



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

REPORT TO THE I.A.A.F. ROAD RUNNING COMMISSION

**BIRMINGHAM - GREAT BRITAIN
11 October 2009**

PRESENTED BY

HILARY WALKER
I.A.U General Secretary

&

DIRK STRUMANE
I.A.U. President



1. IAU Congress – November 2008 (Tarquinia / Italy)

At the previous Congress in Seoul, South Korea (October 2006) a number of important constitutional amendments aiming at :

- bringing the constitution up to date
- increasing the flexibility of approach
- focusing the membership of the Executive Council on the essential core functions
- introducing Area Representatives, to work in each locality

have been approved.

The introduction of Area Representatives is considered as being very important for the further development of our structure. They are expected to promote ultrarunning in their Area, keep an eye out for potential future IAU competitions (including initiating continental championships) as well as trying to attract new members.

They will also be responsible to contributing information about races, news and results in each region.

For the composition of the new council we refer to the last page of this document.

2. Membership (state of affairs)

The 'importance' of an international governing body is somehow measured by the number of countries they represent. When the "new style council" was elected in 2004 the IAU had 38 members. In the past five years this number has increased to 48, despite the introduction of the annual membership fee from 2007 onwards (before that, the membership was free).

Although we will never equal the 213 members of the IAAF, we nevertheless will continue our efforts to convince more Federations to join the IAU and more athletes to take part in our events.

We are very grateful that the IAAF provided us with the opportunity to put up a promotion stand during the recent IAAF Congress in Berlin as this did enable us to have a large number of contacts with delegates of various Federations.

3. Update and revision of the various guidelines and event organisation agreements

The following documents have been revised and updated :

- the organisational guidelines
- the technical guidelines
- the protocol guidelines
- the Major IAU Competitions (MIAUC) application form
- the blueprint for the technical meeting

- the “general information sheet” which is used for all our MIAUC’s (an essential document which is containing all the useful information about the event and which is sent along with the official invitations to the various Member Federations.)
- the World Best Performances and Statistics guidelines
- the anti-doping policy
- “wildcards” have been introduced to enable the Member Federations to upgrade some of their lower ranked athletes (entitling them to receive a better share of the travel grant)
- the guide of duties for Executive Council Members attending the Major IAU Competitions
- expenditure policy for Executive Council Members
- the event organising agreements for the various major competitions have been streamlined

The travel grant system has been refined to take account of the cost for delegations to travel to the competition venue and to stimulate the Federations to select their best athletes. The key grant is no longer defined by the number of time zones delegations have to cross but by the number of hours they have to travel from the capital of their country to the place of the competition. Further enhancements are based on the athletes’ performances in IAU labelled races.

4. Major IAU Competitions 2009

After having had some disappointing events in 2008 we can now look back at a successful season as the 3 MIAUC’s which already took place, really met the expectations of a high standard international event. We have to acknowledge that we have consolidated the organisation of these MIAUC’s at a much more competent level than before (i.e. set new standards for international event race organisation and participation. An encouraging observation is the fact that this year we had new records in the numbers of countries participating as well as we could maintain an excellent level of competitive performances.

IAU 100 km World Cup in Torhout (Belgium) – June 19

- the host for this event, the “Night of Flanders” is a race with a long tradition (this was the 30th edition) and an experienced LOC
- this year the organisation opted for a new format with a 5 loop course what appeared to be to the liking of both the athletes and the spectators (the event was attended by a large crowd)
- excellent organisation and very good performances
- 240 athletes took part, representing 33 countries

IAU 24H World Challenge in Bergamo (Italy) - May 2/3

- for this World Challenge the organisers of the “24 ore del Delfino” decided to move their existing event from the outskirts of Bergamo (Ciserano) to the very heart of the city, in order to bring the event to the spectators, a goal that brilliantly has been achieved

- a nearly perfect organisation and excellent performances (the first lady, the French Anne-Cecile Fontaine missed a WBP by only 13 meters !)
- 206 athletes took part, representing 28 countries

IAU Trail World Challenge in Serre Chevalier (France) – July 12

- the “youngster” among the MIAUC’s as this was only the second edition of our Trail World Challenge
- the excellent organisation was in the hands of the Merrell Sky Race team, a group with a wide expertise in staging trail events
- a very tough, mountainous, 68 km course in the marvellous setting of the French Alps
- participation : 52 athletes coming from 19 countries (more than 600 in the open race !)
- for this event there was no team competition

