

## Humanitarian initiatives show that Athletics has a heart

As I write this message, we are just about to begin the 2006 IAAF World Athletics Series, and after seeing so many World Records set indoors already this winter, I am confident that we will have excellent competitions when we go to Moscow for the 11th edition of the IAAF World Indoor Championships (10 – 12 March). Two weeks later, we will then be in Asia, for the 34th IAAF World Cross Country Championships in Fukuoka, Japan (1 – 2 April), for what is the first of a number of top athletics events scheduled for that continent in the next few years.



But although competition will always remain the lifeblood of the IAAF's activities, I am also pleased that our association is starting to involve itself in a number of humanitarian activities. For me, our great sport of athletics is a tremendous source of life-enhancing values and experiences, whose influence extends far beyond the boundaries of our competition venues. Athletics has the power to change lives, and I believe that the IAAF has a responsibility to harness this energy, with the support of our Member Federations and athletes.

When I was at the Winter Olympic Games in Turin, I signed an agreement with the United Nations Environment Programme (UNEP), on behalf of the IAAF, to co-operate on ways to promote environmental awareness by incorporating environmental issues and monitoring environmental programmes in the preparation and staging of IAAF competitions.

The IAAF and UNEP have agreed to work together to create mechanisms for the transfer of knowledge between competition organisers, particularly in developing countries. In particular, the two organisations will begin a programme called the "Plant for the Planet Campaign", by which Trees of Peace will be planted in and around sporting facilities. The focus of the first phase of this project will be on conflict-affected countries.

Just a month earlier, the IAAF's "Athletics for a Better World" project came to a climax with the first ever on-line auction of Athlete memorabilia. Thanks to the kindness of 50 star athletes, both active and retired, as well as the generosity of our fans, we were able to raise more than \$30,000 to be shared equally between the UN organisations FAO, UNICEF and WFP.

On behalf of the IAAF, I would like to thank all those who contributed to the success of this online auction, whose aim was to raise money and particularly increase public awareness for UN humanitarian causes.

**Lamine Diack**  
**IAAF President**

*Photo: Lamine Diack with the Executive Director of UNEP Klaus Töpfer*



## IAAF Athletics' World Plan

What is the most important resource for any country? Is it Oil, Coal, Water, Gas, Gold, the Army, Religion, Politics, Hospitals?

It is none of these. The answer is Children. A country that fails to encourage parents is doomed to struggle and wither. There are already strong signals in many European countries that the birth rate is declining quite seriously to well under the important target of at least 2 children per family.

But what has this to do with Athletics? The significance is that the IAAF like every other sporting body needs a constant flow of young people to replace the current competitors and keep the sport alive. This has always been the case of course but recruiting teenagers is now more difficult. There are many other distractions to tempt them, and there are many more sports also eager to attract them. Football seduces the boys with the best natural talents because it has the cash. Rugby, Tennis, Cricket, Golf, Cycling all have deep pockets and glamorous life-styles. How can Athletics persuade youngsters to experience what it has to offer?

With so many sports to choose from, the emphasis must be on catching them young. And where is that? Answer - In the schools. This comes as no surprise and there have been out-reach initiatives from many Member Federations over the years, some of which have been productive but there has been little sharing of experience. The Athletics' World Plan has now begun to put serious projects in play. The major goal will be to make Athletics the world-wide number one participatory sport in schools.

Those of us who were born in the middle of the 20th Century took for granted that we played sports at school. The talented flourished, the less gifted grumbled, but few thought that it was a waste of time. It was healthy and sport makes friends. Athletics was valuable because it provided a wide range of activities matched to the different body shapes...Sprint, long-distance, hurdling, jumping long and high, throwing different implements. Over the years the quality of school sports declined as investment was withdrawn and sport was downgraded. But the obesity of youngsters increased. Suddenly politicians have discovered that sport in schools improves health, reduces illness and benefits the treasury. This is the opportunity for the IAAF and Member Federations. We need to position

Athletics as the principal means of achieving good health and fitness, and alongside that develop Athletics-based health and fitness programmes that can be used at all levels and be the core element of sport, health and educational government policies worldwide. This must be the primary target for the IAAF and Member Federations.

There is encouraging news coming from Central America where in Puerto Rico more than 12,000 school children aged 6-11 and over 1000 teachers from 500 schools have participated in a Kids' Athletics programme. In Malaysia, over 6000 schools have been involved in a similar project. Hats off to them both and this should encourage all Member Federations to take up this programme. The World Athletics Day on 6 – 7 May will add a global focus to the ambitions of the IAAF and its Members.

