

# WORLD MOUNTAIN RUNNING ASSOCIATION



## NEWSLETTER 2016

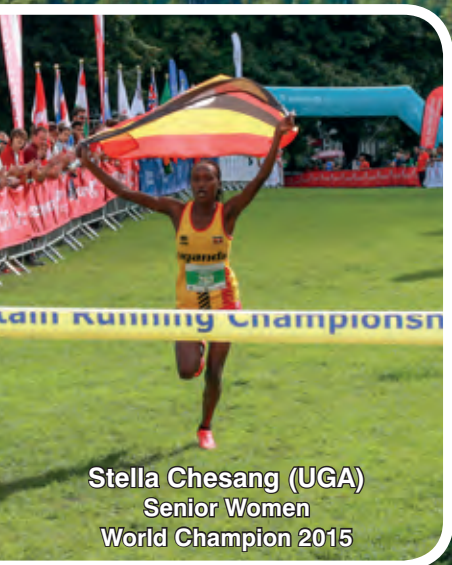
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Allie Ostrander (USA)  
Junior Women  
World Champion 2015



Ferhat Bozkurt (TUR)  
Junior Men  
World Champion 2015



Stella Chesang (UGA)  
Senior Women  
World Champion 2015



Fred Musobo (UGA)  
Senior Men  
World Champion 2015







**Bruno Gozzelino**

## Message from Bruno GOZZELINO – WMRA President

The athletics summer season 2016 is starting and I am pleased to introduce to you the 2016 WMRA Newsletter!

2015 saw, once again, the WMRA staging five international competitions: Wales had invited us to be their guests for two events organized in Betws Y Coed, near Llandudno: the World Championships and one week earlier the WMA/WMRA Masters Championships. Bulgaria has welcome the International Youth Cup and Zermatt hosted the Long Distance Championships. You will find all the details in the next pages, without forgetting the WMRA World Cup which was a successful circuit with a real international participation despite the cancellation of the prize money. I would like to forward my very sincere thanks to all these organizers who are really providing a strong support to our movement!

The world of sport will focus in 2016 on the Olympic Games, but WMRA is continuing its competition programme with the usual four World events, starting 18 June by the Long Distance in Podrbrdo (Slovenia) followed one week later by the Youth Cup in Jasná (Czech republic). The Masters will gather in Susa (Italy) for two days of competition (27 & 28 August) while the MWRA Championships will go to Bulgaria, in Sapareva Banya, in conjunction with our Annual Congress. Welcome to the new organisers of stages of the World Cup!

The situation for the 2017 competition programme is not easy: only one championship (the Masters in Slovakia) has been allocated so far!

The number of National Members did not grow this year; all the National Athletic Federations are facing financial problems; Mountain running is challenged by new disciplines such as Trail or even extreme sports. We are fully aware that we need more promotion in the media, more support from commercial partners... The Congress in September 2015 has appointed a specific Working Group to reflect on these matters and we will see their conclusions and proposals. The difficulties that WMRA has faced in 2013 and 2014 in the financial situation look now to be overcome: 2015 saw a small excess of income compared the expenses and the Council is looking to increase the reserve which were close to zero!

The WMRA Congress in Bulgaria in September will be the last before the 2017 Congress where there will be a new Council elected. It is therefore my duty and the duty of my colleagues to do their best to be able to report on a positive way on the mandate which was given to us by the 2013 Congress.



**WMRA Council**

Photo by Nancy Hobbs

### WMRA Council 2013 - 2017



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## Message from Sebastian COE – IAAF President



**Sebastian Coe**

Photo by IAAF

The highlight of the mountain running year will of course be the 32nd edition of the WMRA World Mountain Running Championships which will be hosted on a mainly uphill course in Sapareva Banya, Bulgaria on Sunday 11 September.

Reconfirming the international maturity of mountain running as an athletics discipline, Sapareva Banya can expect to welcome approximately 300 runners from over 30 nations, with at least 20% of those countries likely to take home medals.

The championships also represent the fourth of the six legs of the WMRA World Cup series which runs from June to October. Now in its 18th edition, this series, formerly known as the WMRA Grand Prix, which commences on 12 June in Willer sur Thur / Goldbach, France and concludes on 1 October in Ljubljana, Slovenia, binds the international mountain running year together.

With WMRA championships for long distance mountain running, a youth cup, masters' championships and area championships also on the WMRA calendar, this year will be a busy one for competition.

2016 might also be a significant one administratively for mountain running. The WMRA Council meeting in January 2016 made proposals to the WMRA Congress, which will also be held in Sapareva Banya. Among these are the guaranteed representation of at least one woman on council, equal race distances for men and women and changes to the make-up of teams in terms of scoring and non-scoring members at future mountain running championships.

I wish the WMRA and all runners a very successful 2016.

## Message from Carlos CARDOSO – Chairman IAAF Cross Country Committee



**Carlos Cardoso**

More than a quarter of a century ago on behalf of the IAAF I travelled to Keswick to meet Danny Hughes the President of ICMR (International Committee for Mountain Running) an association which was organising every year the ICMR World Trophy.

I must confess that although the basic rules of mountain running mainly in terms of type of course and safety didn't match with the ones we were used in cross country events I felt on that day in love with your sport!

From that weekend on I sometimes closer other times at a distance "walked" along with you on your hard work to get full recognition of IAAF and of course from all athletics world and I had always the chance to follow your success.

As I said before a quarter of a century has gone. Now I am addressing to all of you for the first time as Chairman of the IAAF Cross Country Committee but like on the very first day with enthusiasm and admiration for what you have achieved and developed over the last decades.

We in the IAAF Cross Country Committee are looking forward to the 20th edition of the World Mountain Running Championships which will be held in Sapareva Banya, Bulgaria and we are sure that will be another great success for WMRA and for mountain running and of course for athletics.

## Message from Stan PERKINS – WMA President



**Stan Perkins**

World Masters Athletics wishes to congratulate the World Mountain Running Association for its continued success with providing opportunities for Masters athletes to participate and enjoy Mountain Running competitions. These events are always well organised and the athletes appreciate that the co-operation between WMA and WMRA provides another World Championship within the Masters Athletics events calendar.

We appreciate the high level of co-operation and assistance that the WMRA provides to WMA. The organisation and presentation of championships is always challenging and we could not provide this activity for our athletes without the high level of support and respect that exists between World Mountain Running and World Masters Athletics. On behalf of all Masters athletes we thank all involved with WMRA and look forward to continuing and strengthening our relationship in the years ahead.

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

**www.wmra.info**

**@WMRAMountainRun**

**World Mountain Running Association**

Contact Treasurer:

Nancy Hobbs regarding money transfers to WMRA account.

Newsletter compiled and edited by Bruno Gozzelino



# 10th WMRA International Youth Cup

Smolyan, Bulgaria  
27th June 2015



Italy and Turkey divided gold medals at the 10th International Youth Cup 2015 at Smolyan: 2 gold medals (individual and team) for the Italian Boys and 2 gold medals (individual and team) for the Turkish girls.

Italian boy Daniel Pattis and Turkish girl Atalay Bahar took title at the International Youth Cup with a wonderful race for both of them.

Turkey won also 3 silver and 3 bronze medals for a total of 8 medals (up a total of 12 medals distributed). Czech Rep with one silver medal (girls team) and Russia with one bronze ((boys team) also are in the medal table of the competition.



**Start of the boys race**  
Photo by LOC



**Bruno Gozzelino with Daniel Pattis (boys winner) and Bahar Atalay (girls winner)**  
Photo by Dave Woodheads



**Boys individual podium**  
Photo by LOC



**Boys team podium**  
Photo by LOC



**Girls individual podium**  
Photo by LOC



**Girls team podium**  
Photo by LOC

The International Youth Cup 2015 was very well organised by Bulgarian Athletic Federation, with wonderful support from the Municipality of Smolyan.

In the girls race Turkish teams started the team attack to the title in the middle of the first lap and nobody was able to follow Turkish runners.

Atalay Bahar, Junior Vice European Champion 2014 at Gap and 25th at the World Championships 2014 at Casette di Massa, triumphed with 18 minutes and 50 seconds, more than half a minute's gap in front of second and third, both her team colleagues, Tunc Gulsun (with time of 19.27) and Palavan Gulican (with time of 19.34).

In the team girls Turkey team A won with better points possible (that is 6 point), in front of Czech Rep. with 31 points and Turkey team B (with 38 points). 14 girls teams coming from 14 Nations finished the race.

50 girls run.

In the boys race first part of the competition saw Turkish runners still try to "kill" the competition, but Daniel Pattis kept second position and then in the second part of the race, he kept the leading position, finished first in 24 minutes and 30 seconds. Second

and third were two Turkish boys, Nurkan Dagtekin (with time of 25.19) and Ahmet Alkadoglu (with time of 25.20).

Italy with Mirko Cocco (fifth), Samuele Nava (third last year at YIC 2014 and this year sixth) and Andrea Pranali (eighth) counted 12 points for winning team title in front of Turkey team A with 14 points and Russia team A with 30 points. 17 boys teams coming from 15 Nations finished the race.

## BOYS – Individual

3 laps – 5.4km; + -320m 61 participants

1.	PATTIS Daniel	ITA	98 24:30
2.	DAGTEKIN Nurkan	TUR 1	99 25:19
3.	ALKANOGLU Ahmet	TUR 1	99 25:20
4.	GASANOV Ubeidula	RUS 1	98 25:26
5.	COCCO Mirko	ITA	98 25:31
6.	NAVA Samuele	ITA	98 25:36
7.	SPILL John	WAL	98 25:37
8.	PRANDI Andrea	ITA	98 25:57
9.	GÜNEN Emrah	TUR 1	98 26:05
10.	SOSEGOV Maksim	RUS 1	98 26:23

## BOYS – TEAMS

1.	ITA	12
2.	TUR 1	14
3.	RUS 1	30
4.	ROU	52
5.	TUR 2	54
6.	SCO	61
7.	BUL 1	80
8.	FRA	83
9.	WAL	85
10.	ENG 1	87
11.	CZE	112
12.	RUS 2	114
13.	IRL	115
14.	HUN	118
15.	POL	124
16.	SVK	133
17.	BUL 2	142

## GIRLS – Individual

2 laps – 3.6km; + -210m 50 participants

1.	ATALAY Bahar	TUR 1	98 18:50
2.	TUNÇ Gülsün	TUR 1	99 19:27
3.	PALAVAN Gülcan	TUR 1	98 19:34
4.	MATEROVÁ Katerina	CZE	98 19:42
5.	OZDEMIR Ozlem	TUR 2	99 19:58
6.	WIKTOROWICZ Lucja	POL	99 19:59
7.	RUEL Laura	FRA	98 19:59
8.	IVANOVA Nataliya	BUL	98 20:04
9.	BUTNARIU Alina Dumitrita	ROU	98 20:15
10.	ZUDOR Iulia Melinda	ROU	98 20:33

## GIRLS – TEAMS

1.	TUR 1	6
2.	CZE	31
3.	TUR 2	39
4.	ROU	43
5.	POL	53
6.	SCO	60
7.	RUS	64
8.	ITA	64
9.	ENG 1	87
10.	FRA	88
11.	SVK	109
12.	IRL	122
13.	WAL	129
14.	HUN	147





# 12th World Long Distance Mountain Running Challenge

Zermatt, Switzerland  
4th July 2015



Italian Tommaso Vaccina and Swiss Martina Strahl are WMRA World Long Distance Champions 2015.