IAU 50 km World Trophy Final (Gibraltar) – October 31

- the final leg of the 50 km Trophy will take place in Gibraltar (also the host for next year’s 100 km World Cup)
- athletes can qualify for the Final by winning one of the selection races, providing they run sub 3:20 (men) or 3:50 (women)
- this year there were 13 selection races, spread over 6 continents (for the full list of selection races : see page 10)
- there is a travel grant and free accommodation offer for 40 athletes (the leftover places are filled up with the top ranked athletes who ran the qualification time)
- other athletes, without restriction of numbers, can take part if they are affiliated to their National Athletic Federation

5. Inaugural Mountain Running and Ultra Distance Commonwealth Championships

In 2007 the Commonwealth Games Federation accepted the proposal made jointly by the IAU and the WMRA, to stage the inaugural “Mountain Running and Ultra Distance Commonwealth Championships” Keswick, UK in 2009. These Championships were a unique combination of 2 ultradistance races and 2 mountain races held during a festival of sport over four days from September 17th to 20th 2009. A key unique feature leading to the success of the event was the co-location of all four races to provide a centre of attraction for all athletes and spectators. There was considerable support from the local authorities who were very pleased with the outcome of the festival.

The Commonwealth Mountain Running and Ultradistance Committee, mandated by the Commonwealth Federation to organise the Championships, attracted athletes from 12 Commonwealth Federations to take part in the events. There were athletes from 8 Commonwealth countries supporting the two ultradistance races, 24 hrs and 100km with about 40 athletes (male and female) in each event. The winning performances were of world class standard, for instance the medalling performances in the men’s 24 hr race placed the athletes in the world top five for 2009.

6. Communication

We need to reap the benefit from the use of the existing instruments to improve and facilitate communication between the IAU and the national governing bodies, the race organisations, the athletes, the media and potential sponsors.

The position of “Director of Communication” is a new portfolio which has been added to our Executive Council. This was an important improvement since in the past communication has always been one of the weaker parts of our operations.

Achievement in this area are :

- IAU e-news has been initiated (electronic version of the former IAU Newsletter)
- contributions have been made to various magazines, amongst which the Distance Running Magazine
- own website : live coverage of MIAUC’s on our website, interviews with athletes and coaches, various articles on a regular basis
- IAU pages on the IAAF website
- MIAUC race reports on the IAAF website
- press conferences before and after our MIAUC’s
- IAU promotion stand at the IAAF Congress in Berlin
- contacts with the IAAF Press Department have been strengthened

7. Labelling (for race recognition and standardisation of athletes’ performances)

A Race Labelling System had been put in place to ensure that the current IAU guidelines are observed and that the event has been correctly measured and is recognised by the National Federation. The IAU Performance Rankings now require that only performances in IAU labelled races will be recognised and the travel grants for IAU major events are now based on these certified performances.

These conditions have led to a considerable expansion of race organisers seeking IAU labels for their races and resulted in a higher standard of ultradistance races across the globe. There are now IAU labelled races in all eight continents and the number of IAU labelled races have more than doubled from 130 in January 2008 to 280 at the end of September 2009.

8. WMA

There was a need to revise the existing agreement with the WMA regarding a joint 100 km every odd numbered year (when the IAU 100 km World Cup incorporates the

WMA 100 km World Championship). The Executive Council discussed the new draft agreement (which was made by the WMA) but considered it inappropriate. Due to the incompatibility between IAU and WMA acceptance of contractual responsibilities, and the lack of appropriate advertising on their website, the WMA eventually cancelled their part of the competition for this year's 100 km World Cup. In the mean time the promotion stand in Berlin provided us with the opportunity to start very constructive negotiations with some of the newly elected WMA Council Members. Both IAU and WMA expressed their intention to continue the joint championships in the future providing that some of the contractual clauses are revised. Both parties agreed that the new agreement should generate a win-win situation for all the bodies involved (IAU, WMA, LOC). The target will now be to work out a well balanced agreement

