



Issue 23
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WMRA

World Mountain Running Association Magazine 2018



*Risper Chebet (UGA)
Junior Women
World Champion 2017*



*Oscar Chelimo (UGA)
Junior Men
World Champion 2017*



*Lucy Mambui Murigi (KEN)
Senior Women
World Champion 2017*



*Victor Kiplangat (UGA)
Senior Men
World Champion 2017*





IAAF President's Message:

I have been delighted to observe the growth of mountain running world-wide in recent years and to see the ever closer working relationship we have developed with the WMRA.

Mountain running, which has such a direct relationship with our natural world, is entirely in step with the IAAF's ambitions to place sustainability at the heart of our organisation and is why the IAAF has teamed with the United Nations Environment programme to help improve air quality. Clean air is vital to our athletics community, as it is to the wider world, but 91 percent of our planet's population breathes air that does not meet World Health Organisation guidelines. So in May we announced a five-year partnership with the UN to raise awareness and collect data that will enable our athletes and communities around the world to help tackle this silent killer of millions of people. I'm sure that mountain runners in particular, who seek out the pristine environments of many of the world's mountain regions, recognise the significance of this. At the IAAF, we want to give everyone around the world the chance to discover the joys of running and mountain running gives the more adventurous among us another avenue in which to explore our environment.

The thing I love about mountain running is that every course is unique because every mountain is unique and offers a different view of our world. It also offers our mountainous regions more opportunities to stage an athletics world championship. The recently concluded 15th WMRA Long Distance Championships at Karpacz in Poland are a case in point. Despite rain and cold on Poland's famous Sniezka Peak, it was a spectacular event featuring 2110m of climbing and descending over 36km. I am full of admiration for the winners Alessandro Rambaldini of Italy and Charlotte Morgan of Great Britain, the winning teams of Austria (women) and the Czech Republic (men) and all of the 131 runners who took part in this truly testing event.

Finally, I would like to wish those preparing for the 34th WMRA World Championships in Canillo, Andorra on September 16, the best of luck with their training and competition.



Sebastian Coe
Photo by IAAF

Message from WMA Vice President Competition Brian Keaveney on behalf of WMA President Stan Perkins

For many years now, I have had the great opportunity to attend the World Masters Mountain Running Championships as the technical delegate and safety officer of the WMA. Some races are just up and some are up and down or loops. All are challenging. June 2 this year in Slovenia was no exception. The LOC organized all the essentials for a great race with over 400 athletes starting in different waves and distances. Every start was on time and no athlete missed their race.

Organization was the key to the day of races. All equipment had to be brought to the top of the mountain by cable with officials needing to walk up. Athletes once they reached the top were given a commemorative medal, refreshments and first aid if needed. That same evening, I had the opportunity to help give out the individual and team medals. Local entertainment in the form of a band and a youth group dancing capped off the night. I could see from the athlete's faces the joy and camaraderie for the race and gratitude to the organizing committee.

Thanks to the organizers and the Council members of the WMRA especially Tomo Sarf for planning, and execution of the event and for their friendship and hospitality.

See you next year in the boot of Italy for a different type of course over the rocky cliffs of the coast!



Presentation of the WMRA Council

Tomo Sarf General Secretary



Tomo has been a strong advocate for Mountain Running in his home country of Slovenia for many years as well as working on the WMRA Council. He has helped grow the sport there and encouraged runners of all ages to take part and now Slovenia along with Italy is one

of the countries that has hosted the most World Championship events and has a strong and vibrant Mountain Running community. He brings the same passion and understanding of the sport to the WMRA and this has been essential over the past year while the new Council members come up to speed. Since 2017 he has stepped into the role as Secretary in order to organise and maintain order in the WMRA and is helping to maintain a strong link to the IAAF, our patrons and supporters.

Nancy Hobbs Treasurer



Nancy Hobbs has been a council member since 2000. Her primary

role is treasurer, but she also writes, edits, photographs, and supports social media for the WMRA. Hobbs has been in the running industry for more than three decades. She holds a BA in sociology and communication and a Masters Degree in public administration. She is the founder and executive director of the American Trail Running Association.

Wolfgang Muenzel



Wolfgang has been involved with Mountain and also while in his profession as a teacher

and also while being an athlete himself. He was the technical advisor for mountain running in the German Federation for 25 years. As the Council member of longest term he has a lot of experience and is often a technical delegate to the WMRA events.

Andrzej Puchacz



Poland Mountain Running Team Manager since 1994. WMA Non-Stadia Committee 2009-2013. WMRA Council Member since 2013.

Cover Image Credits:

World Champs Winner Photos: Premana WMRC2017
Background Images: Maurizio Torri & Sportdumontagna



3 new Council members were added at the Congress in Premana and as a short introduction for the new members we have:



Giorgio Bianchi

Those of you who know about Mountain Running in Italy will be aware that the 'Corsa in Montagna' website has all the latest information, results and calendar. Giorgio is the man behind this as well as being a race organizer himself, in fact for more than 20 years he has organized the Trofeo di Memorial Bianchi, a race close to his home.

He has huge experience in Mountain Running and lives in the town of Malonno in the north of Italy. Two young children and a successful accountancy practice based in Brescia keep Giorgio busy and he is passionate about Mountain Running and works closely with the Italian federation to help promote the sport.



Sarah Rowell

Sarah lives in the small village of Haworth, close to both the Pennines and Yorkshire Dales, in the UK. It is hilly (by British standards) and great for running. She got into mountain running after a short career on the roads (2.28.06 marathon best) and via fell running (races specific to the UK that are similar in many respects to Mountain Running with a strong history and course routes that are unmarked other than key control points).

She raced in what was then the World Cup between 1989 and 1996 with a best of 2nd in 1992, after which she continued to run/scramble/ski in the mountains, which she still does whenever she can. She has managed the GB mountain

running team over many years as well as promoting and growing the discipline of mountain running in the UK by encouraging the best cross country and fell runners to give it a go. She promises to keep pushing UK Athletics to continue to support the discipline (in the UK Government funding can only be used to support athletes competing in Olympic events). GBR have been successful over the last 7 years, none more so than in 2015 when every team member won a medal at the home World Championships in Wales, a really proud moment for her.

