

# PRESS STATEMENT 2017



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## The ITRA, an association for the advancement of trail running

In July 2013, the International Trail Running Association (ITRA) was born of its founder members' passion and enthusiasm for trail running.

- On 3 September 2012, more than 150 delegates (race organizers, equipment suppliers, journalists, elite athletes) from 18 countries worldwide met in Courmayeur (Italy) for the first International Trail running conference.
- The conference raised awareness of the diversity of perspectives represented by the participants and of the need to organize trail running as a discipline in its own right whilst giving due consideration to the differences in approach across the continents.
- 50 volunteers (race organizers, athletes, representatives of the national federations, equipment suppliers, journalists, coaches...) drawn from 5 continents and 13 countries, divided into 5 working groups, set to work around a virtual table.
- Bringing together their diverse cultures and viewpoints in support of this fast growing discipline, they joined forces to draft an ethical charter, to propose an international definition of trail running and to put forward the framework for health and anti-doping policies. The way was paved for a structured management of top athletes and the possibility of creating an international ranking system explored.

From their discussions came the foundations for the sport of trail running and, in particular, a basis was formed for an association committed to bringing together all those involved in trail running worldwide, united by shared values and principles.

## **In less than four years, trail running has made *giant steps forward* with the ITRA!**

### ***The ITRA, what is it ?***

It is a non-profit making association with an international vocation, created by runners, people involved in trail running and organizers of big events to supervise and structure the development of trail running, to establish the base of the international development of a rapidly expanding discipline.

From the practice of a few enthusiasts, we have moved in a few years to a popular sport. Organizers and those who practice the sport are confronted by increasing requirements, in terms of security for example. And the stakes are higher and higher for organizers, athletes, manufacturers and teams.

To regulate this exponential growth the ITRA is a platform for discussion, exchanges, and for working on proposals aimed at national federations and in particular, the international federation the IAAF (International Association of Athletics Federations).

### ***Who is the ITRA?***

The founding members are people who are very involved in trail-running, in particular organizers of big events.

Today, in mid-August 2017, the ITRA numbers **1866** member organizations and **3975** individual members from **122 countries**.

### ***What is the role of the ITRA?***

- To develop and promote trail running.
- To contribute to improving the quality of races and the safety of runners.
- To promote its sporting ethic, which is based on strong values: authenticity, humility, fair play, equity, respect and solidarity.
- To promote preventative actions concerning health, security and anti-doping.
- To contribute to the improvement of an environmentally friendly practice and to promote sustainable development within trail running.

- To provide a forum for all those wishing to express their views and to be heard at an international level.
- To nurture constructive alliances and to collaborate with the national trail running associations, and the national and international federations.
- To promote the organization of continental or world championships or trail running circuits to strengthen the visibility of the discipline and valorize « elite » athletes.

### Runner database:

**A total of 986,264 runners!**

- **164,363** with at least 2 results posted
- **36,888** registered on ITRA

### Race database:

**17,081 editions (from ITRA's beginning until now)**

- **12,368** races with results
- **6,078** different races corresponding to **3,252** events worldwide
  - with **4,721** linked to an ITRA account

***Key figures from the ITRA database of races and runners (August 2017)***

### North and Central America:

- Member organizations: **172**
- Individual members: **1,515**

### Europe:

- Member organizations: **1,133**
- Individual members: **26,530**

### Asia:

- Member organizations: **331**
- Individual members: **5,240**



### South America:

- Member organizations: **158**
- Individual members: **3,003**

### Africa:

- Member organizations: **33**
- Individual members: **141**

### Oceania:

- Member organizations: **39**
- Individual members: **435**

***Global distribution of ITRA members (August 2017)***

## The basis of a definition

The ITRA began by elaborating an international definition of trail running. An indispensable base for discussions with the International Association of Athletics Federations and differentiating trail running from other related disciplines.