We think of Athletics as being a simple sport, practiced everywhere in the world. Open to everyone. All you need is a track and off you go. Sadly this is not quite the whole picture. Athletics is actually a very complex sport with highly defined technical requirements and the need for many trained and experienced officials who participate without payment. We have to look after our Starters, Measurers, and Officials, all the people who make the sport possible and not take them always for granted.

We also take our facilities for granted. Throwing areas and jumping pits for example. But Athletics is often one of several sports which share a Stadium and increasingly encounter unhelpful changes. 8 years ago we saw the introduction of synthetic grass on football pitches. The surface was dangerous and caused injuries. But in the last 2 years the quality has been significantly improved, such that FIFA and UEFA have sanctioned its use in official championships.

Immediately we can see the danger for the throwing events, both in competition and in training. Even runners will find that the synthetic surface affects muscles and causes injury. It may be possible to negotiate a "true grass landing area" within the synthetic surface for Javelin and Discus, but the implications for the Hammer are not good. The IAAF is in contact with manufacturers to see if a compromise solution can be found or a new form of synthetic grass created which accommodates Athletics' needs. Interestingly Mondo have designed a prototype 200m track which also accommodates short-form Football

and Volleyball areas in the centre, allowing more sports to enjoy the facilities simultaneously and at a lower cost. We may see further solutions like this for some of the smaller countries. The "Facilities" Team, headed by Hansjörg Wirz, is very closely monitoring the issue.

But to return to where we started: New blood, youngsters, and how to motivate them. First we must reach them and show them what our sport can do. Who better to do that than our great champions acting as Ambassadors for the sport? There are plans to send these heroes and heroines around the globe to reach out to the youth of the world. They will also support the "Athletics for a Better World" campaign with several humanitarian projects. One of the main tasks of the working teams of the World Plan this year will be to establish a new unified, global calendar that makes sense not only to the IAAF family but also to the media, and the children and their parents who are willing to get into the sport. From grassroots to the elite, the pathway has to be clearer for everybody. Regional championships must all happen at the same time, leaving "down" time for our international events. A new 2007-2012 calendar that makes sense would be a huge achievement for our organisation.

We also must let youth talk to youth, for our younger champions to star in their own videos as entertainment rather than sport, to discuss their lives, hopes, music, food, life in general away from the track. Sport is entertainment after all and we should rejoice that we have so many great talents. We started by talking about children. The IAAF is determined to find and nourish young talent from every corner of the globe, from every small village or major city.

Last but not least, all this will only be achieved if we all work hand in hand, at every level. This is why one of the other major projects of the Athletics' World Plan implementation teams this year is to find the best way to empower the Area Associations. This is a very ambitious project but which is the only way forward for a worldwide governing body like the IAAF that is not only a global player but also one that needs to find its own answer to the challenge of globalisation. A first major brainstorm meeting with the Area Associations is planned for May. We will surely return to this issue in these columns.

**Adrian Metcalfe**

## Commission and Committee News

### Technical Committee

The yearly Technical Committee meeting took place at the IAAF Headquarters in Monaco starting in the afternoon of 17 February with Technical Committee Working Group meetings and then a full day meeting of the whole Committee on 18 February. All but two of the members of the largest IAAF Committee were present.



Photo: President Diack addresses the Technical Committee

At the meeting President Lamine Diack reminded the members to "make the right decisions and proposals, by always keeping the athletes' interests on their mind." In line with this principal the Committee outlined proposals for several Rules interpretations and future amendments. They revisited the issue of the zero false start proposal that was brought up at the last Congress in Helsinki, but which was dropped later on. As before, the Committee agreed that they still do not recommend the implementation of this rule.

In full agreement with General Director Pierre Weiss, who stressed the importance of the usage of the newest technology to make athletics more attractive, the Committee discussed the certification of technology in compliance with the Rules as their first priority; e.g. video distance measurement, transponder timing, and laser measurement are among the novelties which enjoy the support of the Technical Committee. Further topics addressed included:

>>At a two-session Editorial Board meeting which preceded the Technical Committee meeting, the Track and Field Facilities Manual was closely examined and the members agreed that mainly the indoor section has to be reviewed. The new edition is expected to be published in the last quarter of 2006.

>>Research projects are under way with the goal of creating a Calibration Handbook which is a comprehensive collection of standard requirements in regards to different technical devices and systems.