The opportunity now to help the WMRA work with the IAAF (Sarah also sits on the IAAF Road Running Commission) to create the structure to support and promote mountain running internationally was one she could not pass up. The standard of athletes on the mountains has never been higher and continues to increase – helping ensure these athletes get the competition and recognition they deserve.

Jonathan Wyatt

Jonathan Wyatt was elected president and he is from New Zealand with many years of racing experience including 2 Olympic Games appearances on the road and in athletics. His World Mountain Running career started in 1998 at the World Trophy event staged in La Reunion and finished at Kamnik (Slovenia) in 2010 winning 6 World Trophy's and 1 Long Distance Challenge during that time. He has worked for sports brands Salomon and La Sportiva and wants to explore the commercial opportunities for Mountain Running as well as continue the process of working closely with the IAAF and the dream to bring Mountain Running to the Olympic Games in the future.



The 7 current council members are:

Tomo Sarf (Secretary), Nancy Hobbs (Treasurer), Wolfgang Muenzel, Andrzej Puchacz, Sarah Rowell, Giorgio Bianchi and Jonathan Wyatt (President).

Important Note:

WMRA are seeking a further suitable member to fulfill the final and 8th Council member position.

Departing President Bruno Gozzelino was made an honorary President of the WMRA and at the same time the former Council made the first WMRA president Angelo de Biasi (1985-1992) and the WMRA's longest serving President, Danny Hughes (1993 – 2009) Honorary Presidents. Secretary Pierre Weiss stood down from his position and Erhan Basoglu and Galia Puhaleva did not stand for re-election. Their work is very much appreciated over many years of service.

New Progress of the WMRA Council

The incoming council has been working only a few months but in that short time there has been some progress.

Mountain Running to the Olympics?

One area not immediately visible but where a lot of time has been spent from the end of 2017 and early 2018 is updating Mountain Running's position in the IAAF family and working with ITRA who are managing Trail Running. A new rule to define the major championships has been finalized with the path now clear to begin hosting combined Trail and Mountain Running Championships under the IAAF brand. This would bring a much greater visibility to our sport and begin the Olympic dream journey for Mountain Running.

New Council member Sarah Rowell has managed this process for us.

Mountain Ranking

New Council member Giorgio Bianchi has started a new project for the WMRA to build a World Ranking. Many sports do this and now Mountain Running will begin to build the database of races all around the World and show where athletes are ranked overall. This will include points for all types of Mountain Running races with the benefit being that WMRA will be able to connect to more races and that athletes can show to sponsors and their fans where they sit at any time of the year in terms of their ability. '2018 will be a year to set up and test this new model, make a new website and database to host the results and bring some experts to help manage it going forward. There are a lot of behind the scenes work necessary in order to get it up and running.

The more races and more consistency shown by the athletes, the higher their ranking will be.

Athletes Commission

Managed by Sarah Rowell, it is a group of current athletes who will help guide Mountain Running. It's vitally important to know what the people who race are thinking and they will help us react to new trends and we hope will also be willing to join the Council in the future. Their remit is to provide the Council with advice and engage with the wider group of athletes, discuss our planned projects and help guide the WMRA.

Our newly formed members are:

Goran Cegar (SRB)
Andrew Douglas (GBR)
Kasie Enman (USA)
Anna Frost (NZL)
Joseph Gray (USA)
Peter Lamovec (SLO)
Emanuele Manzi (ITA)
Bartłomiej Przedwojewski (POL)
Francesco Puppi (ITA)
Julian Rancon (FRA)
Sarah Tunstall (GBR)
Timo Zeiler (GER)

...and more

Work is proceeding in all other areas including the existing Council members Tomo Sarf, who is working full speed in updating the WMRA documents and managing the upcoming events with contracts and information to organisers. Nancy Hobbs as treasurer maintains our budget and the task of growing and investing while keeping financially responsible is not an easy one for her.

Nancy along with Richard Bolt handle our online and update news on social media and the website. The Website has been handed over to a new company where there will be a cleaning up of the whole platform. This will be a longer project running through 2018.

Wolfgang and Andrzej have many years of experience and maintain a watchful eye over the activities as well as providing a lot of the technical delegate support for the 2018 events.



Photo by Richard Bolt

'A new project has been set up together with the IAAF to host a joint IAAF/WMRA Mountain Running Conference at the World Mountain Running Championships. This will be an evening session where a top athlete and coach share their thoughts and experiences. It is a way for us to learn and share information about training and competitions specifically for Mountain Running.

2019 and Future Competitions

Interest in the World Mountain Running Championships (up/down race) has been shown from Arco (ITA) and a combined expression of interest from Villa La Angostura (ARG) to host the Classic race as well as the Long Distance Mountain Running Championships in 2019. New Zealand has also shown interest to bring Mountain Running into the Southern Hemisphere again. The last time was in 2005. Thailand have registered their interest and we are pushing to return to the time where bids for the World Championships were presented 2 years in front.

Ideas for future initiatives will be to introduce a Relay

competition that will be held in conjunction with the World Mountain Running Champs (after the main races) where teams will combine runners across the 4 different grades to create a unique trial event. Countries that normally wouldn't feature in a teams result would have a chance of success on this format. This will be something that would fit well with the IAAF desire to create a festival type of event with Mountain and Trail Running combined. The WMRA would like to hear from the National Federation representatives if this is something they would like to see put in place with possible introduction that could take place as early as 2019 or 2020.

WMRA Marketing

The WMRA uses a variety of methods to reach its audience. Today we would like to analyze and make better use of resources. Social media, website and e-news will form a core part of the communication strategy. The creation of a contact database with the e-newsletter by Nancy Hobbs is proving to be a valuable resource and becoming a useful form of direct marketing.

Making an investment in communication for our core events is a strategic objective going forward. WMRA needs to make better use of its alliance with the IAAF and use their network to show how exciting and healthy mountain running can be.