### *The definition suggested by the ITRA:*

Trail running: a competition on foot open to all comers, in a natural environment (mountains, forests, on plains,...) with the minimum on concrete or bitumen roads (which must not exceed 20% of the total distance); The ground may vary (dirt roads, forest roads, single track trail) and must be well marked (1). Ideally the race is in semi self-sufficiency or total self-sufficiency (2), and it takes place with respect for sporting ethic, loyalty, solidarity and the environment.

### *Classification of trail races*

- Trail: Less than 42km
- Trail Ultra Medium (M): 42 km to 69 km
- Trail Ultra Long (L): 70 km to 99 km
- Trail Ultra XLong (XL): 100 km or further

(1) « Accurately marked": the runners are given sufficient information to complete the course without losing their way. This includes physical course markings (flags, tape, other waymarkers) as well as the permanent signage of a right-of-way, a GPS route, and/or the provision of maps.

(2) « Autonomy and semi-autonomy": the runner should be self-sufficient (clothing, communications, food and drink) between aid stations.

Trail running has been added to the list of disciplines recognised by the International Association of Athletics Federations (IAAF) (August 2015, Beijing). For the ITRA, this represents recognition for the work achieved since its inception in 2013.



## A basis and common values

ITRA members represent the different elements of trail running community over five continents. Alongside the major changes described, the association aims to share and unite the different cultures, the passions, the different visions of trail running, and the values at the heart of the association.

The ITRA seeks to propagate the values of trail running by means of simple but rigorous rules that act as the natural point of reference for the world of trail running:

- To surpass oneself and explore one's physical and mental abilities while in contact with beautiful and sometimes harsh natural surroundings.
- The pleasure of running, without necessarily focusing on striving for performance, even if this doesn't prevent one from being proud of one's final ranking.
- The sharing of one's passion and emotions with other runners and volunteers.
- To experience the pride of being a « finisher".
- Mutual help and support to finish and share the emotion of crossing the finishing line together after several hours of effort.
- To experience a great moment of conviviality together with all the participants and players involved within an event.
- To experience solidarity...
- To hear the great champions' testimonies of respect for the performances of unknown runners..."

An ethical charter seeks to ensure the continued respect of the founding values of trail running.

NB: The charter defines the principles corresponding to these values to guide the conduct of runners, race organizers, partners, volunteers, and of the residents and local authorities whose lands accommodate trail running events.

## Guaranteeing reliable and comparable events and results

Since April 2014, the ITRA has been offering a service for evaluating courses for trail races, with a view to improving the overall standard of events and the reliability of results.

The service can be accessed online from the event organizer's space and uses data that can be measured from the GPS trace of the course submitted by the organizer.

The object of the service is to certify course measurements and to evaluate course characteristics.

### *Course certification*

Contingent upon the quality of the .gpx trace provided, the ITRA can either grant or withhold certification of a course in terms of distance and cumulative (positive and negative) elevation, thereby providing reliable information for both the runners and the organizers.

### *Course characteristics*

Evaluation of the characteristics of a course, in terms of the following criteria, is also based on the GPS trace but with greater flexibility:

- Endurance: level of difficulty, expressed in ITRA points (scale from 1 to 6) (1)
- Mountain: level of difficulty, scored from 1 to 14 (14 denoting a particularly high level of difficulty) (2)
- Finisher: expressed as the minimum ITRA Performance Index necessary for a runner to reach the finishing line.

(1) To calculate the level of difficulty (Endurance) a number of effort points is calculated by summing the distance (km) and the cumulative positive and negative elevation / 100 (meters). Two further criteria are taken into account, for example the distance between aid stations or repetition of a loop (races with multiple laps). For single-lap races, the following scale is applied:

- 1 ITRA point for 25-39 effort points

- 2 ITRA points for 40-64 effort points
- 3 ITRA points for 65-89 effort points
- 4 ITRA points for 90-139 effort points
- 5 ITRA points for 140-189 effort points
- 6 ITRA points for more than 189 effort points.

Multi-stage races are analyzed differently, the number of stages and number of effort points for the longest stage being taken into account.

(2) The level of difficulty (Mountain) is based on data relating to altitude (minimum, maximum and mean), to the gradient percent and to the longest uphill.

