



9th 24 Hour World & European Championships

8th-9th September 2012

Katowice, Poland

The International Association of Ultrarunners (IAU) is pleased to bring the 9th 24 Hour World & European Championships to Katowice, Poland.

This is the first time IAU has brought one of its Major IAU Championships to Poland. The Local Organizing Committee has been very diligent in preparing for the championships and is looking forward to welcoming athletes and federations next week.

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 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 55 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 22 years as it envisions reaching its 50th Anniversary.

9th IAU 24 Hour World & European Championship

The 9th IAU 24 Hour World & European Championship takes place on 8th-9th September 2012. The event is taking place in Katowice, Poland. World Champions from 2010 Shingo Inoue (JPN) and Anne Cecile Fontaine (FRA) are starting in Poland.

The 9th edition of this very popular event on the IAU calendar is taking place in Katowice, Poland from 8th-9th September (12pm Poland Time). This largest city of the Upper Silesian Industrial Region is located in southern Poland and has a population of approximately 320,000.

Shingo Inoue (JPN) is the defending champion and will be running in Poland. At the last edition of the championships Inoue established an Asian Best Performance with a distance of 273.708km. Ivan Cudin (ITA) bronze medalist from 2010 is the second best ranked athlete in the field with 263.841km. Jean Marc Bordus (FRA) completes the top 3 ranking running 260.147km in 2010.

In the women's event, current 48 Hour World's Best Performance holder Mami Kudo (JPN) is in the field leading the athletes with a performance of 255.303km. Last edition's winner Anne Cecile Fontaine is going for a three-peat entering with 243.644 km. She is followed by Michaela Dimitriadu (CZE) with a distance of 234.75km.

There are a record 269 athletes (160 men and 109 women), representing 35 countries, who are taking part in this year's edition of the event. In addition, Katowice will see over 150 officials supporting these athletes. These numbers will be completed by hundreds of volunteers who will complement the athletes and officials during their stay in Katowice.

The course that the race is being organized on is a 1554m looped route in Park Slaski in Chorzow very close to the Krakow City Center. The course is relatively flat with a couple of rolling hills.

There will be a section on the course designated for refreshments stand put up by the support crew of respective countries where athletes will be able to make stops and pick-up supplies.

The race promises to be an exciting one with an exceptionally high caliber of athletes assembled at these championships.

Live Updates on the championships will be carried on the IAU website (www.iau-ultramarathon.org) and twitter (@iaunews).

Top Athletes in the competition (based on 2010-2012 performances)

Men:

- 1) Shingo Inoue *JPN* 273.08 km
- 2) Ivan Cudin *ITA* 263.84 km
- 3) Jean Marc Bordus *FRA* 260.15 km
- 4) Florian Reus *RUS* 255.37 km
- 5) Emmanuelle Fontaine *FRA* 254.76 km

Women:

- 1) Mami Kudo *JPN* 255.30 km
- 2) Anne Ceclie Fontaine *FRA* 243.64 km

- 3) Michaela Dimitriadu *CZE* 234.75 km
- 4) Connie Gardner *USA* 232.90 km
- 5) Monica Casiraghi *ITA* 229.17 km

Report on the 8th IAU 24 Hour World & European Challenge (Brive, France)

The 8th IAU 24 Hour World and European Championship took place in Brive-La-Gaillarde in the south of France on May 13-14th 2010. Shingo Inoue (JPN) and Anne-Cecile (FRA) grabbed the world titles with 273.708km and 239.797km

The International Association of Ultrarunners (IAU) celebrated the 8th 24 Hour World & European Championships with record breaking feats. Amongst the records set, included total participants of 229 athletes representing 32 countries, taking part in this day and night event in Brive, France.

The race was organized on a 1253.84m course around city streets on May 13-14th 2010. Individual countries had set up their refreshments to support their athletes. The cooler temperatures during the day and the absence of forecasted rain during the night resulted in several athletes getting personal and national bests, including one, setting a continental record.

