-----|-----------------------|-----|----------|
| 63  | MERCADO Victor Daniel | MEX | 01:10:53 |
| 64  | ABAD Norberto         | MEX | 01:10:59 |
| 65  | WOSIK Daniel          | POL | 01:11:11 |
| 66  | UEBEL Steffan         | GER | 01:11:26 |
| 67  | TENGSAEID Torsten     | NOR | 01:11:40 |
| 68  | ALIC Simon            | SLO | 01:11:44 |
| 69  | BREGAR Gasper         | SLO | 01:11:53 |
| 70  | VOLLMER Mark          | CAN | 01:12:06 |
| 71  | HAVLICEK Jan          | CZE | 01:12:22 |
| 72  | FLYNN Eoin            | IRL | 01:12:26 |
| 73  | BERTELS Jelle         | BEL | 01:12:33 |
| 74  | KARON Bartosz         | POL | 01:12:41 |
| 75  | BESSA Ragerio         | POR | 01:12:49 |
| 76  | CONROY Ian            | IRL | 01:13:00 |
| 77  | POCZWARDOWSKI Kamil   | POL | 01:13:02 |
| 78  | ROSSMANN Thomas       | AUT | 01:13:17 |
| 79  | MCCARTHY Edward       | CAN | 01:13:19 |
| 80  | LUDVIGSEN Thorbjorn   | NOR | 01:13:30 |
| 81  | LUSTENBERGER Martin   | SUI | 01:13:32 |
| 82  | IIDA Yuiro            | JPN | 01:13:35 |
| 83  | LE PORHO David        | CAN | 01:13:37 |
| 84  | HUGHES Glenn          | NZL | 01:13:46 |
| 85  | HUTCHINSON Alex       | CAN | 01:13:54 |
| 86  | HOGAN Tom             | IRL | 01:13:56 |
| 87  | BLAHA Tomas           | CZE | 01:13:56 |
| 88  | SALAMIN Augustin      | SUI | 01:14:11 |
| 89  | CHICHESTER Tim        | USA | 01:15:00 |
| 90  | MIHELIC Luka          | SLO | 01:15:31 |
| 91  | REDL Alois            | AUT | 01:15:43 |
| 92  | NIJS Sven             | BEL | 01:16:18 |
| 93  | KEVAN James           | IRL | 01:16:21 |
| 94  | KHARITONOV Oleg       | RUS | 01:16:27 |
| 95  | MIKULIC Nikola        | CRO | 01:16:51 |
| 96  | MLAKAR Gregor         | SLO | 01:16:55 |
| 97  | THOMPSON Fraser       | AUS | 01:16:58 |
| 98  | BIERCZAK Maciej       | POL | 01:17:01 |
| 99  | BUDELOT Yannick       | MON | 01:17:05 |
| 100 | JOLY Jente            | BEL | 01:17:19 |
| 101 | MESTDAGH Simon        | BEL | 01:17:41 |
| 102 | TORFS Sanne           | BEL | 01:18:22 |
| 103 | LOPEZ Miguel Angel    | MEX | 01:18:30 |
| 104 | KELLEZI Ilir          | ALB | 01:18:37 |
| 105 | RISTOVSKI Jovica      | MKD | 01:18:54 |
| 106 | GERLEI Tamas          | HUN | 01:19:56 |
| 107 | HARRIES Jordan        | AUS | 01:20:08 |
| 108 | SZEKERES Attila       | HUN | 01:20:13 |
| 109 | RENARD Arnaud         | BEL | 01:21:00 |
| 110 | FELICI Matteo         | SMR | 01:21:16 |
| 111 | WHITELEY Robin        | AUS | 01:21:24 |
| 112 | SCULLION Stephen      | IRL | 01:21:33 |
| 113 | ADLI -                | MON | 01:21:34 |
| 114 | URBAN Mate            | HUN | 01:21:40 |
| 115 | RIDOLFI Stefano       | SMR | 01:22:39 |
| 116 | SIMANOVICH Dzianis    | BLR | 01:23:12 |
| 117 | HORVATH Bela          | HUN | 01:23:24 |
| 118 | KIRADZIEV Aleksandar  | MKD | 01:23:36 |
| 119 | ROBB Gerard           | AUS | 01:24:29 |
| 120 | PELSOCZY Attila       | HUN | 01:25:45 |
| 121 | AJANOVSKI Kokan       | MKD | 01:26:20 |
| 122 | PROKOPENKO Oleksii    | UKR | 01:27:04 |
| 123 | CILIA Charlie         | MLT | 01:27:13 |
| 124 | BACHIR Omar           | MON | 01:27:21 |
| 125 | DI GIUSTO Laurent     | MON | 01:27:29 |
| 126 | MALKA Haim            | ISR | 01:28:46 |

|     |                        |     |          |
|-----|------------------------|-----|----------|
| 127 | JAKIMOVSKI Igor        | MKD | 01:29:38 |
| 128 | TOCCACELI Massimiliano | SMR | 01:32:41 |
| 129 | MUGNAINI Alberto       | SMR | 01:32:41 |
| 130 | ZANCHI Alberto         | SMR | 01:36:31 |
| 131 | CUFFARO Nino           | MON | 01:37:54 |
| 132 | ZANOTTI Marco          | SMR | 01:38:45 |
| 133 | BOZHKO Kostiantyn      | UKR | 01:39:31 |
| 134 | KARPAU Aliaksei        | BLR | 01:40:21 |
| 135 | ANTONYUK Deniys        | UKR | 01:45:23 |
| 136 | STALYNSKYI Volodymyr   | UKR | 01:45:58 |
| 137 | KOVTUNENKO Yuriy       | UKR | 01:47:19 |
| 138 | SHCHERBANIVSKY Andriy  | UKR | 01:54:50 |
|     | GOSSELIN James         | CAN | DNF      |
|     | ARSLAN Ahmet           | TUR | DNF      |
|     | BAYRAM Muzafer         | TUR | DNF      |

## MENS TEAMS

|   |     |     |    |     |     |    |     |     |
|---|-----|-----|----|-----|-----|----|-----|-----|
| 1 | ERI | 17  | 8  | POR | 149 | 15 | HUN | 352 |
| 2 | ITA | 31  | 9  | SLO | 203 | 16 | BEL | 366 |
| 3 | RUS | 75  | 10 | CZE | 205 | 17 | AUS | 376 |
| 4 | USA | 88  | 11 | MEX | 253 | 18 | MON | 461 |
| 5 | FRA | 106 | 12 | CAN | 265 | 19 | MKD | 471 |
| 6 | GBR | 121 | 13 | IRL | 276 | 20 | SMR | 482 |
| 7 | TUR | 144 | 14 | POL | 314 | 21 | UKR | 526 |

## WOMEN

Individual (8.8 km/900 m/88 participants)

|    |                         |            |              |
|----|-------------------------|------------|--------------|
| 1  | <b>MAYR Andrea</b>      | <b>AUT</b> | <b>46:35</b> |
| 2  | BELOTTI Valentina       | ITA        | 47:04        |
| 3  | ARITOLA Morgan          | USA        | 47:26        |
| 4  | BUYUKBEZGIN Burcu       | TUR        | 47:36        |
| 5  | REINER Sabine           | AUT        | 48:07        |
| 6  | KOSOVELJ Mateja         | SLO        | 48:27        |
| 7  | KREMER Stevie           | USA        | 48:54        |
| 8  | FAIRCHILD Melody        | USA        | 48:57        |
| 9  | RODRIGUEZ Q. Maria E.   | COL        | 49:08        |
| 10 | FRUMUZ Cristiana        | ROU        | 49:24        |
| 11 | CHEMOS Viola            | UGA        | 49:32        |
| 12 | GOODHEAD Kate           | GBR        | 49:35        |
| 13 | RUNGGER Renate          | ITA        | 49:44        |
| 14 | GAGGI Alice             | ITA        | 49:54        |
| 15 | MCCORMACK Sarah         | IRL        | 49:59        |
| 16 | FURHOLZ Monika          | SUI        | 50:08        |
| 17 | CONFORTOLA Antonella    | ITA        | 50:33        |
| 18 | PASTOROVA Petra         | CZE        | 50:37        |
| 19 | SCHORNA MATYASOVA Pavla | CZE        | 50:39        |
| 20 | STRAEHL Martina         | SUI        | 50:43        |
| 21 | SHUKLINA Olesya         | RUS        | 50:56        |
| 22 | MEIER Barnadette        | SUI        | 51:09        |
| 23 | BUER MAY Britt          | NOR        | 51:10        |
| 24 | WILKINSON Victoria      | GBR        | 51:12        |
| 25 | ROS Marjolein           | NED        | 51:22        |
| 26 | MERENYI Timea           | HUN        | 51:26        |
| 27 | MIHAYLOVA Milka         | BUL        | 51:36        |
| 28 | PRUNDUS Mihaela Maria   | ROU        | 51:49        |
| 29 | CHABRAN Nathalie        | FRA        | 51:57        |
| 30 | ROBINSON Rebecca        | GBR        | 52:07        |
| 31 | WISNIEWSKA Dominika     | POL        | 52:13        |
| 32 | CLAYTON Emma            | GBR        | 52:14        |
| 33 | GIBBS Sally             | NZL        | 52:19        |
| 34 | HAVLOVA Pavla           | CZE        | 52:22        |
| 35 | CAGLAN Sanam            | TUR        | 52:28        |
| 36 | NEGRU Cristina          | ROU        | 52:38        |
| 37 | SHAUGHNESSY Laura       | IRL        | 52:52        |
| 38 | MATOSEVIC Matea         | CRO        | 53:05        |
| 39 | KHAITOVA Nigina         | RUS        | 53:10        |