>>Based on new, alternative and quite interesting track designs that were handed in, the Technical Committee nevertheless decided that those would be allowable for research and training, but changes of current standards are not intended.

>>The Committee was pleased to see the statistics of the IAAF certified products and was glad to note the improvement in the number of certified facilities. Currently existing: 117 outdoor facilities; 392 different items of competition track and field equipment; 317 different items of throwing implements; 57 types of synthetic track surfacing products.

### School/Youth Commission

The School/Youth Commission under the chairmanship of Council Member Jamel Simohamed and assisted by Abdel Malek El-Hebil, the newly appointed full-time coordinator for the programme since 7 December 2005, held its first bi-annual two-day meeting for this year, on 20/21 January in Monaco. President Lamine Diack joined the group on Saturday 21 stating that, "I absolutely wanted to be here to renew my dedication to this programme. For 2012, we have set ambitious goals and if we achieve them we have achieved something very important." It is the IAAF's main objective to make athletics the number one practiced sport in school by 2012 as stated in the Athletics' World Plan.

To be able to reach this goal, the School/Youth Commission decided to implement two new athletic programmes -- the World Athletics Day in Schools and the Team Competition Programme for the categories 14/15 years and 13-15 years accordingly. Both will be installed this year for the first time intensifying the efforts to attract and introduce especially school children to our sport. In addition, it was decided to slightly adjust the programme of Kids' Athletics (7 to 12 years) taking more into account each kid's developmental age and the training purpose that wants to be achieved at that age.

The traditional World Athletics Day (16/17 years) which is designed for clubs, will take place on 6-7 May all over the world and will be combined with the newly added World Athletics Day in Schools (14/15 years) -- a great platform for Member Federations and local clubs to get in contact with schools and teachers.

Furthermore, the members of the Commission regarded the implementation of coaching classes that are designed for the coaching of

kids and youth up to the age of 15 years, to be vital to the achievement of the Commission's main objective. The training programme as presented by Simohamed and Malek El Hebil was approved. It was decided that the first pilot training programme will be staged during the African Championships in Mauritius; English and French speaking African instructors will have the opportunity to take part. Afterwards, an implementation and evaluation phase will follow. It was stressed that it is vital to the success of the coaching programme that the Regional Development Centres' and Member Federations' increase their efforts supporting the development of youth.

The main focus of all activities will be on those developing countries where no athletic structures in schools are in place yet. The following recommendations were made by the Commission:

>>Launch the first "World Athletics Day in Schools" with a specific programme to be used by all participating Member Federations;

>>Send a circular to all MF's recommending implementing a required structure for (a) Taking care of Youth athletics matters, and (B) Ensuring contact/communication with school sports authorities within the country. Involve Regional Development Centres in the process;

>>To set up a structure to take care of the IAAF educational project being designed to create and manage a School/Youth specific webpage on the IAAF website: (a) Creation of educational content for the use of school teachers (with all IAAF approved documentation available for download), and (b) Interactive games for youth;

>>To reinforce Kids' Athletics exhibitions during all Area and National Championships.

### Medical & Anti-Doping Commission

The Medical & Anti-Doping Commission came together in Monaco over the weekend of the 21-22 January to discuss the latest medical and anti-doping issues and guide the future direction of the IAAF Anti-Doping programme.

Commission Chairman, Dr. Juan Manuel Alonso opened the two-day meeting by welcoming a new member to the Commission, Professor Louise Burke of Australia.

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**Medical & Anti-Doping Commission continued from page 3**



Photo: Medical & Anti-Doping Commission meeting in session

Prof. Burke, a qualified dietician with 25 years clinical experience in nutrition education and counselling, is currently head of the Sports Nutrition Department at the Australian Institute

of Sport and a member of the IOC Working Party on Nutrition. The addition of an experienced and internationally recognised nutritionist such as Prof. Burke will ensure the IAAF is able to continue moving forward and address the needs of the athletes in this important area.

**Day One** of the meeting covered areas related to anti-doping. The list of topics was long, however among the notable issues discussed were:  
 >>New and smarter approaches to blood screening and (erythropoietin) EPO testing;  
 >>The anti-doping programme for future IAAF competitions;

>>The IAAF anti-doping education activities;  
 >>An update on the new IAAF Rules.

**Day Two** was dedicated to medical matters. The Commission is working hard to improve the information available to athletes on medical issues. Just some of the many topics discussed were;  
 >>Issues relating to the treatment of Attention Deficit Disorders;  
 >>Therapeutic Use Exemptions;  
 >>The curriculum for sports medicine courses; and  
 >>The future IAAF approach to nutrition.

