



24th IAU 100km World & European Championships
7 November 2010
Gibraltar

The International Association of Ultrarunners (IAU) is pleased to bring the 24th IAU 100km World & 19th European Championships to Gibraltar. A Masters event has also been added to this race in collaboration with the World Masters Athletics (WMA).

This is the 2nd time that IAU has held an international IAU event in Gibraltar. In 2009, Gibraltar was the site of the 1st IAU 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: 24th IAU 100km World & European Championship (Gibraltar)

The 24th IAU 100 km World Championship & 19th European Championship will take place on November 7th 2010 in Gibraltar. The men's winner of the 23rd edition Yasakazu Miyazato (JPN) is absent at this year's event. Last year's silver medallist and European Champion, Jonas Buud (SWE) is returning to this year's championship accompanied by 2009 100km World Champion and the winner of the inaugural 50km World Trophy Final Kami Semick (USA).

Gibraltar is the site of the 24th IAU 100 km World & European Championship taking place on November 7th 2010.

Gibraltar, a nation of close to 30,000 people, is one of IAU's newest members and is already a two time host of Major IAU Championships. It is located on the southern end of the Iberian Peninsula overlooking the Strait of Gibraltar.

The 100 km event this year also sees the return of the masters section to our event. The athletes entered to compete in the Masters event will run alongside the world championship event, some running in both events concurrently. The Masters addition to the race is being organized in collaboration with the World Masters Athletics.

In the men's race last year's winner Yasakazu Miyazato (JPN) is absent. 2009 silver medalist and European Champion Jonas Buud (SWE) is the top returning athlete from last year. He ran 6:41:49 to finish second in 2009 followed by a former World Champion Giorgio Calcaterra (ITA) who ran 6:42:04. Calcaterra has had a strong season this year having run world leading time of 6:28:52 at Seregno 100km in Italy. Jaroslaw Janicki (POL), also a former podium finisher at the world championships, has one of the top times of 6:40:00.

In the women's race, Kami Semick (USA), 2009 World Champion over the 100 km distance and also the top finisher at the 50km World Trophy Final, is back to defend her long distance title. She won this race last year in a time of 7:37:23. Accompanying Semick in the top three times in 2008-2010, silver medalist at the World Trophy Final and third place finisher at last year's edition of 100km in Torhout, Monica Carlin (ITA) has a world leading time of 7:35:38. Rounding up the top 3 is a former elite triathlete and Commonwealth Champion Jackie Fairweather (AUS) with a time of 7:41:23.

The race is scheduled to start at 0630 hrs (Gibraltar Time) on November 7th 2010. It promises to be an exciting event with Top 5 men all under 6h 45min and Top 5 women under 7h 50min.

Top runners in the Men's field include (based on 2008-2010 performances):

- 1) Giorgio Calcaterra (ITA) 6:28:52
- 2) Jaroslaw Janicki (POL) 6:40:00
- 3) Araki Noriyuki (JPN) 6:41:07
- 4) Jonas Buud (SWE) 6:41:49
- 5) Takahashi Masakazu (JPN) 6:42:05

Top runners in the women's field include (based on 2008-2010 performances):

- 1) Monica Carlin (ITA) 7:35:38
- 2) Kami Semick (USA) 7:37:24
- 3) Jackie Fairweather (AUS) 7:41:23
- 4) Margrethe Logavlen (NOR) 7:43:27
- 5) Irina Vishnevskaya (RUS) 7:46:25

Report on 23rd World & European Championship: Miyazato and Semick win 23rd IAU 100km World Cup (Torhout, Belgium)

Yasukazu Miyazato (JPN) and Kami Semick (USA) won the 23rd IAU 100 km World Cup. The race was held on June 19th – 20th in the beautiful town of Torhout, Belgium one hour away from Brussels. Teams from Japan and USA won the men's and women's team divisions respectively. Jonas Buud (SWE) and Irina Vishnevskaya (RUS) won the European Championship. Italy won the men's team title and Russia won women's.

On June 19th-20th, Torhout, Belgium was the site of the 23rd IAU 100 km World Cup and European Championship. The race was hosted by the 'Night At Flanders', a historic race that celebrated its 30th Anniversary during the festive weekend.