|    |                       |     |          |
|----|-----------------------|-----|----------|
| 40 | ERHOLTZ Brandy        | USA | 53:13    |
| 41 | CELINSKA Anna         | POL | 53:21    |
| 42 | WOSZCZEK Danuta       | POL | 53:48    |
| 43 | COENEN Nora           | GER | 53:50    |
| 44 | KRSINAR Neja          | SLO | 53:51    |
| 45 | WENG Marete           | NOR | 54:01    |
| 46 | BELUSIC Barbara       | CRO | 54:09    |
| 47 | ROUNTREE Helen        | NZL | 54:28    |
| 48 | SEKYROVA Ivana        | CZE | 54:40    |
| 49 | STEIGER Bettina       | SUI | 54:48    |
| 50 | CLEVELAND Stacey      | CAN | 55:05    |
| 51 | JONES Catrin          | CAN | 55:09    |
| 52 | HOSKING Jessamy       | AUS | 55:30    |
| 53 | NITULEASA Alina       | ROU | 55:32    |
| 54 | VOKUEVA Janna         | RUS | 55:41    |
| 55 | ZATORSKA Izabela      | POL | 55:54    |
| 56 | MULLIGAN Sarah        | IRL | 55:57    |
| 57 | MAIER Michelle        | GER | 56:08    |
| 58 | BASTUG Hulya          | TUR | 56:30    |
| 59 | SOARES Rosa           | POR | 56:41    |
| 60 | FREITAG Karin         | AUT | 56:43    |
| 61 | ADIYAMAN Suheyly      | TUR | 57:07    |
| 62 | BAKONYI Fruzsina      | HUN | 57:17    |
| 63 | DONLON Emma           | IRL | 58:10    |
| 64 | CERNIC Danijela       | CRO | 58:41    |
| 65 | PENWAY Shannon        | CAN | 58:49    |
| 66 | VISSER Roelande       | RSA | 59:01    |
| 67 | BOLCANES Martina      | VEN | 59:39    |
| 68 | TROBEC Ursula         | SLO | 59:56    |
| 69 | CAMILLERI Giselle     | MLT | 59:59    |
| 70 | CLARKE Melissa        | AUS | 01:00:00 |
| 71 | TUSAR Mihaela         | SLO | 01:00:31 |
| 72 | SHARP Louise          | AUS | 01:00:50 |
| 73 | HAKKEL Tunde          | HUN | 01:01:25 |
| 74 | NAFRANOVICH Iryna     | BLR | 01:01:43 |
| 75 | SCHOLZ Nadine         | GER | 01:01:47 |
| 76 | HUMPHRIES Elisabeth   | AUS | 01:02:30 |
| 77 | HUSTINGS Martine      | BEL | 01:03:13 |
| 78 | TINIO Mirabelle       | CAN | 01:03:57 |
| 79 | KIRADZIEVA Vesna      | MKD | 01:04:39 |
| 80 | DECOCK Florance       | BEL | 01:05:11 |
| 81 | PASHKOUSKAYA Kataryna | BLR | 01:05:33 |
| 82 | BENAMI Hana           | ISR | 01:05:50 |
| 83 | LEROY Fabienne        | BEL | 01:06:52 |
| 84 | BOIKO Iryna           | UKR | 01:12:50 |
| 85 | PUZIY Anasstaiya      | UKR | 01:14:11 |
| 86 | PEREPICHAJ Tetiana    | UKR | 01:21:36 |
| 87 | HAJDU Henrietta       | HUN | 01:29:56 |
| 88 | BURDEINA Olena        | UKR | 01:46:00 |

#### WOMENS TEAMS

|   |     |    |    |     |     |    |     |     |
|---|-----|----|----|-----|-----|----|-----|-----|
| 1 | USA | 18 | 8  | TUR | 97  | 15 | CAN | 166 |
| 2 | ITA | 29 | 9  | IRL | 108 | 16 | GER | 175 |
| 3 | SUI | 58 | 10 | POL | 114 | 17 | AUS | 194 |
| 4 | GBR | 66 | 11 | RUS | 114 | 18 | BEL | 240 |
| 5 | AUT | 66 | 12 | SLO | 118 | 19 | UKR | 255 |
| 6 | CZE | 71 | 13 | CRO | 148 |    |     |     |
| 7 | ROU | 74 | 14 | HUN | 161 |    |     |     |



Photo by LOC (Stefania Stuto)

#### JUNIOR MEN

Individual (8.8 km/900 m/71 participants)

|          |                          |            |              |
|----------|--------------------------|------------|--------------|
| <b>1</b> | <b>CHEROP Michael</b>    | <b>UGA</b> | <b>42:33</b> |
| 2        | KARAGOZ Adem             | TUR        | 42:45        |
| 3        | DAG Sonmez               | TUR        | 43:10        |
| 4        | KURONG Moses             | UGA        | 43:20        |
| 5        | CRIPPA Nekagenet         | ITA        | 44:05        |
| 6        | PALZER Anton             | GER        | 44:09        |
| 7        | VANNSON Charles          | FRA        | 44:49        |
| 8        | MANDE Abdullah           | UGA        | 45:08        |
| 9        | IMBERT Thibaut           | FRA        | 45:27        |
| 10       | JANU Jan                 | CZE        | 45:30        |
| 11       | CHERNOV Andrey           | RUS        | 45:39        |
| 12       | TITON Dylan              | ITA        | 45:56        |
| 13       | MAESTRI Cesare           | ITA        | 46:15        |
| 14       | MCALISTER Ryan           | NZL        | 46:23        |
| 15       | KARABULAK Suat           | TUR        | 46:36        |
| 16       | HARRISON Peter           | GBR        | 46:42        |
| 17       | CHAVEZ Joragn            | USA        | 46:46        |
| 18       | INNERHOFER Manuel        | AUT        | 46:51        |
| 19       | IBARRA Ricardo           | MEX        | 46:52        |
| 20       | ZYCHSKI Marcin           | POL        | 47:00        |
| 21       | LAGUSHIN Vitaly          | RUS        | 47:12        |
| 22       | MONELLA Michael          | ITA        | 47:14        |
| 23       | SINGER Michael           | AUT        | 47:26        |
| 24       | KVAALE Gaute             | NOR        | 47:29        |
| 25       | DELINE Cal               | USA        | 47:32        |
| 26       | HAVLICEK Josef           | CZE        | 47:33        |
| 27       | O'REGAN Jake             | IRL        | 47:36        |
| 28       | RESHETNIKOV Rodion       | RUS        | 47:39        |
| 29       | DIAZ Willins             | VEN        | 47:54        |
| 30       | TOBIN Sean               | IRL        | 48:00        |
| 31       | RINCON Julio             | VEN        | 48:10        |
| 32       | CALDEIRA Johan           | POR        | 48:16        |
| 33       | SALAMIN Jean-Baptiste    | SUI        | 48:22        |
| 34       | TSENOV Mitko             | BUL        | 48:30        |
| 35       | PRZEDWOJEWSKI Bartlomiej | POL        | 48:37        |
| 36       | BISCA Claudiu            | ROU        | 48:40        |
| 37       | SUTER Florian            | SUI        | 48:45        |
| 38       | MATUSZCZAK Rafal         | POL        | 48:50        |
| 39       | FAYETTE Billy            | USA        | 48:52        |
| 40       | ARMSTRONG Hugh           | IRL        | 48:53        |
| 41       | BAUER Lukas              | GER        | 48:56        |
| 42       | LICHY Tomas              | CZE        | 49:03        |
| 43       | LUSTENBERGER Stefan      | SUI        | 49:11        |
| 44       | CECH Jan                 | CZE        | 49:13        |
| 45       | RANKIN Gary              | GBR        | 49:23        |
| 46       | ROGIEWICZ Andrzej        | POL        | 49:25        |
| 47       | JOSIPOVIC Jure           | CRO        | 49:34        |
| 48       | PLAZNIK Matic            | SLO        | 49:51        |
| 49       | DANILOV Vasilii          | RUS        | 50:09        |
| 50       | GRIFFITHS Josuha         | GBR        | 50:11        |
| 51       | DEGEIMBRE Valentin       | BEL        | 50:39        |
| 52       | LANDZHEV Georgi          | BUL        | 50:40        |
| 53       | PASKALEV Valentin        | BUL        | 50:41        |
| 54       | THIRION Sabastien        | BEL        | 50:57        |
| 55       | INNERHOFER H.            | AUT        | 50:59        |
| 56       | ARGUINCHONA Baxter       | USA        | 51:22        |
| 57       | CADEZ Ziga               | SLO        | 51:26        |
| 58       | MERNIK Nik               | SLO        | 51:43        |
| 59       | TRAVIS Brad              | GBR        | 51:54        |
| 60       | CAKO Balint              | HUN        | 52:28        |
| 61       | O'CONNOR Killian         | IRL        | 52:29        |
| 62       | HUNT Robert              | AUS        | 52:52        |
| 63       | PFEIFER Fabian           | GER        | 53:07        |
| 64       | PENTEK Matyas            | HUN        | 53:08        |
| 65       | TUGYI Levente            | HUN        | 53:33        |
| 66       | HANSERT Henri            | GER        | 53:59        |
| 67       | BOZIC Aljaz              | SLO        | 55:10        |
| 68       | DESART Maxime            | BEL        | 56:43        |

|    |                    |     |       |
|----|--------------------|-----|-------|
| 69 | DEMERS Louils Erik | CAN | 56:48 |
| 70 | PESHOVSKI Ivan     | MKD | 57:51 |
| 71 | BALOGH Akos        | HUN | 57:58 |

