

29th IAU 100km World Championships

Jonas Buud (SWE) and Joasia Zakrzewski (GBR) lead the field at the 29th IAU 100km World Championships. The event takes place in Los Alcazares, Spain on Nov 27th 2016 at 7am.

The 29th IAU 100km World Championships take place in Los Alcazares, Spain on Nov. 27th. There is also a Masters championship being run by the World Masters Athletics (WMA) with this race which will bring another dimension to the event.

Los Alcazares is a small coastal town in the province of Murcia in southeastern Spain. The area is renowned for its beaches and holds a blue flag signifying cleanliness and maintenance of the beaches. Several parts of the 10km looped course run alongside the coastal line.

In the Men's race, the field is quite deep. Jonas Buud (SWE) ran 6:22:44 last year and is back at the start line to defend his title from 2015. He will be looking to repeat as champion. This year's Comrades Marathon winner, David Gatebe (RSA) will be in the field alongside his teammate and last year's Comrades winner Gift Kelehe.

Geoff Burns (USA) ran 6:30:37 at Mad City 100km this year and will be looking at using that speed to make the podium. Asier Cuevas (ESP) running on his home soil and current silver medalist will be vying for the medals. Multiple time world champion, Giorgio Calcaterra (ITA) will also be looking at finishing top 3 having won bronze last year in 6:36:49.

In the Women's race, defending champion Camille Herron (USA) will not be in the race. Joasia Zakrzewski (GBR) will be the top woman in the field having run 7:31:33 at last year's world championships for a 5th place finish. Chiyuki Mochizuki (JPN) will be hoping to run up at the front as well having finished second in 2014 in a time of 7:38:20.

Frida Sodermark (SWE) having run 7:52:05 will be looking to continue the dominance of the Swedish runners on the international stage. Meghan Arbogast (USA) with a time of 7:52:12 at the world championships in 2014 and Laurence Klein (FRA) with a 7:56:24 at last year's world's will be trying to get on the podium as well.

As this is a World Masters Championship as well, athletes will be vying for their Masters medals, and hoping to give their best in their respective age categories.

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