Relationship between the WMRA and the IAAF:

To have this co-operation and support gives Mountain Running a unique position in off road running. We would like to start/continue working with other organizations such as ITRA, IAU and Skyrunning as well as the newly formed Goldentrail to try to bring together athletes on combined events and better showcase the entire off road running sport. This is not an easy process and the work facilitated thus far by Alessio Punzi from the IAAF to assist the Council will be valuable going forward.

Off road running is currently in something of a rapid growth phase. A single example is that 10 years ago Norway had 5 Mountain Races in the year and today has approx. 200! The challenge facing Mountain Running is to be able to respond to the commercial interests and have an appealing package for the mass market of runners that want to run off road.

Along with financial support the WMRA also appreciates the support provided in the campaign against doping, through a joint programme "in competition" and "out of competition. This is crucial in providing credibility to the events that we put on.

The WMRA would like to thank the IAAF for their support.

WMRA Calendar 2018 - International Mountain Races

WMRA EVENTS AND CHAMPIONSHIPS 2018

02/06/18	18th WMRA/WMA Masters World Mountain Running Championships, Železniki, SLO
16/06/18	13th WMRA International Youth Cup, Lanzada, ITA
24/06/18	15th WMRA Long Distance Mountain Running Championships Karpacz, POL
15/09/18	34th WMRA World Mountain Running Championships, Canillo, AND

IAAF AREAS/ZONES CHAMPIONSHIPS 2018

05/05/18	10th Balkan Mountain Running Championships, Beočin, SRB
01/07/18	17th European Mountain Running Championships, Skopje, MKD
08/07/18	15th NACAC Mountain Running Championships, New Hampshire, USA

Confirmed WMRA 2019 International Mountain Races MOUNTAIN RUNNING EVENTS AND CHAMPIONSHIPS 2019

07/07/19	18th European Mountain Running Championships, Zermatt, SUI
15/09/19	19th WMRA/WMA Masters World Mountain Running Championships Gagliano del Capo, ITA
16/11/19	35th World Mountain Running Championships : Villa La Angostura, ARG (tbc)
17/11/19	16th WMRA Long Distance Mountain Running Championships, K42 Villa La Angostura, ARG

See WMRA.info for calendar and race event websites. The season of International Mountain running events for 2018 start in June when three major WMRA events will take place.

WMRA/WMRA World Masters Mountain Running Championships

The 2018 WMRA/WMRA World Masters Mountain Running Championships were held in Zelezniki, Slovenia running to the summit of Ratitovec at 1678 meters. It was the 18th edition of the event and a picture-perfect day awaited the nearly 400 competitors.

There were two challenging courses, the long route of 10.8

kilometers with 1184 meters of height difference for men up to 54, and the shorter route of 7.2 kilometers with 869 meters of height difference for the men ages 55-79, and all women (ages 35-79).

The terrain included a short stretch on pavement at the start of each race, and then a combination of wide forested path, single track trail, rocky steps, a section to the finish line in a meadow filled with wildflowers and an amazing view.

The fastest time of the day on the long course was posted by 50-year-old Miran CVET (SLO) who raced 1:02:22. The short course top times were from 36-year-old Monica KOLLIGAR (SLO) in 52:04, and Franco TORRESANI (ITA) timed in 47:31.

Of the 109 medals awarded, Italy netted the most with 33, 19 by individuals and 14 for team competition. Germany was second in the medal count with 15, nine individual and six team. Host nation Slovenia and came away with 11, four individual and seven team. Of the 25 countries represented, 15 earned at least one medal.

Wolfgang MUNZEL (GER) who also served as the technical delegate to the race said of the event, "Perfect organization, high motivation by all. The volunteers never looked stressed. It was a fantastic course.

It was a true tough mountain course."

The WMA was represented by Brian KEAVENEY (CAN), vice president competition, who said, "It was extremely well organized. The volunteers knew what they were doing. They were friendly and helpful. Coming to the masters mountain running championships is the highlight of my year. I like the raw ability of the athletes. That's what makes it exciting to me."

Also on site were nine members of the local organizing committee for the 2019 event which will be held in Gagliano del Capo, Italy, September 27-29.

Luca SCARCIA and Eleanora d'AMORE from the LOC received the flag at the closing awards ceremony from Jonathan WYATT.

A record number of competitors are expected at the event which features a beautiful seaside location on a unique and special course. The organizers are well



The Stats:

18th World Masters Mountain Running Championships Individual Results

W75	NAGELL-DAHL Halldis Marit	NOR	1:33:58
M75	INNOCENTE Bruno	ITA	1:09:51
W70	OLMA Irmgard	GER	1:21:31
M70	VALLE Franco	ITA	1:02:01
W65	GALBANI Annamaria	ITA	1:06:36
M65	ACCALAI Adolfo	ITA	0:55:56
W60	PAULŮ Blanka	CZE	1:00:23
M60	SMRČKA Miloš	CZE	0:51:04
W55	HEILIG-DUVENTÄSTER Marie-Luise	GER	0:59:25
M55	TORRESANI Franco	ITA	0:47:31
W50	CAROBIO Nives	ITA	0:55:36
M50	CVET Miran	SLO	1:02:22
W45	CASARO Elena	ITA	0:54:55
M45	DE COLO Daniele	ITA	1:02:55
W40	CONFORTOLA Antonella	ITA	0:55:06
M40	MANNING Tommy	USA	1:03:36
W35	KOLIGAR Mojca	SLO	0:52:04
M35	DAVIES Andrew	GBR	1:04:44

Team Results

Category	Winning Team	Points
W75	ITA	12
M75	GER	5
W70	ITA	16
M70	ITA	9
W65	ITA	9
M65	ITA	6
W60	GER	11
M60	GER	21
W55	GER	14
M55	GBR	11
W50	ITA	16
M50	ITA	12
W45	ITA	6
M45	ITA	7
W40	ITA	9
M40	DEN	11
W35	CZE	16
M35	GBR	22



experienced having hosted the Youth Championships (U 18) in 2017, and each year, the Italian Masters Mountain Running Championships starting in 2003. The 2015 masters championships boasted over 750 competitors. Details will soon be available on a website dedicated to the event and courses will for the first time have Men and Women running the same distances but older categories of both running a shorter distance.

