



25th IAU Trail World Championships

10th September 2011

Winschoten, the Netherlands

The International Association of Ultrarunners (IAU) is pleased to bring the 25th IAU 100km World & European Championships to Winschoten, the Netherlands.

This is the 7th time that IAU has held an international IAU event in the Netherlands. In 2011, the Netherlands was the site of the World 50km Trophy Final.

History of the IAU

The International Association of Ultrarunners came into existence in 1984.

Today there are more than a thousand ultra races around the world with more than a hundred thousand ultra runners. It is no more an unrealistic event.

The IAAF granted its patronage to the IAU in 1988 and the 100km race became a standard distance recognized by the Federation.

Today IAU organizes 4 major events: 100 km World Championship, 24 Hour World Championship, The Trail World Championship and the 50 km World Trophy Final. IAU is also a strong supporter of the Commonwealth Championships. This is in addition to the IAU labels that are attached to several races around the world.

With more than 50 federations and thousand of elite athletes having participated in its events over the years, IAU has respectfully upheld its mandate of developing the sport of ultrarunning.

While it continues to serve the ultrarunning community, the IAU is looking forward to the next 24 years as it envisions reaching its 50th Anniversary.

Report: 25th IAU 100km World and European Championships (Winschoten, the Netherlands)

The 25th IAU 100km World and European Championships take place on September 10th 2011 in Winschoten, the Netherlands. Returning champions, Shinji Nakadai (JPN) and Ellie Greenwood (GBR), have both entered in the competition. The race also has a Masters component in collaboration with the World Masters Athletics.

Winschoten, the Netherlands is the site for the 25th IAU World and European Championships. The city is located in the province of Groningen and is the second largest city in the region with a population of 18,000 inhabitants.

The race will take place on September 10th 2011. There will be two hundred and thirty athletes representing thirty five countries who will be toeing the start line in Winschoten. These are record numbers for the highest ever participation, by athletes or participating federations, at any IAU 100km World Championships.

Last year's winner Shinji Nakadai (JPN) will be in the Netherlands to defend his title. His winning time from last year's 25th IAU World and European Championship in Gibraltar was 6:43:44. He will be given a tough competition from the top qualifier this year and 2008 World Champion Giorgio Calcaterra(ITA) with a qualification time of 6:25:47. Last year's silver medalist and the current European Champion, Jonas Buud (SWE) will also try to improve his standings on the podium with a personal best time of 6:41:49.

In the women's race, 2010 World and European Champion Ellie Greenwood (GBR) will attempt to repeat her outstanding performance from Gibraltar. Her winning time was 7:29:05. She will face interesting competition from perennial top performer and 2010 silver medalist Monica Carlin (ITA) and 2009 World Champion Kami Semick (USA) who have times of 7:30:50 and 7:33:58, respectively.

The World Championships also have a European championship component to them. European athletes will be vying for the best in Europe title in addition to competing for the world championships. Furthermore, the race also has a Masters component to them. This is being organized with the World Masters Athletics (WMA) and will be running concurrently with the World and European Championships.

The race takes place at 10am and will be carried under Live Updates on www.iau-ultramarathon.org

Top runners in the Men's field include (based on 2009-2011 performances):

- 1) Giorgio Calcaterra (ITA) 6:25:47
- 2) Yashikazu Hara (JPN) 6:41:17
- 3) Jonas Buud (SWE) 6:41:49
- 4) Masakazu Takahashi (JPN) 6:42:05
- 5) Marco Boffo (ITA) 6:45:38

Top runners in the women's field include (based on 2009-2011 performances):

- 1) Ellie Greenwood (GBR) 7:29:05
- 2) Monica Carlin (ITA) 7:30:50
- 3) Kami Semick (USA) 7:33:58
- 4) Gloria Vinstedt (SWE) 7:37:06
- 5) Marija Vrajic (CRO) 7:37:40

Report on 24th IAU 100km World and European Championships: Nakadai and Greenwood win the 24th IAU World Championships

On Nov. 7th 2010, Gibraltar was the site of the 24th IAU 100km World and European Championships.

Gibraltar a nation of close to 30,000 people is one of IAU's newest members and is already a two-time host of Major IAU championships in as many years. It is located on the southern end of the Iberian Peninsula overlooking the Strait of Gibraltar.

There were over 180 athletes representing 30 nations that participated in the event. Race day temperatures were ideal in the mid-teens Celsius. The course started 100 meters from the Athlete's Village, which was a floating cruise liner, and took the athletes to the site of a 5km loop which was repeated eighteen times.

