

# IAU e-NEWS

## EDITOR'S NOTE

Dear Friends,

It has been a busy but an outstanding last 3 months in the ultrarunning world. Eyes are now set on the 50km Trophy Final.

IAU organized the Trail Challenge in Serre Chevalier with record turnouts, ultrarunning was well represented at the Congress hosted at the World Track and Field Championship in Berlin and Keswick successfully hosted the first Commonwealth Championships.

We also picked up two new members and we are 48 strong now! Recently, IAU also had its pages on ultrarunning published on the [IAAF site](#).

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

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

## ISSUE 3 OCTOBER 2009

### WELCOME MEMBERS

Recently we have has the opportunity of welcoming Philippines and Niger to the IAU.

The IAU is 48 strong this year and we are looking forward to welcoming several more countries to our folds. *Welcome!*

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- Message by Lamine Diack
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### IAU PROMOTING ULTRARUNNING IN BERLIN

IAU Representatives Dirk Strumane, President and Nadeem Khan, Director of Communications had the opportunity to promote ultrarunning at the IAAF Congress in Berlin.

The representatives promoted the sport of ultrarunning, spoke to several interested federations, made very useful contacts and placed ultrarunning on the athletics map.

### Ultrarunning Ireland launches a new website.

This site encompasses biographies on national athletes, races in Ireland and selection criteria.

The website can be accessed at [IRELAND](#)

Please contact [Nadeem Khan](#) with recommendations about athletes for IAU columns →

### IAU ARTICLES ON YOU

Two new articles were published on the IAU site.

Course record holder Jamie Donaldson ran Badwater and was covered under Champions Amongst Champions column.

Denise McHale runs and trains in the wilderness of the Yukon. She was covered in the Week(end) Ultrawarriors.

To read more go to [IAUPROMOTION](#)

To read [Donaldson](#) and [McHale](#)

## IAAF PRESIDENT LAMINE DIACK CONGRATULATES IAU ON ANNIVERSARY



Nadeem, Lamine Diack & Dirk in Berlin at the IAU table

It is a great pleasure for me to warmly congratulate the International Association of Ultra Runners (IAU) on the occasion of its 25<sup>th</sup> anniversary.

By definition, the “ultra marathon” race is anything which is longer than the traditional 42.195 km of the official marathon distance, and of course, such a challenge pushes the limits of human courage, determination and achievement in sport... [Read More](#)

## 2nd IAU Trail World Challenge

Thomas Lorblanchet (FRA) and Cecilia Mora (ITA) won the 2<sup>nd</sup> IAU Trail World Challenge held on July 12<sup>th</sup> 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.

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).

For Results go to [TRAILCHALLENGE](#)



**Thomas Lorblanchet (FRA):** Men's winner



**Cecilia Mora (ITA):** Women's winner

## IAU 50 KM Trophy Final

The IAU 50km Trophy Final, taking place on October 31st 2009, is the next race on the calendar. Invited athletes comprise of race winners and qualifiers from 50km races around the world.

The top male and female qualifiers are Emmanuele Zennuchi (ITA) and Kami Semick (USA) respectively. The race course is a 10km loop with a spectator friendly route.

To read more go to [50KMTROPHYFINAL](#)



**Martin Fryer (AUS):** Men's winner



**Sharon Gayter (GBR):** Women's winner

## 24 Hour Commonwealth Championship

The 24 hour race took place on 17<sup>th</sup> September 2009 on a 1005 meter course around Fritz Park.

Martin Fryer (AUS) won the men's division with a Commonwealth best performance mark of 255.93 km. Jo Blake (AUS) and John Pares (WAL) won the silver and the bronze medals respectively.

Sharon Gayter (ENG) won the women's title to cap another amazing season. Vicky Skelton (ENG) and Susannah Harvey Jamieson (AUS) won the silver and bronze medals respectively.

For Results go to [24HOURCOMMONWEALTH](#)

## 100 km Commonwealth Championship

The 100km race took place on 20<sup>th</sup> Sept. 2009.

Jez Bragg (ENG) won the men's division with a time of 7:04:01. He was followed into the finish by his teammates Matthew Giles and Matthew Lynas. Giles and Lynas ran times of 7:05:28 7:09:52.

Jackie Fairweather (AUS) won the women's title in a time of 7:41:23. Emma Gooderham (ENG) and Lucy Colquhoun (SCO) finished in silver and bronze medals respectively. Gooderham ran a time of 8:04:09 and Colquhoun ran 8:19:45.

For Results go to [100KMCOMMONWEALTH](#)



**Jez Bragg (GBR):** Men's winner



**Jackie Fairweather (AUS):** Women's winner