13th WMRA Mountain Running International Youth Cup (U18)

Lanzada in Italy hosted the 13th WMRA Mountain Running International Youth Cup (U18). The course was 2 laps of up and down running and set a tough challenge. Exactly 100 runners took the start over both races spread evenly between the junior girls and boys.

A number of teams fielded their full allocation of 8 runners including: England, USA, France, Romania, Turkey, Wales and of course the host nation of Italy.

As an event it creates a good pathway for bringing on good young Mountain runners to share and meet runners from all the different countries.

Of the twelve medals awarded, England led the count with three. Gold and silver individual boys, and gold for the boys' team. Host country Italy, USA, France, Romania netted two medals each, and Turkey rounded out the count with one.

In the girls race Joslin Blair (USA) took the lead on the steps heading up from the village and never faltered over the two-lap mountain course of 4.3 kilometers. Her time of 23:50 was 11 seconds ahead of the fast finishing Ezgi Kaya (TUR). In bronze medal position



was Laura Marina Corhana (ROU) timed in 24:11.

With three girls in the top 10, Italy won team gold with a score of 17. Taking the silver medal was Romania scoring 25, with USA netting bronze with

29 points. There were 11 scoring teams in the girls' division. Boys winner Matthew Mackay (ENG) led after the first climb on the rocky steps through the village and finished with a

The Stats:

13th International Youth Challenge

96 finishers over the under 18 grades, boys and girls

Race	#runners	Individual Winner	Time	Team
Girls U18	47	BLAIR Joslin (USA)	23:50	ITA
Boys U18	50	MACKAY Matthew (ENG)	20:10	ENG

time of 20:10 in a field of 50 boys. He was followed closely by his countryman Euan Brennan in 20:34. Rounding out the top three was Estaban Olivero (FRA) in 20:37.

England, with a near-perfect score of eight, took the gold. France scored 18 points to take the silver, and Italy finished

in bronze position with 36 points. There were 14 teams on the boys' side.

Italy's senior elite mountain runners were on hand to present flowers at the ceremony including Valtelina local Alice Gaggi. Sportiva Lanzada excelled in their job as hosts ably supported by Italy's Fidal and a good number of volunteer support.

For 2019 WMRA is seeking interest in this relatively new but very exciting Mountain Running event for our youth athletes.



15th WMRA Long Distance Mountain Running Championships

The 15th WMRA Long Distance Mountain Running Championships for 2018 was contested on Sunday, 24 June, in Karpacz, Poland. With a population of 5,000, this small town features stunning vistas of the surrounding Giant Mountains (Karkonosze).

The Stats:

15th WMRA Long Distance Mountain Running Championships

Race	#runners	Individual Winner	Time	Team
SW	57	MORGAN Charlotte (GBR)	03:08:24	AUT
SM	76	RAMBALDINI Alessandro (ITA)	02:39:18	CZE

Its highest summit Sniezka (1603m), was the centre for the races where the course distance of 36.2 kilometers with + 2110 m ascent and -2100 meters of descent took place.

2017 champion, Italian Francesco Puppi, could not defend his world title, but he and the other 2 medalists from the previous championships were able to receive their upgraded medals. Pascal Egli (SUI) and Tayte Pollman (USA).

Rain & cold temperatures made the course a true test of Mountain Running talent and Great Britain, Italy, Czech Republic and Austria all made the top step of the podium.

Charlotte Morgan (Great Britain) judged the conditions and course well to win gold in the women's race in a time of 3:08:26. Second place and the silver medal went to the host country's Dominika Stelmach (Poland) who finished not far behind in 3:08:48. Silvia Rampazzo (Italy) last years champions rounded out the podium in 3rd place with a time of 3:10:33.

A very dynamic men's race saw Andy Wacker (United States) lead for more than half the race before falling back near the Śnieżka summit. Passing Wacker while moving uphill fast and up in the running order, Alessandro Rambaldini (Italy) raced into downtown

Karpacz in first place finishing in 2:39:18. This is Alessandro's second Long Distance win having taken first place at the 2016 championship in Slovenia. Robert Krupicka (Czech Republic) was never far from the lead and ended up second with a time of 2:40:55. Robert used his vast experience in

mountain running to full effect to not run too fast with the early pace and finish strongly.

2016 World Mountain Running Champion Joseph Gray (United States) ran close to Wacker early in the race but ended up battling Robert in a near-sprint finish coming home with the bronze medal in 2:41:02; just seven seconds from silver.

The women's team race was extremely close with the top three teams separated by just 3 points. Austria's women placed all three scoring runners in the top 12 to take the gold medal with 28 points. Lead by individual champion Charlotte Morgan, Great Britain took the silver medal with 30 points. Romania's women earned bronze with 31 points. The men's team race saw a close battle for the gold with the Czech Republic putting each of their three scoring runners a single place ahead of the United States' three scoring runners. In the end the Czech Republic won gold with 15 points with the United States taking silver with 18 points. Italy rounded out the podium taking bronze with 40 points.

Men's winner Alessandro commented "I did not expect to perform as winner, as the competitors were very strong. I did not follow the Americans in the first uphill, I didn't want to take any risk and I tried to control. In the second uphill I caught up together with Krupicka and I found the resources to fly away in the long final downhill, in the end I tried my best and it was my winning strategy. It's emotional to repeat the 2016 Podbrdo success and to contribute to my team result!"

Women's winner Charlotte Morgan was saying "I had no

expectations before the race and am I'm surprised by the win; it wasn't something I planned. I did take the lead on first descent before briefly losing it due to calf cramps on top of second climb. I really liked the descents and went through the race feeling relaxed."

In 2019 the World Long Distance Championships moves to Argentina and in an event that could also include the World Mountain Running Championships held together for the first time.

