



## **10<sup>th</sup> IAU 24 Hour World & 19<sup>th</sup> European Championships**

*11<sup>th</sup>-12<sup>th</sup> May 2013*

Steenbergen, the Netherlands

The International Association of Ultrarunners (IAU) is pleased to bring the 10<sup>th</sup> 24 Hour World & 19<sup>th</sup> European Championships to Steenbergen, the Netherlands.

IAU has been to the Netherlands several times over the years to host major IAU Championships. Last time IAU was in the Netherlands was for the 100km World and European Championships in Winschoten. 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 (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.

### **10<sup>th</sup> IAU 24 Hour World & 19<sup>th</sup> European Championship**

**The 10<sup>th</sup> IAU 24 Hour World and 19<sup>th</sup> European Championships will take place on 11<sup>th</sup> May 2013 in Steenbergen, the Netherlands. Florian Reus (GER) and Michaela Dimitriadu (CZE) are top returning podium finishers in the field.**

The International Association of Ultrarunners will be organizing the 10<sup>th</sup> IAU 24 Hour World Championships and 19<sup>th</sup> European Championships. The championships will take place on 11<sup>th</sup>-12<sup>th</sup> May 2013 in Steenberg.

The beautiful municipality in southern Netherlands is one of the most picturesque regions in the country and it will be a complete treat for runners to compete in the area. The race runs through a fairly flat 2.34 kilometer course.

This year's event has assembled some of the best runners in the world over the day-night competition.

Florian Reus (GER), last year's silver medalist, and current European champion is the top podium finisher in the field. Current world champion, Mike Morton (USA) will be absent from Steenberg as he is nursing an injury.

Reus with a 2012 performance of 261.718km will be getting tough competition from Ivan Cudin (ITA) and Ludovic Dilmi (FRA) with recent top performances of 263.814km and 257.819km respectively.

Some very notable names in the field are Ioannis Kouros (GRE), Masahiko Honda (JPN), Shuhei Odani (JPN) and Emmanuel Fontaine (FRA).

In the team competition, Germany will do its best to defend its world's title. France, Japan and the United States will be sending strong teams to Steenberg as well. Norway and Great Britain will be vying for the podium also.

In the women's race, Dimitriadu (CZE) finished in the gold medal spot in 2012 with a distance of 244.232 km. She will be looking forward to defending her title. Other podium finishers, Connie Gardner (USA) and Emily Gelder (GBR) will be in Steenberg working hard at the front of the field with recent performances of 240.275km and 238.875km.

Current world's best performance holders and IAU Athletes of the Year Mami Kudo (JPN) and Lizzy Hawker (GBR) will also be competitors in the field. These two legendary runners will be running in the same 24hour event together for the very first time. Also, included in the field are Mikie Sakane (JPN), Cecile Nissen (FRA) and Szilvia Lubics (HUN).

In the team competition, the United States of America will be looking to defend their title. Japan along with Great Britain and France will have strong teams as well aiming for podium finishes. Sweden, Russia and Finland are always part of the overall mix with strong runners.

It will be an exciting race with several top runners in the mix. IAU will carry live updates on their website ([www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)).

## **Top Performers (2010-2012)**

### **Men:**

Ivan Cudin *ITA* 263.814 km  
Florian Reus *GER* 261.718 km  
Ludovic Dilmi *FRA* 257.819 km  
Masahiko Honda *JPN* 257.634 km  
Shuhei Odani *JPN* 256.861 km

### **Women:**

Mami Kudo *JPN* 255.303 km  
Elizabeth Hawker *GBR* 247.076 km  
Michaela Dimitriadu *CZE* 244.232 km  
Mikie Sakane *JPN* 243.381 km  
Connie Gardner *USA* 240.275 km

## **Report on the 9<sup>th</sup> IAU 24 Hour World & European Challenge (Katowice, Poland)**

**The 9<sup>th</sup> IAU 24 Hour World and 18<sup>th</sup> European Championship took place in Katowice, Poland on September 8-9<sup>th</sup> 2012. Mike Morton (USA) and Michaela Dimitriadu (CZE) grabbed the world titles with 277.543 km and 244.232 km**

The International Association of Ultrarunners organized the 9<sup>th</sup> 24 Hour World and 18<sup>th</sup> European Championships on September 8-9<sup>th</sup> 2012 on Katowice, Poland. A record number of athletes and federations participated in the event. The championships saw 254 athletes from 34 nations vying for the top spot in the race.

The race was organized on a 1544.87 m course around Park Slozi in Chozin. Individual countries had set up their refreshments to support their athletes. The cooler temperatures during the day and night combined with a relatively flat course allowed the athletes to set several national records and personal bests.

Mike Morton (USA) took the top honours in the men's race winning with a distance of 277.543km. Florian Reus (GER) finished second completing 261.718 km. Ludovic Dilmi (FRA) finished in the bronze medal spot running a distance of 257.819 km.

