



3rd IAU Trail World Championships

9th July 2011

Connemara, Ireland

The International Association of Ultrarunners (IAU) is pleased to bring the 3rd IAU Trail World Championships to Connemara, Ireland.

This is the 2nd time that IAU has held an international IAU event in Ireland. In 2010, Ireland 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: 3rd IAU Trail World Championships (Ireland)

The 3rd IAU Trail World Championships will take place on July 9th 2011 in Connemara, Ireland. Both the men's and women's winners, from the 2nd edition held in Serre Chevalier, are returning to defend their titles. Current champions, Thomas Lorblanchet (FRA) and Cecilia Mora (ITA) will be at the start line in Connemara.

Connemara resides on the western part of Ireland and is a short drive from Galway. The region is marked by majestic boundaries of the Atlantic Ocean on the western, northern and southern regions. This is complemented by numerous cliffs painting the scene for a picturesque setting.

This region has the task of hosting the 3rd IAU Trail World Championships that are being organized on July 9th 2011. The race will take place through Connemara National Park.

The Trail World Championships are currently on a two year rotating schedule. For the first time in the short history of this event, the IAU and Local Organizing Committee (LOC) have introduced the team concept to the championships. This is similar to the team events held in conjunction with the individual 24 Hour and 100km World Championships.

Since every trail is different in its terrain and altitude, athlete performances do not accurately translate from race to race. So the list is compiled on the basis of past performances and participation in IAU major events.

In the Men's event, the winner of the 2nd edition of this event from Serre Chevalier, Thomas Lorblanchet (FRA) is back to defend his title. He will be accompanied by Dachhiri Sherpa (NEP) who finished second at the same event. Lorblanchet's teammate, Thierry Breuil finished fifth in Serre Chevalier and will try to move up the standings in Connemara. Other notable runners include multi-talented Daniel Oralek (CZE) and 100km specialist Allen Smalls (GBR). The Irish men's team led by veteran Thomas Maguire will try to get the home team on the podium.

Mirroring the men's event, last edition's winner Cecilia Mora (ITA) will be running in Connemara trying to replicate her performance from Serre Chevalier. Other podium finishers from 2009 are absent but the field is stacked by several fast 100km runners, namely, Margrethe Logavlen (NOR) who had an outstanding 2010 season and Denise McHale (CAN) set a personal best at the 100km World Championship in Gibraltar. Commonwealth Championship 100km bronze medalist Lucy Colquhoun (GBR) will be toeing the line too. First time participant Jeannie Bomford (RSA) is coming off a strong showing in trail ultra races in her home country winning the three-day trail race Africa X. The same is true of her teammate Katya Soggot who has an outstanding trail season.

Athletes will start at Kylemore Abbey near the village of Letterfack. They will run through the Diamond Hill which reaches an altitude of 442 meters. This will be followed by passages through Twelve Ben Mountains and Kylemore Lough. The runners will get a myriad of surfaces, including (and not limited to), mountains, grassland trails, compacted gravel trails, open countryside amongst other terrain.

The Championship race starts at 0700 Hours (Ireland time). It will be an exciting event with several top athletes vying for the top spots.

Top runners in the Men's field include (based on previous trail and road performances):

- 1) Thomas Lorblanchet (FRA)
- 2) Dachhiri Sherpa (NEP)

- 3) Thierry Breuil (FRA)
- 4) Daniel Oralek (CZE)
- 5) Allen Smalls (GBR)
- 6) Thomas Maguire (IRL)

Top runners in the women's field include based on previous trail and road performances):

- 1) Cecilia Mora (ITA)
- 2) Margrethe Logavlen (NOR)
- 3) Lucy Colquhoun (GBR)
- 4) Denise McHale (CAN)
- 5) Jeannie Bomford (RSA)
- 6) Katya Soggot (RSA)

Report on 2nd Trail World Challenge (Serre Chevalier, France): Lorblanchet and Mora Take Top Honours in Serre Chevalier

Thomas Lorblanchet (FRA) and Cecilia Mora (ITA) won the 2nd IAU Trail World Challenge held on July 12th 2009 in Serre Chevalier, France. Lorblanchet ran a time of 6:38:18 and Cecilia ran 7:53:18 for the mountainous 68km Trail event.

The 2nd IAU Trail World Challenge was held on July 12th 2009. The event took place in Serre Chevalier, France. This ski resort village is 2.5 hours away from Geneva, Switzerland and 1.5 hours from Turin, Italy.

A total of 54 athletes competed from 19 nations. The event was held on a mountainous terrain over 68km in the French Alps. The race was challenging with 3 major peaks of 2679m (Sommet du Galiber), 2895m (Col des Beraudes) and 2427m (Col de Buffere).

The men's race was won by Thomas Lorblanchet (FRA) in 6:38:18. He was followed by Dachhiri Sherpa (NEP) who finished second with Matthias Dippacher (GER) taking the bronze medal. Sherpa completed the course in 6:56:08 and Dippacher in 7:16:58.

Lorblanchet led the race for most of the course and has trained extensively in the mountains for this event. Sherpa is a regular in the Europe mountain running scene. He ran a steady pace too holding the Top 5 position for the most of the race. Dippacher ran a different race coming from further down in the field to finish 3rd in the event.

In the women's race, Cecilia Mora (ITA) won the women's race in 7:53:18. Team-mates Angela Mudge (GBR) and Elizabeth Hawker (GBR) won the silver and bronze medals respectively. Mudge ran a time of 8:12:29 followed by Hawker who did 8:22:21.

For two-thirds of the race, Mora was running in the 3rd place. In the last 20 kilometres of the race she made her move and went by Mudge and Hawker. For most of the race the

British runners were exchanging leads. Hawker is the former IAU World Cup 100km winner and has made a move to Switzerland to train in high altitude for the summer.

The race was very successful and athletes performed really well on a very difficult course. This race was a true challenge of strength and endurance. It has a combined gain and loss of 3500m and participants had been asked to carry their gear for the change in climate and terrain.

IAU has recognized the fact that trail running is an integral aspect of ultrarunning and is confident that this event was a huge success with the running community. The increased participation from athletes and federation in this year's event is a testament to the sport's popularity.

Next year's event is under discussion and member federations will be informed as soon as a site is selected.

For detailed results please visit: www.iau-ultramarathon.org

Results Trail World Challenge 2009, Serre Chevalier, France

Men:

Gold --- Thomas Lorblanchet *FRA* 6:38:18
Silver --- Dachhiri Sherpa *NEP* 6:56:08
Bronze --- Matthias Dippacher *GER* 7:16:58
4th Place --- Gilles Guichard *FRA* 7:19:44
5th Place --- Thierry Breuil *FRA* 7:26:28

Women:

Gold --- Cecilia Mora *ITA* 7:53:18
Silver --- Angela Mudge *GBR* 8:12:29
Bronze --- Elizabeth Hawker *GBR* 8:22:21
4th Place --- Catherine Dubois *FRA* 8:42:30
5th Place --- Norimi Sakurai *JPN* 8:50:04

Future of the Championship

The Trail World Championships is one of the newer events that IAU has ventured into in the international arena. This year marks the 3rd year for these championships and for the first time in its history, there will be a team event.

Trail ultrarunning has undoubtedly increased in popularity in recent years. Call it the feeling of being in a serene environment or the trip away from a busy street or main roads, several ultradistance road running countries have started hosting trail running races as part of their regular ultrarunning schedules.

It will be interesting to track the progress of the trail events across the globe. The future of the sport and the Championship looks very bright. We hope that the sport continues to gain familiarity amongst its patrons and grows several folds over the future years.

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