European Mountain Running Championships

Italy dominated proceedings once again at the European Mountain Running Championships in Skopje, Macedonia. On a warm day the up and down Championships saw

The Stats:

European Mountain Running Championships

Race	#runners	Individual Winner	Team Winner
SM	78	DEMATTEIS, Bernard (ITA)	ITA
SW	68	MAUDE, Mathys (SUI)	FRA
JM	51	BULARDA, Gabriel (ROM)	GBR
JW	43	MATTEVI, Angela (ITA)	ITA

some exciting racing and some dominant performances. The Italian team started the day with two gold medals from the U20 women's race as individual winner Angela Mattevi also led Italy to the team title and the championships was bookended with a clean sweep of the medals



Photos by BikeLife



Photo by BikeLife

in the senior men's race in which Italy won team gold for the 22nd time.

In between, Romania's Gabriela Bularda defended his U20 title in the junior men's race before Switzerland's Maude Mathys also defended her title in the senior women's race. Mathys was the most dominant winner of the day, winning the title by over four minutes. Excellent organisation and hosting was provided in Macedonia and the featured racing had the brightest stars of European Mountain Running on show. Many thanks to all who participated and the strong organisation team behind this years event.

34th World Championships, Andorra 16 September 2018

Andorra will for the first time host the International Mountain Running event. It's very exciting to be taking the World Mountain Running Championships to a new country. Tourist town Canillo attracts thousands of skiers in winter and hikers and bikers in the summertime. The World's best mountain runners from about 35 countries are expected to fight for the World Champion's titles. Juniors will run the 7km long course and Seniors the 12km, all races finishing on the 2540m high summit. The uphill only course will be a good test with the higher altitude playing a factor.



The Vuelta (Tour of Spain) cycling race arrives in the same small country on the same weekend so it will be weekend festival of Endurance sport in Andorra!



Photo by Timo Zeiler

World Cup July - October 2018

WMRA are bringing new races and concepts to rejuvenate the World Cup. The WMRA is convinced it needs to move with the times and create a product that appeals to a wider group of runners and public. With a new World Cup product working with more of the protagonists in off road sport the WMRA will try to get more top athletes in all off road disciplines racing together and introduce more people to Mountain Running. These working partnerships will



include other off road disciplines as well as closer relations with the IAAF to try to bring a more exciting series of races.

The decision was made to remove the World Champs from the World Cup because this is a race where runners need

to be selected so the WMRA wanted to make it open for everyone to participate.

In 2018, the concept of the Mountain Running World Cup will be a transition from the one we know from the

past with new race relationships that have been forged during the winter months. There will be 5 races in the Circuit, starting in mid July with the famous Grossglocknerlauf in Austria finishing in October on Smarna gora in Slovenia, a traditional final race. A



bigger variety in distances and terrain was one of the big goals so they range from a vertical kilometre race over 3.3km to a 31km long distance event.

In future another goal will be to maintain a more compact calendar so more international runners will be able to include races on consecutive weekends to be efficient with travel. It also helps for the World Cup to continue it's story over the series and maintain momentum with interest in the entire series of races rather than having long time gaps of inactivity.

The Stats:

20th edition of the World Cup

2018 WORLD CUP Calendar

16th July 2018

Round 1:

Location:

Website:

Contact:

Grossglocknerberglauf

12.7km, 1494m+

Heiligenblut, Austria (German)

<http://www.grossglocknerberglauf.com>

office@mythosglockner.com

4th August 2018

Round 2:

Location:

Website:

Contact:

Piztri Vertical

3.3km, 1000m+

Malonno, Italy (Italian)

[http://www.memorialbianchi.it/](http://www.memorialbianchi.it)

info@memorialbianchi.it

12th August 2018

Round 3:

Location:

Website:

Contact:

Sierre-Zinal

31km, 2200m+ / 1100m-

Zinal, Switzerland (Valais/French)

[http://www.sierre-zinal.com/](http://www.sierre-zinal.com)

info@sierre-zinal.com

30th September 2018

Round 5:

Location:

Website:

Contact:

Hochfeln-BergLauf

8.9km, 1074m+

Bergen, Germany (German)

<https://www.hochfelnberglauf.de/>

schmid@sc-bergen.de

6th October 2018

Round 6:

Location:

Website:

Contact:

Smarna Gora Mountain Race

10km, 710m+ 350m-

Ljubljana, Slovenia (Slovenian)

[http://www.smarnagora.com/](http://www.smarnagora.com/index_en.php)

[index_en.php](mailto:tomo.sarf@helios.si)

tomo.sarf@helios.si

World Mountain Running Championships:

2017 was the year of exciting changes in Mountain Running. Premana in the north of Italy hosted both Long and Classic distance World Championships on consecutive weekends.



To say they did a good job is an understatement! The events were emotional, professionally managed and the racing incredibly exciting and at the time new WMRA president, Jonathan Wyatt encouraged all the international runners to share the spirit of this when they returned

home to bring more people to Mountain Running races.

The event was featured by National TV broadcaster Rai Sport and having more Mountain Running events visible through media channels will be an important priority for the new WMRA Council.

The passion shared by the town of Premana was something that all who attended will never forget and the WMRA would like to thank these people for showing just how great Mountain Running can be.

FULL FEATURE:

Premana Hosts Successful World Championships

Premana, Italy, well known for its cutlery factories. More than 5,000 spectators, including most of the town's 2,200 inhabitants, were scattered throughout the course to witness the best of the world's mountain runners racing for



the 24 medals.

Uganda led the medal count with six, including a sweep in the senior men's competition with gold medalist Victor



Kiplangat, leading the way. Additional gold medals for Uganda's junior men's team led by a first-place finish from Oscar Chelimo. Risper Chebet earned the junior women's title.

USA and Italy each netted five awards with a gold medal for Team USA in the senior women's competition, a silver medal in the junior women's competition, bronze for the senior men's team, and bronze for juniors Talon Hull and Lauren. Italy's Daniel Pattis won silver in the junior men's competition leading his team to bronze. Italy's junior women duplicated the bronze effort and the senior teams both won silver.