**Forthcoming meetings**

**March 2006**

Tue 21 Masters' Committee  
**Tue 28 – Wed 29 IAAF COUNCIL**

**April 2006**

Mon 3 Cross Country & Road Running Committee

**May 2006**

Mon 15 Race Walking Committee



Following a meeting of the IAAF Golden League Working Group

on Thursday 2 February, which consists of IAAF representatives, Golden League Meeting Organisers and representatives from Broadcasting and Marketing partner IMG/TWI, the

**men's 3000 / 5000m will now be included** as an additional event.

**2006 Events:**

**Men:** 100m, 400m, 1500m, 3000/5000m, Long Jump, Javelin Throw.

**Women:** 100m, 400m, 3000/5000m, 100m Hurdles, High Jump.

**2006 Dates and venues:**

Friday 2 June, OSLO, NOR  
 Saturday 8 July (tbc), PARIS, FRA  
 Friday 14 July, ROME, ITA  
 Friday 18 August, ZURICH, SUI  
 Friday 25 August, BRUSSELS, BEL  
 Sunday 3 September, BERLIN, GER

**World records – recently ratified**

Originally announced on 19 December 2005 on [www.iaaf.org](http://www.iaaf.org)

**Men – Senior Half Marathon**

**59:16 Samuel Wanjiru KEN, Rotterdam, NED, 11 Sep 2005**  
 Previous: 59.17, Paul Tergat KEN, Milan, ITA, 4 Apr 98

**Women – Senior 25km**

**1:22:13 Mizuki Noguchi JPN, Berlin, GER, 25 Sep 2005**  
 Previous: 1:22:31 Naoko Takahashi JPN, Berlin GER, 30 Sep 01

**30km**

**1:38:49 Mizuki Noguchi JPN, Berlin, GER, 25 Sep 2005**  
 Previous: 1:39:02 Naoko Takahashi JPN, Berlin GER, 30 Sep 01

**IAAF CHARITY AUCTION – Over 30,000 Dollars raised by athletes and fans**



The IAAF Charity auction of items of World and Olympic athletics memorabilia, which were so generously donated by

numerous legends of our sport, raised over US\$30,000 in aid of three United Nations organisations, FAO, UNICEF and WFP.

The total will be equally divided between these three partners of the IAAF's humanitarian project 'Athletics for a Better World: The IAAF Stars' Donation Fund'. The IAAF is paying all auction fees and the cost of shipping the items to their winning bidders around the world.

The auction ended on Monday 30 January 2006, and somewhat appropriately the last item on offer, the gold medal competition kit and bib number which Hicham El Guerrouj

wore when he won his first ever global title, raised the most for any individual item – US\$3,406.98. The second highest sale price was the US\$2,443.01 bid for Haile Gebrselassie's framed 1996 Atlanta Olympic Games competition bib number. The next best figure was for the right foot sprinting spike of Asafa Powell, from when he broke the men's 100m World record in Athens last June, which garnered US\$1,830.74.

PHOTO: El Guerrouj's 1995 World Indoor 1500m gold medal kit

**'Helsinki 2005' Official Commemorative Book of the 10<sup>th</sup> IAAF World Championships in Athletics, Helsinki, Finland, 6-14 August 2005**

Published by and only available from the Local Organising Committee. Profusely illustrated in full-colour. The story of each event with full results and medal table. Additional special chapters covering: ATG (Athletics through Generations); IAAF Congress; Finnish success at the Champs; a tribute to the volunteers. 160pp; A4 size; hard back; Text: English, French, Finnish.

Price: 49 Euros + postal charges (EU: 7.00 Euros, Rest of Europe and USA: 9.00 Euros; others please enquire). Payment by credit card (Visa, Mastercard) is available. Post: Suomen Urheiluliiton Julkaisut, Vesijärvenkatu 19, 15140 Lahti, Finland. Email: [jouko.nousiainen@kuntolahti.com](mailto:jouko.nousiainen@kuntolahti.com)



**PLEASE NOTE : This book is NOT available from the IAAF. To order contact the publishers at address shown**

## Obituaries

*in alphabetical order; fuller tributes have been published on [www.iaaf.org](http://www.iaaf.org)*

**Lawrence Black (USA)** - "Larry", 54, who won two medals at the 1972 Olympic Games in Munich, died Wednesday 8 February 2006, of an aneurysm. Black won a gold medal for running the first leg on USA's winning 4x100m relay squad. He also captured the silver medal in the 200m in 20.19 seconds from the inside lane. A star at North Carolina Central University, Black won the NCAA outdoor 220-yard title in 1971 and also won NAIA outdoor titles in 1971 (220-yd.) and 1972 (200m). He had a PB of 20.0 in the 200m.



