



2nd IAU 50km World Trophy Final
29 August 2010
Galway, Ireland

The International Association of Ultrarunners (IAU) is pleased to bring the 2nd IAU 50km World Trophy Final to Galway, Ireland.

This is the 1st time that IAU has held an international IAU event in Ireland. Next year, Connemara is hosting the 3rd IAU World Trail Challenge. The 50km World Trophy Final is taking place under the leadership of the Galway City Marathon & 50km.

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.

2nd IAU 50km World Trophy Final (Galway, Ireland)

The 2nd IAU 50km World Trophy Final is taking place on August 29th 2010 in Galway, Ireland. Last year's winner Lucas Nonyana (RSA) is back in the mix hoping to recapture the title. In the women's race, Irene Kalter (NED) is leading the group. The runners were selected on the basis of thirteen selection races around the world.

The City of Galway is situated on the west coast of Ireland and is one of the fastest growing cities in the nation. It is a short 2 hour drive from Dublin and is known as Ireland's Cultural Heart.

The city is the site for the International Association of Ultrarunners' (IAU) 2nd 50km World Trophy Final. The race is taking place in August 29th 2010.

There were thirteen selection races held from Canada and Argentina to Japan and Australia to select athletes for the World Trophy Final. The criteria for selection included a sub 3:20 (men) and sub 3:50 (women) run. The winners of the series races were automatically selected and following the preliminary selections the fastest finishers were invited until the selection pool was filled. In addition a few runners had invitations extended on the basis of their marathon times.

In this men's field, Lucas Nonyana (RSA), last year's winner returns to defend his title. However, Nonyana's training partner, Joseph Mphuthi (RSA) leads the men's field with a qualification time of 2:50:09. He is followed by Collen Makaza (ZIM) in 2:50:45 and Sandile Ngunuzza (RSA) with 2:53:14.

In the women's field, last year's winner Kami Semick is not present at this year's championship. Irene Kalter (NED) leads the women's qualifiers with 3:32:54. She is followed by Helen Taranowski (GBR) in 3:35:54 and Paola Sanna with 3:35:56.

The race is organized on two half marathon loops followed by four short loops around the centre of the city to complete the 50km. The course is undulating but with lengthy flat sections. The most challenging part of the course is a hill present at 13km (and again at 34km) that is a kilometre long.

With the top seven male runners having run under 3 hours and another top seven women run under 3:40, this race promises to be an exciting one.

In addition to the 50km World Trophy Final, the race organizers are also running an Open 50km event and the inaugural marathon.

The IAU will be running Live Updates on their website: ww.iau-ultramarathon.org

Top Men:

- 1) Joseph Mphuthi *RSA* 2:50:09
- 2) Collen Makaza *ZIM* 2:50:45
- 3) Sandile Ngunuzza *RSA* 2:53:14
- 4) Peter Muthubi *RSA* 2:53:51
- 5) Michael Wardian *USA* 2:55:50

Top Women:

- 1) Irene Kalter *NED* 3:32:54
- 2) Helen Taranowski *GBR* 3:35:54
- 3) Paola Sanna *ITA* 3:35:56

- 4) Monica Carlin *ITA* 3:37:10
- 5) Mary Coordt *USA* 3:38:00

Report on the 1st IAU 50km World Trophy Final (Gibraltar)

Lucas Nonyana (RSA) and Kami Semick (USA) brought home the title at the IAU 50km Trophy Final. The race was organized on October 31st 2009 in Gibraltar. Nonyana ran a time of 2:58:03 and Semick 3:29:48 to take top honours. The selected runners were invited on the basis of their times in 50 km races around the world.

Gibraltar, a nation of close to 30,000 people, is one of IAU's newest members and was the site of the 50 km Trophy Final. It is located on the southern end of the Iberian Peninsula overlooking the Strait of Gibraltar.

Conditions during the race were in the mid 20 C and there was a slight mist at the start. The course was on an out and back 8 km section combined with a 2 km section to start off the race.

Lucas Nonyana (RSA) won the men's race after enduring a fierce competition with Michael Wardian (USA). Nonyana and Wardian practically ran the whole race together until the last 8 km when Nonyana made his decisive move to go have the sole possession of the lead. Paul Molineux (GBR) sneaked in the middle to finish in second place.

Nonyana was the top runner coming into the race and ran a very tactical run to perfectly time his surge and go past Wardian. On the other hand, Molineux ran a very conservative race finishing out strong in the later sections of the run.

Kami Semick (USA), pre-race leader and winner of the 2009 IAU 100 km World Cup, won the women's race. Monica Carlin (ITA), 3rd place at the same World Cup, finished in the silver medal spot. She was followed into the finish by Lesley Train (RSA).

Semick took the lead in the early stages of the race and did not relinquish it. She was hoping for a 3:20 but due to the tough course and warm temperatures, she slowed her pace a bit. Carlin was the early leader in the race but faded in the middle stages of the race, once falling into 3rd spot behind Lesley but then regrouped quickly, to regain the silver medal position.

Athletes for the Trophy Final were selected from fourteen races organized around the world as part of the 50 km Trophy Final series races. Winners in each event under the qualification mark of 3:20 for men and 3:50 for women received an automatic selection to the race. In the event of open spots the next set of runners under the qualification mark were asked to participate from these races.

The 50km Trophy Final brings a completion to the IAU World events for 2009. Next year's season starts in May 2009 with the 24 Hour World Championship in Brive, France.

Top Men:

- 1) Lucas Nonyana *RSA* 2:58:03
- 2) Paul Molineaux *GBR* 3:00:15
- 3) Michael Wardian *USA* 3:00:56
- 4) David Kirkland *GBR* 3:03:10
- 5) Julian Rendall *GBR* 3:12:35

Top Women:

- 1) Kami Semick *USA* 3:29:48
- 2) Monica Carlin *ITA* 3:37:10
- 3) Lesley Train *RSA* 3:38:23
- 4) June Petrie *AUS* 3:44:35
- 5) Amanda Stickel *USA* 3:52:38

Future of the Championship

The 50km World Trophy Final brings a unique dimension to the IAU international calendar. Athletes qualify in races around the world and then line up against the very best in the world at one Finale event.

Ever since its inaugural year, the race has taken quite a following and athletes look forward to running in the qualification races. This year there were thirteen races around the globe and the race in Galway promises to be one of the fastest fields of 50kers ever assembled in the men's and women's competition.

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 50km World Trophy Final.

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