#### JUNIOR MENS TEAMS

|   |     |    |    |     |     |    |     |     |
|---|-----|----|----|-----|-----|----|-----|-----|
| 1 | UGA | 13 | 7  | POL | 93  | 13 | BUL | 139 |
| 2 | TUR | 20 | 8  | AUT | 96  | 14 | SLO | 163 |
| 3 | ITA | 30 | 9  | IRL | 97  | 15 | BEL | 173 |
| 4 | RUS | 60 | 10 | GER | 110 | 16 | HUN | 189 |
| 5 | CZE | 78 | 11 | GBR | 111 |    |     |     |
| 6 | USA | 81 | 12 | SUI | 113 |    |     |     |

#### JUNIOR WOMEN

Individual (3.9 km/370 m/46 participants)

|          |                        |            |              |
|----------|------------------------|------------|--------------|
| <b>1</b> | <b>EYTEMIS Sevilay</b> | <b>TUR</b> | <b>20:14</b> |
| 2        | LETTL Julia            | GER        | 20:53        |
| 3        | EINFALT Lea            | SLO        | 21:09        |
| 4        | MASON Annabel          | GBR        | 21:39        |
| 5        | WALLIMANN Alexandra    | SUI        | 22:02        |
| 6        | HYDER Melanie          | GBR        | 22:06        |
| 7        | DRAHOTAVA Anezka       | CZE        | 22:20        |
| 8        | YILMAZ Cesminaz        | TUR        | 22:39        |
| 9        | PELANNE Margot         | FRA        | 22:50        |
| 10       | ENIZERKINA Vera        | RUS        | 22:58        |
| 11       | IVONINA Ekaterina      | RUS        | 23:02        |
| 12       | NINEVA Marinela        | BUL        | 23:08        |
| 13       | SCHOLLERER Kristina    | GER        | 23:10        |
| 14       | BUNEA ANCA Maria       | ROU        | 23:13        |
| 15       | DAL MAGRO Ilaria       | ITA        | 23:19        |
| 16       | ADANIR Sseyran         | TUR        | 23:27        |
| 17       | LAWSON Kelly           | USA        | 23:28        |
| 18       | PISCU Andrea Alina     | ROU        | 23:29        |
| 19       | PEDZIWIATER Klaudia    | POL        | 23:30        |
| 20       | DRAHOTAVA Eliska       | CZE        | 23:39        |
| 21       | LAMBERT Caroline       | GBR        | 23:53        |
| 22       | MAIR Susane            | AUT        | 23:57        |
| 23       | MORETZ Clare           | USA        | 24:01        |
| 24       | DOWLING Jade           | AUS        | 24:02        |
| 25       | BRAYKOVA Hristiyana    | BUL        | 24:14        |
| 26       | TOMAS Anda             | CRO        | 24:18        |
| 27       | HOLLAND Carla          | GER        | 24:27        |
| 28       | HILL-STIRLING Louise   | IRL        | 24:30        |
| 29       | MOROITA Adelina        | ROU        | 24:36        |
| 30       | MANDLBAUER Christina   | AUT        | 24:58        |
| 31       | JESENKO Sara           | SLO        | 24:58        |
| 32       | BOTTEGA Samantha       | ITA        | 25:00        |
| 33       | LHANSOUR Sara          | ITA        | 25:30        |
| 34       | PUCKOVA Olga           | CZE        | 25:34        |
| 35       | MAKHNEVA Ksenia        | RUS        | 25:44        |
| 36       | KOZJEK Tina            | SLO        | 26:06        |
| 37       | SCHMITZ Delphine       | BEL        | 26:27        |
| 38       | FRACKOWIAK Magdalena   | POL        | 26:49        |
| 39       | KIRINIC Romana Tea     | CRO        | 27:11        |
| 40       | EKIERT Gabriela        | POL        | 27:20        |
| 41       | VARGA Anabella         | HUN        | 27:53        |
| 42       | BARTUS Petra           | HUN        | 28:35        |
| 43       | THERY Roxane           | FRA        | 28:35        |
| 44       | DAWSON Yolanda         | HUN        | 29:02        |
| 45       | GJYLI Klesta           | ALB        | 31:21        |
| 46       | STOJCEVSKA Marija      | MKD        | 39:27        |

#### JUNIOR WOMENS TEAMS

|   |     |    |    |     |    |    |     |    |
|---|-----|----|----|-----|----|----|-----|----|
| 1 | TUR | 9  | 6  | ROU | 32 | 11 | AUT | 52 |
| 2 | GBR | 10 | 7  | SLO | 34 | 12 | FRA | 52 |
| 3 | GER | 15 | 8  | BUL | 37 | 13 | POL | 57 |
| 4 | RUS | 21 | 9  | USA | 40 | 14 | CRO | 65 |
| 5 | CZE | 27 | 10 | ITA | 47 | 15 | HUN | 83 |





**Yujiro Iida (JAP) 82nd Senior Men**  
Photo by Gerry Brady



**USA Winning Ladies Team**  
L-R: Morgan Arritola, Stevie Kremer,  
Brandy Erholtz, Melody Fairchild  
Photo by Nancy Hobbs



**Julio Rincon (VEN) 31st Junior Men**  
Photo by Gerry Brady



**Andreea Alina Pisch (ROU) 18th Junior Women's Race**  
Photo by Gerry Brady



**Michael Monella (ITA) 22nd and  
Vitaly Lagushin (RUS) 21st Junior Men**  
Photo by Gerry Brady



**Brandy Erholtz (USA) 40th and  
Matea Matosevic (CRO) 38th Senior Women**  
Photo by Gerry Brady



**Bulgarian Junior Ladies Marinela Nineva (left) and  
Hristiyana Braykova with team leader Dimitar Kisyov**  
Photo by Gerry Brady



**Gabriele Abate (ITA) 5th and  
Marco De Caspari (ITA) 7th Senior Men**  
Photo by LOC







**Junior Women - Individual Winners Podium**  
Photo by LOC Stefania Stuto



**Junior Men - Individual Winners Podium**  
Photo by LOC Stefania Stuto



**Women - Individual Winners Podium**  
Photo by LOC Stefania Stuto



**Men - Individual Winners Podium**  
Photo by LOC Stefania Stuto



**Junior Women - Team Winners Podium**  
Photo by LOC Stefania Stuto



**Junior Men - Team Winners Podium**  
Photo by LOC Stefania Stuto



**Women - Team Winners Podium**  
Photo by LOC Stefania Stuto



**Men - Team Winners Podium**  
Photo by LOC Stefania Stuto







## 28th World Mountain Running Championships

Temù - Ponte di Legno / Tonale (Valle Camonica), Italy  
2nd September 2012



A record 40 nations competed in the 28th World Mountain Running Championships 2012 in Ponte di Legno, Italy with eleven nations earning medals in the four events.

The LOC from the Italian villages of Temù, Tonale and Ponte di Legno were impressive with their quality of course and hospitality. This was the seventh time that World Mountain Running Championships were held in Italy.

In the men's race Perto Mamo, along with team mate Azeria Teklay and Russia's Andrey Safronov, quickly established an early lead as the race emerged from the town of Ponte di Legno and started on the mountain ascent. From here on Mamo took command and extended his lead to finish,

winning in 1:01:34 a full 73 seconds ahead of Teklay, with Safronov claiming an excellent bronze in 1:03:06. The Eritreans also took team gold.

Andrea Mayr, Austrian winner of the 2010 world title and WMRA Grand Prix prevailed to win the women's race in 46:35, almost 30 seconds up on Italy's Valentina Belotti who took the silver, with the US' Morgan Aritola taking the bronze and leading the USA team to a

glorious victory in the team race. The USA team were the strongest team taking gold with 3 athletes in the top 10. Second place went to Italy with Switzerland in third.

The Junior Men's race saw a strong performance from Uganda's Michael Cherop who was chased all the way by Adem Karagoz (TUR). The bronze medal went to Sommez Dag (TUR) just 10 seconds ahead of Moses Kurong (UGA). The team race was won by Uganda with second place going to Turkey and Italy third.

The leader of the Junior Women's race, Sevily Eytamis (TUR) held on for a 39-second victory from a fast finishing Julia Lettl (GER) with 2011 champion Lea Einfalt (SLO) taking the

bronze medal ahead of 2012 European champion Annabel Mason (GB).

As expected the team competition was very close between Great Britain and Turkey, with the gold medals going to Turkey (9), one point ahead of the British team. Germany took the bronze team medal.



