

COMMONWEALTH MOUNTAIN & ULTRADISTANCE RUNNING CHAMPIONSHIPS

August 2010

ORGANIZING THE COMMONWEALTH CHAMPIONSHIPS UNDER THE SANCTION OF THE COMMONWEALTH GAMES FEDERATION

Volume 1, Issue 1

BID DEADLINE DATES

The Commonwealth Championship Committee has set deadlines for the Bidding of Future Championships. Applications must be submitted as following:

For 2011: 23rd August 2010 (1700 BST)

For 2013: 31st December 2010 (1700 BST)

Applications must be submitted to [Norman Wilson](#)

For more info [WRITTEN APPLICATIONS](#)

INSIDE E-NEWS

Spirit of Camaraderie & Solidarity

Trek of an Australian Ultrarunner

Results & IAU/WMRA News

Medals are in the Mail

Quotes from You!

RUNNER FROM SKIPTON

There is name and face that has become a familiar sight amongst the mountain running elite. The name is Victoria Wilkinson from Skipton. This English athlete has not only made the national team in running but also in Cyclo Cross Championships. She has over the years become a true veteran of two very different sports. Wilkinson did not stumble upon running by coincidence.

To read the article [WILKINSON](#)



Wilkinson with her medal

Editor's Note

Dear Friends,

One Commonwealth Best Performance, four events, five days, eleven nations, two hundred plus athletes and numerous personal bests! Feedback we have received from athletes, officials and organizers have been positive.

Now it is time to move forward past laurels and continue on to accomplish the prime objective of these championships; and that is to include a discipline from mountain and ultra running in the Commonwealth Games.

Step in that direction was taken when the Commonwealth Games Federation sanctioned the second edition of these Championships. This was largely due to the hard work of Norman Wilson, Chairman of the Commonwealth Championships Executive Committee. The championships are slated for either 2011 and/or 2013. There are important bid deadlines in place for host cities/federations interested in hosting.

On a separate but relevant note, we want to continue highlighting the athletes. So please assist us with nominating athletes for articles, submitting race results and sending any pertinent news.

We, at your Commonwealth Championships Executive Committee, are at your service. So please do not hesitate to contact us

Yours in Sport,

[Nadeem Khan](#)

Communication & Media Officer

The Commonwealth Championships Committee has published a new brochure to promote the event to the Commonwealth Games Federation and potential bidders for future events. The brochure is a summary of the inaugural Championships in Keswick containing profiles and interviews with athletes. To read, click [BROCHURES](#)

Questions or Comments, please contact [Nadeem Khan](#)
Also visit our site at www.ultramountaincommonwealthchampionships.org

WORKING WITH THE COMMONWEALTH ATHLETES

SPIRIT OF CAMARADERIE & SOLIDARITY

Mountain Running, a not so distant relative of mainstream athletics, prides itself in team spirit in addition to individual accolades. The notion of “there is no ‘I’ in Team” was in full display by Team New Zealand’s trio of Sarah Biss, Lara Phillips and Melissa Moon, at the first Commonwealth Mountain and Ultradistance Running Championships. It was impossible not to take notice of that, in the last race on the last day, in Keswick. The Kiwi trio proudly wore the silver fern on the podium.



Moon, Biss & Phillips on the Podium

To read the article [NEWZEALANDTRIO](#)

RESULTS

European Mountain Running Championship [July 4th 2010](#)

Canadian Mountain Running Championship [July 9th 2010](#)

New Zealand Mountain Running Championship [July 9th 2010](#)

Snowdon International Mountain Race [July 24th 2010](#)

World Champs Uphill Trials [Aug 8 2010](#)

Periodically there are articles that are published on the Commonwealth Championship website highlighting the performances of athletes and teams.

These articles shine spotlight on the biographical sketch of the athletes, their running accomplishments, the influence in the sport on a wider scale and an in-depth look at the sport.

If you would like to nominate someone for an article or would like one done on you, please contact [Nadeem Khan](#). Allow a few weeks for the process.

IAU/WMRA NEWS

IAU 24 Hour World & European Championship, Brive (FRA), [May 13-14th 2010](#)

Upcoming Events

World Long Distance Challenge, Pikes Peak Ascent (USA), [Aug 21](#)

50km Trophy Final, Galway (IRL), [Aug. 29](#)

World Champs, Kamnik (POL), [Sept. 5](#)

100km World & European Champs, Gibraltar, [Nov. 7](#)

Fryer on his way on the treadmill to 245.92km. He accomplished this at the North Face Treadmill Challenge from March 2008. Fryer is a former winner of the prestigious Surgeres 48 Hour Run in France.



TREK OF AN AUSTRALIAN ULTRARUNNER

Martin Fryer, a veteran ultramarathoner from Australia, performed a record breaking feat in the first event of the inaugural Championships. He took the race beyond leaps and bounds and elevated the ultra event to whole new level by running a distance of 255.934km, breaking the existing Commonwealth Best Performance and sketching his name into the record books. Fryer has sported the international vest several times through his running career.

To read the article [FRYER](#)

MEDALS ARE IN THE MAIL!

The participations medals for all athletes at the first Commonwealth Championship have been either mailed directly to them or have been given to team officials from the respective federations.

The medal is like a commemorative coin with the Championship logo on one side and laurels on the flip side with a place for engraving. The medal is an ideal memento from the inaugural championships.



Read Quotes from your fellow Commonwealth Championship Athletes and Officials. This highlights what the inaugural Championships meant to them. To read click on [QUOTES](#).

WE would love to hear from YOU!
Forward your comments, suggestions or questions to [Nadeem Khan](#)