In Zermatt, Switzerland, a record 22 countries participated in the 12th World Long Distance Mountain Running Championships with five countries earning medals: for the first time the competition was also Championships for individuals and not only for team (in the past years the same event in fact was called Challenge).

In the team results, Italy for men and Switzerland for women are the World Long Distance Champions 2015.

Italy won medal table with five medals: 2 gold, 1 silver and 2 bronze. Hosting country Switzerland was second with 2 gold. The USA third with 2 silver and 1 bronze medals. France took 1 silver medal and Kenya 1 bronze.

In the mens race, the first part of the competition saw leaders Kenyan Francis Maina Ngare and American Andy Wacker, but in the second part of the race Italian Tommaso Vaccina (who finished sixth last year at the same competition in Colorado, USA) crossed over the two runners for winning the world title after 3 hours 1 minute and 51 seconds. Exactly two minutes later, USA Andy Wacker, finished his race keeping silver medal, last year he was third in the same competition. Thanking a strong final, bronze medal was gained from another Italian. Francesco Puppi, who scored time 3h04:14. Fourth a Bulgarian Mustafa Shaban Aliosman (time 3h07:12); fifth Italian Massimo Mei (time 3h07:55); sixth Slovenian Mitja Kosovelj (one of the favourites with time of 3h08:54).

Italy won the World Long Distance team title, having placed three athletes in the top five to take gold with champion Tommaso Vaccina, third-place Francesco Puppi and Massimo Mei, total time was 9 hours 14 minutes and 1 second. Team USA, led by silver medalist Andy Wacker, who posted a time of 3:03:51, also earned the silver team medal with a total time of 9 hours 45 minutes and 22 seconds. Team Kenyan, looking solid early in the race, faded as the climbs began, but still managed to score the bronze medal: total time for Kenya team was 9 hours 53 minutes and 30 seconds. 12 complete men's teams are in the result.

In the women race, Swiss Martina Strahl confirmed the fact that she was a favourite. She became World Long Distance Champion 2015 running a wonderful race and finishing score was time of 3 hours 21 minutes and 38 seconds. Second at the finish was more than eight minutes later, French Aline Camboulives who clocked 3h29:45. Third was Italian Catherine Bertone, who run in the time of 3h33:56. USA Stevie Kremer arrived in fourth position

with time of 3h35:38.

As other two Swiss runners, Daniela Gassmann Bahr and Jasmin Nunige finished fifth and sixth,

Switzerland took World Long Distance title in the women team: the host country dominated with four athletes in the top ten and a total time of 10 hours 37 minutes and 29 seconds. Catherine Bertone led Italy to a silver medal team finish posting a time of 3:33:56, and a total time for Italy of 10 hours 56 minutes and 58 seconds. The U.S. women, led by fourth-place finisher Stevie Kremer took the bronze with a total time of 11 hours 13 minutes and 23 seconds.

The temperatures, like the altitude, increased through the day making hydration and fuelling even more important for nearly 2000 runners who took part in the Championships (a total of 48 women and 55 men representing 22 countries), and the associated events which included an open marathon, half marathon, ultra and marathon relay.

At the 8:30 a.m. race time, temperatures hovered in the upper 20° under a cloudless sky in St. Niklaus located at an elevation of 1.116 meters. The course wound up the valley through the town of Zermatt, elevation 1.616 meters, which marked the halfway point in the race. When the first runners came through Zermatt, the temperatures were already reaching the 30°. After a total ascent of 1944 meters, and 444 meters of descent, competitors arrived at the finish line at Riffelberg, elevation 2585 meters.

Complete result are available at:

<https://services.datasport.com/2015/lauf/zermattmarathon/>



**Individual podium women:**  
**from left Camboulives (FRA)**  
**2nd, Strahl (SUI) 1st and**  
**Bertone (ITA) 3rd**

Photo by LOC



**From left to right:**  
**Wacker (USA) 2nd, Vaccina**  
**(ITA) 1st and Puppi (ITA) 3rd**

Photo by  
Tomo Sarf and Nancy Hobbs



**Tommaso Vaccina**  
**(ITA) 1st**

Photo by  
Tomo Sarf and Nancy Hobbs

more than eight minutes later, French Aline Camboulives who clocked 3h29:45. Third was Italian Catherine Bertone, who run in the time of 3h33:56. USA Stevie Kremer arrived in fourth position



**Martina Strahl (SUI)**  
**1st**

Photo by  
Tomo Sarf and Nancy Hobbs



**Team South Africa**  
Photo by Megan Mackenzie

## MEN

1	VACCINA Tommaso	ITA	3:01:51
2	WACKER Andy	USA	3:03:51
3	PUPPI Francesco	ITA	3:04:14
4	MUSTAFA Shaban	BUL	3:07:12
5	MEI Massimo	ITA	3:07:55
6	KOSOVELJ Mitja	SLO	3:08:54
7	MICHIEKA PAUL Maticha	KEN	3:10:36
8	FRICK Gerd	ITA	3:11:04
9	KÜHLMANN Thomas	GER	3:11:25
10	NGARE FRANCIS Maina	KEN	3:12:20

## Team Results

1	ITA	09:14:02
2	USA	09:45:22
3	KEN	09:53:30
4	GER	09:54:46
5	SUI	10:03:00
6	CZE	10:23:00
7	SLO	10:37:34
8	POL	10:47:30
9	RUS	10:53:29
10	RSA	11:08:59
11	ROM	12:09:21
12	UKR	12:35:12

## WOMEN

1	STRÄHL Martina	SUI	03:21:38
2	CAMBOULIVES Aline	FRA	03:29:45
3	BERTONE Catherine	ITA	03:33:56
4	KREMER Stevie	USA	03:35:38
5	GASSMANN BAHN Daniela	SUI	03:36:59
6	NUNIGE Jasmin	SUI	03:38:52
7	IOZZIA Ivana	ITA	03:39:05
8	BERCHTOLD Conny	SUI	03:43:42
9	IACHEMET Francesca	ITA	03:43:56
10	MERÉNYI Timea	HUN	03:45:24

## Team Results

1	SUI	10:37:29
2	ITA	10:56:58
3	USA	11:13:23
4	RUS	11:48:49
5	CRO	12:38:30
6	AUT	12:50:59
7	BLR	14:25:50
8	UKR	15:55:51

# 15th WMRA/WMA Masters World Mountain Running Championships

Betws-y-Coed, Wales

12th September 2015



British master runners dominated 15th WMRA/WMA MR Championships 2015 at Betws-y-Coed. 424 runners finished their race at the 15th WMRA /WMA Master Mountain Running Championships at Betws-Y-Coed. Great Britain and Northern Ireland Team triumphed winning a total of 48 medals (28 gold, 10 silver and 10 bronze). Five other nations won one gold medal: Italy, Germany, Ireland, USA and New Zealand (in the order of the medal table). Finally Norway kept 2 silver medals and 1 bronze. The track was perfect for this kind of competition, very well prepared by LOC staff and officials of Welsh Athletics. Also logistic and other important organisational aspects were very well organised by LOC staff under the guide of Alun Pritchard (Conwy County Council) and with the control by Tomo Sarf, MRA Delegate for the event.

Only one champion from last year was able to retain their title; Ann-Marie Jones who also won the title in 2013 and 2014 (she is British and Swedish citizen and she won the 2015 title under GBR flag, instead last year she run for SWE flag!)

In the summary, winners in the men categories were: M35 Zac Freudenburg USA; M40 Morgan Donnelly GBR; M45 Karl Gray GBR; M50 Craig Roberts GBR; M55 Franz Prager GER; M60 Marino Portigliotti ITA; M65 Bernard Grant GBR; M70 Geoffrey Howard GBR and M75 Norman Bush GBR.

Instead in the women categories the winners were: W35 Anna Lupton GBR; W40 Helen Berry GBR; W45 Lucy Elliott GBR; W50 Sally Gibbs NZL; W55 Ali Keates GBR; W60 Ann-Marie Jones GBR; W65 Lou Lyness GBR and W70 Brenda Jones GBR.

No runners started in W75 age group and no teams finished in W75 and W70 categories.

The fastest times were on the 8.7km course for the men was Prager with 40 minutes and 35 seconds, and in the women categories Keates with time of 47 minutes and 16 seconds. On the 10.6km course, the fastest man was Freudenburg with time of 42 minutes and 4 seconds, and the fastest woman was Lupton with time of 49 minutes and 22 seconds.

In total 33 gold medals were distributed, 27 silver medals and 23 bronze medals.

Great Britain and Northern Ireland dominated with 48 medals (of which 28 gold, 10 silver and 20 bronze).

Second in the countries medal table was Italy with a total of 11 medals: 1 gold, 7 silver and 3 bronze.

Third in the countries medal table was Germany that took a total of 9 medals: 1 gold, 5 silver and 3 bronze.

Ireland followed in fourth position with a total of 7 medals: 1 gold, 2 silver and 4 bronze. USA won 2 medals: 1 gold and 1 silver. New Zealand won 3 medals: 1 gold and 2 bronze and Norway also won 3 medals: no gold, 2 silver and 1 bronze. 22 countries had runners participating at the Championships. The American's Zac Freudenburg won the opening race of the day, the men's V35 category. Mercia Fell's Simon Bailey built up an early lead but Freudenburg took control around the halfway mark and managed to extend his advantage before the finish line.

Borrowdale's Morgan Donnelly kicked off the British dominance with an excellent win in the men's V40 category. Italy's Giuseppe Antonini was in contention early on before England's Chris Greenwood moved into second place and that's how the top three finished with Donnelly taking the victory. "Us Brits were very happy that it rained overnight which really helped us out," said Donnelly. "I enjoyed the course, I managed to get clear on the second climb and hold on to the lead."

WMMRC debutant Karl Gray enjoyed an excellent battle with Salford's Martin Cox in the V45 category, with less than 10 seconds separating the pair at the halfway stage. But it was Gray who produced the stronger second half of the race to take the victory. He said: "Martin (Cox) had me on the ropes for a bit but I hung on in there and managed to push on and get a small lead. "This is something I have been building towards this year, I wanted to see where my fitness

was before I entered but I am very happy I did and it's an incentive to race again next year."

In the combined women's V35 and V40 race Barrow and Furness' Anna Lupton was 17 seconds ahead of Helen Berry (V40) at the 5.6km marker and showed no mercy over the second half of the race, coming home in 49:22, almost a minute ahead of Berry. "It was a fast and furious start to the race but I felt good and managed to push hard throughout the race," said Lupton. Berry said: "It feels very, very good to be world champion. I went into the race hoping to get a medal but to come away with gold is brilliant."

Katie Beecher won Wales' first medal of the day with a silver in the V35 race, with Shona Robertson taking fourth overall and second in the V40 category.