The LOC of Poland receives the flag from Italy

Photo by LOC (Stefania Stuto)

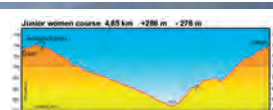
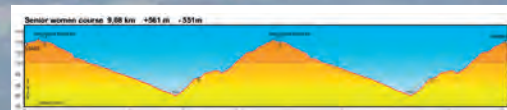
## FOCUS ON 29TH WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

8 SEPTEMBER 2013 KRYNICA-ZDRÓJ POLAND

<http://wmrc2013.pl>



Ministerstwo Sportu i Turystyki







## 14th WMRA Grand Prix 2012 Final Results



| MEN |                   | born | nat. | 1   | 2   | 3   | 4   | 5   | total |
|-----|-------------------|------|------|-----|-----|-----|-----|-----|-------|
| 1.  | TEKLAY Azerya     | 78   | ERI  |     | 100 | 100 | 102 | 102 | 404   |
| 2.  | BALDACCINI Alex   | 88   | ITA  | 75  |     | 60  | 72  | 120 | 327   |
| 3.  | ABATE Gabriele    | 79   | ITA  | 85  |     | 70  | 78  | 72  | 305   |
| 4.  | ARSLAN Ahmet      | 86   | TUR  | 100 | 85  |     |     | 48  | 233   |
| 5.  | KIDANE Abraham    | 74   | ERI  |     | 70  | 85  |     |     | 155   |
| 6.  | KOSOVELJ Mitja    | 84   | SLO  |     |     |     | 42  | 84  | 126   |
| 7.  | EDWARDS Orlando   | 75   | GBR  |     | 60  |     |     | 42  | 102   |
| 8.  | KOVACS Adam       | 86   | HUN  | 65  |     | 27  | 8   |     | 100   |
| 9.  | BREGAR Gašper     | 90   | SLO  |     | 45  |     |     | 37  | 82    |
| 10. | ALIČ Simon        | 71   | SLO  |     | 55  |     |     | 26  | 81    |
| 11. | MANZI Emanuele    | 77   | ITA  |     |     | 20  |     | 60  | 80    |
| 12. | KLEIST Anders     | 80   | SWE  |     |     | 50  | 3   |     | 53    |
| 13. | LECHLEITNER Simon | 79   | AUT  |     |     | 40  | 13  |     | 53    |
| 14. | MIHELIČ Luka      | 92   | SLO  |     | 40  |     |     | 7   | 47    |
| 15. | RANCON Julien     | 80   | FRA  |     |     | 30  | 11  |     | 41    |
| 16. | MLAKAR Gregor     | 88   | SLO  |     | 18  |     |     | 15  | 33    |
| 17. | LEANCA Andrei     | 95   | ROM  |     |     | 10  |     | 8   | 18    |
| 18. | TERAŽ Franci      | 62   | SLO  |     | 5   |     |     | 6   | 11    |



First and Second winners of the WMRA GP produce a photo finish at Smarno Goro race, Slovenia  
Alex BALDACCINI (ITA) and Azerya TEKLAY (ERI)

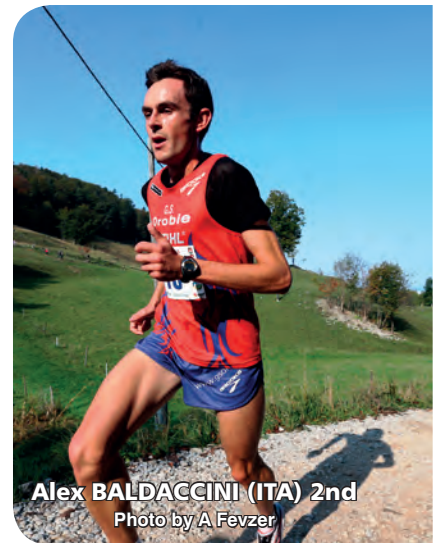
Photo by A Fevzer

| WOMEN |                         | born | nat. | 1   | 2   | 3   | 4   | 5   | total |
|-------|-------------------------|------|------|-----|-----|-----|-----|-----|-------|
| 1.    | BELOTTI Valentina       | 80   | ITA  | 100 |     | 65  | 102 | 90  | 357   |
| 2.    | MILESOVA Iva            | 80   | CZE  | 65  | 100 | 45  |     | 72  | 282   |
| 3.    | KOSOVELJ Mateja         | 88   | SLO  |     | 75  |     | 72  | 120 | 267   |
| 4.    | CLAYTON Emma            | 88   | GBR  | 85  | 85  | 50  |     |     | 220   |
| 5.    | REINER Sabine           | 81   | AUT  |     |     | 100 | 78  |     | 178   |
| 6.    | KREMER Stevie           | 83   | USA  |     |     |     | 66  | 102 | 168   |
| 7.    | TUŠAR Mihaela           | 66   | SLO  |     | 60  |     |     | 54  | 114   |
| 8.    | RUNGGER Renate          | 79   | ITA  |     |     | 75  | 32  |     | 107   |
| 9.    | GODEC Andreja           | 77   | SLO  |     | 50  |     |     | 42  | 92    |
| 10.   | TROBEC Urša             | 67   | SLO  |     | 55  |     |     | 23  | 78    |
| 11.   | CONFORTOLA Antonella    | 75   | ITA  |     |     | 55  | 21  |     | 76    |
| 12.   | MIKLOŠA Petra           | 74   | SLO  |     | 45  |     |     | 26  | 71    |
| 13.   | ALJANČIČ Nataša         | 69   | SLO  |     | 40  |     |     | 15  | 55    |
| 14.   | SCHORNA-MATYASOVA Pavla | 80   | CZE  |     |     | 35  | 17  |     | 52    |
| 15.   | MEDJA Marija            | 61   | SLO  |     | 35  |     |     | 11  | 46    |
| 16.   | ŠORLI Marta             | 62   | SLO  |     | 20  |     |     | 9   | 29    |



Azerya TEKLAY (ERI) 1st

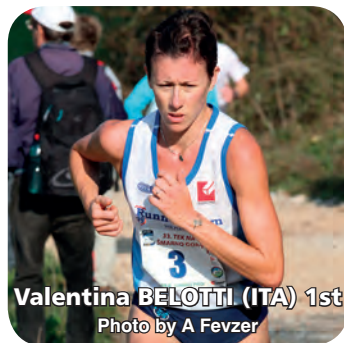
Photo by Pek



Alex BALDACCINI (ITA) 2nd

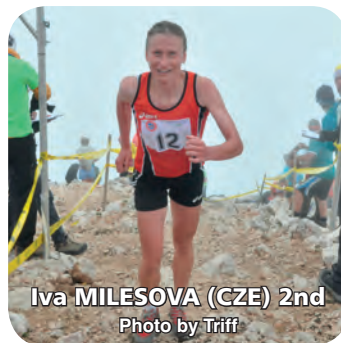
Photo by A Fevzer

|   |          |                                 |                 |     |
|---|----------|---------------------------------|-----------------|-----|
| 1 | 17. May  | 32. Int. Montée Du Grand-Ballon | Willer-sur-Thur | FRA |
| 2 | 29. July | 14. Int. Grintovec MR Race      | Kamnik          | SLO |
| 3 | 5. Avg.  | 4. Mayrhofen Harakiri Run       | Mayrhofen       | AUT |
| 4 | 2. Sept. | 28. World Championships         | Ponte di Legno  | ITA |
| 5 | 6. Oct.  | 33. Smarna gora MR Race         | Ljubljana       | SLO |



Valentina BELOTTI (ITA) 1st

Photo by A Fevzer



Iva MILESOVA (CZE) 2nd

Photo by Triff



Mateja KOSOVELJ (SLO) 3rd

Photo by A Fevzer



Gabriele ABATE (ITA) 3rd

Photo by A Fevzer

## 15th WMRA Grand Prix 2013 Calendar of Races

The rules for 2013 remain the same whilst the total final prize fund provided by the WMRA is 15100 Euros, details can be found on the WMRA web page.

|                |  |                          |     |
|----------------|--|--------------------------|-----|
| 2nd June       | 33rd La Montée du Grand Ballon / 1st G.P. race                   | Willer sur Thur/Goldbach | FRA |
| 21st July      | 3rd Castle Mountain Running – Arco 2013 / 2nd G.P. race          | Arco di Trento           | ITA |
| 28th July      | 15th Int. Grintovec MR Race / 3rd G.P. race                      | Kamnik                   | SLO |
| 8th September  | 29th WMRA World Mountain Running Championships / 4th G.P. race   | Krynica - Zdrój          | POL |
| 15th September | 5th Asitzgipfel Mountain Run / 5th G.P. race                     | Leogang                  | AUT |
| 5th October    | 34th Smarna Gora mountain running race / 6th G.P. race and Final | Ljubljana                | SLO |





## 7th WMRA International Youth Cup

Glendalough, Ireland  
24th June 2012

The 7th staging of the WMRA International Youth Cup was held in Glendalough Ireland, the course set against a backdrop of the Upper Lake. This was the first occasion that Ireland had hosted a major international mountain running event and it represented a further stage in the development of mountain running for this younger age group (16-17 year olds).

Nine countries entered the competition with Ireland, Russia, and Wales fielding two boys' teams and Ireland and Russia entering two girls' teams.

Over breakfast on Sunday, the sun emerged and with it a day of fine weather for the runners and spectators.

The girls had a short run-in of 110 metres followed by two laps of 1660m each for a total distance of 3540m with 190 metres of ascent. At the end of the first lap Ksenia Makhneva (RUS) led by around 10 metres from Sarah Hodgson (ENG) and Clare McCarthy (IRE). Caitriona Graves (SCO) was in fourth followed by Sara Jesenko (SLO), Chiara Spagnoli (ITA), Alina Subbotina (RUS B), and Weronika Pyzik (POL). The pace was fast and was likely to bring the steepish climb into play on the last lap for anyone who started too fast. Emerging into the finishing run-in Pyzik had moved through from eight into the lead with Hodgson and Makhneva on her heels. Despite a fierce battle up the home straight Pyzik held on for a narrow win from Hodgson with Makhneva two seconds behind the winner.