The Mountain Running Year in review: 2017

The final two gold medals were awarded to Romania in the junior women's team competition and Kenya's Lucy Wambui Murigi winner of the senior women's event. Romania's second team medal was silver in the junior men's competition.

The Czech Republic was the final team medal winner with a bronze in the senior women's competition. Turkey's Bahar Atalay won silver in the junior women's competition and multi-time world champion Andrea Mayr was the senior women's silver medalist followed in bronze by Sarah Tunstall representing Great Britain.

The Stats:

33rd World Mountain Running Championships
276 finishers with 32 member federations taking part in the races over the 4 races.

Race	#runners	Individual Winner	Team Winner
SM	98	KIPLANGAT Victor (UGA)	UGA
SW	64	MURIGI Lucy Wambui (KEN)	USA
JM	59	CHELIMO Oscar (UGA)	UGA
JW	55	CHEBET Risper (UGA)	ROU



World Mountain Running Long Distance Championships:

Premana hosted the Long Distance on the Giir di Mont (www.giirdimont.it) course that also features on the Skyrunning calendar. It is a tough and spectacular course (32km, 2700m+/-) and famous for its cheering fans on the top of the mountain. This year there was wet weather to contend

The Stats:

14th Long Distance World Mountain Running Championships
123 finishers in the Championship race.

Race	#runners	Individual Winner	Team Winner
SM	75	PUPPI Francesco (ITA)	ITA
SW	48	RAMPAZZO Silvia (ITA)	ITA

with and so it made it a true test of Mountain Running strength and technical ability. National TV coverage and Live race streaming was present and combined TV views by the National broadcaster were 250,000 for both of the Premana held World Championship events. The first athlete to cross the line in the men's race, Pedro Mamu was subsequently disqualified due to a positive doping test. His result from the previous weeks World Championship was also positive and so both results were erased. The WMRA would like to have a new medal ceremony for the 3 medalists at the 2018 World Long Distance Championships.

FULL FEATURE:

Italy Excels at Home Long Distance World Championships

The 14th World Long Distance Mountain Running Championships in Premana, Italy, saw the host country taking all 4 gold medals. Second across the line but eventual Gold Medalist in the men's field was Italy's Francesco Puppi, followed by Pascal Egli (SUI). With Puppi's silver medal performance, and two more of his teammates finishing in the top ten, Italy was assured the senior team men's gold medal. USA followed for silver led by Tayte Pollman who finished in third position, who at 21 was one of the younger athletes in the field. In bronze medal team position it was Czech Republic just three points ahead of Romania. This was the first year team place was used for scoring as opposed to cumulative finish time. On the women's side, it was a close competition between course record holder Kasie Enman (USA), who led through much of the race, and Italy's Silvia Rampazzo. At the finish line, it was Rampazzo, who passed Enman after the 20-kilometer mark to take the lead and then broke the tape

with a time of 3:56:45, less than one minute ahead of Enman. In third, Denisa Dragomir (ROM), posted a time of 3:59:34 to take the bronze. With Italians Antonella Confortola and Stephanie Christel Jimenez finishing in 10th and 11th position respectively, Italy scored an impressive 22 points for gold. USA again saw silver on the podium with a score of 28, followed by Romania with 39 points.

In the few days leading up to the competition, the weather was incredibly hot for Premana, however, the preliminary weather forecast for Sunday indicated a storm was in the offing, thereby forcing organizers to create a plan B with a shortened course on race day if need be. The skies held for the 8:00 a.m. start, but the rains came less than 30 minutes into the race. Fortunately, the distant thunder and lightning never became a threat and the rains were intermittent, though sometimes heavy throughout the race.

The rain did not dampen the athlete's spirits, or those of the spectators who could be found lining the course, not only at the finish line, but throughout the entire route.

At the awards ceremony, the top 10 men and women from the open race (which started five minutes after the World Championships division and included nearly 400 runners), received their prizes prior to the awarding of the World Championship medals and trophies.



World Masters Mountain Running Championships:

Mountain Running at the Masters age groups traveled to Slovakia who were great hosts of this popular event with 519 finishers over all of the races. This is always a popular event

The Stats:

17th World Masters Mountain Running Championships
Age categories were M/W35 to M/W75 and there were 519 finishers.

Women

W35	SCHWAIGER Silvia	SVK	44:10
W40	PAULINOVA Katarina	SVK	48:23
W45	WAGNER Sara	USA	49:38
W50	CAROBIO Nives	ITA	47:47
W55	HELIG-DUVENTASTER Marie-Luise	GER	53:30
W60	KNOLL-RUMPL Paula	AUT	52:04
W65	GALBANI Annamaria	ITA	1:00:16
W70	PRYMAKOWSKA Barbara	POL	1:12:13
W75	NAGELL-DAHL Halldis	NOR	1:17:28

Men

M35	FREUDENBURG Zachary	NED	38:42
M40	SMITH Sullivan	GBR	39:36
M45	KENNEDY Des	IRL	40:30
M50	STRNAD Simon	SLO	43:03
M55	DZIEGIELEWSKI Marek	POL	43:08
M60	SMRCKA Milos	CZE	44:46
M65	ACCALAI Adolfo	ITA	48:34
M70	PATTERSON Samuel James	GBR	55:03
M75	IORI Michele	ITA	55:32

Women Team

W35	Slovakia	6
W40	Slovakia	5
W45	Italy	7
W50	Italy	3
W55	Germany	7
W60	Germany	12
W65	Italy	3
W70	Czech Rep.	6
W75	Norway	3

Men Team

M35	Ireland	13
M40	Great Brit. & NI	17
M45	Italy	11
M50	Czech Republic	24
M55	Italy	7
M60	Austria	9
M65	Italy	3
M70	Great Brit. & NI	5
M75	Germany	8

and this reflects the trends that older runners do enjoy both the competitive and social aspects of off road running sport. The trend is on a gradual upward curve depending on the host location.