**Ibolya Csák (HUN)** - Hungary's first ever Olympic and European female champion has passed away at the age of 91. Ibolya Csák won the gold medal at the Berlin Olympic Games in the Women's High Jump in an exciting competition in which, Csák, Dorothy Odam, GBR, Elfriede Kaun, GER, all cleared 1.60m. As none of them could jump the next height, 1.62m, all had to have a fourth attempt and it was the 21-year-old Hungarian, who succeeded. In 1938, she became European champion with 1.64m. During her entire career Csák never lost a High Jump competition.

**Elisabeth Gelius (GER)** - "Lisa", one of the world's outstanding athletes of the 1930s and 40s, died on Saturday, 14 January 2006 at the age of 96. The 1930 (Prague, CZE) and 1934 (London, GBR) Women's World Games gold medal winner in the Javelin Throw with 42.23m and 45.58 respectively, Gelius was one of the favourites to win her event at the Olympic Games in 1936, but an injury prevented her from participating in the Berlin Games. In 1938 though Lisa Gelius, who in 1934 equalled the 80m Hurdles World record with 11.6, was back in winning shape becoming the first women's European champion in the Javelin Throw with 45.58m.

**Dean Ingram (USA)** - The first elected secretary of TAC/USA, and AAU Race Walk Chair prior to that, passed away on Friday 10 February 2006 at the age of 68. He had fallen, hit his head, and later lapsed into a coma. A TAC/USA President's Award winner in 1980 he worked hard at national and local level and for 42 years was President of Club Northwest.

**Jess Jarver (EST/AUS)** - Jess Lembit Jarver, born in Tallinn, Estonia on 3 March 1922, died at his home in Adelaide, South Australia on 11 February 2006, passing away aged 83, after a long battle with cancer. Jess was a nickname given to him by his father after they had watched Jesse Owens together at the Berlin Olympics. He showed passionate leadership for more than ten years as President of AT&FCA through a time when the association became a recognised leader for its education and support of coaches. For forty years he was editor of "Modern Athlete and Coach", the magazine he initiated for his coaching colleagues in Adelaide which grew into a technical journal respected worldwide for the quality of information it provided for coaches at all levels.

**Lou Jones (USA)** - A former World 400m record holder and a member of the United States 4x400m Relay squad that won gold at the 1956 Melbourne Olympics, died Friday 10 February 2006 in the Bronx, New York at 74 years of age. Jones clipped four-tenths of a second off the 400m World record, when running 45.4 to win the 1955 Pan American Games in Mexico City. Jones broke his record in June 1956 when he won the 400m in the Olympic trials at the Los Angeles Coliseum, clocking 45.2. He finished fifth in the 400m at the Melbourne Olympics but captured an Olympic gold with Jenkins, Tom Courtney and Jesse Mashburn in the 4x400 Relay.

**Michel Marmion (FRA)** - President of the French Athletics Federation for 12 years (1973 -1985) after having been President of the Athletics League of Paris and an excellent announcer during French competitions died recently. At his funeral which was held at the Saint Antoine de Padoue Church in Paris on Friday 10 February, the IAAF was represented by Jean Poczobut (Treasurer), Pierre Dasriaux (Honorary Member) and Pierre Weiss (General Director). Marmion who was not an athlete himself discovered our sport when he married his wife Monique (who died in 1992) who was a member of the French team in 4x100m in the 50s. Marmion was also a member of the IAAF Cross Country Committee for 8 years.



**Matti Salmenkylä (FIN)** - One of the world's best known athletics writers, died after a long illness on 9 February 2006 in Helsinki. Born in Helsinki on 4 October 1930, Matti had an instinctive love for the sport of athletics, but also played a major role in promoting and defending journalists' rights at international sports events. In 1983, Matti was Press Chief for the first ever IAAF World Championships in Athletics in Helsinki, and he also acted as IAAF and AIPS Press Delegate at the 1987, 1995 and 1997 editions, as well as at many other prestigious sports events, and was Press Chief of the 1994 European Championships in Helsinki.