Kendal's Craig Roberts secured his fourth world masters title with victory in the M50 category, having won in 2009, the M45 category in 2011 and 2013 before beaten into second place in 2014. He made no mistake this year with a superb display to take the title in 44:17, ahead of Ben Reynolds in second and Alan Bowness, who had led at 5.6km, in third. Roberts said: "I knew Alan (Bowness) had a lot of track speed and would try to burn us off early but I was pretty comfortable and kept him in reach. "I thought I had blown it on the second climb when he (Ben) began to catch me up but when I was in the lead on the downhill I knew no-one was going to catch me."

## Results Summary:

### Men

M35-39	FREUDENBURG Zac	USA	42:04
M40-44	DONNELLY Morgan	GBR	42:26
M45-49	GRAY Karl	GBR	43:57
M50-54	ROBERTS Craig	GBR	44:18
M55-59	PRAGER Franz	GER	40:35
M60-64	PORTIGLIOTTI Marino	ITA	42:45
M65-69	GRANT Bernard	GBR	43:43
M70-74	HOWARD Geoffrey	GBR	48:57
M75-79	BUSH Norman	GBR	48:57

### Women

W35-39	LUPTON Anna	GBR	49:22
W40-44	BERRY Helen	GBR	50:16
W45-49	ELLIOTT Lucy	GBR	52:42
W50-54	GIBBS Sally	NZL	53:19
W55-59	KEATES Ali	GBR	47:16
W60-64	JONES ANN-Marie	GBR	48:31
W65-69	LYNESS Lou	GBR	54:30
W70-74	JONES Brenda	GBR	1:07:15
W75-79	/		

### Mens Team:

M35	GBR	12
M40	GBR	8
M45	GBR	6
M50	GBR	6
M55	IRL	11
M60	GBR	10
M65	GBR	12
M70	GBR	6
M75	GBR	10

### Womens Team:

W35	GBR	8
W40	GBR	8
W45	GBR	7
W50	GBR	15
W55	GBR	14
W60	GBR	6
W65	GBR	7



**Franz Prager (GER) 1st M55-59**

Photo by Gwynfor James/  
SportpicturesCymru



**Zac Freudenburg (USA) 1st M35-39**

Photo by Gwynfor James/  
SportpicturesCymru

Former inter-counties cross country champion and seasoned GB international Lucy Elliott won the women's V45 gold, 31 seconds ahead of Germany's Elke Keller. "It's a bit of shock to finish first but a fantastic experience," said Elliott. "The last decent really took it out of my legs but I managed to hold on."

Sally Gibbs from New Zealand won the women's V50 just a week before she is due to take part in the World Mountain Running Championships. She said: "The conditions were tough but I'm stoked with the win. I'm really looking forward to next week and hopefully with a bit more training I'll be able to do well."

Germany's Franz Prager won the first of the contests over the shorter 8.7km course, taking gold in the V55 age group.

Italy's Marino Portigliotti then claimed an impressive victory in the V60 age group.

English athletes took a clean sweep of titles in the combined men's V65, V70 and V75 races, with gold medals for Bernard Grant, Geoffrey Howard and Norman Bush. In the final championship race of the day, there were gold medals for Ali Keates (V55), Ann-Marie Jones (V60), Lou Lyness (V65) and Brenda Jones (V70).

It is interesting underline that Nancy Hobbs, WMRA Treasurer, won silver medals in V55 category.

The prize ceremony closed the event with the presence of various Authorities: first of all Graham Rees, Cabinet Member for Tourism, Marketing and Leisure Conwy County Borough Council, and Steve Brace for Welsh Athletics.

At the end of the prize ceremony the LOC Betws-y-Coed pass the WMRA flag to Bruno Gozzelino, WMRA President, and then to Adriano Aschieris, Chairman of LOC Master Ch. 2016.



# 17th WMRA World Cup 2015 Final Results

MEN		born	nat.	1	2	3	4	5	6	total
1.	<b>DOUGLAS Andrew</b>	86	GBR	100	60		25	55	60	<b>275</b>
2.	<b>SIMPSON Robbie</b>	91	GBR		50		45	80	80	<b>255</b>
3.	<b>MUSOBO Fred</b>	96	UGA					<b>125</b>	<b>125</b>	<b>250</b>
4.	<b>SCHNEIDER David</b>	81	SUI	80		60	40		70	<b>250</b>
5.	<b>MAMU Petro</b>	90	ERI		<b>100</b>		80			<b>180</b>
6.	<b>WANGARI Francis</b>	90	KEN			80	60			<b>140</b>
7.	<b>BALDACCINI Alex</b>	88	ITA					25	100	<b>125</b>
8.	<b>CVET Miran</b>	68	SLO	60					55	<b>115</b>
9.	<b>ALIČ Simon</b>	71	SLO	35		35			30	<b>100</b>
10.	<b>BRATINA Rok</b>	94	SLO			50	20		<b>25</b>	<b>95</b>
11.	<b>LAMOVEC Peter</b>	84	SLO	40					40	<b>80</b>
12.	<b>BREGAR Gašper</b>	90	SLO	30					45	<b>75</b>
13.	<b>SZABÓ Sándor</b>	93	HUN	50	20					<b>70</b>
14.	<b>CZAPLA Piotr</b>	90	POL	25	30					<b>55</b>

Musobo and Tunstall win Final WMRA World Cup Race in 2015 and Britain win both World Cup titles.

After receiving entries of the current World Champion, several outstanding athletes, as well as three top Eritrean runners (who did not run at the World Championships due to prohibitive costs for the Eritrean Athletic Federation), the LOC for the 36th Smarna Gora Race – the final race in the WMRA World Cup – expected intense competition for podium spots and they were afraid they would lose lots of money in payouts to athletes since the race rules designated 10€/second for improving the course record and also bonuses for other finishers if they were faster than the old course record.

In the final registrations, the Eritrean runners were unable to get visas to travel to Europe, and the LOC fear became a moot point.



**WMRA World Cup Winners 2015 -  
Andrew Douglas (GBR) and Sarah Tunstall (GBR)**  
Photo by LOC of Smarna Gora

WOMEN		born	nat.	1	2	3	4	5	6	total
1.	<b>TUNSTALL Sarah</b>	86	GBR		<b>100</b>		80	70	<b>125</b>	<b>375</b>
2.	<b>MERÉNYI Tímea</b>	71	HUN	80	60	80	60			<b>280</b>
3.	<b>WIŚNIEWSKA-U. Dominika</b>	86	POL	60	50		35		80	<b>225</b>
4.	<b>KLANČNIK Karmen</b>	90	SLO	40		<b>100</b>	25		40	<b>205</b>
5.	<b>CLAYTON Emma</b>	88	GBR		80			80		<b>160</b>
6.	<b>BRATINA Jana</b>	87	SLO	50		50			60	<b>160</b>
7.	<b>GAGGI Alice</b>	87	ITA					60	100	<b>160</b>
8.	<b>NOLL Melanie</b>	84	GER		45		50			<b>95</b>
9.	<b>MIKLOŠA Petra</b>	74	SLO	25		45			15	<b>85</b>
10.	<b>PEPERKO Maja</b>	86	SLO	30		35				<b>65</b>
11.	<b>TUŠAR Mihaela</b>	66	SLO	20		40				<b>60</b>

1	7 June	20 <sup>th</sup> Int. Ratitovec Run	Železniki	SLO
2	14 June	35 <sup>th</sup> La Montée du Grand Ballon	Willer-sur-Thur	FRA
3	26 July	17 <sup>th</sup> Grintovec Int. MR race	Kamnik	SLO
4	6 Sept.	4 <sup>th</sup> Asitzgipfel-Mountain-Run	Leogang	AUT
5	19 Sept.	31 <sup>st</sup> World MR Championships	Betws-y-Coed	GBR
6	3 Oct.	36 <sup>th</sup> Smarna Gora Int. MR race	Ljubljana	SLO

Coupled with the sudden downpour just two hours before the race – after clear skies and no rain for ten days prior – the previously dry course became soggy and slippery and ideal conditions were no longer present.

In spite of the mud-soaked course, Uganda's 2015 world mountain running champion Fred Musobo continued his fine form around the mountains of Europe when he was victorious at Smarna Gora on Saturday, October 3.

Sarah Tunstall took the women's race in Smarna Gora and also secured the World Cup title, making it a double Cup win for Great Britain, only the second time runners from the same nation have won the Cup in the same year since its inception in 1999.



## WMRA World Cup 2016 Calendar of Races

The rules for 2016 World Cup can be found on the WMRA web page.

12th June - Sunday	36th La Montée du Grand Ballon / 1st WMRA World Cup race	Willer sur Thur / Goldbach	FRA
24th July - Sunday	18th Gorski tek na Grintovec / 2nd WMRA World Cup race	Kamnik	SLO
31st July - Sunday	28th Int. Schlickeralmlauf / 3rd WMRA World Cup race	Telfes im Stubaital	AUT
11th September - Sunday	32nd WMRA World Mountain Running Championships (mainly uphill) / 4th WMRA World Cup race	Sapareva Banya	BUL
25th September - Sunday	43th Int. Hochfellnberglauf / 5th WMRA World Cup race	Bergen	GER
1st October - Saturday	37th Smarna Gora International mountain race / 6th WMRA World Cup race and Final	Ljubljana	SLO





# 31st World Mountain Running Championships

Betws-y-Coed, Wales

19th September 2015



Wonderful races at the 31st World Mountain Running Championships in Betws-y-Coed, North Wales.

293 runners of 32 Nations were present at the 31st World Mountain Running Championships 2015 held at Betws-y-Coed, (Conwy - North Wales).

Seven nations took the 24 medals which were distributed at the end of the competitions.

Leading country in the medal table was Uganda with 2 gold, 1 silver and 1 bronze, ahead of Turkey that won 2 gold and 2 silver. Four nations gained a world title: USA was third in the medal table with 1 gold and 3 silver; Great Britain & NI, fourth with 1 gold, 2 silver and 4 bronze; then in fifth position in the medal table were Czech Rep. and Italy both with 1 gold and 1 silver.

The final nation that gained a medal was France with 1 bronze.

There were excellent performances, with thousands of spectators along the course that applauded and encouraged the runners on a beautiful sunny day!

Many people were involved in the organisation of the Championships, making it a great success, the staff from the Conwy County Council and from Welsh Athletics were on hand to make it all happen.

USA's Allie Ostrander (19:44) romped to victory in the junior women's race, almost a minute ahead of the Czech Republic's Michaela Stranska (20:23) in second position (Stranska finished third last year at the World Championships in Italy).

Elsa Racasan (20:31) from France was third with Brecon's Heidi Davies performing well for Great Britain & NI as she finished fifth. Just ahead of her, Teresa Korvasova, from Czech Rep. who finished in fourth position with their team won gold medals with 6 points.

Czech Republic claimed the junior women's team title, with hosts Great Britain & NI taking second (points 13) and Turkey third. It was a close battle in the team results especially for third position where three nations finished with same points (20) and Turkey was third, Italy fourth and France fifth. Poland finished sixth with 22 points.

15 nations scored full teams in the result.

Turkey's Ferhat Bozkurt, who was bronze medal at the World Championships last year in Italy was in excellent form as he won the junior men's race clocked 33:56, by almost two minutes from USA's Levi Thomet (35:50).

