

IAU e-NEWS

EDITOR'S NOTE

Dear Friends,

2011 has started with the anticipation of our 25th Anniversary 100km race in Winschoten. Ultrarunning has come a long way in its course through the athletics world.

Not only has the number of races grown around the world but the runners have gotten a lot closer, as well. This was evident earlier in the year when the Taiwan Ultramarathon team pledged funds from their run in Athens to be directed to the Red Cross helping with efforts in Japan.

While we have an exciting slate of races lined up for this year, there will not be a 24 Hour Championships. We tried our hardest to secure a bid, but were unable to, due to logistics.

Rankings including WBPs, updated as of 2010, have been completed, courtesy of the Records Committee.

We, at your IAU Executive Council, are at your service. So, please do not hesitate to contact us.

Yours in Sport,
[Nadeem Khan](#)
 Director of Communications

REPORT SUBMITTED ON GIBRALTAR 100KM

The LOC and the IAU cooperated in getting a re-measurement of the course in Gibraltar, as run at the 100km World and European Championships on November 7, 2010.

Mike Sanford submitted his official findings. It is our regret to inform, that as per the report filed, the distance run was 99.903km. This is a shortfall of more than 0.05%.

In light of this report, Norman Wilson (Chairman of the Records Committee) and Liesbeth Jansen (Director of Competitions) have concluded to certify the results from the race, but not to have them included in the official IAU rankings. They will be listed as footnotes in the 100km 2010 rankings.

To read the reports click [REPORT DECISION](#)

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The 25th 100km World and European Championships in Winschoten, will be the site of the Medical Conference, being organized by the IAU's Medical Committee.

The Conference will be on Sept. 9th and will relate to topics based around *Nutrition and its role in Ultrarunning*. More details will be posted as we get closer to the event.

INSIDE E-NEWS

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World's Best Performances have been the trend in the recent months. (*Pending Ratification*)

Sumi Inagaki (JPN) ran a distance of 240.631km in 24 Hours (indoor) at 4th Endurance 24 Hour run in Espoo, Finland (Jan. 29). [INAGAKI](#)

Mami Kudo (JPN) completed 368.687km in 48 Hours at the Ultramarathon Festival in Athens (April 3). [KUDO](#)

Congratulations to both!

ULTRARUNNING ACROSS THE CONTINENTS — PICK YOUR SURFACE

Ultrarunning, that was once an inconceivable distance, has quickly developed into the next graduated move for marathoners. Today, there are hundreds of thousands of runners that participate in races around the globe. Having had the privilege of witnessing ultra races around the world, I have always been intrigued by the different courses, terrain, and the environment that athletes prefer. It is true that the “sentiment” of ultrarunning knows no boundaries and transcends countries and cultures. However, there is some favouritism when it comes to the topography. To read the full article, click on [DIFFERENT TERRAINS](#)



Michael Wardian (USA)



Sharon Scholz (AUS)

Michael Wardian (USA) and Sharon Scholz (AUS) were the top vote getters at the inaugural Athletes of the Year. They both had stellar season in 2010. *Congratulations!*

There were 1014 votes cast over a 10-day period. Ultrarunning enthusiasts had the opportunity to vote for the nominees, as were short-listed, in the days prior to the voting. The nomination, as well, as the voting process was decided by the federations at the IAU Congress in Gibraltar.

Alongside the winners, Kudos also goes to other short-listed nominees: Shinji Nakadai (JPN), Meghan Arbogast (USA), Julia Fatton (GER), Susan Harrison (GBR) and Sumi Inagaki (JPN). All of them ran exemplary in 2010.

To read report click [ATHLETES OF THE YEAR](#)

3RD IAU WORLD TRAIL CHAMPIONSHIPS

The 3rd IAU World Trail Championships will take place in Connemara, Ireland on July 9th. The race will be run over 71.5kms. Athletes will have to negotiate the highest point of 729m on Benbaun Mountain. For the first time in the history of trail championships, due to popular demand, the event is being opened to teams.

To read more on the event and the GIS click [TRAIL CHAMPS](#)

2ND IAU 100KM ASIAN CHAMPIONSHIPS

For a second time, IAU 100km Asian Championships took place on March 26th, on Jeju Island, South Korea.

Yoshikazu Hara (JPN) won the men's division with a time of 6:52:07. He was followed by Pin Chi Chou (TPE) and Dae Soo Kim (KOR) who grabbed the silver and bronze medals.

In the women's race, Mai Fujisawa repeated her victory from 2010 with a time of 8:28:10. Korean teammates Hee Kyung Joung and Narae Park finished in second and third places respectively.

This event combines a trail race, the 100km and a 200km run around the island.



Yoshikazu Hara (JPN): Men's Winner



Mai Fujisawa (JPN): Women's Winner

To read report click [ASIAN CHAMPS](#)

ATHLETES' CORNER

Two Feature Articles on athletes were published on the website.

[Irene Kalter](#) was featured on her rookie season.

[Julie Fatton](#) was highlighted for her versatile achievements.

MAJOR IAU CHAMPIONSHIPS 2011

July 9 2011: *World Trail Challenge*, Connemara (IRL)

August 20 2011: *50km World Trophy Final*, Assen (NED)

September 10 2011: *100km World & European Championships*, Winschoten (NED)

September 23-25 2011: *Commonwealth Mountain & Ultradistance Running Championships*, N. Wales (GBR)

*Unfortunately we were unable to secure a bid for the 24 Hour Championships (2011). Read more about this [HERE](#)