A member of the IAAF Press Working Group from 1984 to 1986 inclusive. Honoured with the IOC Olympic Order. He worked in the Executive Committee of AIPS. Elected in 1977, was interim-Secretary in 1991 and for 1993-1997 and 1997-2001 was General Secretary, following which he was appointed as AIPS Honorary Life

General Secretary. From the 1952 Olympic Games to date, he had missed only one Games, 2004 Athens.

**Valeri Vasilchenko (ARM)**, one of the founders of the Armenian Athletics Federation, has died while in Moscow, Russia. Between 1992 and 1996, Valeri Vasilchenko served as the inaugural President of the Armenian Athletic Federation, and from 1996 to 2004 held the post of General Secretary. "He was active in athletics and made a significant contribution to the development of athletics in Armenia," commented Narine Shahbazyan, the current General Secretary of the Armenian Athletic Federation.

**Rolf von der Laage (GER)** - renowned sports journalist, organiser of the former Cologne Grand Prix meeting, and Asian athletics specialist, died on Saturday 14 January 2006 in Cologne, Germany, at the age of 73. Born on 23 August 1932 in Herzogenrath, Germany, he studied medicine, German philology, dramatics and sinology, before going to Asia for over 12 years to work as a correspondent for 'Deutsche Welle' and other media outlets.

Shortly before the 1972 Olympic Games he organised a training camp for Asian athletes. One of the participants was his future wife, Gladys Chai, a Malaysian high jumper. Since the 1980s the couple had established their own agency in Cologne 'ASVOM-Agentur'. He worked from 1987-1992 at ASV Cologne, assisting organisation of ASV Sportfest. Member of IAAF's Grand Prix Commission (1991-1995) and Press Commission (mid-1990's present).



**ATHLETE NEWS** – Ato Boldon (TRI), 1997 World 200m champion, became an opposition Senator in the Trinidad and Tobago Parliament on 15 February 2006 at Red House, Port of Spain, Trinidad.

# 6.



## WMRA Council

The first WMRA Council meeting of 2006 was held on 14-15 January 2006 at the IAAF Headquarters. The WMRA Council members, who were all present, were joined by IAAF General Director Pierre Weiss, Otto Klappert (Chairman IAAF Cross Country and Road Running Committee) and Carlos Cardoso (Member IAAF Cross Country and Road Running Committee) whose presence confirmed the IAAF's support to Mountain Running as a branch of athletics.

**Future venues:** Following two presentations by Swiss LOC delegations (Saillon-Ovronnaz and Crans-Montana), the Valais region of Switzerland will stage the Up & Down World Trophy on 15 – 16 September 2007, and Sierre, Crans-Montana, will host the World Trophy 2008, which will be an Uphill only World Trophy. The World Long Distance Mountain Running Challenge 2007 will also take place in Switzerland at the Jungfrau-Marathon on 8 September 2007.

**WMRA Grand Prix:** Prize money will be increased by 1500 Euros. All six races in the WMRA Grand Prix will receive the status of "IAAF permit".

**Anti-Doping:** Following a presentation by the IAAF Medical and Anti-Doping Department on the current state of anti-doping testing practices, an out-of-competition testing programme will be introduced for the top mountain runners.

**Competition programme 2006:**  
 30 April: 1st EVAA-WMRA European Mountain Running Championships in Zell am Harmersbach, Germany.  
 25 June: 3rd NACAC Championships Ajijic, Mexico.  
 9 July: 5th EAA Championships in Upice, Czech Republic.

20 August: WMRA Long Distance Challenge in Manitou Springs, Colorado, USA.

10 September: 22nd World Trophy in Bursa, Turkey.

23 September: 6th WMRA/WMA Masters World Mountain Running Championships 2006 in Saillon, Switzerland.

### WMRA Grand Prix (6 races):

23 July: 7th Großglocknerlauf International in Heiligenblut, Austria.

30 July: 9th Grintovec Mountain Race, Kamnik, Slovenia.

5 August: 16th Schlickeralm Berglauf, Telfes, Austria.

24 September: 3rd "La Course des Bains", Saillon, Switzerland.

7 October: 27th Smarna Gora International Mountain Race, Ljubljana, Slovenia.

28 October: 3rd International "Rock of Gibraltar" Mountain Race, Gibraltar.

### IAU Executive Council

On Saturday 14 and Sunday 15 January 2006, the IAU Executive Council held its annual meeting at the IAAF Headquarters discussing various topics regarding Anti-Doping, Marketing/Sponsoring, Competition and Protocol among others. Following a presentation by IAAF Medical and Anti-Doping Administrator Gabriel Dolle, the Council agreed that to improve the IAU Out-of-Competition Testing (OCT) will provide a list of the top-20 men and women of the previous year's ranking in the 100km and 24 Hour races to be included in the IAAF Whereabouts system in the future. The other main matters discussed included:

