

## **Lawson and Jansson win the 21st IAU 24 Hour European Championships**

**Dan Lawson (GBR) and Maria Jansson (SWE) won the 21st IAU 24 Hour European Championships held on Oct 22nd-23rd in Albi, France. Lawson won the men's division with a distance of 261.843km. Jansson broke the previous European Best Performance running a distance of 250.647km. France won the Men's team competition and Poland won the women's team competition.**

Albi, France was the host of the 21st IAU 24 Hour European Championships. The day-night event took place on Oct 22nd-23rd and was run on an approximately 1.1km course around the sports center.

Both the men's and women's race was a clinic in patience and pacing as was witnessed throughout the 24 hours. The competition is an unique one where strength one lap can translate into weakness the second. The competition and race was top notch and the results proved that brilliantly with six national records, several personal bests and one European Best Performance.

In the men's field, Aleksandr Sorokin (LTU) put in a very gutsy performance for the first 21 Hours leading the charge and at one time leading by as much as 18 kms over the rest of the field. Good form, cool temperatures and a fast course contributed to the fast pace. The fast pace caught up to Sorokin in the last 3 hours and he finished 6th.

Dan Lawson (GBR) employing a different strategy paced himself through the early afternoon hours and late evening time to moved into the Top 5 and at 7am in the morning made his move to take the lead which he did not relinquish till the end. Lawson known for his endurance ran a controlled yet a very strong race finishing with a distance of 261.843km.

Ondrej Velicka(CZE) had the same game plan in mind moving up the field in the second half of the race and in particular making the move during the early morning hours finishing with a distance of 258.661km to take second place.

Stephane Ruel (FRA) was the only podium finisher who was consistently featuring in the Top 5 of the race from the early stages of the event. With a strong last 4 hours, Ruel finished in the bronze medal spot on his home ground running a distance of 257.296km.

In the women's race, Maria Jansson (SWE) the defending champion came in the race to make a statement. She started steady and controlled making her move at the 12 hour mark when she moved by Antonija Orlic (CRO) who had set a fast pace in the first half of the event.

Jansson who is known for her night running increased her pace in the cooler temperatures in the dark and when the sun came up again, she was knocking on the door of an European Best Performance which she achieved with a distance of 250.647km and in the process won the gold medal. The European Best Performance is pending ratification.

Patrycja Bereznowska ( POL) ran a superbly timed race making her move when it mattered the most. She wanted to make the podium and it could be seen as she moved through the crowded field placing herself in the Top 5 at the 13th hour mark. She finished with a distance of 241.633km to grab second.

Agata Matejczuk (POL) also started conservatively similar to the other podium finishers and started moving up the field in the first three quarters of the event. By the 17th hour mark she featured in the Top 5 and started gaining on athletes in front of her eventually finishing in the bronze medal position with a distance of 232.285km.

In the Men's team competition, France won the gold medal with a distance of 763.291km. Great Britain won silver and Germany bronze running a distance of 743.268km and 720.006km respectively.

In the Women's team competition, Poland won the gold medal running a distance of 701.429km. Sweden finished second with 691.656km and France got bronze with 655.332km

Nadeem Khan  
IAU Director of Communications

### **Top 5 Finishers**

Individual Men:

- 1: Dan Lawson (GBR) 261.843km
2. Ondrej Velicka (CZE) 258.661km
3. Stephan Ruel (FRA) 257.296km
4. Piero Lattarico (FRA) 253.631km
5. Patrick Ruiz (FRA) 252.364km

Individual Women:

1. Maria Jansson (SWE) 250.647km
2. Patrycja Bereznowska (POL) 241.633km
3. Agata Matejczuk (POL) 232.285km
4. Therese Falk (NOR) 228.323km
5. Milena Grabska-Grzegorzczak (POL) 227.511km

Team Men:

1. France 763.291km
2. Great Britain 743.269
3. Germany 720.006km
4. Denmark 717.869km
5. Czech Republic 686.710km

Team Women:

1. Poland 701.429km
2. Sweden 691.656km
3. France 655.332km
4. Germany 651.486km
5. Hungary 638.675km