NB: ITRA points, as well as the level of difficulty (Mountain grading), can be used by any organization wishing to implement an experience-based selection at registration. By seeking evaluation of a proposed course, an organization gives all those taking part the opportunity to gain ITRA points or a Mountain grading. Many ultra races (e.g. the Ultra-Trail® of Mont Fuji, the Ultra-Trail® of Mont Blanc, the Lavaredo Ultra-Trail®...) use this system to limit the number of entries.

## Runner evaluation

### *The ITRA Performance Index*

To simplify the interpretation of runners' results, the ITRA has devised a method for calculating scores, which can take account of the specific characteristics of a trail and thus to measure the level of a performance for any runner on any course.

The ITRA Performance Index is based on the five best results over a period of 36 months.

This allows a runner to identify his level and to measure his performance in relation to his performance in other races. In the same way, new and upcoming runners can be identified and elite runners can be evaluated.

*A relative scale* has been established and allows runners (male or female) to better identify their relative position according to the following categories: international, national, advanced, intermediate and beginner. The first four categories are each sub-divided into three further sub-categories.

*The ITRA Performance Index can be calculated for each distance category:* S (<42 km), M (42-69 km), L (70-99 km), XL (> 100 km) or general.

*Any event organizer can now send race results, free of cost,* to their organizer's space. The ITRA will then undertake to calculate the scores of the runners and to post them to the respective runner files.

### *The ITRA method for calculating scores*

The ITRA score calculation is based on:

- *an empirical approach:* each performance is entered into a table where, taking the length of the "smoothed" course (using an empirical formula relating to the distance (km) + the cumulative (positive and negative) elevation/100 (meters)), the runner's time is compared to the theoretical maximum best performance, which is equivalent to a maximum of 1000 points; this graph is determined on the basis of a number of world records for distance of between 10 km and 1000 km; and a subsequent

- *a statistical approach*: in order to take account of the specific characteristics of a trail relating to the course or to the course conditions, a readjustment coefficient is applied to the initial score; this is calculated in such a way that the mean ITRA score of all the runners at the finishing line multiplied by the above coefficient is equal to the mean ITRA score for the runners at the start line.

***Spotlight on the runners on our site***

The ITRA site has a page dedicated to runners, where it is possible to:

- find and manage files for more than *986,000 runners*,
- consult runner files, using the ITRA Performance Index or recent performances declared on honor,
- consult the files of runners who are participating in the "Quartz" health program.

## Race evaluation

Trail running takes place all over the world and over a wide variety of different terrains. This is one of the basic precepts of trail running. To encourage this diversity of trails, the ITRA provides all event organizers with free access to a calendar of trail races.

- 2015: **1,740** races registered on the calendar
- 2016: **2,700** races registered on the calendar
- From January 2017 to now (mid-August 2017): **3,166** races registered on the calendar

## Runner health and safety are matters of priority for the ITRA

### *Safety guidelines*

Safety remains a priority. It is for this reason that the ITRA offers event organizers a *set of guidelines*, drafted by members of the ITRA Safety Committee (including doctors, rescue experts, professional rescue bodies and race organizers).

The guidelines describe a set of measures for accident prevention and for passing information to all those concerned.

In the section relating to rescue, the guidelines give all the necessary means (personnel and equipment) for assisting those in difficulty.

NB: The guidelines are available in Chinese, English, French, German, Korean, Russian and Spanish and can be downloaded from the ITRA website.

### *An active health policy!*

The health policy – which is all the actions, which together increase the prevention and protection of health of sportspersons – has, for four years, been one of its priorities. In 2017, the ITRA launches the second phase of the Quartz program and integrates new players for the first time in the discipline's history: athletes, brands and international circuit join forces for the runners' health. Ultra Sports Science endowment fund and the association Athletes For Transparency support the program.

#### *• A health page available to all runners*

Since 2014, the ITRA has made available, via its website, a runner's page developed by Athletes For Transparency (AFT). It is a SHOL (Sport and Health On-Line) platform, which allows runners, both elite and amateur, to upload their medical information such as medical certificates, blood group, the person to contact in the case of an emergency or even any Therapeutic Usage Exemptions (TUE). This essential information can be easily exploited by medical teams present at the races so as to make any interventions efficient.

