



IAU e-NEWS

EDITOR'S NOTE

Dear Friends,

Welcome to our first renewed edition! This newsletter has several sections that will inform you of the latest happenings in and around the ultrarunning world.

This year the IAU celebrates its 25th Anniversary! Also, as the year progresses you will notice that the website will be redesigned, athletic achievements will be honoured more formally and our sport will get an increased media coverage.

We, at *your* Executive Council, look forward to seeing you in the five world events that the IAU is endorsing in 2009!

Yours in Sport,
Nadeem Khan
Director of Communications

IAU CELEBRATES 25TH ANNIVERSARY

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.

But how did ultrarunning get to where it is at now? In 1984, a group of six like-minded ultrarunners came together and discussed the lack of a governing body, of a quickly emerging sport. These trailblazers wanted to put ultrarunning on the running map.

For more information go to [25TH ANNIVERSARY](#)

ISSUE 1 APRIL 2009

Please look out for New Coverage from our IAU events on our website.

During the live event we will be bringing you interviews from representatives of the participating federations.

So you will read what we will be seeing!

INSIDE E-NEWS

- 24hr World Challenge
- World Trail Challenge
- 100 km World Cup
- Commonwealth Championship
- 50 km Trophy Final
- Recap IAU events 2008
- Newest IAU Member
- Executive Meeting 2009
- Week(end) UltraWarriors

RECORDS RATIFIED

Several Records and World's Best Performance (WBP) and World's Age Best Performance (WABP) have been ratified. *Congratulations!*

- **European 100 km (men)**
Mario Ardemagni (ITA) 6:18:24
Winschoten 2004
- **European 100 km (women)**
Tatyana Zhirkova (RUS) 7:10:32
Winschoten 2004
- **WBP 48hr & WABP over 40 (women)**
Sumi Inagaki (JPN) 382.717 km
Surgeres 2008
- **WABP over 55 (women)**
Galina Ermina (RUS) 357.686 km
Surgeres 2008

ATHLETES PROFILES

We, at the IAU, believe that this is an organization that truly supports its athletes. In order to give our athletes centre-stage and a more active role, we will be highlighting them on our website.

Several select athletes who have performed well on the international events have been interviewed over the last few months. Their profiles with interviews will be presented on our website.

Winners of the IAU sanctioned World events will also be profiled in our newsletter!

When our website is revamped we will have a section for *you*, our athletes to update your profile.

We are truly continuing on our mantra of an organization *for the athletes!*

2009 will be a busy season for the IAU with 5 international races being sanctioned by the IAU.

24 HOUR WORLD CHALLENGE

IAU 24-hour World Challenge
2-3 May 2009
Bergamo, Italy

This race in its 7th version returns to Europe after a two-year absence. The race is growing very fast and is quickly becoming one of the more popular ultras around the world.

The 24hr World Challenge taking place in Bergamo, Italy promises to be an exciting race. 3-time champion Ryoichi is absent this year but the French Women's team is looking for another clean sweep.

For more information go to [BERGAMO24HR](#)

TRAIL WORLD CHALLENGE

IAU Trail World Challenge
12 July 2009
Serre-Chevalier, France

The World Trail Challenge made its debut at the Sunmart Trail event in Huntsville, Texas on December 8th 2007.

After a very successful introduction, this year the race is being organized in Serre Chevalier (France) under the diligent management of the French Athletic Association. This is a 68km race in the mountain range going through the French Alpine region.

For info. go to [SERRECHEVALIER2009](#)

100 KM WORLD CUP

IAU 100km World Cup
19 June 2009
Torhout, Belgium

The 100 Km World Cup was the first international event organized by the IAU. Now, in its 22nd year, it remains as the most popular event with the elite athletes.

Torhout, Belgium has the honour of being the hosts of the 100 km World Cup for a fourth time.

We had strong showing by the Italian Men's team and Tatyana Zhirikova in the women's race in 2008. This event promises to be an exciting race and is one of the few runs to start at night.

For more info. go to [TORHOUT100KM](#)

COMMONWEALTH CHAMPIONSHIPS

Ultra Distance and Mountain Running
Commonwealth Championship
17-20 Sept. 2009
Keswick, UK

Ultrarunning shares centre stage in Keswick, UK at the First Ultra Distance and Mountain running Commonwealth Championship.

At this introductory event, two ultras are being contested --- 100km and 24 hours. The athletes from the commonwealth nations are excited and gearing up for an amazing event. Top athletes based on 2008 performances are Dominic Croft (men) and Emma Gooderham (women) for the 100 km, Martin Fryer (men) and Sharon Gayter (women) for the 24 hours.

For more Information go to [KESWICK2009](#)

50 KM WORLD TROPHY FINAL

IAU 50km World Trophy Final
31 October 2009
Gibraltar, Gibraltar

This is the brainchild of the IAU Executive. Qualifying 50km races are taking place around the world. Top male and female runners will qualify for the World Trophy Final in Gibraltar given that they run under the qualification times.

The qualifying times are: 3:20 (men) and 3:50 (women)

For more information go to [GIBRALTAR50KTROPHY](#)

IAU LABELED RACES

IAU provides labeling to ultra races around the world. This is an important mechanism of attracting racers to your event. Athletes in labeled races get included in the international ranking list for elite runners.