>>Increased efforts to attract new sponsors;

>>The IAU World record Committee is now in place and mission statement and criteria for world record rankings

## WMRA and IAU Council Meetings

are up on the IAU website [www.iau.org.tw](http://www.iau.org.tw)

>>The Technical Committee proposed to implement some clear additions to the current set of rules which should be valid for all ultra disciplines, e.g. regarding measurement, rating and scoring of an achieved performance based on the distance covered in a fixed period of time and the (non-) usage of walkman/IPODS during a competition;

>> The IAU Trail Commission will look closer at the possibility to stage a 50 Mile IAU trail event in 2007;

>>The travel grant system that was implemented recently and came into use for the first time at the 24 Hours World Challenge in Taiwan was regarded as equitable and acceptable;

>>The protocol guidelines were approved and Roger Bonnifait (FRA) was appointed as "Chef de Protocol"; >>Regarding the scheduling of future World and European 100km Challenges it was decided that one year the World and European 100km Challenge will be held together in Europe, while in the following year the World and European Challenges will be staged separately in different locations – one outside of Europe, the other one in Europe accordingly.

### Upcoming Championships:

25 February 2006: 24 Hours World Challenge, Taipei, Taiwan.

16 June 2006: 100km European Champs: Tahout, Belgium.

23 September 2006 : 24 Hours European Champs (track), Verona, Italy.

8 October 2006: 100km World Cup: Seoul, Korea.

>>The next meeting of the IAU Council will take place in Taiwan at the 24hours World Challenge in Taipei.

## Member Federation officers – recent elections

<b>Federation</b>	<b>President</b>	<b>General Secretary</b>
<b>ALB</b>	Fatos Shehaj	---
<b>AUS</b>	Rob Fildes	---
<b>BEL</b>	---	Dominique Gavage
<b>GRE</b>	Vassilios Sevastis (re-elected)	Athanasios Voyadzis
<b>KGZ</b>	Kanat Amankulov	Irena Bogacheva
<b>NIG</b>	Hamidou Issa Djibrilla	Aboubacar Mahamane Lawane
<b>SOM</b>	Mohamed Ali Mohamed	Farah Ali Mo' allin
<b>SRI</b>	Derwin Perera	---
<b>UGA</b>	Daniel Tamwesigire	Beatrice Ayikuro
<b>YEM</b>	---	Mujahed Fateh Abo Nasr

## Getting to know the Member Federation Officials

<>**Mohamed Ali Mohamed**<> SOM President. *Present* - Senior Supervisor PE Dpt & Consultant to United Arab Emirates Sports Association - Ministry of Education; *Former*- Member Somali NOC, and national athletics team coach; IAAF ITO 1993-2002; IAAF Lecturer in three languages (English/Arabic/Somali); author of six PE, health, fitness books published in Arabic.

<>**Derwin Perera**<> SRI President. *Present*- Deputy Director Sports Development. *Former*- national/international athlete inc. 400m bronze medal at 1975 Asian Champs; National coach 1989 to date guiding Olympic medallist Susanthika Jayasinghe, and Commonwealth medallist Sriyani Kulawansa to success.

**ATHLETE NEWS** – World Decathlon record holder Roman Sebrle (CZE) became a proud father for the second time when his daughter Katerina was born on Monday 30 January 2006. Mother Eva (former 800m runner Kasalova) and baby are well.

**ATHLETES SANCTIONED FOR A DOPING OFFENCE SINCE THE LAST NEWSLETTER  
ACCORDING TO INFORMATION RECEIVED BY THE IAAF AS OF 22 February 2006**