With the calculations done the host country had won by eight points from Italy (37) and Russia (37).

The boys' race had three laps covering a total of 5200 metres. The 2011 silver medallist Konstantin Galiullin (RUS) was the favourite but in this age group there are many unknown athletes in the shadows. Six runners were bunched together at the end of the first lap with Galiullin leading from Nadir Cavagna (ITA), Yemanebehran Crippa (ITA), Gwynant Jones (WAL), Patryk Lachowski (POL), and Andrew Lawler (SCO). The first Irish runner Killian Mooney was ten metres back after recovering quickly from a fall on the first lap. At the end of lap two, the race was down to two runners as Crippa and Galiullin had gone clear and were still looking like they had kept something for the last lap. James Hall (ENG) had worked his way through from ninth to third, ahead of Cavagna, and ominously the third Italian runner, Danilo Gritti, had moved through from tenth to fifth. The places remained largely unchanged on the final lap except for Crippa opening a clear winning margin of 21 seconds from Galiullin and Cavagna.

The Italian runners were convincing winners of the team title with an exceptionally strong performance.

Bruno Gozzelino, John Foley (Chief Executive of Athletics Ireland), the WMRA technical delegate Bashir Hussain, and the President of the Irish Mountain Running Association Dermot Murphy helped by WMRA Council members Raimondo Balicco and Tomo Sarf presented the individual and team trophies.

Six of the nine nations stood on the podium after a closely contested competition.



Italy Team boys: gold medal  
Photo by Gerry Brady



Ireland Team girls: gold medal  
Photo by Gerry Brady



Yemanebehran Crippa (ITA)  
winner boys  
Photo by Gerry Brady



Weronika Pyzik (POL)  
winner girls  
Photo by Gerry Brady

### BOYS – Individual

3 laps - 5,2km; +- 285m

|     |                            |          |
|-----|----------------------------|----------|
| 1.  | CRIPPA Yemanebehran ITA    | 96 18:59 |
| 2.  | GALIULLIN Konstantin RUS A | 95 19:20 |
| 3.  | CAVAGNA Nadir ITA          | 95 19:33 |
| 4.  | HALL James ENG             | 96 19:34 |
| 5.  | GRITTI Danilo ITA          | 96 19:50 |
| 6.  | YOTOVSKI Aleksandar BUL    | 95 19:53 |
| 7.  | LACHOWSKI Patryk POL       | 95 19:57 |
| 8.  | MOONEY Killian IRL A       | 95 20:01 |
| 9.  | TRAVIS Bradley ENG         | 95 20:06 |
| 10. | JONES Gwynant WAL A        | 95 20:16 |

### BOYS – TEAMS

|     |           |     |
|-----|-----------|-----|
| 1.  | ITALY     | 9   |
| 2.  | BULGARIA  | 35  |
| 3.  | IRELAND A | 38  |
| 4.  | POLAND    | 49  |
| 5.  | WALES A   | 53  |
| 6.  | RUSSIA A  | 53  |
| 7.  | SCOTLAND  | 62  |
| 8.  | RUSSIA B  | 67  |
| 9.  | SLOVENIA  | 75  |
| 10. | IRELAND B | 92  |
| 11. | WALES B   | 100 |
|     | ENGLAND   | NC  |

### GIRLS – Individual

2 laps - 3,5km; +- 190m

|     |                         |          |
|-----|-------------------------|----------|
| 1.  | PYZIK Weronika POL      | 96 15:07 |
| 2.  | HODGSON Sarah ENG       | 95 15:07 |
| 3.  | MAKHNEVA Ksenia RUS A   | 96 15:09 |
| 4.  | GRAVES Catriona SCO     | 96 15:17 |
| 5.  | MCCARTHY Clare IRL A    | 95 15:30 |
| 6.  | JESENKO Sara SLO        | 96 15:31 |
| 7.  | WITHERS Megan WAL       | 95 15:37 |
| 8.  | SPAGNOLI Chiara ITA     | 96 15:42 |
| 9.  | BRAYKOVA Hristivana BUL | 95 15:47 |
| 10. | HUMPHREYS Sorcha IRL A  | 95 15:50 |

### GIRLS – TEAMS

|     |           |    |
|-----|-----------|----|
| 1.  | IRELAND A | 29 |
| 2.  | ITALY     | 37 |
| 3.  | RUSSIA A  | 37 |
| 4.  | SLOVENIA  | 47 |
| 5.  | WALES     | 48 |
| 6.  | SCOTLAND  | 49 |
| 7.  | BULGARIA  | 51 |
| 8.  | POLAND    | 59 |
| 9.  | RUSSIA B  | 68 |
| 10. | IRELAND B | 87 |
|     | ENGLAND   | NC |



1018 runners completed the 12th WMRA/WMA World Master Mountain Running Championships in Germany. This was the first time that more than one thousand runners have arrived at the finish line in this Competition. This record of runners with 802 men and 216 women signified the great success of this event organized by LOC of Buhlertal.

In the male categories Aurelio Moscato (ITA - M60), Leonid Tikhonov (RUS - M55), Claudio Amati (ITA - M50) retained the world titles won last year in Italy, new champions were Andrea Unterkircher (AUT - M75), Peter Lessing (GER - M70), Albert Anderegg (SUI - M65), Stefan Hinze (GER - M45), Carsten Brod (GER - M40), Matthias Hecktor (GER - M35).

In the female categories Maria Marcibalova (SVK - W75), Lilo Charlotte Plener (GER - W65), Blanka Paulu (CZE - W55), Marie-Luise Heilig-Duventaster (GER - W50), retained the world title won last year in Italy and Ivana Sekyrova (CZE - W40) last year's winner in W35 this year won the W40. Ingrid Hoffmann (GER - W70), Annamaria Galbani (ITA - W60), Josefa Mathies (GER - W45) and Julia Brod (GER - W35) were the new champions this year.

The total medals won by Germany were 43 (20 gold, 13 silver and 10 bronze); in second position was Italy with a total of 20 medals (4 gold, 11 silver and 5 bronze), third was the Czech Republic with 5 medals (2 gold and 3 bronze).

#### Results Summary:

##### Mens Results

|        |                         |         |
|--------|-------------------------|---------|
| M35-39 | HECKTOR Matthias GER    | 0:42:09 |
| M40-44 | BROD Carsten GER        | 0:43:41 |
| M45-49 | HINZE Stefan GER        | 0:43:09 |
| M50-54 | AMATI Claudio ITA       | 0:43:58 |
| M55-59 | TIKHANOV Leonid RUS     | 0:47:42 |
| M60-64 | MOSCATO Aurelio ITA     | 0:49:45 |
| M65-69 | ANDEREGG Albert SUI     | 0:49:44 |
| M70-74 | LESSING Peter GER       | 0:57:24 |
| M75+   | UNTERKIRCHER Ambros AUT | 1:07:22 |

##### Womens Results

|        |                                    |         |
|--------|------------------------------------|---------|
| M35-39 | BROD Jutta GER                     | 0:50:14 |
| M40-44 | Ivana SEKYROVÁ CZE                 | 0:47:16 |
| M45-49 | MATHEIS Josefa GER                 | 0:52:08 |
| M50-54 | HEILIG-DUVENTASTER Marie Luise GER | 0:51:20 |
| M55-59 | PAULU Blanka CZE                   | 0:57:32 |
| M60-64 | GALBANI Annamaria ITA              | 0:58:11 |
| M65-69 | PLENER Lilo GER                    | 1:01:39 |
| M70-74 | HOFFMANN Ingrid GER                | 1:14:36 |
| M75+   | MARCIBALOVA Maria SVK              | 1:24:02 |

##### Mens Team Results:

|     |     |    |
|-----|-----|----|
| W35 | GER | 11 |
| W40 | GER | 7  |
| W45 | ITA | 10 |
| W50 | GER | 15 |
| W55 | GER | 12 |
| W60 | GER | 9  |

##### Womens Team Results:

|     |     |    |
|-----|-----|----|
| W35 | GER | 7  |
| W40 | GER | 12 |
| W45 | GER | 7  |
| W50 | GER | 8  |
| W55 | GER | 11 |
| W60 | GER | 9  |



All the Master Champions

Photo by Katrin König



Local knowledge of the course!

Photo by LOC



More than 1000 Masters at the 12th World Master Mountain Running Championships at Buhlertal: A record!

Photo by LOC





## 9th NACAC (North American) Mountain Running Championships

Cypress Mountain, West Vancouver, BC, Canada

21st July 2012

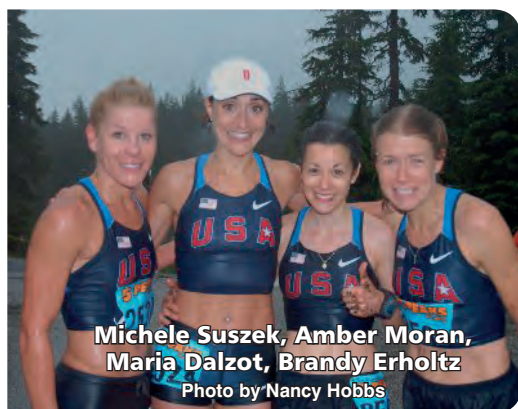


L - R James Gosselin (CAN) 2nd,  
Joe Gray 1st (USA)  
and Robert Krar (CAN) 3rd  
Photo by Nancy Hobbs

The 9th NACAC Mountain Running Championships was hosted at Cypress Mountain in West Vancouver, Canada, on a rain-soaked morning. The event was organized by the 5 Peaks Running Series which conducts a series of races in the various provinces of Canada.