FULL FEATURE:

Full Masters Review

The 17th WMRA/WMA Masters Mountain Running Championships was held on September 2, in Pruske, the Ilava district of Slovakia at the foot of the Biele Karpaty Mountains. 519 masters participants from 22 countries

raced on the 9.6 km course with 606 meters of ascent and 106 meters of descent.

12 different national anthems were played during the awards ceremony.

Leading the way on the men's individual side was Italy with six medals followed by Great Britain/Northern Ireland with four. The men's team competition saw the host country garnering the most medals with seven followed by GBR/NIR with 5.

For the women, it was Italy again leading the medal count in the women's individual category with 8, followed by GBR/NIR, Germany, Czech Republic, and Slovak Republic with 3 each. The women's teams were led on the podium by Czech Republic with 8, followed by the host country with 5.

As expected, the category of Men/Women35 posted the fastest time over the 9.6-kilometer course with the women led by Silvia Schwaiger (SVK) in 44:10 and the men led by Zachary Freudenburg (NED) in 38:42.

Over the 600 meters of climbing, the terrain included forested path, meadows – complete with stunning views of the valley below – and single track trail. The weather conditions, along with the terrain, made for a relatively fast course for the competitors.

To close the awards ceremony, the flag of the WMRA was passed to Železniki/Slovenia for the 2018 World Masters Mountain Running Championships. Among the delegations was an enthusiastic team of athletes and volunteers from the 2019 host of the masters championships which will be held in Gagliano del Capo, Italy, in September.

International Youth Cup:

Mountain Running is a sport for all ages and this is officially recognized by the WMRA from the Masters events to the Youth Challenge event. This year the Youth Challenge was held in the south of Italy, held at Gagliano del Capo, for the first time it had the participation from teams outside of Europe and as an event has been a great success, exposing youth runners in healthy off road sports at a young age. There will be a small name change in the future with U18 added to the name to reflect the age distinction for the races. To create excitement at this age is a key way to grow the senior events. The World Masters will run at the same location in 2019.

The Stats:

12th International Youth Challenge

104 finishers over the under 18 grades, boys and girls.

Race	#runners	Individual Winner	Team Winner
Boys	54	CAVAGNA Alain (ITA)	TUR
Girls	48	BATTOCLETTI Nadia (ITA)	ITA

World Mountain Running Cup:

The 7 race series World Cup was also organized by the WMRA in 2017 and for the first time in the history of Mountain Running equal men's and women's prize money was distributed. This is an acknowledgement that Men's and Women's Mountain Races have equal depth and competitiveness respectively.

The World Cup recognizes consistency over the whole season and the 2017 seasons winners were able to demonstrate

The Stats:

19th WMRA Mountain Running World Cup The 2017 Race calendar

- 28.05 12th Bolognano – Monte Velo race, Italy
- 04.06 33rd Muttersberglauf, Austria
- 11.06 37th La Montee du Grand Ballon
- 30.07 33rd World Mountain Running Championships, Italy
- 27.08 29th Challenge Stellina, Italy
- 24.09 44th Hochfeln Berglauf, Germany
- 07.10 38th Smarna Gora race, Slovenia

Individual Winners World Cup Podium

Women

- 1. GAGGI Alice (ITA)
- 2. MAYR Andrea (AUT)
- 3. SHORNÁ MATYÁŠOVÁ Pavla (CZE)

Men

- 1. BALDACCINI Alex (ITA)
- 2. PUPPI Francesco (ITA)
- 3. LECHLEITNER Simon (AUT)



that to be the World Cup champions they needed to train and race competing in as many as possible of these events. Alex and Alice are both very experienced racers and had one win apiece complimenting other podium results over the 5 races of 7 that they competed in.

The WMRA recognizes that in the last 10 years with the huge increases in numbers of participants on off road running events (and in particular trail running) that the Mountain Running World Cup needs to have a wider appeal and so is undergoing a

transformation to bring increased exposure. The WMRA will invest in the World Cup to help it grow the sport because the races themselves are the best way to show all of the running World the benefits (health, social, competition, experiencing nature) that people can enjoy about Mountain Running.





medals (2 silvers and 1 bronze) followed by Portugal (eighth) with 2 medals (1 silver and 1 bronze) and Austria (ninth) with 2 bronze medals.

Italy's Xavier Chevrier and Switzerland's Maude Mathys took the senior individual titles. Chevrier covered the 12km uphill course in 1:02:51 and in the absence of brothers Martin and Bernard Dematteis, between them three-time winners in the last four years, Chevrier flew the Italian flag in style. He was in the mix at the first checkpoint after 4km as Norway's 2015 winner Johan Bugge led by 12 seconds but this event, starting at an altitude of 440m on the Eko resort, was all about the toughness of the climb, with the men's route ascending 1295m with only a 75m descent. By 8km, the 27-year-old Chevrier had broken clear as he turned a deficit of 12 seconds into an advantage of 14 seconds from Bugge. He pressed on to win by 43 seconds from Portugal's Luis Saraiva (1:03:34) and another Italian Francesco Puppi (1:03:35), who had a tremendous duel over the final 4km with only one second separating them by the line.

Bugge in the end slipped back to sixth. However, despite Italy's having two men on the podium, their 20-year winning streak in the senior men's team contest came to an end and they had to settle for the silver medals. With the top three athletes from each nation counting, it was France who took team honours on the tie-break system with Emmanuel Meyssat in fourth (1:04:10), Didier Zago in fifth (1:04:30) and Julien Rancon in eighth (1:05:05) as Italy's third scorer, teammate Alex Baldaccini, was just one agonising place away from retaining their title when he finished 13th (1:06:22).

Saraiva's outstanding run helped Portugal take an unexpected team bronze medal.

16 Nations finished in team results.

Switzerland's Mathys Maude dominated the woman's race. She won in 49:30 from Great Britain's Sarah Tunstall, who led her nation to team gold as she finished second in 50:51, with Andrea Mayr (Austria) third in 51:43. Mayr has won the race on four occasions, including her hat-trick of wins between 2013 and 2015, but this time it was Mathys who showed her strength. 1035m ascent with 75m descent made the course a true test of Mountain Running ability.