• *Organizations involved with following the health of runners*

Although it has a not insignificant financial charge for organizations, a few, like the UTMB® since 2008, the Marathon du Mont-Blanc since 2015, the MaXi-Race on the occasion of the 2015 World Trail Running Championships and the Trans-Peneda Gerês on the occasion of the 2016 World Trail-Running Championships, wanted to get involved in the implementation of following the health of the of the runners through the ITRA health policy.

This innovative action has neither the vocation nor the competence to be a substitute for current regulations regarding the anti-doping fight because it helps sportspersons who are willing to reveal possible anomalies connected to pathologies or the practice of self-medication or non-voluntary drugs which can lead a behavior related to doping.

In the case of an abnormal profile, the runner is interviewed by the organization's medical team accompanied by experts commissioned by the ITRA.

According to the case, the committee can take the decision to forbid a runner from taking the start of the race. It is an important evolution for organizers in regard to their commitment for the health of runners and ethics of the race.

More information at: [http://itra.run/page/261/Politique\\_sante.html](http://itra.run/page/261/Politique_sante.html)

***Launch of a new program, Quartz***

Within the framework of the continuation of the Health Policy, the Quartz program is aimed first of all at elite athletes. In 2016, the first phase of the program takes the form of a 6-month pilot study, based on athletes volunteering. The runners agree to numerous analyses and to declare their « health » data such as their medical personnel, their location, the issue of any TUEs (Therapeutic Usage Exemptions) or even any medicines used. Within the framework of an initiative of transparency, the runner can make all their « health » data public.

The 3 best in each category (General, S, M, L and XL according to ITRA ranking) were invited to join the program free of charge. Piloted by the ITRA, the QUARTZ Program relies on partners, Ultra Sports Science for finance and Athletes For Transparency (AFT) for the implementation. In 2016, 16 runners joined the program. The



complete list is available on our website:  
[http://itra.run/page/261/Politique\\_sante.html](http://itra.run/page/261/Politique_sante.html)

*«I am very happy about the creation of the QUARTZ Program and honoured to be part of it. I believe in a clean and transparent sport between the best athletes of the discipline, and for that, I am more than happy to publish my blood test results at any moment. Thanks to QUARTZ, I think that we can develop the values of trail running and maintain the runners good health, for their own well-being, work and natural performance. I think that the sport needs such a health program, and in the future, with biological passports, random anti-doping tests, the different policies and sanctions organized regarding the fight against doping, we will be able to ensure that athletes do not use doping products as a byway and that they follow all the rules so as to be on an equal footing ».*

*Testimony from Sage Canaday (USA) – runner involved in the QUARTZ Program*

- *A new approach to following the health of runners*

Via their ITRA health page the runners regularly receive requests for analyses (blood, urinary or capillary) to be carried out in a laboratory of their choice. In total, there are 66 biological markers which can be identified, giving a very large vision of a runner's state of health with the help of different scientific analysis models.

The Quartz program complements the current tools concerning the fight against doping, like the doping tests (during or outside of competitions) or the biological passport. These two approaches offer a legal capacity to engender sporting or financial sanctions to athletes and those supervising them.

There is more flexibility (the test can be carried out in the athletes locality), allowing a more global way of studying their health and and detecting any possible abnormalities.

***Creation of Ultra Sports Science (fund of subsidies for the medicine and science of ultra-endurance)***

In 2014, ten doctors developed the first international scientific synthesis document listing the specific medical conditions relating to ultra-endurance and open country running races. From this analysis was born the idea of focusing on symptomatic or pathognomonic illnesses in ultra-endurance.

Ultra Sports Science, created on March 5th 2016, accompanies all parties involved with ultra-endurance – sports persons, organizers, researchers, federations, trainers, public authorities - in the improvement and preservation of good health and the well-being of the athletes through the grouping of, and the search for finance for, research projects. The results of these projects are accessible to everybody.