Morton, 41, took the early front running in the race from the start and never seemed to slow down his pace or relinquish his lead. His blistering pace at the start was a bit fast with a forecasted final distance of above 300 kms but one-third through the race Morton settled comfortably in his pace and maintained it towards the end.

Florian, on the other hand, ran a very different race. He came back from further down in the field and made his way through the competition in the second half. In the pre-race conference the twenty eight year old beamed with excitement in hoping to set new personal bests in the race and passing 260 kilometers.

Dilmi, 47, ran quite a consistent race constantly featuring in the top 5 throughout the duration of the race running very closely to pre-race favourite Ivan Cudin (ITA) in the middle stages of the event. Having slipped through the top 3 for some hours at night he regained his form and composure to finish very strongly and make the podium.

In the European Championships, Florian took gold, followed by Dilmi in the silver medal spot and hometown hero Piotr Sawaicki (POL) taking the third place. In the World's team competition, Germany took home the gold with France taking the silver and the United States of America taking the bronze. In the European team Competition, Germany finished in first place followed by France and Poland in the silver and bronze medal spots, respectively.

In the women's race, Dimitriadu (CZE) finished in the gold medal spot with a distance of 244.232 km. Connie Gardner (USA) finished second with 240.385 km. Emily Gelder (GBR) finished in the bronze medal spot completing 238.875 km.

The women's race, unlike the men's race, had a few more leaders through the duration of the race. Initially, the current 24 Hour track World's Best Performance holder, Mami Kudo (JPN) was in the lead but Gelder passed her though the first third of the race only to eventually relinquish to a fast surging Dimitriadu in the later stages.

Top finisher and gold medal winner, Dimitriadu, 39, ran a textbook race coming in strong in the second half of the event. She ran very well at night and completed a feat that she had prepared for a very long time.

Gardner, 49, finished in second place and had a very consistent run throughout the competition. Also a 100km specialist, Gardner, dug deep into her endurance level and pulled out her best performance to date to take over the silver medal spot.

Race leader for a big portion of the run, Gelder, had an outstanding event and surpassed her goals for the competition. Having run the 100 km world championships previously in Seregno, Gelder, 37, has speed to go with her endurance on these longer runs.

In the European Championships, Dimitriadu took home the gold, followed by Gelder the silver and Cecile Nissen (FRA) the bronze medal. In the team competitions for the world championships, the United States of America took the gold, France and the Great Britain took the silver and bronze, respectively. In the European team competition, France took home the gold, the Great Britain silver and Germany the bronze.

The race was outstanding to watch. Several national records, national age group records and personal bests were set on this course.

The IAU is looking forward to the 10<sup>th</sup> 24 Hour and 19<sup>th</sup> European Championships in Steenbergen in May 2013.

### **Results 24hr World Championship 2012, Katowice, Poland**

#### **Men:**

**Gold** --- Mike Morton *USA* 277.543 km

**Silver** --- Florian Reus *GER* 261.718 km (1<sup>st</sup> European Championship)

**Bronze** --- Ludovic Dilmi *FRA* 257.819 km (2<sup>nd</sup> European Championship)

**4<sup>th</sup> Place** --- Ryo Abiko *JPN* 255.487 km

**5<sup>th</sup> Place** --- Piotr Sawicki *POL* 254.093 km (3<sup>rd</sup> European Championship)

#### **Women:**

**Gold** --- Michaela Dimitriadu *CZE* 244.232 km (1<sup>st</sup> European Championship)

**Silver** --- Connie Gardner *USA* 240.385 km

**Bronze** --- Emily Gelder *GBR* 238.875 km (2<sup>nd</sup> European Championship)

**4<sup>th</sup> Place** --- Cecile Nissen *FRA* 234.534 km

**5<sup>th</sup> Place** --- Suzanna Bon *USA* 231.074 km

#### **Team Competition Men:**

**Gold** --- Germany 759.457 km (1<sup>st</sup> European Championship)

**Silver** --- France 756.710 km (2<sup>nd</sup> European Championship)

**Bronze** --- USA 754.786 km

**4<sup>th</sup> Place** --- Poland 741.267 km (3<sup>rd</sup> European Championship)

**5<sup>th</sup> Place** --- Japan 738.566 km

#### **Team Competition Women:**

**Gold** --- United States of America 694.620 km

**Silver** --- France 666.503 km (1<sup>st</sup> European Championship)

**Bronze** --- Great Britain 666.461 km (2<sup>nd</sup> European Championship)

**4<sup>th</sup> Place** --- Germany 651.221 km (3<sup>rd</sup> European Championship)

**5<sup>th</sup> Place** --- Sweden 649.297 km

### **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 recent 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.

Report By:

Nadeem Khan

IAU Director of Communications

[nadeem.khan@iau-ultramarathon.org](mailto:nadeem.khan@iau-ultramarathon.org)

+1-716-392-6657