Labels are all varied and are designated Gold, Silver and Bronze depending on the criteria completed by the race. For label lists go to [IAULABELRACES](#)

2008 was an exciting year with fast times/distances throughout the board. Let's take a look at the Races from last year.

6th IAU 24 HOUR WORLD CHALLENGE

Seoul, South Korea was the host city of the 6th Annual 24hr World Challenge on October 18th-19th 2008. The capital city with a population of 12 million people and the site of the 1988 Olympics Games, welcomed elite ultrarunners and federations of the IAU.

The race started in a sports ground like setting with an inner loop and outer perimeter. This design gave the athletes the allure of running in a stadium and also the opportunity to run in a quiet route. The entire loop was 920m encompassing the inner and outer perimeters.

The men's race was won for a three straight year by Japanese phenom Ryoichi Sekiya. The women's race was very close with the top two French runners finishing within 700 meters of one another as Anne-Marie Vernet out dueled Anne-Cecile Fonatine.

The team Competition was won by Japan (men's) with 785.432km and France (women's) with 708.755km.

The race was truly an exciting one and athletes are looking forward to the 7th Annual World Challenge in Bergamo, Italy.



Ryoichi Sekiya Men's Winner



Anne-Marie Vernet Women's Winner

For Full Race Results go to [SEOUL24HR](#)

21st IAU 100 KM WORLD CUP



Giorgio Calcaterra Men's Winner



Tatyana Zhirkova Women's Winner

Tarquina, Italy was the venue selected for the 21st IAU 100km World Cup organized from Nov. 7th - Nov. 8th 2008.

This city, about 45 minutes from Rome, has numerous historical sites, beaches on the Mediterranean and pleasant country-side feeling. For three days Tarquinia was home away from home for visitors from thirty three countries.

This event was also the site of the IAU Congress organized on Nov. 7th and this was the opportunity for the federations to elect their executive council.

On Nov. 8th, the race started in Tuscania where runners took a 37 km route into Tarquinia. Once in the city, the athletes looped in four-14 km loops followed by a 7 km run leading through the walled city into the Piazza Cavour. The race finished about 1 km from City Hall, the site of the opening ceremonies. The race doubled up as the European Championship.

Race records were broken in both men's and women's races. Giorgio Calcaterra (Italy) won the men's race in 6:37:41. The women's race was won by Tatyana Zhirkova (Russia) in 7:23:33.

The team's competition (both World's and European) was won by Italy (men's) in 20:35:26 and Russia (Women's) in 22:58:51.

For Full Race Results go to [TARQUINIA100KM](#)

NEW WEBSITE IN THE MAKING

We are very happy to inform you that we will be bringing a new website design to you.

In the annual meeting in Monaco, the Executive Council decided that it was time for our website to have a change and have a new look. So our primary link to you will have a new design and several new features. The new website will be more user-friendly.

The site is in the design process and will be rolled out as soon as it is complete. In the meantime we will continue to serve you --- our athletes and member federations through our classic site! Go to [IAU Web Site](#)

WORLD'S CONGRESS

On November 7th 2008, the IAU member federations convened in Tarquinia, prior to the 21st Annual 100km World Cup.

This Congress was an opportunity for the members to elect their Executive Council.

The number of members vying for different positions on the Council certifies that the interest in ultrarunning is on an all-time high and this is good for the sport.

For a complete list of IAU Executive Council and Committees, go to [IAU EXECUTIVES](#)

EXECUTIVE MEETING 2009

On January 16th-17th 2009, the Executive Council met at the International Association of Athletic Federation (IAAF) in Monaco.

This annual meeting gives the IAU executives an opportunity to plan annual events, spearhead new ideas and discuss logistics pertaining to the organization. The meeting housed at the IAAF headquarters is humbling as this is the crème de la crème of world athletics.

The IAU was welcomed by Pierre Weiss, the General Secretary of the IAAF. The Executive Council went through a very lengthy agenda and made some very important decisions.

For more information go to [EXECUTIVEMEETING](#)

NEWEST IAU MEMBER

Lithuania joins the IAU as its newest member!

With this European nation in its folds, the number of member nations has risen to 47!

Lithuania's National Running Association — Tarptautinis Maratonas has been endorsed by the National Governing Body.

We look forward to seeing athletes from our newest member participating in future events. *Welcome!*

FORMAT FOR SUBMITTING RESULTS

If you are submitting results to the IAU, the Records Committee asks you to submit them in a standard format.

Without the correct format it will be difficult for the Committee to sort through the results. For details on this, please go to RESULTS

WEEK(END) ULTRAWARRIORS

So what are you doing this week(end)? A new section has been started on the website called the Week(end) UltraWarriors.

This section will highlight achievements of our fellow ultrarunners who push the limit beyond the regular ultra races. It is truly amazing when we start considering the everyday ultra races as 'regular' since they are an achievement in themselves.

However, this section reaches beyond that and touches on athletes who have taken their runs to a whole different level.

The two athletes highlighted so far have been Hilary Walker who recently completed the 5 day 5-Stage race RAW Africa and Richard Donovan who completed 7 marathons in 7 continents in 5 days 10 hours and 8 minutes.

Ultrarunners are amazing athletes and there are still a few who do that something extraordinary pushing the envelope a bit more.

This section is dedicated to them!

To read more about these athletes you can visit [HILARY WALKER](#) and [RICHARD DONOVAN](#)