



## **4<sup>th</sup> IAU Trail World Championships**

*6<sup>th</sup> July 2013*

Llanrwst, North Wales, Great Britain

The International Association of Ultrarunners (IAU) is pleased to bring the 4<sup>th</sup> IAU Trail World Championships to North Wales, Great Britain.

IAU is very excited about these introductory world championships in North Wales. This region recently hosted the 2<sup>nd</sup> Commonwealth Mountain and Ultrarunning Championships in September 2011.

### **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 (not including continental championships): 100 km World Championship, 24 Hour World Championship, the Trail World Championship and the 50 km 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 membership currently at 58 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 21 years as it envisions reaching its 50th Anniversary.

### **4<sup>th</sup> IAU Trail World Championships 6<sup>th</sup> July 2013 NorthWales, Great Britain**

**The 4<sup>th</sup> edition of the IAU Trail World Championships take place on July 6<sup>th</sup> in Llanrwst, North Wales, Great Britain. Both male and female trail world champions Erik Clavery (FRA) and Maud Gobert (FRA) will be in attendance in North Wales to defend their titles.**

The International Association of Ultrarunners are organising the 4<sup>th</sup> Trail World Championships in Llanrwst, North Wales Great Britain. The championships are taking place on July 6<sup>th</sup> 2013 (9am UK time).

The beautiful town of Llanrwst is located in North Wales alongside the River Conwy. Very close to the race site, and towering over the Snowdonia Mountains, is the Gwydyr Forest where the race will take place.

Men's champion from the 3<sup>rd</sup> Trail World Championships, Erik Clavery (FRA) will be leading the men's field. He has had considerable success in the last two years running trail events in Europe and around the globe.

Silver medallist from 2011 Jason Loutitt (CAN) has pulled out of the event due to an injury. Patrick Bringer (FRA) will try to replicate his podium finish from Ireland. In addition, Torbjørn Ludvigsen (NOR) and Silvano Fedel (ITA) will be looking for a podium finish after just finishing out of the medal spots last time around.

In the women's event, Maud Gobert (FRA) will be looking to repeat as champion again. She had a very consistent run in Connemara and will incorporate the technical components in Llanrwst to her advantage.

Cecilia Mora (ITA) and Lucy Colquhoun (GBR), the other two podium finishers, will not be running in North Wales. Aurelia Truel (FRA), Cinzia Bertasa (ITA) and the current Commonwealth Trail bronze medalist Kirstin Bull (AUS) will be toeing the line with their eyes set on that covetable podium spot.

The competitors on Saturday will navigate their way through the trails taking them amidst several scenic sections. The five laps on the 15km looped course will allow the athletes to test themselves on a technical and exciting course.

France had a strong showing in the team competition in Connemara and they will be looking into defending their titles. Italy, Norway, Spain and the United States of America will be vying for those podium spots in the men's team and Norway, Germany and Italy will have their eyes set on the women's team podium as well. Host nations Great Britain will also be sending a very strong team to the championships.

The IAU plan to carry Live Updates on the website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

### **Report: 3<sup>rd</sup> IAU Trail World Championships**

**Erik Clavery (FRA) and Maud Gobert (FRA) win the 3<sup>rd</sup> IAU Trail World Championships. The 3<sup>rd</sup> edition of the event in Connemara, Ireland was held on July 9<sup>th</sup> 2011. Clavery ran a time of 6:39:07 and Gobert ran 7:41:31 to win the championship. Men's and Women's team from France won the team event.**

The 3<sup>rd</sup> IAU Trail World Championship was held on July 9<sup>th</sup> 2011 in the western part of Ireland. Race day conditions were near ideal with sunny breaks and cooler temperatures in the morning followed by warmer temperatures in the afternoon.

The world championships event had 121 runners registered from 20 countries. This is a new record turnout for the trail event. Also, for the first time, the IAU coordinated with the LOC, a team event that mirrors IAU's team competitions in the 24 Hour and 100km events.

In the absence of defending champion, Thomas Lorblanchet (FRA), Erik Clavery ensured that the individual men's title remained in France. He won the 70km race in 6:39:07. He was followed closely to the finish by Jason Loutitt (CAN) who ran 6:40:32. Bronze medal was grabbed by Patrick Bringer (FRA) in 6:47:50.

The competition lived up to its pre-race hype. Rookie international ultrarunner, Loutitt had a 5 minute lead going into the 8km switchback at the 40km mark. In this section, Clavery made up the distance and did not relinquish the lead. Loutitt dropped to fourth place on the drive back to home but in the last 5kms made up the difference and finished in the silver medal spot. Bringer ran a very strong race, working through the competition for the first two-thirds of the race before solidifying his hold on the bronze medal.

In the women's race, Maud Gobert (FRA) won the gold medal in a time of 7:41:31. She was followed into the finish line by Cecilia Mora (ITA) in 7:50:02. Third place was grabbed by Lucy Colquhoun (GBR) in 7:57:20.

In the Pre-race day chat, returning champion Mora was quite relaxed and was looking forward to racing on Saturday. She held her strong form until about the 25km mark, when Gobert (FRA) used her technical and trail skills to go past Mora to drive strong for the next forty plus kilometres. Lucy Colquhoun (GBR) came back from a two year international racing hiatus and grabbed the third place with a very strong and courageous second half of the trail race.

This race also had a team competition in addition to the individual titles. In the men's event, France was very impressive taking three of the top seven places. They won gold with a combined time of 20:24:50. Italy took the silver medal with a time of 20:56:36. Bronze medal went to Norway taking third place with a time of 21:39:02.

In the women's team competition, France was notable taking three of the top six spots, winning gold in a combined time of 24:00:02. They were followed by Italy winning silver in 24:21:35. Canada took the bronze medal in 27:01:08.

The race was very well organized and the team competition brought a new level of racing to the ever-popular trail event. The trail events are becoming popular around the world and the IAU is confident that the next edition of this event will bring in more athletes and teams to the event.

## **Results Trail World Championships 2011, Connemara, Ireland**

### **Men:**

**Gold** --- Erik Clavery *FRA* 6:39:07

**Silver** --- Jason Loutitt *CAN* 6:40:32

**Bronze** --- Patrick Bringer *FRA* 6:47:50

**4<sup>th</sup> Place** --- Thorbjorn Thorsen Ludvigsen *NOR* 6:49:55

**5<sup>th</sup> Place** --- Silvano Fedel *ITA* 6:51:18

### **Women:**

**Gold** --- Maud Gobert *FRA* 7:41:31

**Silver** --- Cecilia Mora *ITA* 7:50:02

**Bronze** --- Lucy Colquhoun *GBR* 7:57:20

**4<sup>th</sup> Place** --- Aurelia Truel *FRA* 8:04:22

**5<sup>th</sup> Place** --- Cinzia Bertasa *ITA* 8:14:01

### **Team (Men):**

**Gold** --- France 20:24:50

**Silver** --- Italy 20:56:36

**Bronze** --- Norway 21:29:02

### **Team (Women):**

**Gold** --- France 24:00:42

**Silver** --- Italy 24:21:35

**Bronze** --- Canada 27:01:08

### **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 4<sup>th</sup> year for these championships.

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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