Bozkurt's fellow countrymen Mustafa Geksel (35:53) and



**Opening ceremony**

Photo by Gwynfor James/SportpicturesCymru



**WMRA Congress**

Photo by Gwynfor James/SportpicturesCymru



**Stella Chesang (UGA) 1st Senior Women**

Photo by Gwynfor James/SportpicturesCymru



**Ferhat Bozkurt (TUR) 1st Junior Men**

Photo by Gwynfor James/SportpicturesCymru



**Emma Clayton (GBR) 3rd Senior Women**

Photo by Gwynfor James/SportpicturesCymru





# 31st World Mountain Running Championships

Betws-y-Coed, Wales

19th September 2015



## MEN

Individual (13 km/720m/119 participants)

<b>1</b>	<b>MUSOBO Fred</b>	<b>UGA</b>	<b>49:00</b>
2	DEMATTEIS Bernard	ITA	49:44
3	SIMPSON Robbie	GBR	50:31
4	DEMATTEIS Martin	ITA	50:41
5	GRAY Joseph	USA	51:16
6	DOUGLAS Andrew	GBR	51:18
7	CHEVRIER Xavier	ITA	51:36
8	MANGUSHO Jushua	UGA	51:39
9	CHEMONGES Robert	UGA	51:46
10	SMITH Chris	GBR	51:49
11	JANU Jan	CZE	52:03
12	BALDACCINI Alex	ITA	52:09
13	WACKER Andy	USA	52:25
14	VARGAS John Jairo	COL	52:33
15	CARERA Juan Carlos	MEX	52:40
16	CAGNATI Luca	ITA	52:56
17	DIAZ Said	MEX	53:08
18	RAMBALDINI Alessandro	ITA	53:12
19	DEMURE Fabien	FRA	53:14
20	KIPROP Isaac	UGA	53:26
21	BELLAMY Benjamin	FRA	53:30
22	BAK Ryan	USA	53:30
23	PRZEDWOJEWSKI Bartolom.	POL	53:44
24	CONROY Ian	IRE	53:50
25	FEJFAR Ondrej	CZE	53:56
26	GIRMA Guillaume	FRA	53:58
27	ADAMS Thomas	GBR	54:02
28	CARVALHO Jose	POR	54:03
29	MERCADO Victor	MEX	54:09
30	INNERHOFER Manuel	AUT	54:12
31	MOUNSEY Ben	GBR	54:14
32	JASTRZEBSKI Kamil	POL	54:25
33	ZAGO Didier	FRA	54:28
34	LAMOVEC Peter	SLO	54:38
35	BRANDEBOURG Michael	BEL	54:41
36	EGLI Pascal	SUI	54:42
37	DONOVAN John Patrick	USA	54:44
38	RAMIRO Mario	MEX	54:46
39	MATHYS Christian	SUI	54:54
40	MUGA Rui	POR	55:02
41	KUCERA Lukas	CZE	55:09
42	ADDISON Tom	GBR	55:10
43	ZINCA Ionut Alin	ROM	55:16
44	LUSTENBERGER Daniel	SUI	55:16
45	SWANSON Kristopher	CAN	55:16
46	EBERLY Joshua	USA	55:29
47	KHOLODILOV Vasilii	RUS	55:47
48	KUCERA Martin	CZE	56:02
49	NEFF Calum	CAN	56:05
50	CVET Miran	SLO	56:07
51	BENFORD Andrew	USA	56:08
52	MITYAEV Dmitrii	RUS	56:09
53	RODRIGUES Pedro	POR	56:15
54	DAY Steven	NZL	56:25
55	BREGAR Gašper	SLO	56:29
56	ZBLEWSKI Tadeuzs	POL	56:51
57	JELLE Bertels	BEL	57:02
58	BARBOSA Vitor	POR	57:04
59	PERMITIN Vasilii	RUS	57:09
60	TRATNIK Marko	SLO	57:18
61	BANKS Michael	NZL	57:25
62	GALIULLIN Konstantin	RUS	57:39
63	RODRIGUES Artur	POR	57:45
64	MOONEY Killian	IRE	57:48
65	FUREY Brian	IRE	57:49
66	MEISSEL Hannes	AUT	57:51
67	KEVAN James	IRE	57:52
68	ROGOZOVSKYI Vadym	UKR	58:00
69	HOGAN Tom	IRE	58:00

70	BOGOS Tamas	HUN	58:07
71	DOWNS Fabian	SUI	58:09
72	LICHY Tomas	CZE	58:15
73	NARDOZZA Vincent	BEL	58:22
74	HODGE Tim	NZL	58:23
75	LYNCH Seamus	IRE	58:24
76	DURAND Maime	FRA	58:37
77	JODIDIO Alexandre	SUI	58:41
78	ZEUS Maximilian	GER	58:43
79	CHAPMAN Michael	AUS	58:51
80	AGOSTINI Michele	SMR	58:57
81	IIDA Yuiro	JPN	59:10
82	ZONTAR Aleš	SLO	59:12
83	CZAPLA Piotr	POL	59:12
84	SZELL Tamas	HUN	59:17
85	PLAZNIK Matic	SLO	59:38
86	DELSOUILLE Brice	FRA	59:39
87	VOLLMER Mark	CAN	59:46
88	KHOOR Bence	HUN	59:55
89	BORYS Andriy	UKR	59:56
90	DYMAK Pavel	CZE	59:57
91	MAREK Dariusz	POL	1:00:15
92	VARGA Daniel	HUN	1:00:50
93	ARKINSTALL Andrew	AUS	1:01:06
94	SZABO Sandor	HUN	1:01:19
95	RASCHUPKIN Sergii	UKR	1:01:24
96	FERNANDES PITA Manuel	AND	1:01:27
97	DOBRANSKY Bohdan	UKR	1:01:51
98	SANSA Josep	AND	1:01:57
99	MIYACHI Fujiyo	JPN	1:02:13
100	ROYO Jordi	AND	1:02:17
101	TURNER Joan	AND	1:02:18
102	MAYNARD Jordan	CAN	1:02:28
103	COLLET Nicolas	MON	1:03:15
104	McCONNELL Gaeme	CAN	1:03:18
105	FITZGERALD Dennis	AUS	1:03:42
106	BIBBY Oliver	CAN	1:05:19
107	DANILOV Vasilii	RUS	1:05:34
108	FONYO Sandor	HUN	1:05:42
109	MEJIA Fernando	MEX	1:06:21
110	MALKA Haim	ISR	1:06:51
111	SAID John	MLT	1:06:59
112	WHITE Bradley	AUS	1:07:52
113	FRANCOME David	AND	1:08:09
114	CILIA Charles	MLT	1:08:52
115	Di GUSTO Laurent	MON	1:12:17
116	CUFFARD-PISCHELLO Nino	MON	1:13:51
117	OREN Ron	ISR	1:13:55
118	MURACCINI Gian Luca	SMR	1:17:53
	LOPEZ MIGUEL Angel	MEX	DNF



**Fred Musobo (UGA) 1st Senior Men**

Photo by Gwynfor James/SportpicturesCymru

## MENS TEAMS

1	ITA	25	8	POR	179	15	HUN	334
2	UGA	38	9	SUI	190	16	UKR	349
3	GBR	46	10	POL	194	17	AUS	389
4	USA	77	11	SLO	199	18	AND	395
5	FRA	99	12	RUS	220			
6	MEX	99	13	IRL	220			
7	CZE	125	14	CAN	283			

## WOMEN

Individual (8.9 km/480m/68 participants)

<b>1</b>	<b>CHESANG Stella</b>	<b>UGA</b>	<b>37:52</b>
2	COLLINGE Emily	GBR	38:23
3	CLAYTON Emma	GBR	38:33
4	TUNSTALL Sarah	GBR	39:06
5	GAGGI Alice	ITA	39:13
6	MATTOX Kimber	USA	39:31
7	SCHORNA-MATYASOVA Pavla	CZE	39:40
8	REINER Sabine	AUT	39:44
9	MCCORMACK Sarah	IRE	40:02
10	ARRITOLA Morgan	USA	40:11
11	ENMAN Kasie	USA	40:11
12	GALASSI Samantha	ITA	40:15
13	CHELANGAT Mercylina	UGA	40:18
14	CHEMUTAI Doreen	UGA	40:19
15	WILKINSON Victoria	GBR	40:34
16	LOZZIA Ivana	ITA	40:37
17	BOTTARELLI Sara	ITA	40:43
18	GRACE MORGAN Allison	USA	41:00
19	SABRIE Anais	FRA	41:04
20	DRAGOMUIR Denisa Ionela	ROM	41:18
21	METELKOVA Tatana	CZE	41:57
22	WISNIEWSKA-U. Dominika	POL	42:03
23	MARSANOVA Lucie	CZE	42:07
24	DUMERGUES Marie-Laure	FRA	42:22
25	JAMSIN Lucie	FRA	42:31
26	FREITAG Karin	AUT	42:33
27	FERNANDEZ Yolanda	COL	42:54
28	MITYAEVA Ekaterina	RUS	43:02
29	UGRYNCHUK Oksana	UKR	43:04
30	AMIYA-HALL Audrey	AUS	43:05
31	MARINOVA Antonia	BUL	43:08
32	KHRIASCHEVA Anna	RUS	43:30
33	HOGAN Marianne	CAN	43:35
34	BERGERON-L. Sarah	CAN	43:36
35	MIHAYLOVA Milka	BUL	43:37
36	VOKUEVA Janna	RUS	43:48
37	NINEVA Marinela	BUL	44:01
38	SEKYROVA Ivana	CZE	44:10
39	JAKLIC Sara	SLO	44:27
40	GIBBS Sally	NZL	44:32
41	PANKOVSKAIA Irina	RUS	44:39
42	VILLUMSEN Katrine	DEN	44:47
43	SIMPSON Kylie	AUS	45:04
44	SILARSKA Dorota	POL	45:13
45	KAISER Jessica	CAN	45:22
46	PEPERKO Maja	SLO	45:24
47	WOSZCZEK Danuta	POL	45:33
48	SIEBOLD Kate	AUS	46:09
49	CANNING Paula	NZL	46:14
50	TRATNIK Petra	SLO	46:22
51	WICHES Huberhta	AUS	46:44
52	BLAISE-SOHNUS Adele	CAN	46:49
53	LECK Angela	NZL	46:53
54	PETROVA Oksana	UKR	47:30
55	ZISPER Katharina	AUT	47:43
56	MEXTED Jackie	NZL	47:43
57	HORVATH Time	HUN	48:04
58	GALEA Rita	MLT	49:10
59	MORALES Florentina	MEX	49:18
60	KOZJEK Tina	SLO	49:36





# 31st World Mountain Running Championships

Betws-y-Coed, Wales

19th September 2015



61	TOMPOSNE HAKKEL Tunde	HUN	49:38
62	NAGY Csilla	HUN	51:11
63	HILI Carmen	MLT	53:09
64	SAMMUT Angele	MLT	56:02
65	MALKI Sonia	AND	57:36
66	GIARDI Maria Teresa	SMR	59:48
67	CUPI Elena	SMR	59:49
	PANTHEON Adeleide	FRA	DNF

## WOMENS TEAMS

1	GBR	9	7	AUT	89	13	SLO	135
2	USA	27	8	RUS	96	14	NZL	142
3	UGA	28	9	BUL	103	15	HUN	180
4	ITA	33	10	CAN	112	16	MLT	185
5	CZE	51	11	POL	113			
6	FRA	68	12	AUT	121			