Ultra Sports Science has a unique position at the crossroads of research, sport and health matters.

Numerous studies already carried out are available at:  
<http://ultrasportsscience.org/publications-scientifiques/?lang=en>

- *The ITRA, first institutional funding partner*

To better structure the whole health policy connected with ultra-endurance sports and to ensure total independence between the donors, research projects and other activities, the ITRA actively supports the creation of the Ultra Sports Science fund and is equally the first institutional partner through the QUARTZ Program.

- *Ultra Sports Sciences : A fund of donations which allows for the funding of the first studies*

- Support for the Quartz Program
- Study on fatigue in a difficult environment
- Studies on cramps via a new approach looking at introducing cramp in a laboratory.
- And also others

- *International conference of medicine and science in ultra-endurance sports*

Dr Marty Hoffman started, in 2014, an annual conference within the framework of the Western State Endurance Run. The aim is to facilitate the meeting between experts specializing in ultra-endurance, to diffuse the recent results of research projects and to broadcast them to all players involved with ultra-endurance.

More information at :

<http://ultrasportsscience.org/>

<http://ultrasportsscience.us/events/>

## International recognition for trail running

Since the First Trail Running Conference held in Courmayeur in September 2012, the ITRA has maintained a good relationship with the IAU, International Association of Ultra-runners, which manages and develops races of ultra distance, which is the distance over a marathon, under the patronage of the IAAF, International Association of Athletics Federations.

The ITRA was therefore able to heighten the federal authorities' awareness to the very fast development of the sport worldwide. This led to discussions with the IAAF which decided, at the end of 2013, to create a *Trail Running Working Group* whose objective was to study the question of integration of trail running in to the list of recognized disciplines.

This definition, which established clear distinctions against other disciplines, such as cross-country or races in the mountains has convinced the IAAF that it was possible to include trail running in its statutes. The integration will be made official at the next IAAF Conference in Pekin in August 2015.

Recognition by the IAAF was made official at the IAAF Beijing conference in August 2015 (see Article 252, relating to the IAAF Competition Rules).

### ***Collaboration with the IAAF***

The ITRA "definition of 'trail running'" committee is currently continuing discussions. Elite runners, such as François D'Haene, Thomas Lorblanchet, Sébastien Chaigneau, have been invited to take part.

### ***Collaboration with the IAU for the organization of the World Championships***

The ITRA has also brought the attention of the IAU to the importance of improving the organization of the world trail championships and according them the full required legitimacy to make it an event of world renown.

ITRA has been a technical partner of the World Championships for 3 years now, and its expertise in health and safety is today inseparable from such an event.

In collaboration with the IAU in the organization of the World Championships, ITRA has launched an international debate with all

the players in the discipline to find the best way of organizing future World Trail Championships (2019 or 2020) and seeks the opinions of the various parties on a number of points, namely the number of distances, the frequency of the event, its format (a single event comprising several races), the nature of the course and the registration mechanisms (selection by the federations, wild card, open race...).

An international committee of athletes has been set up to this end.

Decisions reached in conjunction with the IAU:

- A clear and transparent process has been defined for implementation in the candidature phase. The aim is to allow at least two years between the announcement of a new edition of the TWC and the agreed date.
- A joint committee of four members, two from the IAU and two from the ITRA, will be set up to oversee the implementation of the above process and to propose a selection for each edition of the TWC. From now on, these decisions will be endorsed by the respective executive committees of the IAU and the ITRA.
- Discussions will continue with the federations, event organizers, the elite athletes and the brands in order to seek the best possible solutions for a more open race format and to study the potential for increasing the media impact as well as having the interests of the athletes if the TWC were to be held biennially in different continents, over two distances.
- In 2017, a new distance of circa 50 km introduced in Italy.
- The respective roles of the IAU and the ITRA have been defined, with effect from the world championships 2016 in Portugal. The IAU is responsible for all administrative and financial aspects and for accommodation and transport. The ITRA is in charge of the technical organization and communications.