SCHMITT Christian	GER	Jugendmeisterschaften (GER)	9.7.05	2 years ineligibility (7.9.05-6.9.07)
VASILE Ionela	ROM	10km d'Arras (FRA)	28.8.05	3 years ineligibility (30.11.05-29.11.08)
MONTGOMERY Tim	USA	Balco Conspiracy		2 years ineligibility (6.6.05-5.6.07)
GAINES Chryste	USA	Balco Conspiracy		2 years ineligibility (6.6.05-5.6.07)
LISENCO Evelina	ROM	Nation Senior Chmps	2.7.05	2 years ineligibility (20.7.05-19.7.07)
BERTOUILLIE Michel	FRA	Euskal End. St-Etienne (FRA)	10.9.05	2 years ineligibility (30.11.05-29.11.07)
CHRYSOVALANDI Galatoula	GRE	National Athletics Chmps	18.6.05	Public Warning
KHOUAJA Laïla	FRA	Marathon de Lyon	17.4.05	Public Warning
VOIGT Jan	GER	Senioren Meisterschaften II	16.7.05	2 years ineligibility (9.9.05-8.9.07)
COLLINS Michelle	USA	Balco Conspiracy		4 years ineligibility (16.7.04-15.7.08)
CASQUETTE Arnaud	MRI	Jeux de la Francophonie	12.12.05	6 months ineligibility (12.12.05-11.6.06)
AL SALEH Mounira	SYR	3rd West Asian Games	9.12.05	2 years ineligibility (20.12.05-19.12.07)
SOARES ADAO Arlete	BRA	Maratona do Rio de Janeiro	27.6.04	2 years ineligibility (28.9.04-27.9.06)
BERTOLINI Roberto Luigi	ITA	Camp. Italiano Invernale	13.2.05	Public Warning
PEREPELOVA Lyubov	UZB	IAAF OOC	26.4.05	2 years ineligibility (4.7.05-3.7.07)
ENKINA Maria	RUS	Maccabia, Tel-Aviv (ISR)	12.7.05	2 years ineligibility (22.8.05-21.8.07)
CLERC Oksana	FRA	Foulées Venisicenes	20.11.05	2 years ineligibility (11.1.06-10.1.08)
RUIZ Stéphane	FRA	Marathon de Carcassonne	9.10.05	Public Warning
SABOURIN Xavier	FRA	½ Marathon de Lempdes	25.9.05	Public Warning
KGSOIEMANG Edward	RSA	National OOC	5.10.05	2 years ineligibility (31.10.05-30.10.07)
LUKHWARENI Gladys	RSA	SPAR Ladies Race	4.9.05	2 years ineligibility (25.9.05-24.9.07)
ZUNGU Maxwell	RSA	National OOC	29.9.05	2 years ineligibility (7.11.05-6.11.07)
MOOKI Merriam	RSA	National OOC	29.9.05	2 years ineligibility (28.10.05-27.10.07)
SUN Yingjie	CHN	10 <sup>th</sup> National Games (CHN)	17.10.05	2 years ineligibility (20.10.05 -19.10.07)
ARSONIADIS Haralambos	GRE	GRE National Chmps	10.6.05	2 years ineligibility (6.7.05-5.7.07)
CHOIDIS Christoforos	GRE	GRE National Chmps	10.6.05	2 years ineligibility (6.7.05-5.7.07)
MAYERS Natasha	VIN	IAAF OOC	21.4.05	2 years ineligibility (9.6.05-8.6.07)
OSMAN Artur	POL	Hamburg Marathon	24.4.05	2 years ineligibility (24.6.05-23.6.07)
LEE Suzette	JAM	EAA Karelia Games (FIN)	21.7.05	Public Warning
PIEDRA Amaia	ESP	CTO ESP FED 1°	26.6.04	2 years ineligibility (16.2.05-15.2.07)
MOYO Henry	MAW	Marathon Kuala Lumpur,	6.3.05	Public Warning
WANIS Khaled Chawki	EGY	7 <sup>th</sup> African Junior Chmp	2.9.05	2 years ineligibility (12.12.05-11.12.07)
RAMVAH Thavanesan	MAS	Pulau Pinang AAA Chmp	3.7.05	Public Warning
LENG Yee Yi	MAS	Pulau Pinang AAA Chmp	2.7.05	Public Warning
EFTIHAIH Nurul	MAS	Kedah AAA Chmp	8.7.05	Public Warning
SHAH Hairul bin Abu	MAS	Melaka AAA Chmp	31.7.05	Public Warning

This list represents the athletes who have been sanctioned for a doping offence by their Federation since the last issue of the IAAF News. A Public Warning also entails disqualification from the competition in which the positive sample was provided. Dates correspond to the positive doping control test and not the beginning of the ineligibility period.

**ATHLETE NEWS:** 2005 World XC silver medallist Werknesh Kidane (ETH) is expecting a baby, and on Saturday 4 February 2006 was married to the father and former World XC double silver medallist Gebregziabher Gebremariam.

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