## JUNIOR MEN

Individual (8.9 km/480 m/63 participants)

1	<b>BOZKURT Ferhat</b>	<b>TUR</b>	<b>33:56</b>
2	THOMET Levi	USA	35:50
3	GÖKSEL Mustafa	TUR	35:53
4	MAGNINI Davie	ITA	36:03
5	YORULMAZ Abdullah	TUR	36:12
6	NICHOLLS Max	GBR	36:23
7	VENDER Alberto	ITA	36:39
8	ADKIN Jacob	GBR	36:42
9	BUTLER Ben	USA	36:49
10	JACQUET Mathieu	FRA	36:52
11	CELAKE Mateusz	POL	36:57
12	BEAUMONT Jack	NZL	37:04
13	HLADIK Pavel	CZE	37:11
14	Sukhonenko Vadim	RUS	37:11
15	VOSVRDA Sebastian	CZE	37:12
16	SPILL John	GBR	37:36
17	DOMINGUEZ Jose Alfredo	MEX	37:46
18	POLLMANN Tayte	USA	37:46
19	DRION Maximilien	BEL	37:57
20	JOVET Nathan	FRA	38:10
21	CATONI Luca	ITA	38:12
22	VENTURA Luca	ITA	38:17
23	WIKTOROWICZ Szymon	POL	38:22
24	XOLIN Pierre	FRA	38:25
25	YILDIRIM Kemal	TUR	38:25
26	CARERA Jesus	MEX	38:45
27	HERMAN Peter	ROM	38:48
28	PERALTA Henry	MEX	38:48
29	CHRASCINA Marek	CZE	38:48

30	DELORENZO Roberto	SUI	38:52
31	Lavrikov Evgenii	RUS	38:54
32	FALCESCU Mihai Marian	ROM	38:55
33	ANDERSON Bryce	AUS	38:55
34	GAURA Adam	CZE	38:58
35	COOPER Martin	AUS	39:06
36	BULANDRA Gabriel	ROM	39:20
37	BOUDIN Liam	AUS	39:21
38	WOJTACHA Adrian	POL	39:23
39	JILEK Krzysztof	POL	39:48
40	DELPEUCH Mathieu	FRA	39:48
41	BOGYA Gergely	ROM	40:11
42	TARAKANOV Kiril	RUS	40:12
43	VINCEN Tim	AUS	40:13
44	CSAKI AKOS	HUN	40:56
45	KOSHELEV Aleksandr	RUS	41:48
46	WILSON Condor	USA	41:52
47	KREUTZER Julian	AUT	41:54
48	REVESZ Tamas	HUN	41:55
49	BOYLE Jacob	GBR	42:16
50	WELSH Jared	CAN	42:23
51	BOŽI? Aljaž	SLO	42:34
52	SOLDEVILA Arnau	AND	43:01
53	BUCHATSKYI Mykhailo	UKR	43:57
54	PANCHENKO Ihor	UKR	43:59
55	POPELAR Maj	SLO	43:59
56	GERLEI Mate	HUN	44:29
57	SUTHERLAND Austin	CAN	45:05
58	HREN Tine	SLO	45:14
59	NEUNDLINGER Alexandre	AUT	46:12
60	SONES Hunter	CAN	47:22
61	RICHTER Bence	HUN	47:50
62	MILNER Quentin	CAN	50:18
63	BREIL Nicolas	AND	58:00

## JUNIOR MENS TEAMS

1	TUR	9	6	CZE	57	11	AUS	105
2	USA	29	7	MEX	71	12	HUN	148
3	GBR	30	8	POL	72	13	SLO	164
4	ITA	32	9	RUS	87	14	CAN	167
5	FRA	54	10	ROM	95			

## JUNIOR WOMEN

Individual (4.7 km/240 m/43 participants)

1	<b>OSTRANDER Allie</b>	<b>USA</b>	<b>19:44</b>
2	STRANSKA Michaela	CZE	20:23
3	RACASAN Elsa	FRA	20:31
4	KORVASOVA Tereza	CZE	20:44
5	DAVIES Heidi	GBR	20:55
6	CIAPPINI Roberta	ITA	21:04
7	DIAS Magdalena	POL	21:04
8	MALIR Georgia	GBR	21:06
9	BEKMEZ Gulistan	TUR	21:12
10	MINKINA Dilyana	BUL	21:12
11	SUBATAN Burcu	TUR	21:19
12	PRAXMARER Julia	AUT	21:23
13	SEEFELD Annika	GER	21:28
14	ZANNE Gulia	ITA	21:30
15	WIKTOROWICZ Lucja	POL	21:30
16	HILLS Joanna	AUS	21:36
17	BAUDOIN Salome	FRA	21:42
18	PISCU Andrea	ROM	21:42
19	STREITBERGER Vrena	AUT	21:46
20	TARAKANOVA Polina	RUS	21:49
21	DALE Scarlet	GBR	21:50
22	BALCARCZYK Nada	GER	21:57
23	DIVISOVA Katerina	CZE	22:12
24	ZECCA Alessia	ITA	22:20
25	McCQUILKIN-BELL Caitlin	NZL	22:33
26	DEMIR Fatma	TUR	22:37
27	THOMAS Brianna	AUS	22:39

28	BELOVA Ekaterina	RUS	22:42
29	PODOBNIK Katja	SLO	22:47
30	BUTNARIU Alina	ROM	22:50
31	TOMASULA MARTIN Lily	USA	22:50
32	MINEIRO Rita	POR	22:52
33	DIAS Julia	POL	22:53
34	ZUDOR Iulia	ROM	23:09
35	SAW Chelsea	AUS	23:27
36	IVANOVA Natalya	BUL	23:45
37	BEDENE Pia	SLO	24:16
38	BOWE Katie	USA	24:29
39	HORVAT Karmen	HUN	24:44
40	VELAZQUEZ Diana	MEX	24:49
41	NEVERI Szilvia	HUN	25:59
42	ŠUŠTERŠI? Lucija	SLO	26:37
43	DURUGY Anna	HUN	27:01

## JUNIOR WOMENS TEAMS

1	CZE	6	6	POL	22	11	BUL	46
2	GBR	13	7	AUT	31	12	RUS	38
3	TUR	20	8	USA	31	13	ROM	49
4	ITA	20	9	GER	35	14	SLO	66
5	FRA	20	10	AUS	43	15	HUN	80



**Robbie Simpson (GBR) 3rd Senior Men**

Photo by Gwynfor James/SportpicturesCymru



**Allie Ostrander (USA) 1st Junior Women**

Photo by Gwynfor James/SportpicturesCymru



**World Championships 2015 Mascot**

Photo by Gwynfor James/SportpicturesCymru





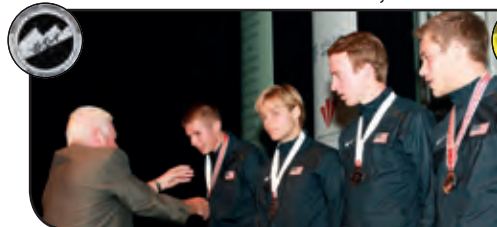
# 31st World Mountain Running Championships

Betws-y-Coed, Wales

19th September 2015



Junior Women Teams, from left to right: GBR (2nd), CZE (1st), TUR (3rd) Photos by Gwynfor James/SportpicturesCymru



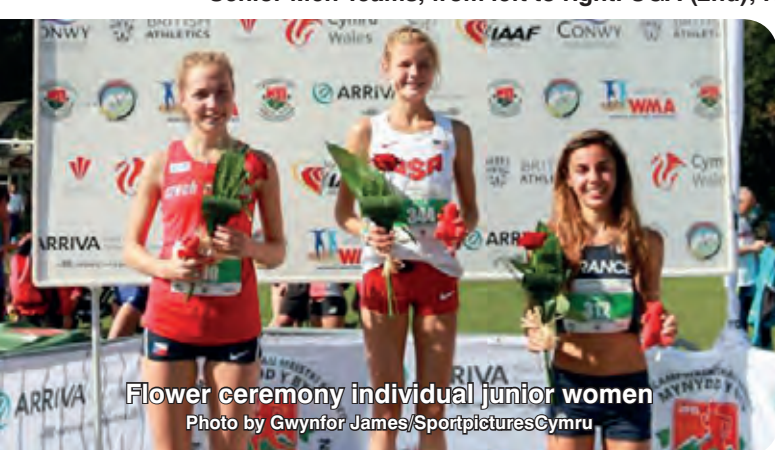
Junior Men Teams, from left to right: USA (2nd), TUR (1st), GBR (3rd) Photos by Gwynfor James/SportpicturesCymru



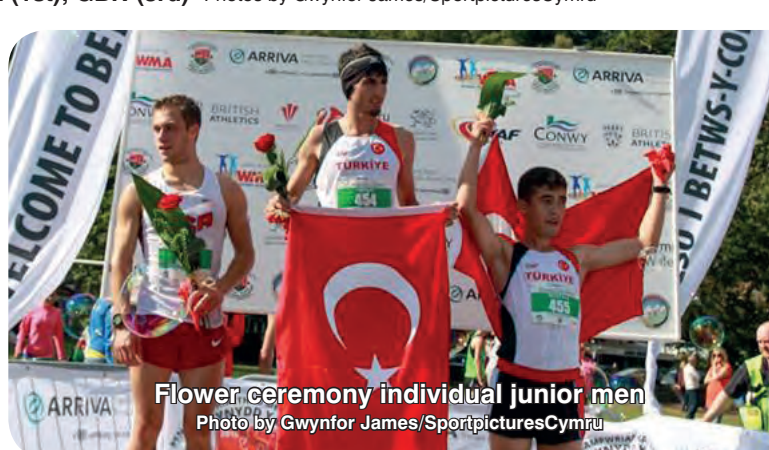
Senior Women Teams, from left to right: USA (2nd), GBR (1st), UGA (3rd) Photos by Gwynfor James/SportpicturesCymru



Senior Men Teams, from left to right: UGA (2nd), ITA (1st), GBR (3rd) Photos by Gwynfor James/SportpicturesCymru



Flower ceremony individual junior women  
Photo by Gwynfor James/SportpicturesCymru



Flower ceremony individual junior men  
Photo by Gwynfor James/SportpicturesCymru



Flower ceremony individual senior women  
Photo by Gwynfor James/SportpicturesCymru



Flower ceremony individual senior men  
Photo by Gwynfor James/SportpicturesCymru





# 31st World Mountain Running Championships

Betws-y-Coed, Wales

19th September 2015



Abdullah Yorulmaz (36:12) were third and fifth respectively to hand Turkey team gold ahead of the USA (29 points) and GB & NI (30 points). Italy finished fourth just two points behind third (32 points). 14 nations had full team in the result. In the senior women's race over 8.9km the winner was Ugandan Stella Chesang (clocked 37:52), despite her young age, who last year won the world junior women title in Italy and this year she won the title in the senior women race.

Only one women runner in previous years has been able to do the same, Italian Rosita Rota Gelpi, who won world junior title on 1992 and world senior title on 2004, but Stella Chesang repeated these wonderful performances in two following years, really impressive!