Defending champions Team USA took the women's gold medal for the eighth time and the Canadians repeated their men's team win from 2011 when the NACAC event was held in Mexico. Both individual gold medals were won by team USA with Joseph Gray winning for the fourth consecutive year and Brandy Erholtz winning for the women.

Last year's defending NACAC champion Maria Dalzot was the third scoring member this year for Team USA while Amber Moran was second. Michele Suszek finished fourth. Canada's top scoring woman, Laura Estey, finished eighth overall.



Michele Suszek, Amber Moran,  
Maria Dalzot, Brandy Erholtz  
Photo by Nancy Hobbs

### MEN

Course: 11,1 km; +1100 m/ -270m

|    |                          |         |
|----|--------------------------|---------|
| 1  | Joe GRAY USA             | 59:24   |
| 2  | James GOSSELIN CAN       | 1:02:04 |
| 3  | Robert KRAR CAN          | 1:02:23 |
| 4  | Edward MCCARTHY CAN      | 1:03:16 |
| 5  | David Le PORHO USA       | 1:03:29 |
| 6  | Kristopher SWANSON CAN   | 1:03:44 |
| 7  | Ryan WOODS USA           | 1:04:09 |
| 8  | Alex HUTCHINSON CAN      | 1:04:25 |
| 9  | Shaun STEPHENS-WHALE CAN | 1:04:57 |
| 10 | Jason LOUITT CAN         | 1:04:58 |

### Teams

1. Canada - 9 pts 2. USA - 12 pts

### WOMEN

Course: 11,1 km; +1100 m/ -270m

|    |                        |         |
|----|------------------------|---------|
| 1  | Brandy ERHOLTZ USA     | 1:16:20 |
| 2  | Amber MORAN USA        | 1:18:53 |
| 3  | Maria DALZOT USA       | 1:19:08 |
| 4  | Stacey CLEVELAND CAN   | 1:20:10 |
| 5  | Michele SUSZEK USA     | 1:22:00 |
| 6  | Shannon PENWAY CAN     | 1:22:57 |
| 7  | Mirabelle TINIO CAN    | 1:26:28 |
| 8  | Laura ESTEY CAN        | 1:28:36 |
| 9  | Jessalyn O'DONNELL CAN | 1:28:53 |
| 10 | Syl CORBETT CAN        | 1:30:00 |

### Teams

1. USA - 6 pts 2. Canada - 15 pts

## 7th CONSUDATLE (South American) Mountain Running Championships

Canon of Chicamocha in Aratoca, Santander region, Colombia

11th August 2012

Runners from five South American Countries competed at the 7th CONSUDATLE Mountain Running Championships at Canon of Chicamocha in Aratoca, Santander Region of Columbia. Athletes from Argentina, Brazil, Ecuador, Venezuela and host Country Colombia were present.

The Senior Men's race winner was Colombian, Jacinto Lopez (46.39), one minute in front of John Jairo Vargas, also from Colombia (47.38), whilst bronze medalist was Venezuelan athlete, Pedro Puentes (50.03).

In the team result the Senior Men's the gold medal was taken by Colombia with Venezuela second and Ecuador third.

In the first three positions in the individual Senior Women's race were all Colombian runners, gold medal went to Maria Eugenia Rodriguez (45.18), silver medal to Johana Riveros (49.15) and bronze medal to Angie Orjuela (53.00).

In the team results the Senior Women's the title was won by Colombia ahead of Venezuela.

In the Junior Men's race, Colombian runner, Giovanni Leon was a clear winner with a time of 44.43, followed by two Venezuelan runners, William Diaz (49.02) and third Julio Rincon (49.19).

### MEN

|    |                          |         |
|----|--------------------------|---------|
| 1  | Jacinto LOPEZ (COL)      | 46.39   |
| 2  | Jhon Jairo VARGAS (COL)  | 47.38   |
| 3  | Pedro PUENTES (VEN)      | 50.03   |
| 4  | Rosember AVENDAÑO (COL)  | 50.15   |
| 5  | Edinson CONLAGO (ECU)    | 50.21   |
| 6  | Oscar MORENO (COL)       | 51.42   |
| 7  | Franklin TENORIO (ECU)   | 52.14   |
| 8  | Pedro Luis PUENTES (VEN) | 53.08   |
| 9  | Alvaro FLOREZ (VEN)      | 55.25   |
| 10 | Pedro RAMOS (ECU)        | 1:00.03 |

### Teams

1. Colombia - 7 pts 2. Venezuela - 20 pts  
3. Ecuador - 22 pt

### WOMEN

|    |                               |         |
|----|-------------------------------|---------|
| 1  | Maria Eugenia RODRIGUEZ (COL) | 45.18   |
| 2  | Johana RIVEROS (COL)          | 49.15   |
| 3  | Angie ORJUELA (COL)           | 53.00   |
| 4  | Martina BOLCANEZ (VEN)        | 54.29   |
| 5  | Lorena ACOSTA (ARG)           | 56.05   |
| 6  | Rosa MENDEZ (VEN)             | 56.29   |
| 7  | Yaritza SAAVEDRA (VEN)        | 56.29   |
| 8  | Eleonora TORO (VEN)           | 57.37   |
| 9  | Mileidis JAIME (VEN)          | 1:02.24 |
| 10 | Eva BOYONA (COL)              | 1:03.44 |

### Teams

1. Colombia - 6 pts 2. Venezuela - 17 pts

### JUNIOR MEN

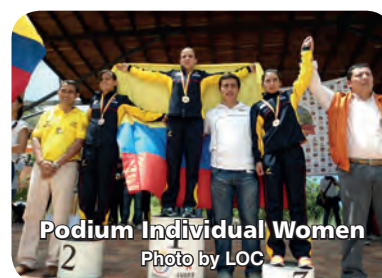
|   |                         |       |
|---|-------------------------|-------|
| 1 | Giovanni LEON (COL)     | 44.43 |
| 2 | William DIAZ (VEN)      | 49.02 |
| 3 | Julio RINCON (VEN)      | 49.19 |
| 4 | Franchesco SANTA (COL)  | 51.38 |
| 5 | Adrian BERNAL (COL)     | 53.44 |
| 6 | Marcelo FABRICIUS (ARG) | 59.33 |

### Teams

1. Colombia - 10 pts  
2. Venezuela - 12 pts



Winner Jacinto Lopez (COL)  
Photo by LOC



Podium Individual Women  
Photo by LOC



# 4th African Mountain Running Championships

(8th Obudu Ranch International Mountain Race)

Obudu Ranch Park, Cross River State, Nigeria

26th November 2012

Ethiopian runners took 4 gold medals plus 1 silver and 2 bronze medals at the 4th African Mountain Running Championships held in conjunction with the 8th Obudu Ranch International Mountain Race, Cross River State, Nigeria. Uganda won 2 silver medals, one individual and one team in the men's race and Nigeria a silver medal in the women team Championships and one bronze medal for the men's team.

Abebe Dinkesa in the Men's race and Etenesh Diro Neda in the Women's race won the title of African Champion and also the 8th Obudu International mountain race, receiving 50,000.00 USD for their victories. Ethiopian winners of the 2011 race, Mesfin Hunegnaw in the Men's and Yalew Genet in the Women's both failed to finish this year's race.

Abebe Dinkesa won the race for the third time in 1 hour 1 minute and 58 seconds after an exciting battle with Kenyan Ondara MacDonard and at the finish the gap between these two runners was only 30 seconds. Third place in the race was Kenyan Robert Chemosin in 1.03:24.

Etenesh Diro Neda was a clear winner of the Women's race in a time of 1 hour and 3 seconds, in front a group of Kenyan runners formed by Rita Jeptoo Bisuenei, second with a time of 1.02:45, and Paskalia Kipoech third in 1.04:02.

The new track for the 12.6 km race had been well prepared under direction of WMRA Council member Erhan Basoglu, with his staff formed by Babac Hasan (Member of EA Mountain Running Commission), Erkan Sakarya and Osman Akyuz and by 80 Nigerian workers.

## Results 8th Obudu Ranch International Race

### MEN

Course 12.6 km

1. ABEBE Dinkesa ETH 1:01:58
2. MACDONARD Ondara KEN 1:02:28
3. CHEMOSIN Robert KEN 1:03:24

### WOMEN

Course 8.6 km

1. ETENESH Diro Neda ETH 1:00:03
2. BISUENEI Rita Jeptoo KEN 1:02:45
3. KIPOECH Paskalia KEN 1:04:02

## Results 4th African AC Championships

### MEN

Course 12.6 km

1. ABEBE Dinkesa ETH 1:01:58
2. KIPLOMO Philip UGA 1:04:19
3. ATALAY YIRSAW Tenegene ETH 1:04:50

Teams:

1. ETH 9 pts
2. UGA 12 pts
3. NGR 30 pts

### WOMEN

Course 8.6 km

1. ETENESH Diro Neda ETH 1:00:03
2. AFERA Behra ETH 1:06:08
3. YIMER WUDE Ayelew ETH 1:08:18

Teams:

1. ETH 6 pts
2. NGR 18 pts







## 4th Balkan Mountain Running Championships

Nova Zagora, Bulgaria

7th June 2012

Turkey dominated the 4th Balkan Mountain Running Championships 2012 held in Nova Zagora, Bulgaria with 12 medals. There were 7 gold, 2 silver and 3 bronze medals won by Turkish runners with Gold medals in all four team categories and three individual titles!

