



# IAU e-NEWS

## EDITOR'S NOTE

Dear Friends,

Happy New Year!

2012 is upon us. A new year brings with it the anticipation of new goals and the determination of accomplishing personal challenges. I wish you the best as you progress through them.

IAU has planned a very exciting year for you. With three international competitions we are going to be quite busy. Seregno will also host the IAU Congress/Elections.

By press time, Giorgio Calcaterra (ITA) and Lizzy Hawker (GBR) have been named as Athlete of the Year 2012. Congratulations to them both and all the athletes on the short list.

Race Directors can now add their races online and upload the results. Also, the list of 50km series races is almost complete.

We, at your IAU Executive Council, are at your service. So, please don't hesitate to contact us.

Yours in Sport,  
Nadeem Khan  
Director of Communications

## ISSUE 9 JANUARY 2012

The IAU has increased its membership in the last few months.

Sierra Leone and Kenya have joined the ranks of ultrarunning nations that are members of the IAU.

The current membership and the IAU stands at 52. These are exciting times for the IAU as we progress forward.

*Welcome to the IAU!*

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## IMPORTANT POINTS FROM IAU EXECUTIVE MEETING

The IAU Executive Council convened for their Annual meeting in January. Some of the important details that came out of the meeting were:

Bids are open to host championships for 2014 and 2015 (deadline is September 30th 2012).

The Elections for IAU Executive Council will take place on 21st April (Seregno) at 10am.

Nominations are open for the Council and can be sent to Hilary Walker, General Secretary.

The Council discussed the definition of "trail".

Members evaluated several bids for future championships

The progress of Championships this year were also evaluated.

### World's Best Performance

Mami Kudo (JPN) has done it again in 2011! She established another WBP at the Soochow 24 Hour. Kudo ran a distance of culminating a very successful year.

Congratulations Kudo!

2011 was quite a season for the IAU. To go down memory lane and relive the excitement from last year, please read the IAU report at IAU2011

### IAU Congress and Elections

IAU Congress will take place on April 21 at the occasion of the 26th World and European Championship in Seregno, Italy. The Congress will also serve as the IAU Elections. To read more on the elections please read: Nominations/Elections

**April 22 2012:** 100km World & European Championships, Seregno/Brianza (ITA)

**September 8-9 2012:** 24 Hour World & European Championships, Katowice (POL)

**October 20 2012:** 50km World Trophy Final, Vallecrosia-Bordighera (ITA)

**TBD:** 100km Asian Championships, Jeju Island (KOR)

## 100KM WORLD AND EUROPEAN CHAMPIONSHIPS

Giorgio Calcaterra (ITA) and Marina Bychkova won the 25th IAU 100km World championships (and European Champs). The race was held on Sept. 10th in Winschoten, the Netherlands.

Calcaterra ran a time of 6:27:32 to take top honours. Michael Wardian (USA) moved up the podium to take second place in 6:42:49. His teammate and rookie international runner, Andrew Henshaw took home the bronze in 6:44:35.

In the women's race, Bychkova (RUS) won the women's World Championship with a time of 7:27:19. She was followed by Joanna Zakrzewski (GBR) in 7:41:06. Lindsay Anne van Aswegen (RSA) took the bronze medal in her first international IAU event in 7:42:05.



Men's Winner: Giorgio Calcaterra (ITA)



Women's Winner: Marina Bychkova (RUS)

[For Race Report click WINSCHOTEN](#)

## 24 HOUR COMMONWEALTH CHAMPIONSHIPS



Men's Winner: John Pares (WAL)



Women's Winner: Lizzy Hawker (GBR)

John Pares and Lizzy Hawker won the 2nd 24 Hour Commonwealth Championships. The race was held from September 23-24th in Llandudno, North Wales.

Pares (WAL), running on home soil, ran a solid run to bring home the gold. He ran a distance of 244.335km. He was joined on the podium by David Kennedy (AUS) who ran 236.928km. Pat Robbins (ENG) finishes 3<sup>rd</sup> completing 231.163km.

Hawker (ENG) ran the race of her career winning the race outright. She ran 247.076 km gaining a World's Best Performance (WBP). Emily Gelder (WAL) took home the silver medal with 220.480km. Meredith Quinlan (AUS) took the bronze medal with a distance of 216.631km.

[For Race Report click LLANDUDNO](#)

## TRAIL COMMONWEALTH CHAMPIONSHIPS

Richard Gardiner (WAL) and Emma Gooderham (GBR) won the inaugural Trail Commonwealth Championships. The race was held on September 25th in Anglesey, North Wales.

Gardiner won the race in 3:29:55. He was followed into the finish line by his teammates, Andrew Davies and Nathaniel Lane in second and third place, respectively. Davies completed the 53.75km distance in 3:34:34.

In the women's competition, Gooderham (ENG) capped an outstanding international season with a victory in the trail event. She completed the course in 3:53:50 Angela Mudge finished second in 4:05:54. Rookie international runner, Kirstin Bull (AUS) finished third in 4:09:53.



Men's Winner: Richard Gardiner (WAL)



Women's Winner: Emma Gooderham (GBR)

[For Race Report click ANGLESEY](#)

WE would love to hear from YOU!  
Forward your comments, suggestions or questions to [Nadeem Khan](#)