#### ***Collaboration with the Ultra-Trail® World Tour***

The UTWT® will use the ITRA Performance Index to select the elite runners and to determine the competition level of the races, these being criteria used in drawing up the annual UTWT® rankings. From 2017, the UTWT® also wished to set up a health policy on each of the 22 races of the circuit.

## Promoting exchange

As there are several thousand trail races in France, the ITRA wanted to promote the organization of trail running at a national level in collaboration with national athletics federations (e.g. in France FFA or in Sweden SFIF) or with national associations, where these are the responsible bodies (e.g. in Portugal or USA). Thus, since the General Assembly of Badia Prataglia in June 2017, 8 representatives of National Federations now sit on the ITRA Steering Committee.

But also, the ITRA wishes to promote the development of national trail running associations in each country where the athletics federation does not wish to be involved.

Similarly, with a view to promoting exchange, the development of working groups - in particular involving a wide range of interested parties - at the national level is also a priority. In France, a number of ITRA-initiated meetings between members of the FFA, runners, race organizers and journalists have already taken place.

## ITRA Composition

**ITRA is composed of 14 founding members, 14 institutional members and 86 national representatives (compared with 44 in 2016).**

**Executive Board:** Michel Poletti (FRA) - President, José Carlos Santos (POR) - Vice-President, Nathalie Mauclair (FRA) - Vice-President, Daniel Perez (URU) - Vice-President, Cristina Murgia (ITA) - Vice-President, Enrico Pollini (ITA) - Secretary General, Janet NG (CHN) - Treasurer

### Steering Committee :

#### Founding members :

Jose Carlos SANTOS DOS MORAIS POR  
Michel POLETTI FRA

#### Institutional members :

Jose Antonio Martins FERNANDES Confederação Brasileira de Atletismo  
Michel HUERTAS French Athletic Federation  
Pablo VEGA Real Federación Española de Atletismo  
Piotr BETKOWSKI Polish Athletics Federation  
Richard BOLT USA Track & Field  
Tito TIBERTI Federazione Italiana Di Atletica Leggera  
Rui PINHO Associação Trail Running Portugal  
Daniel PEREZ GARRIDO Confederación Atlética del Uruguay

#### Organizers members :

Cristina MURGIA ITA  
Enrico POLLINI ITA  
Mario LEAL POR  
Janet NG HKG  
Fernando GONZALEZ DIAZ ESP  
Alen PALISKA CRO  
Krzysztof GAJDZINSKI POL  
Michael DE HAAST ZAF

#### Runners members :

Gediminas GRINIUS LTU  
Nathalie MAUCLAIR FRA  
Sébastien CHAIGNEAU FRA  
Sidney TOGUMI BRA

## Organizers' and runners' national representatives:

### Africa

#### RUNNERS' REPRESENTATIVES

Rachid EL MORABITY    MAR  
Amir BEN-GACEM        TUN  
Altus SCHREUDER       ZAF

#### ORGANIZERS' REPRESENTATIVES

Cyrille SISMONDINI (ASSOCIATION SPORTS NATURE DEVELOPPEMENT) MAR  
Amir BEN-GACEM (ULTRA MIRAGE SPORT INTERNATIONAL LTD)        TUN  
Michael DE HAAST (PURE ADVENTURES)                                        ZAF

### North America

#### RUNNERS' REPRESENTATIVES

David JEKER                CAN  
Marcos FERRO              MEX  
Ian MADDIESON            USA

#### ORGANIZERS' REPRESENTATIVES

Jean FORTIER (SERIE DE COURSE) CAN

### South America

#### RUNNERS' REPRESENTATIVES

Leonardo ISOLA            ARG  
Neisa CONDEMAITA        BOL  
Sidney TOGUMI              BRA  
Beryn QUIROS                CHL  
Enrique SANCHEZ CLAROS    COL  
Marcelo JIMENEZ ROQUETT    CRI  
Jose Carlos SARMIENTO      GUA  
Michael SCOGINGS          PER  
Hugo TONA                    SAL  
Paola NANDE                URU  
Lago BARONI                 VEN