There were over 200 athletes participating from 28 countries in the World event and there were a several others contesting the race in the open section. The race was unique in its setting as the run started at 2000 hrs having the runners through the night.

The men's division was won by Yasukazu Miyazato (JPN) in 6:40:43. He was followed in by Jonas Buud (SWE) and Giorgio Calcaterra (ITA) in a time of 6:41:49 and 6:42:04 respectively.

Miyazato ran a very strong and consistent race running in the front of the pack from the very start. He had a tough run through the third of the race battling with his Japanese team-mate Masakazu Takahashi who finished 5th.

Buud on the other hand, ran a very tactical race, as did Calcaterra coming from behind in the latter stages of the run and making solid ground over the other runners. Calcaterra was the returning champion having won the 22nd edition of this race in Tarquinia last year.

This race also doubled as the European Championship with Buud taking top honours with Calcaterra in 2nd place and Marco Boffo (ITA) taking the bronze medal.

The women's race was won by Kami Semick (USA). Kami was the top runner coming into this event from last year and lived up to the pre-race hype and expectations. She ran a time of 7:37:23.

She was followed into the finish line by last year's 4th place finisher Irina Vishnevskaya (RUS) in a time of 7:46:25. 2007 bronze medalist, once again grabbed the 3rd place, Monica Carlin (ITA) came in a time of 7:53:57.

Carlin had the early lead, but about 40 km into the race Kami took the lead and never relinquished it. Vishnevskaya ran another tactical race coming from behind to grab the silver medal.

Vishnevskaya won the gold in the European Championship. Carlin grabbed the silver while Helena Crossan (IRL) got the bronze medal.

In the team competition, Japan won the men's division followed by Italy in the silver medal spot and France getting the bronze. Italy won the European Championship men's division. France grabbed the silver medal and they were followed by Spain.

USA won the gold in the women's team competition followed by Team Russia and Japan. In the European Championship, Russia took the gold in the women's division followed by Teams from Germany and Italy.

The race was enjoyed by all and running through the night did bring a unique experience to the weekend of festivities. Athletes, Team Managers and Officials are looking forward to the 24th IAU 100km World Cup in Gibraltar in November 2010.

For more results go to www.iau-ultramarathon.org

Results 100km World Cup 2009, Torhout, Belgium

Men:

Gold --- Yasukazu Miyazato *JPN* 6:40:43

Silver --- Jonas Buud *SWE* 6:41:49 (1st European Championship)

Bronze --- Giorgio Calcaterra *ITA* 6:42:04 (2nd European Championship)

4th Place --- Marco Boffo *ITA* 6:45:38 (3rd European Championship)

5th Place --- Masakazu Takahashi *JPN* 6:51:17

Women:

Gold --- Kami Semick *USA* 7:37:23

Silver --- Irinia Vishnevskaya *RUS* 7:46:25 (1st European Championship)

Bronze --- Monica Carlin *ITA* 7:53:57 (2nd European Championship)

4th Place --- Devon Crosby-Helms *USA* 7:59:17

5th Place --- Meghan Arbogast *USA* 8:04:28

6th Place --- Helena Crossnan *IRL* 8:04:40

Team Competition Men:

Gold --- Japan 20:31:01

Silver --- Italy 20:43:12 (1st European Championship)

Bronze --- France 21:00:46 (2nd European Championship)

4th Place --- Spain 21:14:59 (3rd European Championship)

5th Place --- USA 21:48:33

Team Competition Women:

Gold --- USA 23:41:08

Silver --- Russia 24:32:06 (1st European Championship)

Bronze --- Japan 24:41:21

4th Place --- Germany 25:00:39 (2nd European Championship)

5th Place --- Italy 26:06:48 (3rd European Championship)

Future of the Championship

The 100km World & European Championship has been IAU's longest running world event. These championships have been run under the patronage of the IAAF.

This year the event sees the return of the Masters section to the World Championship. The Masters part of the event is being organized in collaboration with the World Masters Athletics.

The entrant numbers in the 100km championships have been on the rise in the recent past. Ultrarunning is striking interest in the mainstream athletic community and the *century distance* is not an unfathomable event anymore.

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 100km World & European Championships

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