Romania took the only one gold medal lost by Turkey and in total Romania was the second nation in the medal table with 6 medals in total. Host Country Bulgaria also celebrated with 6 medals: 5 silver and 1 bronze. Seven Balkan Countries were present at the event: Turkey, Romania, Bulgaria, Albania, FYR of Macedonia, Serbia and Greece sent their runners to the competition. It was the first time for Albania to take part in Balkan Mountain Running championships.

In the Senior Men's race Turkish runner Mehmet Akkoyun won the title of Balkan Mountain Running Champion 2012 ahead of

Bulgarian Nikolov Kiril and bronze medal winner Ercan Muslu also of Turkey.

In the Senior Women's race, Romanian Denisa Ionela Dragomir became Balkan Mountain Running Champion 2012 in front of Turkish runners Yasemin Can and Yagmur Tarhan.

Runners from three different Countries won medals in the Junior Women's race: gold for Cesminaz Yilmaz Turkey, silver for Mircheva Militca Bulgaria and bronze for Rus Rebecca Romania.

Turkey totally dominated the Junior Men's race with their four athletes taking the top four positions. Suat Karabulak won the title of Balkan Mountain Running Champion 2012, Serkan Demir got the silver medal and the bronze went to Ozan Iskey one minute behind.



### MEN

|    |                             |       |
|----|-----------------------------|-------|
| 1  | MEHMET Akkoyun TUR          | 53.18 |
| 2  | NIKOLOV Kiril BUL           | 53.56 |
| 3  | ERCAN Muslu TUR             | 56.00 |
| 4  | MUSTAFA Shaban BUL          | 57.15 |
| 5  | SIRAKOV Ivan BUL            | 57.46 |
| 6  | AKIF Kiritir TUR            | 58.02 |
| 7  | BALAN MARCEL Cristian ROU   | 58.12 |
| 8  | THEODORAKAKOS Dimitrios GRE | 59.12 |
| 9  | SOROP EUGEN Constantin ROU  | 59.39 |
| 10 | IFRIM Constantin ROU        | 60.01 |

### WOMEN

|    |                             |       |
|----|-----------------------------|-------|
| 1  | DRAGOMIR DENISA Ionela ROU  | 42.24 |
| 2  | YASEMIN Can TUR             | 42.44 |
| 3  | YAGMUR Tarhan TUR           | 43.58 |
| 4  | BOHOLTAN LIANA Alina ROU    | 44.03 |
| 5  | KRASTEVA Anita BUL          | 44.49 |
| 6  | FATMA Haciköylü TUR         | 45.09 |
| 7  | MOAGA Elena ROU             | 46.42 |
| 8  | PANOVSKA Rumiyana BUL       | 46.55 |
| 9  | DUTA CONSTANTINA Roxana ROU | 47.48 |
| 10 | SÜHEYLA Adiyaman TUR        | 48.45 |

### JUNIOR MEN

|   |                     |       |
|---|---------------------|-------|
| 1 | SUAT Karabulak TUR  | 36.36 |
| 2 | SERKAN Demir TUR    | 36.36 |
| 3 | OZAN Iskey TUR      | 37.39 |
| 4 | NURULLAH Atalay TUR | 38.12 |
| 5 | LEANKA Andrei ROU   | 38.59 |

### JUNIOR WOMEN

|   |                      |       |
|---|----------------------|-------|
| 1 | ÇESMINAZ YILMAZ TUR  | 20.12 |
| 2 | MIRCHEVA MILITCA BUL | 20.27 |
| 3 | RUS RREBECA ROU      | 20.47 |
| 4 | SETRAN ADANUR TUR    | 21.50 |
| 5 | NINEVA MARINELA BUL  | 21.55 |

### MENS TEAMS

|   |     |    |
|---|-----|----|
| 1 | TUR | 10 |
| 2 | BUL | 11 |
| 3 | ROU | 26 |
| 4 | MKD | 42 |

### WOMENS TEAMS

|   |     |    |
|---|-----|----|
| 1 | TUR | 11 |
| 2 | ROU | 12 |
| 3 | BUL | 25 |

### JUNIOR MENS TEAMS

|   |     |    |
|---|-----|----|
| 1 | TUR | 6  |
| 2 | BUL | 23 |
| 3 | ROU | 24 |
| 4 | ALB | 45 |
| 5 | MKD | 47 |

### JUNIOR WOMENS TEAMS

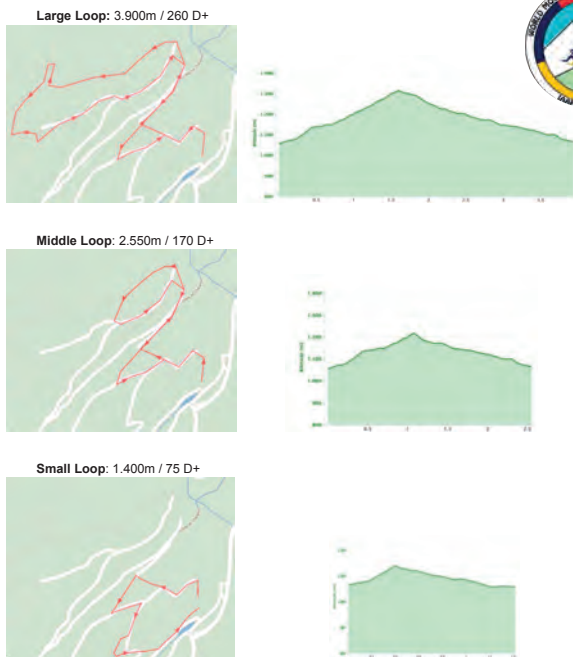
|   |     |    |
|---|-----|----|
| 1 | TUR | 12 |
| 2 | BUL | 15 |
| 3 | ROU | 19 |
| 4 | ALB | 41 |



# FOCUS ON 8TH WMRA INTERNATIONAL YOUTH CUP 7 JULY 2013 GAP FRANCE



<http://gap2013.athle.fr>

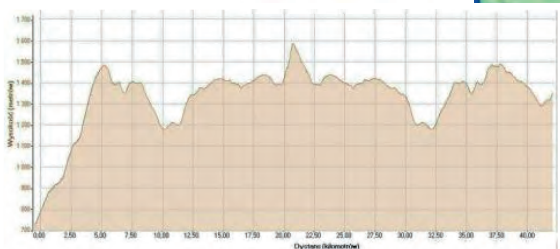
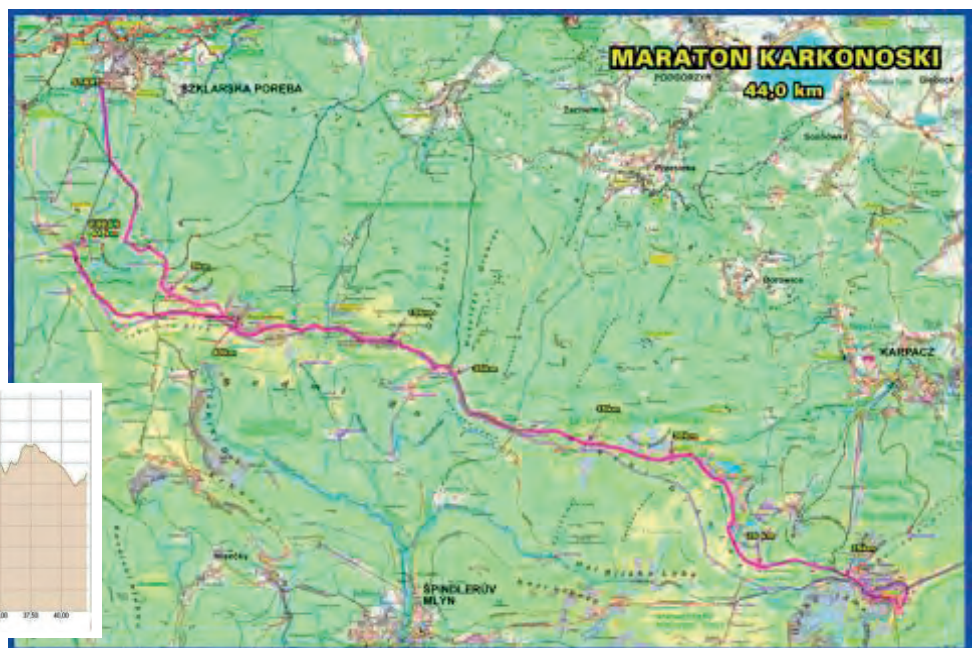