Great Britain debutant Emily Collinge (38:23) took silver with early leader Emma Clayton finishing in third in 38:33.

They were backed up by Kendal's Sarah Tunstall (39:05) who finished just outside the medal positions in fourth, as Great Britain & NI (with 9 points) comfortably won the team gold medal from USA in silver (points 27) and Uganda in bronze (points 28). Fourth place was Italy with 33 points again. 16 nations had full team in the result.

Collinge said: "I've never fought so much in my life. I'm ecstatic to win a medal and I'm so happy for Emma (Clayton) and I wish Sarah (Tunstall) could have got a medal as well, she deserved it. "It's amazing to win the team gold, I'm so proud."

In the senior men's race over 13km, the winner of the world title in 2015 was Fred Musobo (49:00) from Uganda. Italy's Bernard Dematteis (49:42) taking the silver medal following finishing fourth on four occasion at these World Championships: 2008, 2009, 2011 and 2014.

Robbie Simpson (50:31) from Great Britain won bronze.

Italy took the team gold medal with ahead of Uganda and Great Britain & NI claimed bronze.

Simpson said: "I'm absolutely delighted, it was really tough all the way. I started quite fast but I actually felt quite comfortable, just in the rhythm I wanted to be in. Coming off the second lap I was fourth but I could see the Italian in front was tiring so I just pushed and pushed and caught him by the top and managed to hang on during the descent."

The venue for the 32nd World Mountain Running Championships 2015 is Bulgaria on September 4th 2016.



**WMRA President gives memorial medals to LOC**

Photo by Gwynfor James/SportpicturesCymru



**WMRA President Gozzelino with LOC Staff and Chairwoman Rachel Gill**

Photo by Gwynfor James/SportpicturesCymru



**Bulgarian delegation LOC of next World Championships 2016**

Photo by Gwynfor James/SportpicturesCymru



**Closing ceremony party**

Photo by Gwynfor James/SportpicturesCymru





# 12th North American Central American Caribbean (NACAC) Mountain Running Championships

Coquitlam, British Columbia, Canada

18th July 2015



Triple Gold for Canada at NACAC Mountain Running Championships 2015.

Three gold medals for Canada and one gold (team women) for USA at the 12th NACAC Mountain Running Championships 2015.

At NACAC Mountain Running Championships at Cypress Mountain, host country Canada swept the top four places in the men's race and also placed their top woman in gold-medal position. However, the U.S. women kept their streak alive to again win team gold.

First across the line in 54:09, was 31-year-old Nick Elson from Squamish, Canada who just last week paid a visit to Cypress Mountain to run parts of the 11-kilometer course that he was unfamiliar with.

He had run some sections of the course in the past during the Knee Knacker Trail Race so had some experience with the terrain. But Elson, in spite of winning the 2014 Squamish 50 miler, and placing a solid fifth at the recent Mount Marathon in Seward, Alaska, had never represented Team Canada in international mountain racing. "I raced for Team Canada as a ski mountaineer this past season and finished 37th at the World Cup in Verbier, Switzerland. I think ski mountaineering is helpful in transitioning to mountain racing," said Elson. "For ski mountaineering, you're basically trained to go uphill fast."

At today's race, Elson showed equal prowess on the downhill. "I was in fourth until the top of Black Mountain. Chris Swanson (teammate) was really strong climbing up Black Mountain. It was in full sun and I was really struggling to keep those guys in sight. On the other side of the climb, it was much more technical and on the downhill I was able to take the lead. On the final descent, I think that is where I increased my lead. I think today my downhill was stronger than my uphill." Asked whether he considered himself an uphill or downhill specialist, Elson said, "On a good day, hopefully I'm somewhat equal."

The Canadian men finished all four of their team members, before the first U.S. runner crossed the line therefore creating a sweep of the podium and gold for Team Canada. Second for Team Canada was Kristopher Swanson in 55:32, and in third Shaun Stephens-Wheale in 56:30.

Josh Eberly was first for Team USA in fifth overall timed in 57:29. Close behind was fellow team member Ryan Woods in 57:42, and Jordan Chavez in 1:00:08 to round out the scoring

For local Vancouverite, 32-year-old Chessa Adsit-Morris, the women's victory was unexpected. "I was not prepared for that – winning. The U.S. ladies kicked my ass last year at World and I just assumed they would do the same here. I'm very pleased with my result – an unexpected surprise."

Adsit-Morris led from the start. "My plan was to take it out from the gun and push as hard as I could to the top of the climb and then hopefully have enough of a lead for the downhill. I had a bit of an ankle injury last month and wasn't sure how much I could push the downhill."

Having never been on the course, Adsit-Morris acknowledged, "The course was a bit more technical than I was expecting. I think it was a bit more technical that most people were expecting. Sometimes I find that it's better for me (not to preview the course), so I just take it as it comes. I decided not to pre run it and just go run hard."

Adsit-Morris clocked a 1:06:56 and was followed 16 seconds later by top U.S. runner Megan Roche who led her team to gold. In third was second U.S. runner and 2013 World Mountain Running junior champion

Mandy Ortiz in 1:08:16, followed by Canada's Sarah Bergeron-Larouche in fourth in 1:09:01. Megan Lizotte finished fifth for Team USA timed in 1:09:51, to round out the top three scoring members of Team USA with 10 points, just one point ahead of Team Canada.

"I'm just really happy to have a win," said Canadian team leader Adrian Lambert who also was the NACAC organizer this year. "It was a very competitive race. The women's race was great and I'm obviously very pleased with how our men did. And what a day for it too. Simply beautiful." USA team leader Richard Bolt echoed Lambert's thoughts on the weather, "The sunny, warm weather was a big improvement over 2012 when we had cold, rain, and foggy conditions at the same location at the same time of year."

"The overall festive atmosphere of the 5 Peaks Race (which hosted the race along with its 6k sport race, 11k enduro, and kids races) is a really good



**Nick Elson (CAN) 1st**  
Photo by Benoît Gignac



**Chessa Adsit-Morris (CAN) 1st**  
Photo by Benoît Gignac

## MEN

Course: 11km; +-600m

1	ELSON Nick	CAN	54:09
2	SWANSON Kristopher	CAN	55:32
3	STEPHENS-WHALE Shaun	CAN	56:30
4	BABINEAU Olivier	CAN	56:48
5	EBERLY Joshua	USA	57:29
6	WOODS Ryan	USA	57:42
7	CHAVEZ Jordan	USA	1:00:08
8	THIES Jeff	USA	1:00:36
9	MAYNARD Jordan	Canada	1:00:50
10	JIROT Nicolas	Canada	1:01:07

Teams

1. CAN - 8 pts 2. USA - 18 pts

## WOMEN

Course: 11km; +-600m

1	ADSIT-MORRIS Chessa	CAN	1:06:56
2	ROCHE Megan	USA	1:07:12
3	ORTIZ Mandy	USA	1:08:16
4	BERGERON-LAROUCHE Sarah	CAN	1:09:01
5	KAISER Jessica	Canada	1:09:48
6	LIZOTTE Megan	USA	1:09:51
7	JONES Catrin	CAN	1:10:31
8	HOGAN Marianne	CAN	1:10:37
9	Lundy Christine	USA	1:12:10
10	BESTOW Laura	Canada	1:13:13

Teams

1. USA - 10 pts 2. CAN - 11 pts

environment to have the NACAC Championships. The course was very technical and challenging at Cypress Mountain and more technical than many World Mountain Champs or US Mountain Champs courses. I think our U.S. athletes raced well overall. Some athletes may not have raced as fast as they hoped, but nobody had a bad race."

This is the twelfth consecutive year that the NACAC Mountain Championship have been held, with the event rotating being the U.S., Mexico and Canada. This is the fourth time for Canada to serve as host, having been the venue for the championships in 2007, 2010, (at Canmore, Alberta), and 2012 at Cypress Mountain.

Nancy Hobbs represented the WMRA, and Bill Roe, USATF Long Distance Running chairperson, was also on site at the event.



**National teams participating**  
Photo by Nancy Hobbs



14. European Mountain Running Championships 2015: 9 Nations won medals!

14. European Mountain Running Championships 2015 held at Porto Moniz (Portugal) have seen nine Nations took medals.

In the medal table the leader is Norway with 2 gold and 1 silver medals; followed by Germany with 2 gold medals; third Great Britain and Turkey with 1 gold, 1 silver and 2 bronze medals each; fifth Italy with 1 gold, 1 silver and 1 bronze, and sixth Austria with 1 gold. Other three Nations won medals: Czech Rep. 2 silver; Switzerland 1 silver and 1 bronze and France 2 bronze.

In the individual race are the European Mountain Running Champions 2015: Sarah Kistner (GER) in junior women, Stian Overgaard Aarvick (NOR) in junior men, Andrea Mayr (AUT) in senior women and Johan Bugge (NOR) in senior men. The competition started with junior women race where German Sarah Kistner (2nd last year at the World M.R. Championships 2014) took the title with time of 21.26. Second and silver medal was Michaela Stranska (3rd last year at the World M.R. Championships 2014) from Czech Rep. who finished in 22.10, just few seconds in front of the French Elsa Racasan (8th at the European MR Ch last year at Gap) with time of 22.14.

39 junior women started and finished the race.

Kistner lead her German team to the European title: in fact, Germany won gold medals with 19 points, silver medal for Czech Rep. with 22 points, only one point better than bronze medallist team of Turkey with 23 points. Nine teams finished in the team list. In the junior men race, Norwegian Stian Overgaard Aarvick (5th last year in junio race at the World M.R. Championships) defeated with time of 48.17, two Turkish: silver medallist Abdullah Yorulmaz with time of 49.03 and bronze medallist Mustafa Goksel with time of 49.08.

41 junior men started and finished the race.

Turkey won European Team title with 15 points, in front of Italy silver medal with 19 points and Great Britain & N.I. with 25 points.

Nine teams finished in the team list.

Austrian Mayr Andrea (five time World Champion) for the fourth time became European Champion with time 50.40. She dominated the race since the start and at the end the difference before all the other runners was very large: about three minutes! In fact Norwegian Eli Anne Dvergsdal who was silver medallist finished with time of 53.05 and British Emma Clayton kept bronze medal with time of 53.36.

52 senior women finished the race.

In the team senior women Great Britain & N.I. Became European Champion with 18 points; silver medals was kept by Austria with 23 points and bronze medal was gained by France with 38 points. Twelve teams finished in the team list.

Perhaps with surprise, Norwegian Johan Bugge (he was 17. at European M.R. Championships 2013 and 51 at the World M.R. Championships 2012) is the European senior men Champion 2015. He won the title with time 1.02.35. He run always in the top position. For half part of the track with defending Champion Italian Bernard Dematteis, who lost position in last three kilometers of the track (finished seventh). Second and third were two runners who run very fast last part of the track, crossing over other athletes. So at the end, silver medals was kept by Swiss David Schneider with time of 1.02.49, just a few seconds in front the bronze medallist, Italian Alex Baldaccini (time of 1.02.56).

66 senior men finished the race.

Italy confirm, once more, European team title with 16 points. Italy has always won European team senior team at the European Championships since 2002 until this year! Second and silver medal was gained by Great Britain & N.I. with 26 points, one points in front of Switzerland, third and bronze with 27 points. Fifteen teams finished in the team list.