9. Objectives for 2010

- maintaining the good relationship with the IAAF staff and the various IAAF departments as well as with EA, WMRA and WMA
- creation of a completely new website (interactive, user friendly) and in the mean time achieve our aim of maintaining our website operations as an up to date and informative communication tool.
- organisation of a new medical seminar
- establishing a trail committee and develop particular guidelines for our trail competition
- issuing an IAU Yearbook
- creation of the IAU annual athlete of the year award
- having the 100 km World Cup covered again by the IAAF Broadcasting Department (as in 2007 and 2008)
- establishing a worldwide network of "news agents" (an attempt that so far failed to be successful) in order that we can
- work out election protocol guidelines (to be incorporated in the next Constitutional changes)
- trying to convert the ongoing negotiations with potential sponsors into real sponsorship agreements
- asking the IAAF to submit to their next Congress the permission request to name our 100 km World Cup a World Championship

10. Conclusions

After the former elections at the end of 2004, it became our firm goal to turn the IAU into a flexible, vigilant and versatile institution, capable of adapting easily to new circumstances whilst continuing its main aim to support ultradistance runners in their sport and provide top level competition.

During the past years we took a number of important decisions to implement this mission and the positive response we are receiving from our stakeholders reassures us that we are heading in the right direction. However, we acknowledge that there is

still a long way to go and a lot of work to be done. We also have to be realistic with our targets as we are aware that it is getting more and more difficult to 'seduce' both the media and potential sponsors to share our dreams and support our activities.

Being only a very small part of the IAAF Athletic Family, we nevertheless remain positive and enthusiastic and we hope we can continue to contribute to the benefit of the athletics world in general and distance running in particular.

THE MAIN I.A.U. COMPETITIONS IN 2009

IAU 100 KM WORLD CUP UNDER THE PATRONAGE OF THE IAAF TORHOUT (BEL) – 19 June 2009

INDIVIDUAL RESULTS MEN

| | | |
|-----------------------|-----|----------|
| 1. MIYAZATO Yasukazu | JPN | 6 :40:43 |
| 2. BUUD Jonas | SWE | 6 :41:49 |
| 3. CALCATERRA Giorgio | ITA | 6 :42:04 |

INDIVIDUAL RESULTS WOMEN

| | | |
|-----------------------|-----|---------|
| 1. SEMICK Kami | USA | 7:37:23 |
| 2. VISHNEVSKAYA Irina | RUS | 7:46:25 |
| 3. CARLIN Monica | ITA | 7:53:57 |

TEAM RESULTS MEN

| | |
|--------|----------|
| 1. JPN | 20:31:01 |
| 2. ITA | 20:43:12 |
| 3. FRA | 21:00:46 |

TEAM RESULTS WOMEN

| | |
|--------|----------|
| 1. USA | 23:41:08 |
| 2. RUS | 24:32:06 |
| 3. JPN | 24:41:21 |

IAU 100 KM EUROPEAN CHAMPIONSHIP (EA PATRONAGE) TORHOUT (BEL) – 19 June 2009

INDIVIDUAL RESULTS MEN

| | | |
|-----------------------|-----|-------------|
| 1. BUUD Jonas | SWE | 6 : 41 : 49 |
| 2. CALCATERRA Giorgio | ITA | 6 :42 :04 |
| 3. BOFFO Marco | ITA | 6 :45 :38 |

INDIVIDUAL RESULTS WOMEN

| | | |
|-----------------------|-----|-----------|
| 1. VISHNEVSKAYA Irina | RUS | 7 :46 :25 |
| 2. CARLIN Monica | ITA | 7 :53 :57 |
| 3. CROSSAN Helena | IRL | 8 :04 :40 |

TEAM RESULTS MEN

| | |
|--------|------------|
| 1. ITA | 20 :43 :12 |
| 2. FRA | 21 :00 :46 |
| 3. ESP | 21: 14 :59 |

TEAM RESULTS WOMEN

| | |
|--------|------------|
| 1. RUS | 24 :32 :06 |
| 2. GER | 25 :00 :39 |
| 3. ITA | 26 :06 :48 |

IAU 24 HOURS WORLD CHALLENGE BERGAMO (ITA) – 2/3 May 2009

INDIVIDUAL RESULTS MEN

| | | |
|------------------|-----|------------|
| 1. OLSSON Henrik | SWE | 257 km 042 |
| 2. WEIS Ralf | GER | 244 km 492 |
| 3. SAKAI Yuji | JPN | 242 km 713 |