Switzerland have a superb record at this event, with Eroica Spiess (1995 and 1997) and Martina Strahl (2009 and 2011) both winning twice and Monika Furholz once, in 2012.

European Championships:

The European Championships were the strongest continental event held at Kamnik, Slovenia. 222 runners and 21 Countries across 4 categories. Nine Nations had their athletes on the podium.

FULL FEATURE:

Full European Championships Review

In the medal table, Italy took first place with 7 medals totally (2 golds, 3 silvers and 2 bronzes) and Great Britain and Northern Ireland was second winning 3 medals (2 golds and 1 silver). Four other Nations gained one gold medal each: in order third was Romania with 3 medals (1 gold, 1 silver and 1 bronze); fourth France with 2 medals (1 gold and 1 bronze); and fifth together Germany and Switzerland with 1 gold each. Seventh in the medal table was Turkey with 3

The Stats:

16th European Mountain Running Championships

Race	#runners	Individual Winner	Team Winner
SM	68	CHEVRIER Xavier (ITA)	FRA
SW	64	MAUDE Mathys (SUI)	GBR
JM	51	BULARDA Gabriel (ROM)	ITA
JW	39	OED Lisa (GER)	GBR

Tunstall was supported by Victoria Wilkinson, fifth in 54:05, and Rebecca Hilland, 12th in 55:49 as Britain's women took the team honours to regain the title they won in 2015. Italy and Austria took the team silver and bronze medals. 14 Nations finished in team results.

The junior men's route followed the same course as the

senior women over 8.5km, with Romania's Gabriel Bularda taking gold. In Arco last year, Bularda, still only 17, was 16th, four minutes adrift of Italy's Daniel Pattis, 19, in fourth but this year Bularda and Pattis battled it together. The Romanian teenager was 18 seconds ahead at 4km in 26:37 before stretching the lead over Pattis to 23 seconds by the finish. He won in 47:07. The latter's compatriot Andrea Prandi took bronze in 48:22 and with Andrea Rostan seventh in 49:41, Italy comfortably landed the team title ahead of Turkey (silver) and France (bronze). 12 Nations finished in team results.

The junior women's race over 4.5km, had a 430m ascent and 10m descent, even with the shortest distance it brought the most comprehensive win of the day. 17-year-old Lisa Oed of Germany won by 1:09 crossing the line in 23:16 from Turkey's Bahar Atalay and Romania's Gabriela Andre Doroftei, second and third respectively in 24:25 and 24:36. There was a second women's team gold for Britain, even though none of their athletes made the top five. But with Scarlet Dale in sixth, Anna MacFadyen seventh and 2016 bronze medallist Heidi Davies in ninth, Britain combined to just beat Romania by one point to the team title with Turkey just two points further back in third. 8 Nations finished in team results.

Other Continental-Area Championships – NACAC, Balkan, Consudatle:

Continental Championships were held again in 2017. Full men's and women's teams were participating in Golden (BC), Canada at the 3 country NACAC champs (USA, MEX, CAN). For 2018 El Salvador has expressed an interest to send teams.

The Stats:

14th NACAC Mountain Running Championships Women

Race	Individual Winner	Team Winner	Time
1	Susana BAUTISTA VILLEGAS	MEX	40:50
2	Megan ROCHE	USA	41:39
3	Colleen WILSON	CAN	42:41
4	Chantelle GROENEWOUDE	CAN	44:06
5	Adrienne GOMES	CAN	44:45
6	Soleil GAYLORD	USA	44:57
7	Amarica ROMERO GUTIERREZ	MEX	47:31

Men

Race	Individual Winner	Team Winner	Time
1	Juan Carlos CAIERA CASAS	MEX	35:18
2	Mike POPEJOY	USA	35:21
3	Josh EBERLY	USA	35:24
4	Gareth HADFIELD	CAN	35:41
5	David FUENTES	USA	36:35
6	Allan BRETT	CAN	36:44
7	Salvador Pedro ANGEL PEREZ	MEX	36:47
8	Fernando MEJIA GONZALEZ	MEX	37:39
9	Greg HETTERLEY	CAN	39:07
10	Benoit GIGNAC	CAN	39:32
11	Kevin AGUILAR	MEX	40:38

Women Team	Men Team
1. USA (3+4) 7	1. USA (2+3+5) 10
2. USA (2+6) 8	2. MEX (1+7+8) 16
3. MEX (1+7) 8	3. CAN (4+6+9) 19

Women Team	Men Team
1. USA (3+4) 7	1. USA (2+3+5) 10
2. USA (2+6) 8	2. MEX (1+7+8) 16
3. MEX (1+7) 8	3. CAN (4+6+9) 19

Balkan Championships:

The 9th Balkan Championships were held in June where 5 countries sent teams with 81 runners participating in Teteven, Bulgaria.

The Stats:

9th Balkan Mountain Running Championships

Race	Individual Winner	Team Winner	Time
1	ATALAY BAHAR	TUR	21:44
2	HECICO ALESIA	ROU	22:05 2
3	İSOT SELMA	TUR	23:13 3
4	GÜR EYLEM	TUR	24:09 4
5	KOKOTANEKOVA LUSHKA	BUL	24:23 5
6	BORDEIANU IRINA	ROU	24:52 6
7	VIZITEU LOREDANA	ROU	25:20 7
8	BALOVA RADOSTINA	BUL	26:27 8
9	MIHAYLOVA GABRIELA	BUL	26:53 9
10	SOKOLOVSKA RENATA	MKD	27:36 10
11	TEŠIĆ DANIJELA	SRB	28:40 11
12	ANDREEVA KAMELIYA	BUL	31:03 12
13	ŠLIVIĆ MARIJANA	SRB	34:14 13

African Continental Championships:

African Mountain Running Championships were not held in 2017.

Oceania Championships:

Oceania has not expressed an interest so far in organizing a Mountain Running Championship but this would be a worthwhile initiative going forward for the WMRA Council to investigate, something we can use to encourage racing in the area.

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