The men's division was won by Shinji Nakadai (JPN) in 6:43:44. Jonas Buud (SWE), last year's silver medal winner, followed Nakadai into the finishing chute in 6:47:40 and Michael Wardian (USA) completed the podium with his third consecutive bronze medal finishes in as many IAU races with a time of 6:49:18.

Nakadai ran a very conservative race planting him in the chase group for the majority of the race. He made his move around the 87 kilometre mark and took the lead over from Wardian who put in a surge mid-way through the race to claim the lead.

Buud on the other hand ran a strong consistent paced race to repeat his silver medal performance from 2009. He followed his strategy from last year and sat in the chase group until 75 kilometres when he started featuring in the lead group. Wardian looked strong for majority of the race. However, he started feeling the pace towards the end but had a strong finish to claim third.

This race also doubled as the European Championship with Buud taking top honours with Oleksandr Holovnytskyy (UKR) in 2nd place and Andre Collet (GER) taking the bronze medal.

The women's race was won by Ellie Greenwood (GBR). Known for her trail expertise, Greenwood proved that she can run with the very best, on roads as well. She had been battling with pre-race favourite, teammate and former world champion Lizzy Hawker for the majority of the race. However, Greenwood kept her composure through the latter stages of the race to claim victory in 7:29:05.

Monica Carlin (ITA), who has a series of podium finishes, at IAU events and last year's bronze medalist came in through in second place after running in the chase group for the first half of the race. She finished in a time of 7:30:50 after recovering from a fractured metatarsal in her foot earlier in the year.

Hawker, who has been training in the altitude, for some time now, was the race leader for majority of the event. However she faded towards the waning stage so of the race. She came through the line in 7:33:26 to claim the bronze medal.

The sequence of the podium finishes for the European Championship remained the same for the women.

In the team competition, Japan won the men's division followed by USA in the silver medal spot and France getting the bronze. France won the European Championship men's division. Great Britain grabbed the silver medal and Germany got in for the bronze medal.

Great Britain won the gold in the women's team competition followed by Italy and Japan. In the European Championship, Great Britain took the gold in the women's division followed by Italy and Russia.

This race also had a Masters component alongside the main event. The masters section was done in collaboration with the World Masters Athletics. Medals were awarded in 5-year age groups.

For more results go to www.iau-ultramarathon.org

Results 100km World Cup 2010, Gibraltar

Men:

Gold --- Shinji Nakadai *JPN* 6:43:44

Silver --- Jonas Buud *SWE* 6:47:40 (1st European Championship)

Bronze --- Michael Wardian *USA* 6:49:18

4th Place --- Noriyuki Araki *JPN* 6:50:00

5th Place --- Oleksandr Holovnytskyy *UKR* 6:51:03 (2nd European Championship)

6th Place --- Andre Collet *GER* 6:51:54 (3rd European Championship)

Women:

Gold --- Ellie Greenwood *GBR* 7:29:05 (1st European Championship)

Silver --- Monica Carlin *ITA* 7:30:50 (2nd European Championship)

Bronze --- Lizzy Hawker *GBR* 7:33:26 (3rd European Championship)

4th Place --- Gloria Vinstedt *SWE* 7:37:06

5th Place --- Meghan Arbogast *USA* 7:46:01

Team Competition Men:

Gold --- Japan 20:32:21

Silver --- United States of America 20:46:04
Bronze --- France 21:05:52 (1st European Championship)
4th Place --- Great Britain 21:37:25 (2nd European Championship)
5th Place --- Germany 22:04:05 (3rd European Championship)

Team Competition Women:

Gold --- Great Britain 23:16:54 (1st European Championship)
Silver --- Italy 23:47:11 (2nd European Championship)
Bronze --- Japan 24:00:22
4th Place --- Russia 24:39:47 (3rd European Championship)
5th Place --- Germany 24:40:49

Future of the Championship

The 100km World & European Championship has been IAU's longest running world event. These championships have been run under the patronage of the IAAF.

This year the event sees the return of the Masters section to the World Championship. The Masters part of the event is being organized in collaboration with the World Masters Athletics.

The entrant numbers in the 100km championships have been on the rise in the recent past. Ultrarunning is striking interest in the mainstream athletic community and the *century distance* is not an unfathomable event anymore.

The future of the sport and the Championship looks very bright. We hope that future years will bring more federations in our folds and more athletes competing at the 100km World & European Championships.

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