INDIVIDUAL RESULTS WOMEN

| | | |
|-------------------------|-----|------------|
| 1. FONTAINE Anne-Cecile | FRA | 243 km 644 |
| 2. BEC Brigitte | FRA | 243 km 977 |
| 3. CASIRAGHI Monica | ITA | 223 km 848 |

TEAM RESULTS MEN

| | |
|--------|------------|
| 1. JPN | 706 km 984 |
| 2. RUS | 693 km 445 |
| 3. GER | 689 km 111 |

TEAM RESULTS WOMEN

| | |
|--------|------------|
| 1.FRA | 684 km 078 |
| 2. USA | 636 km 159 |
| 3. ITA | 626 km 386 |

IAU 24 HOURS EUROPEAN CHAMPIONSHIP (EA PATRONAGE) BERGAMO (ITA) – 2/3 MAY 2009

INDIVIDUAL RESULTS MEN

| | | |
|---------------------|-----|------------|
| 1. OLSSON Henrik | SWE | 257 km 042 |
| 2. WEIS Ralf | GER | 244 km 492 |
| 3. BYCHKOV Vladimir | RUS | 240 km 506 |

INDIVIDUAL RESULTS WOMEN

| | | |
|-------------------------|-----|------------|
| 1. FONTAINE Anne-Cecile | FRA | 243 km 644 |
| 2. BEC Brigitte | FRA | 243 km 977 |
| 3. CASIRAGHI Monica | ITA | 223 km 848 |

TEAM RESULTS MEN

| | |
|--------|------------|
| 1. RUS | 693 km 445 |
| 2. GER | 689 km 111 |
| 3. SWE | 684 km 333 |

TEAM RESULTS WOMEN

| | |
|--------|------------|
| 1. FRA | 684 km 078 |
| 2. ITA | 626 km 386 |
| 3. GER | 598 km 365 |

| |
|--|
| IAU TRAIL WORLD CHALLENGE (68 km) SERRE CHEVALIER – FRANCE – 12 JULY 2009 |
|--|

INDIVIDUAL RESULTS MEN

| | | |
|-----------------------|-----|----------|
| 1. LORBLANCHET Thomas | FRA | 6: 38:18 |
| 2. SHERPA Dachhiri | NEP | 6: 56:08 |
| 3. DIPPACHER Matthias | GER | 7: 16:58 |

INDIVIDUAL RESULTS WOMEN

| | | |
|---------------------|-----|-----------|
| 1. MORA Cecilia | ITA | 7: 53:18 |
| 2. MUDGE Angela | GBR | 8 :12:29 |
| 3. HAWKER Elizabeth | GBR | 8 : 22:21 |

| |
|--|
| COMMONWEALTH MOUNTAIN AND ULTRA DISTANCE CHAMPIONSHIPS KESWICK – ENGLAND – 17 / 20 SEPTEMBER 2009 |
|--|

100 KM (6 Commonwealth Countries 34 athletes)

RESULTS MEN 100 KM

| | | |
|------------------|---------|---------|
| 1. BRAGG Jez | ENGLAND | 7:04:01 |
| 2. GILES Matt | ENGLAND | 7:05:28 |
| 3. LYNAS Matthew | ENGLAND | 7:09:52 |

RESULTS WOMEN 100 KM

| | | |
|-----------------------|-----------|---------|
| 1. FAIRWEATHER Jackie | AUSTRALIA | 7:41:23 |
| 2. GOODERHAM Emma | ENGLAND | 8:04:09 |
| 3. COLQUHOUN Lucy | SCOTLAND | 8:19:45 |

TEAM RESULTS MEN

| | |
|--------------|------------|
| 1. ENGLAND | 21 :19 :21 |
| 2. AUSTRALIA | 22 :09 :00 |
| 3. SCOTLAND | 23 :17 :56 |

TEAM RESULTS WOMEN

| | |
|-------------|----------|
| 1. ENGLAND | 25:20:23 |
| 2. SCOTLAND | 26:37:42 |
| 3. CANADA | 29:56:31 |

24H RACE (8 Commonwealth countries 43 athletes)

