



ONE DIRECTION: UPHILL – MUD, SMILES & COMMUNITY AT MEDUNO WMMRC 2025

Meduno (Italy), 29 August 2025 — The **World Masters Mountain Running Championships** burst into life today in Meduno with a pure uphill: roughly 5 km and 800 m of ascent from the historic town centre to the summit crest of **Monte Valinis**.

Heavy rain was forecast, the skies stayed steel-grey, and the rain never came—but heat and humidity did. With humidity hovering around **96%** and temperatures swinging from **23°C** at the start to **18°C** near the summit, pacing and hydration were as decisive as leg strength. It was a day made for the brave—and the community showed up in force.



© WMRA by Marco Gulberti



MEDUNO, THE CHAMPIONSHIPS

Meduno's lanes, balconies and café corners framed a festival of masters mountain running, with athletes, families and volunteers filling the town from early morning. Conditions were sticky and energy-sapping: no rain fell during the races, yet the air felt saturated after the week's showers.

The cloud base sat low over the ridge, giving the summit finish on **Monte Valinis** an amphitheatre feel—close, noisy, electric. The uphill race traditionally sets the tone for the weekend, and 2025 delivered: muddy, steep, and unmistakably mountain.



Picture © WMRA by Marco Gulberti



THE RACE: FROM COBBLES TO CLOUD

The race sprang from the heart of Meduno before, barely three hundred metres later, pitching left off the tarmac and onto the mountain.

Recent rains had left the opening trail greasy and unforgiving, a place where careful footwork saved seconds and energy. After **1.5 km** the path widened and the rhythm finally found room to breathe, the climb continuing relentlessly to the **3 km** mark.

There, a traverse through the forest offered short moments of relief while the profile still pointed skyward. The finale was unvarnished mountain running: a last kilometre packing almost **300 metres** of vertical gain, straight up to the summit finish on **Monte Valinis**, where the cowbells were louder and the smiles wider.



Picture © WMRA by Marco Gulberti

The morning rolled out in waves: **09:30** for the men **M35–M50**, **10:00** for the men **M50–M75**, and **10:30** for **all women together**. Each start had its own music—clipped footsteps on cobbles, a murmur of nerves, then the collective exhale as the field tipped onto the mud and the race distilled into breath, legs and grit.



RESULTS AND HIGHLIGHTS

Mexico's Justino Coronado (M35) mastered both mud and moisture to claim the men's overall victory in **32:40**, building pace as the gradients steepened and looking most at home when the mountain bit hardest. **Italy's Andrea Schweigkofler (F40)** delivered a masterclass in restraint and power to win the women's overall in **41:22**, cresting the final ramp with the assurance of someone who had timed the day to perfection.



Picture © WMRA by Marco Gulberti

The depth behind the champions told its own story. **Marina Paveglio (ITA)** took **F35** honours in **44:29**, while **Schweigkofler's** winning time also secured the **F40** title. **Margarita Fullana Riera (ESP)** won **F50** in **42:55**, her engine unmistakable from a career that includes an Olympic bronze in mountain bike at Sydney 2000. In the upper echelons of endurance, **Ulrike Hoffmann (AUT)** claimed **F75** in **1:04:00**, a finish that drew one of the day's loudest receptions. The men's categories were equally animated: **Ian Conroy (IRL)** stamped his authority on **M40** with **34:50**; **Jacques Grillet Aubert (FRA)** won his category in **35:54** with crisp, efficient climbing; **Anton Johann Steiner (ITA)** captured **M60** in **39:32**; and **Pierino Barbonetti (ITA)** topped **M75** in **49:00**, saluting the crowd as the ridge wind finally cooled the day.



Picture © WMRA by Marco Gulberti

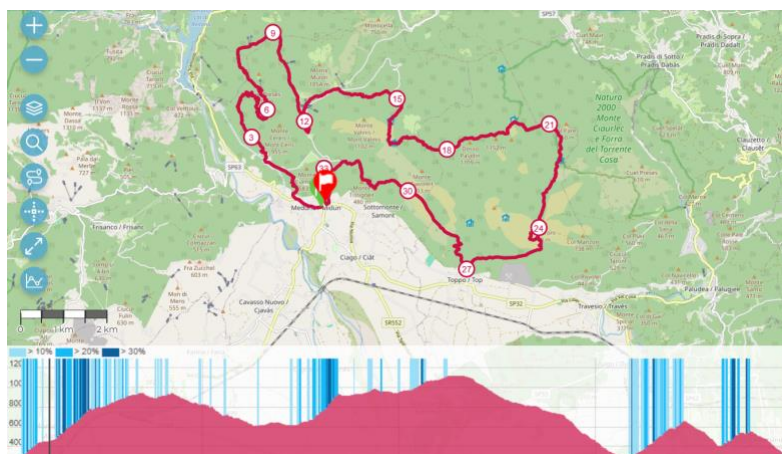
Across age groups and jerseys the theme was constant: committed running and easy camaraderie. Finish-line hugs arrived as quickly as split times, and Monte Valinis felt less like a podium and more like a reunion—mud-streaked faces, tired legs, and the simple joy of sharing an uphill.

Full results: <https://www.endu.net/en/events/mondiale-master-corsa-in-montagna-uphill/results/2025>



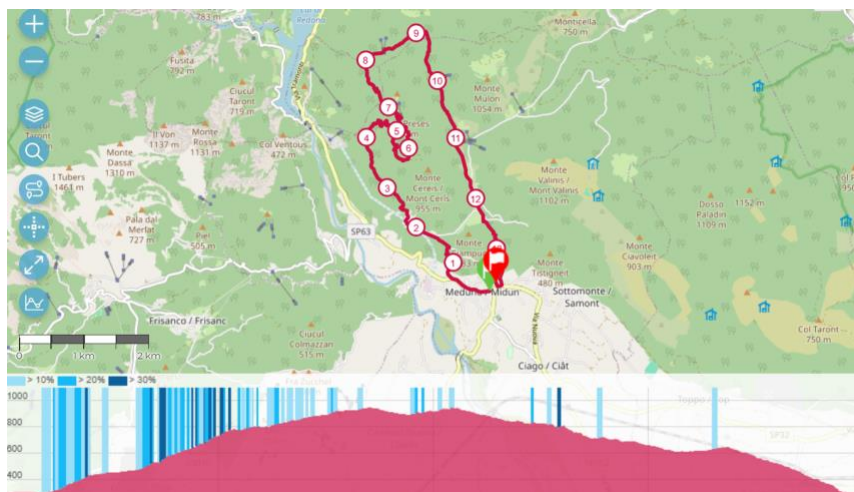
WHAT'S NEXT

Saturday, 30 August — Long Distance: 34 km with $\approx 1,850$ m of ascent/descent, a rugged circuit over Meduno's ridgelines and forested valleys.



<https://tracedetrail.fr/en/trace/301934>

Sunday, 31 August — Classic: 14.1 km with ≈ 735 m up and down, the traditional finale to close the weekend.



<https://tracedetrail.fr/en/trace/279810>



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About the WMRA:

Formed in 1984, the World Mountain Running Association is the global governing body for mountain running and has the goal of promoting mountain running for all ages and abilities.

As well as the World Cup, the WMRA organizes Masters, U18 and area championships and in partnership with the World Athletics, ITRA and IAU to deliver the World Mountain and Trail Running Championships, with the next event to be held in Canfranc Spain in 2025. The WMRA also maintains the [Mountain Running World Ranking](#), a system of points allocated to athletes based on the results in designated races.



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