#### ORGANIZERS' REPRESENTATIVES

Mariano ALVAREZ (TMX - NQN)                                        ARG  
Roberto MORENO (MULTISPORT BOLIVIA)                            BOL  
Geraldo ISOLDI (OMNIA SPORTS RUNNING)                        BRE  
Jonathan OBERREUTER (NIMBUS)                                      CHL  
Oscar Mahecha (AVENTURA MONTANA)                              COL  
Ligia MADRIGAL (COSTA RICA ECOGREEN)                            CRI  
Mariluz VINAS (BARTARUGA INVESTMENT SRL)                      DOM  
Henry ANDRADE LANDINES (RUCO ULTTA-TRAIL)                      ECU  
John Carlo DIAZ (RETOS.INFO)                                        VEN

### Asia

#### RUNNERS' REPRESENTATIVES

Lei YU                        CHN  
Siu Keung TSANG          HKG  
Amit MEHTA                IND  
Daniel ARGO                ISR  
Koichi IWASA              JPN  
Razif YAHYA                MAL  
Ram PURI                    NEP  
Vladimir BOGATYREV      RUS  
Jisung Jesse YOO          KOR  
Veysel GULER              TUR  
Kanin PINSUVANA        THA  
Yu Hsin CHOU              TAW

#### ORGANIZERS' REPRESENTATIVES

Zeqiang YU    CHN  
Janet NG (HONG KONG 100)    HKG  
Hiroki TAKEYABU (YABUSAPO)    JPN  
Seow Kong NG (ENDURANCE NATURE SDN BHD)                        MAL  
Richard BULL (TRAILRUNNING NEPAL)                                    NEP  
Igor VLADIMIROV (MOSCOW TRAIL)                                        RUS  
Jey JANG (RUNXRUN)    KOR  
Caner ODABASOGLU (MCR RACESETTER)                                TUR



## Europe

### RUNNERS' REPRESENTATIVES

Dani BUYO GINE	AND
Thomas DUPUIS	BEL
Emir HANDZIC	BOS
Milena KOVATCHEVA	BUL
Alexander TIKHONOV	EST
Antoine BARTHELEMY	FRA
Karsten NOLTE	GER
Nikolaos ZANAS	GRE
Fridleifur FRIDLEIFSSON	ISL
Adrian TUCKER	IRL
Roberto PAOLONI	ITA
Burim LECl	KOS
Cyril HURSON	LUX
Aleksandar DOMAZETOVIC	MON
Daan NIEUWENHUIS	NED
Katarzyna MELCER	POL
Filipa Alexandra VILAR	POR
Nikola MINIC	SER
Sergio GARASA	ESP
Laurent LELOUP	SWE
Alex BRENNWALD	SUI
Valerii SHYPUNOV	UKR

### ORGANIZERS' REPRESENTATIVES

Josef MAYERHOFER (MAYERHOFER FRIED ULTRA RUNNING OG)	AUT
Sanja KAVAZ (PD JAVORINA)	BOS
Alen PALISKA (SPORT BO: iCloud)	CRO
Bernard LANDREIN (ASSOCIATION GRAND RAID GOLFE DU MORBIHAN)	FRA
Lazaros RIGOS (OLYMPUS TRAILS)	GRE
Pol O'Murchu (IRISH MOUNTAIN RUNNING ASSOCIATION)	IRL
Simone BROGIONI (CAMELBAG S.S.D.R.L)	ITA
Krzysztof GAJDZINSKI (KRZYSZTOF GAJDZINSKI KAYF)	POL
Mario LEAL (CLUBE INDEPENDENTE DE ATLETISMO ILHA AZUL)	POR
Nikola MINIC (BTL)	SER
Tico CERVERA (PENYAGOLOSA TRAILS)	ESP
Matthieu GIRARD (ASSOCIATION LES TRAILERS VSB)	SUI

## Oceania

### RUNNERS' REPRESENTATIVES

Aaron KNIGHT	AUS
Gareth CORBETT	NZL

***More information at :***

<http://www.itra.run/>

***Contacts***

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