# FOCUS ON 10TH WMRA LONG DISTANCE MOUNTAIN RUNNING CHALLENGE



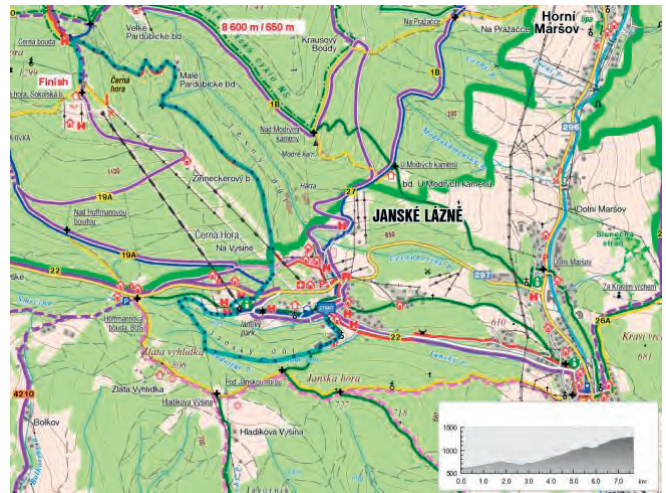
<http://www.maratonkarkonoski.pl>

**3 AUGUST 2013  
SZKLARSKA POREBA  
POLAND**





**FOCUS ON 13TH WMRA/WMA MASTERS  
WORLD MOUNTAIN RUNNING CHAMPIONSHIPS  
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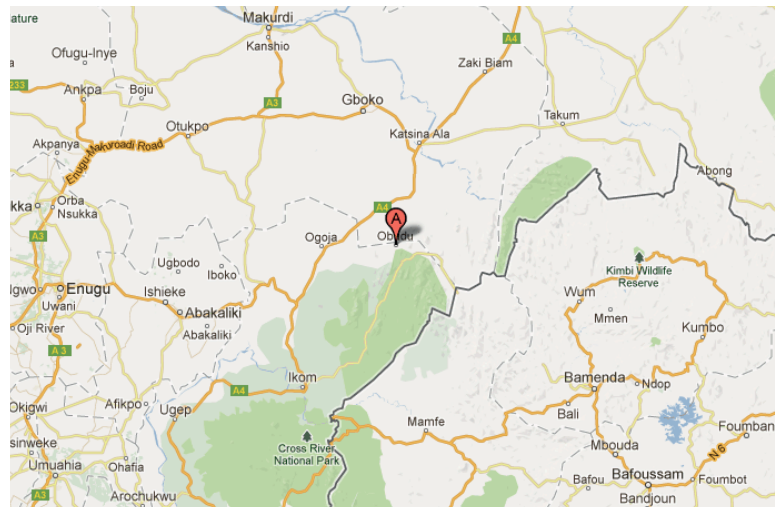
**FOCUS ON 5TH AAC MOUNTAIN RUNNING CHAMPIONSHIPS /  
9TH OBUDU INTERNATIONAL RACE  
30 NOVEMBER 2013  
OBUDU RANCH (CROSS RIVER STATE) NIGERIA**



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Test event for 30th World Mountain Running Championships 2014

<http://www.obudumountainrace.com>





## WMRA Calendar 2013 - International Mountain Running Races

### WMRA Events and World Championships 2013

| Date          | Event  | Place / Venue    | Country |
|---------------|--|------------------|---------|
| 7th July      | 8th WMRA International Youth Cup                             | Gap              | FRA     |
| 3rd August    | 10th WMRA Long Distance Mountain Running Challenge           | Szklarska Poreba | POL     |
| 31st August   | 13th WMRA/WMA Masters World Mountain Running Championships   | Janské Lázně     | CZE     |
| 8th September | 29th WMRA World Mountain Running Championships (up and down) | Krynica - Zdrój  | POL     |

### IAAF Area Championships 2013

|               |   |                                 |     |
|---------------|---|---------------------------------|-----|
| 6th July      | 12th EA Mountain Running Championships (uphill)                       | Borovets                        | BUL |
| 21st July     | 10th NACAC Mountain Running Championships                             | Cranmore - North Conway; (NH)   | USA |
| tbd August    | 8th CONSUDATLE Mountain Running Championships                         | tbd                             | PER |
| 30th November | 5th AAC Mountain Running Championships / 9th Obudu International Race | Obudu Ranch (Cross River State) | NG  |

### Other Championships 2013

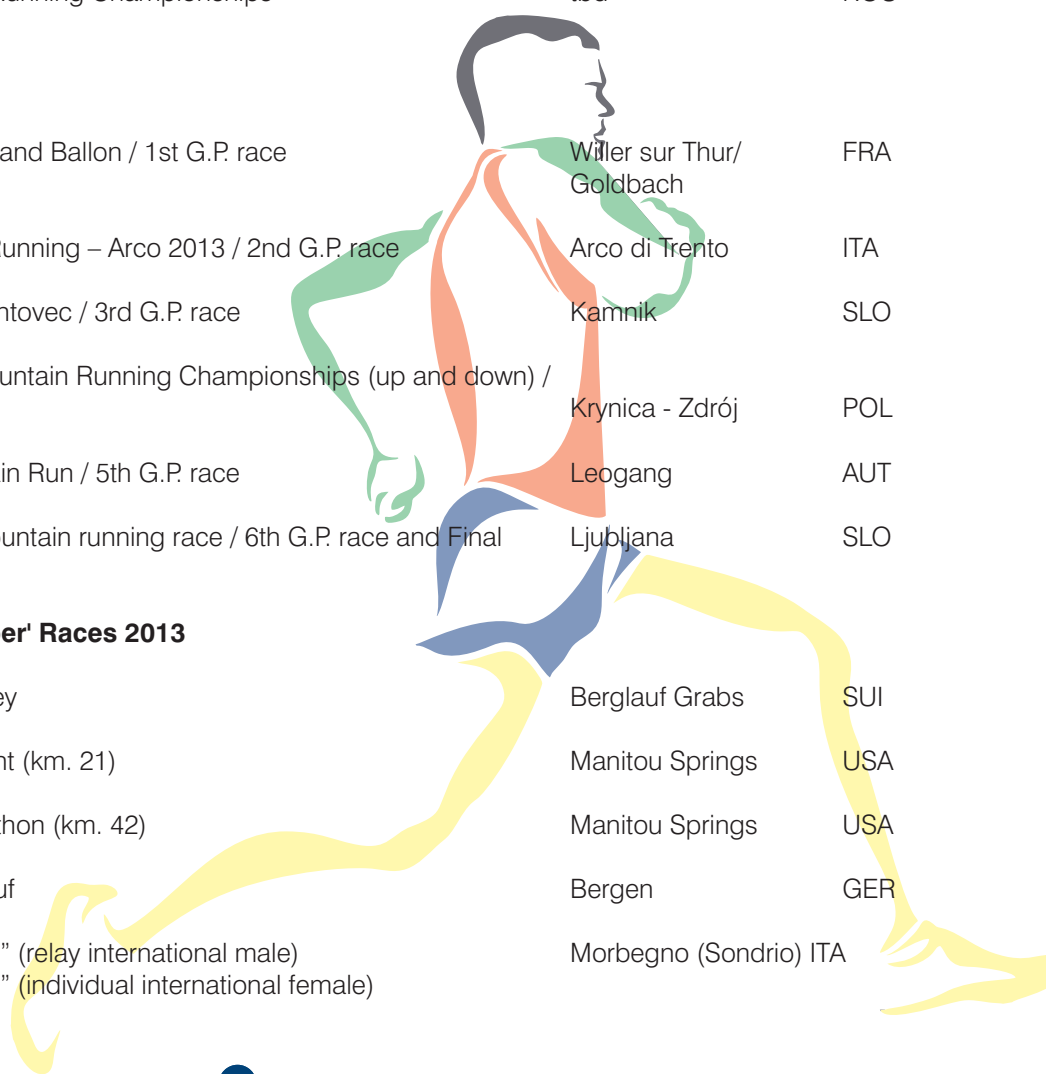
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|-----------|---|-----|-----|
| 16th June | 5th Balkan Mountain Running Championships | tbd | ROU |
|-----------|---|-----|-----|

### 15th WMRA Grand Prix 2013

|                |  |                           |     |
|----------------|--|---------------------------|-----|
| 2nd June       | 33rd La Montée du Grand Ballon / 1st G.P. race                               | Willer sur Thur/ Goldbach | FRA |
| 21st July      | 3rd Castle Mountain Running – Arco 2013 / 2nd G.P. race                      | Arco di Trento            | ITA |
| 28th July      | 15th Gorski tek na Grintovec / 3rd G.P. race                                 | Kamnik                    | SLO |
| 8th September  | 29th WMRA World Mountain Running Championships (up and down) / 4th G.P. race | Krynica - Zdrój           | POL |
| 15th September | 5th Asitzgipfel Mountain Run / 5th G.P. race                                 | Leogang                   | AUT |
| 5th October    | 34th Smarna Gora mountain running race / 6th G.P. race and Final             | Ljubljana                 | SLO |

### WMRA International 'Associate Member' Races 2013

|                 |   |                    |     |
|-----------------|---|--------------------|-----|
| 25th - 26th May | 29th Intern. Gamperney  | Berglauf Grabs     | SUI |
| 17th August     | 58th Pikes Peak Ascent (km. 21)   | Manitou Springs    | USA |
| 1th August      | 58th Pikes Peak Marathon (km. 42)   | Manitou Springs    | USA |
| 29th September  | 40th Hochfeln Berglauf  | Bergen             | GER |
| 27th October    | 56th Trofeo "E. Vanoni" (relay international male)<br>30th Trofeo "E. Vanoni" (individual international female) | Morbegno (Sondrio) | ITA |





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