Shingo Inoue (JPN) was dominant in winning the men's title. He completed an Asian record of 273.708km in 24 hours, breaking the previous record of held by his countryman and multiple champion, Ryoichi Sekiya of 273.366km. Inoue, 29, ran a very consistent race taking the lead at 3 hours and never relinquishing it.

American phenom Scott Jurek finished in the silver medal position accomplishing his goal of breaking the US record. He completed 266.677km breaking the old mark of 261.5km.

Ivan Cudin (ITA) finished 3rd making his move in the last 3-4 hours of the race and in turn accomplishing a new Italian record of 263.841km. Vladimir Bychkov (RUS) and pre-race favourite Fabien Hoglea (FRA) grabbed the 2nd and 3rd place in the European Championships with 258.534km and 256.256km.

The men's race had bottled down to two, Inoue and Jurek right from the early stages of the race and both athletes battled well, to the very end. In the team event, Japan won the men's division, followed by Italy in 2nd place and USA in 3rd place. In the European Championships, Italy grabbed the gold, followed by France and Great Britain in 2nd and 3rd places, respectively.

Like in the men's race, the women's race was also a two athlete competition at the top of the leader board. Last year's winner, Anne-Cecile Fontaine (FRA) and 2009 bronze medallist Monica Casiraghi (ITA) battled it out until the 9th hour when the former took

the lead for good. Fontaine, 39, finished the race with 239.797km, about 5 kilometres shy of the World's Best Performance.

Casiraghi ran a very brave race and battled through the night and grabbed the silver medal with 231.090km. Like in the men's bronze medal race, Julia Alter (GER) made her move in the last quarter of the race and came in strong to finish in 3rd spot with 230.258km.

The European top 3 standing remained unchanged. In the team event, France finished 1st followed by Italy and Australia. This is the first time Australia put in a women's team. A true accomplishment in itself, let alone, winning the bronze medal. In the European Championships, France won the gold, followed by Italy and Finland in 2nd and 3rd place, respectively.

The race was a treat to watch and it was exhilarating to witness so many records and personal best being achieved in the 24 hour time frame. The race organizers and volunteers of Brive put on an outstanding race.

Results 24hr World Championship 2010, Brive, France

Men:

Gold --- Shingo Inoue *JPN* 273.708 km

Silver --- Scott Jurek *USA* 266.677 km

Bronze --- Ivan Cudin *ITA* 263.841 km (1st European Championship)

4th Place --- Yuji Sakai *JPN* 258.907 km

5th Place --- Vladimir Bychkov *RUS* 258.534 km (2nd European Championship)

6th Place --- Fabien Hoblea *FRA* 256.256 km (3rd European Championship)

Women:

Gold --- Anne-Cecile Fontaine *FRA* 239.797 km (1st European Championship)

Silver --- Monica Casiraghi *ITA* 231.390 km (2nd European Championship)

Bronze --- Julia Alter *GER* 230.258 km (3rd European Championship)

4th Place --- Annemarie Gross *ITA* 229.166 km

5th Place --- Sylvie Peuch *FRA* 225.164 km

Team Competition Men:

Gold --- Japan 778.678 km

Silver --- Italy 758.932 km (1st European Championship)

Bronze --- USA 757.468 km

4th Place --- France 751.835 km (2nd European Championship)

5th Place --- Great Britain 742.777 km

Team Competition Women:

Gold --- France 685.800 km (1st European Championship)

Silver --- Italy 658.112 km (2nd European Championship)

Bronze --- Australia 654.863 km

4th Place --- USA 625.529 km

5th Place --- Finland 605.143 km (3rd European Championship)

Future of the Championship

The 24 Hour World Championships has increased in popularity over the years. This has been evident by the record number of participant at this year's championships. The number of runners and federations participating in this event has been closely matched by the participants in the 100 km World Championships.

The popularity of the 24 Hour event is also evident by the significant number of races that are being organized each year in the different countries around the world. Some federations have multiple events giving an opportunity for runners to try different terrain and weather conditions.

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 24 Hour World Championship.

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