RESULTS 24H MEN

| | | |
|-----------------|-----------|----------|
| 1. FRYER Martin | AUSTRALIA | 255km934 |
| 2. BLAKE Jo | AUSTRALIA | 249km106 |
| 3. PARES John | WALES | 244km377 |

RESULTS 24H WOMEN

| | | |
|----------------------|-----------|----------|
| 1. GAYTER Sharon | ENGLAND | 226km489 |
| 2. SKELTON Vicky | ENGLAND | 212km683 |
| 3. JAMIESON Susannah | AUSTRALIA | 206km979 |

TEAM RESULTS MEN

| | |
|--------------|------------|
| 1. AUSTRALIA | 729 km 825 |
| 2. ENGLAND | 675 km 538 |
| 3. SCOTLAND | 620 km 884 |

TEAM RESULTS WOMEN

| | |
|--------------|------------|
| 1. ENGLAND | 640 km 803 |
| 2. AUSTRALIA | 602 km 903 |
| 3. SCOTLAND | 563 km 262 |

5th IAU 50 KM WORLD TROPHY FINAL GIBRALTAR – 31 OCTOBER 2009

SELECTION RACES 2009

| | | | |
|----|---------------|-----|------------|
| 1 | Gloucester | GBR | 25/01/2009 |
| 2 | Rodgau | GER | 31/01/2009 |
| 3 | Caumsett | USA | 01/03/2009 |
| 4 | Hartbeespoort | RSA | 29/03/2009 |
| 5 | Canberra | AUS | 09/04/2009 |
| 6 | Gistel | BEL | 18/04/2009 |
| 7 | Romagna | ITA | 25/04/2009 |
| 8 | Bodington | GBR | 17/05/2009 |
| 9 | Lake Saroma | JPN | 28/06/2009 |
| 10 | Cordoba | ARG | 16/08/2009 |
| 11 | Winschoten | NED | 12/09/2009 |
| 12 | Upsalla | SWE | 12/09/2009 |
| 13 | Nagykanizsa | HUN | 19/09/2009 |

THE MAJOR I.A.U. COMPETITIONS IN 2010

**24th IAU 100 KM WORLD CUP UNDER THE PATRONAGE OF THE IAAF
GIBRALTAR (GIB) – 6 November 2010**

**19th IAU 100 KM EUROPEAN CHAMPIONSHIP (EA PATRONAGE)
GIBRALTAR (GIB) – 6 November 2010**

**8th IAU 24 HOURS WORLD CHALLENGE
BRIVE-LA-GAILLARDE (FRA) – 13/14 MAY 2010**

**17th IAU 24 HOURS EUROPEAN CHAMPIONSHIP (EA PATRONAGE)
BRIVE-LA-GAILLARDE (FRA) – 13/14 MAY 2010**

6th IAU 50 KM TROPHY

SELECTION RACES : to be decided

FINAL EVENT : to be decided

I.A.U. EXECUTIVE COUNCIL 2008 - 2012

| | | |
|---------------------|-----|--|
| Dirk STRUMANE | BEL | President |
| Norman WILSON | GBR | Vice-President |
| Roger BONNIFAIT | FRA | Chairman Record Committee Director of Marketing, Development and Protocol |
| Jan VANDENDRIESSCHE | BEL | Director of Organisations Chairman Finance Committee |
| Liesbeth JANSEN | NED | Director of Competitions Chairman Technical Committee |
| Nadeem KHAN | CAN | Director of Communication Chairman Medical Committee |
| Hilary WALKER | GBR | General Secretary |

Area Representatives

| | | |
|-------------------|-----|--------------------|
| Stefano SCEVAROLI | ITA | Europe |
| Roy PIRRUNG | USA | The Americas |
| James EVANS | RSA | Africa and Oceania |
| Yongsik LEE | KOR | Asia |

Honorary Members

| | | |
|------------------|-----|------------------------------|
| Malcolm CAMPBELL | GBR | Honorary Life President |
| Harry ARNDT | GER | Honorary Life Vice-President |
| Soto ROJAS | ESP | Honorary Life Member |
| Souhei KOBAYASHI | JPN | Honorary Life Member |