This year the 15. edition of the European Mountain Running Championships will be held in Italy, in the Town of Arco, near Trento.

## MEN

Individual (11.8 km/1250m/65 participants)

1. <b>BUGGE Johan</b>	<b>NOR</b>	<b>1:02:35</b>
2. SCHNEIDER David	SUI	1:02:49
3. BALDACCINI Alex	ITA	1:02:56
4. SIMPSON Robbie	GBR	1:03:20
5. DOUGLAS Andrew	GBR	1:03:32
6. CHEVRIER Xavier	ITA	1:03:41
7. DEMATTEIS Bernard	ITA	1:03:51
8. RANCON Julien	FRA	1:04:29
9. KRUPICKA Robert	CZE	1:04:41
10. EGLI Pascal	SUI	1:04:44
11. ZAGO Didier	FRA	1:04:52
12. KHOROSHILOV Ruslan	RUS	1:04:54
13. CAGNATI Luca	ITA	1:05:04
14. BELLAMY Benjamin	FRA	1:05:06
15. LUSTENBERGER Daniel	SUI	1:05:18
16. HUBERT Stefan	GER	1:05:43
17. SMITH Chris	GBR	1:05:52
18. HOHENWARTER Markus	AUT	1:06:06
19. SWINBURNE Nick	GBR	1:06:26
20. MENESES Enrique	ESP	1:06:31
21. TENGSAAREID Torstein	NOR	1:06:39
22. MATHYS Christian	SUI	1:06:42
23. CARVALHO José	POR	1:06:48
24. MUGA Rui	POR	1:06:52
25. CVET Miran	SLO	1:06:54
26. JANU Jan	CZE	1:07:04
27. LEHMANN Jonas	GER	1:07:18
28. SANZ Daniel	ESP	1:07:20
29. ARSLAN Ahmet	TUR	1:07:22
30. PATERNOSTER Stefan	AUT	1:07:32
31. ZINCA Ionut	ROU	1:07:40
32. CONROY Ian	IRL	1:07:44
33. RODRIGUES Artur	POR	1:08:02
34. JASTRZEBSKI Kamil	POL	1:08:06
35. HOFFMANN Benedikt	GER	1:08:08
36. LAMOVEC Peter	SLO	1:08:12
37. PAGNUEV Aleksey	RUS	1:08:40
38. PAVLIŠTA Vít	CZE	1:08:40
39. CRESPO Javier	ESP	1:08:47
40. BREGAR Gasper	SLO	1:08:47

41. MAYER Jakob

42. RYAN Mark

43. JAILLARDON Renaud

44. LEPIARZ Sylwester

45. MUSLU Ercan

46. RODRIGUES Pedro

47. KUCERA Lukas

48. KEVAN James

49. JOLY Jente

50. GUSEV Aleksandr

51. HENDRIKX Tomas

52. LEANCA Andrei

53. PELSOCZY Attila

54. KHOOR Bence

55. CZAPLA Piotr

56. OOSTERLINCK Ward

57. REZNIK Ivan

58. AGYÜREK Muhammet Can

59. KÉLLÉZI Ilir

60. RENARD Arnaud

61. MALKA Haim

62. KATIB Joseph

63. NØRMARK Kent

64. ØREN Ron

65. MATTHEW Rota

AUT 1:08:55

IRL 1:09:24

FRA 1:10:46

POL 1:10:51

TUR 1:11:02

POR 1:12:06

CZE 1:12:50

IRL 1:13:10

BEL 1:13:23

RUS 1:13:43

BEL 1:14:14

ROU 1:15:35

HUN 1:16:04

HUN 1:16:27

POL 1:17:06

BEL 1:17:18

RUS 1:17:47

TUR 1:19:52

ALB 1:20:05

BEL 1:20:46

ISR 1:21:02

GER 1:22:13

DEN 1:24:47

ISR 1:28:49

MLT 1:36:08

15. FALCESCU Mihai Marian

16. BULANDRA Gabriel

17. INSTANES Daniel May

18. JOVET Nathan

19. KOVÁR Jáchym

20. BOGYA Gergely

21. XOLIN Pierre

22. TUNCER Ömer

23. GAURA Adam

24. GERGOV Georgi

25. TARAKANOV Kirill

26. HLADÍK Pavel

27. FERREIRA rodolfo

28. DELPEUCH Mathieu

29. TRONTELJ Žiga

30. BOŽIC Aljaž

31. STANONIK Simon

32. VIEIRA Jose

33. LEWIS Ciaran

34. KWIECINSKI Bartosz

35. ZABRALOV Vitaliy

36. LAZAR Nejc

37. FILIPOV Yoan

38. FERNANDES Nuno

39. BORN Adrien

40. FERNANDES Rui

41. AVAKUMENKOV Sergei

ROU 0:53:31

ROU 0:53:42

NOR 0:53:55

FRA 0:54:16

CZE 0:54:37

ROU 0:55:06

FRA 0:55:07

TUR 0:55:12

CZE 0:55:19

BUL 0:55:32

RUS 0:55:52

CZE 0:56:18

POR 0:56:20

FRA 0:56:20

SLO 0:56:44

SLO 0:57:07

SLO 0:58:32

POR 0:58:42

GBR 0:59:13

POL 0:59:40

RUS 0:59:41

SLO 0:59:56

BUL 1:00:26

POR 1:00:38

BEL 1:00:54

POR 1:01:35

RUS 1:02:11

## JUNIOR MEN

Individual (8.2 km/850m/44 participants)

1. <b>AARVIK Stian Overgaard</b>	<b>NOR</b>	<b>0:48:17</b>
2. YORULMAZ Abdullah	TUR	0:49:03
3. GÖKSEL Mustafa	TUR	0:49:08
4. MAGNINI Davide	ITA	0:50:32
5. NICHOLLS Maximilian	GBR	0:51:18
6. ADKIN Jacob	GBR	0:51:27
7. AGOSTINI Francesco	ITA	0:51:58
8. VENDER Alberto	ITA	0:52:03
9. VOŠVRDA Sebastián	CZE	0:52:08
10. SARIHAN Sehmus	TUR	0:52:21
11. JACQUET Mathieu	FRA	0:52:25
12. CASUSCELLI Marco	ITA	0:52:27
13. CELAK Mateusz	POL	0:53:01
14. WILLIS Jack	GBR	0:53:15

## WOMEN

Individual (8.2 km/850m/66 participants)

1. <b>MAYR Andrea</b>	<b>AUT</b>	<b>0:50:40</b>
2. DVERGSDAL Eli Anne	NOR	0:53:05
3. CLAYTON Emma	GBR	0:53:36
4. REINER Sabine	AUT	0:54:23
5. KRKOC Lucija	SLO	0:54:53
6. WILKINSON Victoria	GBR	0:55:03
7. SCHORNA-MATYÁSOVÁ Pavla	CZE	0:55:10
8. SABRIE Anaïs	FRA	0:55:11
9. ROBINSON Rebecca	GBR	0:55:27
10. GAGGI Alice	ITA	0:55:46
11. BAUMBER Annie	GBR	0:55:53
12. SIEGEL Monique	GER	0:56:22



13. DEWALLE Christel	FRA	0:56:22
14. NOLL Melanie	GER	0:56:26
15. GALASSI Samantha	ITA	0:56:42
16. MCCORMACK Sarah	IRL	0:56:56
17. PANTHEON Adelaide	FRA	0:57:04
18. MAIR Susanne	AUT	0:57:04
19. CONFORTOLA Antonella	ITA	0:57:09
20. FREITAG Karin	AUT	0:57:12
21. MULLIGAN Sarah	IRL	0:57:15
22. WENG Merete	NOR	0:57:22
23. KRUHME Nicole	GER	0:57:26
24. METELKOVÁ Tatána	CZE	0:57:38
25. WISNIEWSKA Dominika	POL	0:58:04
26. MARINOVA Antoniya	BUL	0:58:05
27. POPTSOVA Nigina	RUS	0:58:11
28. BOTTARELLI Sara	ITA	0:59:01
29. PLAZA Sonia	ESP	0:59:36
30. JEANNIER Céline	FRA	0:59:42
31. FISCHL Tina	GER	0:59:52
32. KLANCNIK Karmen	SLO	1:00:15
33. KABAY Sevim	TUR	1:00:22
34. MARTINHO Carla	POR	1:00:38
35. MARTIN Gema	ESP	1:01:09
36. SUDAKOVA Irina	RUS	1:01:13
37. JAKLIC Sara	SLO	1:01:36
38. BRATINA Jana	SLO	1:01:40
39. NUNES Joana	POR	1:01:52
40. AZEVEDO Elisabete	POR	1:01:57
41. RYCHNOVSKÁ Dagmar	CZE	1:02:05
42. STRÁNSKÁ Adéla	CZE	1:03:10
43. WILLUMSEN Katrine	DEN	1:04:07
44. GÓMEZ Raquel	ESP	1:04:20
45. SILARSKA Dorota	POL	1:05:04
46. ERDAL Tubay	TUR	1:06:24
47. SAMMUT Angela	MLT	1:06:52
48. ABDILLA Tara	MLT	1:06:54
49. SARI Fadime	TUR	1:06:58
50. SHAUGHNESSY Laura	IRL	1:10:48
51. VASENINA Natalia	RUS	1:20:08
52. TEMEL Remziye	TUR	1:23:53

TEAMS						
	Men		Jun. Men	Women	Jun. Women	
1	ITA	16	TUR	15	GBR	19
2	GBR	26	ITA	19	AUT	23
3	SUI	27	GBR	25	FRA	38
4	FRA	33	FRA	50	ITA	44
5	CZE	73	ROU	51	GER	49
6	GER	78	CZE	51	CZE	72
7	POR	80	SLO	90	SLO	74
8	ESP	87	POR	97	IRL	87
9	AUT	89	RUS	101	ESP	108
10	RUS	99			POR	113
11	SLO	101			RUS	114
12	IRL	122			TUR	128
13	TUR	132				
14	POL	133				
15	BEL	156				



## JUNIOR WOMEN

Individual (4.2 km/400m/39 participants)

1. KISTNER Sarah	GER	0:21:26
2. STRÁNSKÁ Michaela	CZE	0:22:10
3. RACASAN Elsa	FRA	0:22:14
4. KORVASOVÁ Tereza	CZE	0:22:39
5. KILIÇ Yayla	TUR	0:22:55
6. SUBATAN Burcu	TUR	0:22:57
7. SEEFELD Annika	GER	0:23:02
8. STREITBERGER Verena	AUT	0:23:23
9. DAVIES Heidi	GBR	0:23:23
10. CIAPPINI Roberta	ITA	0:23:25
11. BALCARCZYK Nada	GER	0:23:26
12. BEKMEZ Gülistan	TUR	0:23:34
13. MINEIRO Rita	POR	0:23:43
14. FRANCHI Francesca	ITA	0:23:49
15. RUEL Laura	FRA	0:23:55
16. BESHIOVÁ Carmen Idris	CZE	0:23:58
17. BAUDOUIN Salome	FRA	0:23:59
18. ZECCA Alessia	ITA	0:24:02
19. AEBI Céline	SUI	0:24:11
20. PRAXMARER Julia	AUT	0:24:22
21. CUFER Ana	SLO	0:24:29
22. MALIR Georgia	GBR	0:24:34
23. APSLEY Elizabeth	GBR	0:24:41
24. POLÁČKOVÁ Pavlína	CZE	0:25:04
25. DIETZ Nadia	GER	0:25:10
26. ACHLEITNER Lisa	AUT	0:25:17
27. SUBBOTINA Alina	RUS	0:25:25
28. ZOTOVA Yekaterina	RUS	0:25:57
29. LUPASCU Iulia Diana	ROU	0:25:58
30. TUNA Sümeyye Elif	TUR	0:26:00
31. SOULET Julie	FRA	0:26:05
32. ATLANOVA Anna	RUS	0:26:08
33. GRAVES Catriona	GBR	0:26:13
34. PAVLIC HREN Nina	SLO	0:26:35
35. ZATORSKA Kamila	POL	0:27:02
36. GLAREY Irene	ITA	0:27:31
37. RODRIGUES Ana	POR	0:28:00
38. ŠUŠTERŠIĆ Lucija	SLO	0:28:35
39. MARIDAL Hanne Mjøen	NOR	0:28:54







# 7th Balkan Mountain Running Championships

Busteni, Romania

15th August 2015



Romania triumph at the 7. Balkan Mountain Running Championships 2015. Six Nations, with 48 runners (22 women and 26 men), were present at the 7th Balkan Mountain Running Championships 2015 held this year at Busteni, Romania.

Five Federations won medals.

Romanian Team triumphed winning ten medals in total: 7 gold medals (all the individuals and 3 in the team result) plus 1 silver and 2 bronze. Turkey won five medals: 1 gold medal, 3 silver and 1 bronze; five medals also for Bulgaria with 2 silver and 3 bronze; instead Moldova kept two medals (2 silver) and Croatia one medal (1 bronze). FYR of Macedonia, the sixth nation present, didn't win any medal.

Good organisation was guaranteed to this important Balkan event by the Romanian Athletic Federation that in the future could host also events, under WMRA or EAA regulations: Ion Sandu, the federation's President, wants to promote mountain running inside his country and also improve organisation of the competition. Specially for mountain running in Romania there are wonderful venues where top class hotels are working and many facilities are available for organising international mountain running championships. A few years ago WMRA President Bruno Gozzelino visited Romania together with some federation officials like Traian Badea, Vice President and he confirmed this situation.

Coming back to the 7. ABAF Mountain Running Championships 2015, Romanian runners won individually all four races.

In the junior women race, Andreea Alina Piscu (Romania) clocked 25:15 for winning in front of Atalay Bahar (Turkey) second with time of 25:34 and Dilyana Minkina (Bulgaria) third with time of 26:28.

Romania won gold medal in team junior women result with 10 points; silver medal for Turkey with 15 points.

In the junior men race, Gergely Bogya (Romania



**Podium Senior Men Individual**

- time 43:44) was the Balkan Champion 2015, and two Turkish, Yalcin Tekin (time 44:11) and Celik Osman (44:28) finished second and third.

In the junior men team result Turkey kept gold medal with 11 points, defeating Romania silver medallist with 12 points; third and bronze medal Bulgaria with 25 points. Croatia finished fourth with 35 points.

Romanian Denisa Ionela Dragomir dominated senior women race finished her race with time of 48:01. All remember that Dragomir was two time European Junior Champion in mountain running (2010 and 2011) and also bronze medallist in the WMRA World Mountain Running Championships 2011.

Silver medallist was Antoniya Marinova, Bulgaria, with time of 49:30 and bronze medallist was Cristiana Alexandra Ghita Romania with time of 49:49.

Romania won gold medal in team senior women result with 9 points; silver medal for Bulgaria with 13 points and bronze medal for Croatia with 30 points. At the end in the senior men race Romanian Ionut Alin Zinca became Balkan Mountain Running Champion 2015 with time of 1:01:18. Nobody was able to compete with him, who was third at the European Mountain Running Championships 2012. The gap of the second finisher was more than three minutes, but the greatest surprise was just Vitalie Gheorghita from Moldova who won silver medal with time of 1:04:43, is it probably the

first international medal for Moldova in mountain running. Third was Szabolcs Istvan Gyorgy again from Romania who finished about five minutes later than the winner with time of 1:06:12. Once more, Romania won gold medal in team senior mens result with 10 points; silver medal for Moldova with 11 points and bronze medal for Bulgaria with 26 points.

## MEN

12.8km; +/-970m (3 laps)

1	Zinca, Ionut Alin	ROU	1:01:18
2	Gheorghita, Vitalie	MDA	1:04:43
3	Gyorgy, Szabolcs Istvan	ROU	1:06:12
4	Raileanu, Maxim	MDA	1:06:22
5	Bizniuc, Mihail	MDA	1:06:23
6	Sorop, Eugen Constantin	ROU	1:07:12
7	Tevekelev, Stoyan	BUL	1:09:05
8	Vasilev, Aleksandar	BUL	1:10:14
9	Hajnal, Robert	ROU	1:12:02
10	Spoljar, Nikola	CRO	1:13:25
11	Kisiov, Kostadin	BUL	1:23:00
12	Tosev, Zhan	MKD	1:25:17

## WOMEN

9km; +/-670m (2 laps)

1	Dragomir, Denisa Ionela	ROU	0:48:01
2	Marinova, Antoniya	BUL	0:49:30
3	Ghita, Cristiana Alexandra	ROU	0:49:49
4	Mihaylova, Milka	BUL	0:50:45
5	Baltoi, Adela Paulina	ROU	0:53:02
6	Dinca, Ionela Ecaterina	ROU	0:55:37
7	Nineva, Marinela	BUL	0:55:49
8	Rancheva, Elena	BUL	0:59:27
9	Bunic, Vismja	CRO	1:03:31
10	Tomas, Anda	CRO	1:05:00
11	Belusic, Barbara	CRO	1:13:24

## JUNIOR MEN

9km; +/-670m (2 laps)

1	Bogya, Gergely	ROU	0:43:44
2	Tekin, Yalcin	TUR	0:44:11
3	Osman, Celik	TUR	0:44:28
4	Falcescu, Mihai Marian	ROU	0:44:45
5	Gergov, Georgi	BUL	0:45:15
6	Ahmet, Alkanoglu	TUR	0:45:40
7	Bularda, Gabriel	ROU	0:46:05
8	Herman, Peter Daniel	ROU	0:48:26
9	Filipov, Yoan	BUL	0:49:33
10	Dracar, Ivan	CRO	0:49:59
11	Bashov, Borislav	BUL	0:54:01
12	Jakop, Ivan	CRO	0:55:26
13	Vuk, Karlo	CRO	0:55:27
14	Stojanovski, Stefan	MKD	1:00:44

## JUNIOR WOMEN

4.8km; +/-370m (1 lap)

1	Piscu, Andreea Alina	ROU	0:25:15
2	Bahar, Atalay	TUR	0:25:34
3	Minkina, Dilyana	BUL	0:26:28
4	Butnariu, Alina Dumitrita	ROU	0:26:57
5	Zudor, Iulia Melinda	ROU	0:27:26
6	Tugba, Argun	TUR	0:27:42
7	Elif, Aslan	TUR	0:28:10
8	Ivanova, Nataliya	BUL	0:29:01
9	Yasemin, Zengin	TUR	0:29:22
10	Lupascu, Iulia Diana	ROU	0:29:26
11	Peshovska, Julija	MKD	0:44:25

## MENS TEAMS

1	ROU	10
2	MDA	11
3	BUL	26

## JUNIOR MENS TEAMS

1	TUR	11
2	ROU	12
3	BUL	25

## WOMENS TEAMS

1	ROU	9
2	BUL	13
3	CRO	30

## JUNIOR WOMENS TEAMS

1	ROU	10
2	TUR	15



**Podium Senior Women Individual**  
**Awards presented by Traian Badea, Vice President of Romanian Athletic Federation**



**Podium Senior Women Team**



## 13TH WMRA LONG DISTANCE MOUNTAIN RUNNING CHAMPIONSHIPS 2016

18 JUNE 2016

Podbrdo,  
SLOVENIA

<http://www.gm4o.si/en.html>



## 11TH WMRA INTERNATIONAL YOUTH CUP 2016

(competition for girls and boys 16 – 17 years old) (uphill)

25 JUNE 2016

Janske Lazne,  
CZECH REPUBLIC

<http://maratonstav.cz>



## 16TH WMRA/WMA MASTERS WORLD MOUNTAIN RUNNING CHAMPIONSHIPS 2016

27 - 28 AUGUST 2016

Susa,  
ITALY

<http://www.stellinarace.it>



## 32ND WMRA WORLD MOUNTAIN RUNNING CHAMPIONSHIPS 2016

(mainly uphill)

11 SEPTEMBER 2016

Sapareva Banya,  
BULGARIA

<http://saparevabanya2016.info>



## 15TH EA MOUNTAIN RUNNING CHAMPIONSHIPS 2016

(up and down)

2 JULY 2016

Arco,  
ITALY

<http://www.arco2016.com>



## 13TH NACAC MOUNTAIN RUNNING CHAMPIONSHIPS 2016

10 JULY 2016

Tepatitlan, Jalisco,  
MEXICO



## WMRA Calendar 2016 - International Mountain Running Races

Date	Event	Place / Venue	Country
<b>WMRA Events and World Championships 2016</b>			
18th June - Saturday	13th WMRA Long Distance Mountain Running Championships	Podbrdo	SLO
25th June - Saturday	15th Gorski Maraton 4 Obcin (42 km.)		
27th - 28th August - Sat & Sun	11th WMRA International Youth Cup (competition for 16 – 17 years old)	Janske Lazne	CZE
11th September - Sunday	16th WMRA/WMA Masters World Mountain Running Championships	Susa	ITA
	32nd WMRA World Mountain Running Championships (mainly uphill)	Sapareva Banya	BUL
<b>IAAF Area Championships 2016</b>			
2nd July - Saturday	15th EA Mountain Running Championships (up and down)	Arco	ITA
3rd July - Sunday	10th CONSUDATLE Mountain Running Championships	Caracas	VEN
10th July - Sunday	13th NACAC Mountain Running Championships	Tepatitlan, Jalisco	MEX
<b>Other Championships 2016</b>			
8th June - Wednesday	8th ABAF Balkan Mountain Running Championships	Nova Zagora	BUL
<b>18th WMRA World Cup 2016</b>			
12th June - Sunday	36th La Montée du Grand Ballon / 1st WMRA World Cup race	Willer sur Thur / Goldbach	FRA
24th July - Sunday	18th Gorski tek na Grintovec / 2nd WMRA World Cup race	Kamnik	SLO
31st July - Sunday	28th Int. Schlickeralmlauf / 3rd WMRA World Cup race	Telfes im Stubaital	AUT
11th September - Sunday	32nd WMRA World Mountain Running Championships (mainly uphill)	Sapareva Banya	BUL
	4th WMRA World Cup race		
25th September - Sunday	43th Int. Hochfellerberglauf / 5th WMRA World Cup race	Bergen	GER
1st October - Saturday	37th Smarna Gora International mountain race	Ljubljana	SLO
	6th WMRA World Cup race and Final		