



The 3rd edition of the Glacier 3000 Run is over

Clear victory for the race favorite Martin Cox

Gstaad, August 7th, 2010. The British runner Martin Cox won the Glacier 3000 Run for the third time. The women's winner was Daniela Gassman from Switzerland. 444 runners crossed the finish line. 97 boys and girls took part in the Kid's Run in Gstaad.

„I love the Glacier 3000 Run. It is the ideal preparation for the Jungfrau Marathon.“ said the winner Martin Cox after crossing the finish line of the Glacier 3000 Run. Martin was beaming and extremely happy with his time of 2:21.57. Not to worry, he was not trying to set a new record. „I run because I enjoy running and its especially enjoyable in such a wonderful high alpine setting with the sun, ideal running temperatures and a perfect race organisation“, said Martin who is now working as a cook in the Unterwallis. The fact that the new snowfall made the race course more challenging was fine with the women's winner Daniela Gassmann. „The first 25 km were easy, but the last kilometer was quite tough“, she said on the terrace of the Botta Restaurnat at almost 3000 meters above sea level after 2:45.57 and an almost 2000 meters altitude gain. „I want to enjoy this spectacular view again and will return for next year's race“, promised the 46-year old Swiss runner. She finished well ahead (13 minutes and 12 seconds) of the 2nd place runner Michelle Leservoisier (2:59.09) from France. Finishing in 3rd place just 19 seconds later was Ruth Gavin from the western part of Switzerland with a time of 2:59.28.

Gstaad Promenade and Glaciers

The weather conditions were ideal as the canton representative Bethli Küng from Saanen wished the 508 runners on the Gstaad Promenade well, as they started the race. From the paved streets of the Gstaad Promenade the race courses proceeded over forested paths, gravel roads and hiking and alpine trails. After 23 kilometers the course crossed a moraine and glacier. Karl Jöhl (46) from Amden/SG who finished in second place and competed for the first time in this race said it was a „tip top super experience“. He finished with a time of 2:23.13. Michael Barz from the Allgäu area in

Germany with a time of 2:26.13 described himself as „a very, very lucky third place finisher“. To place well behind the top two runners meant more to him than his recent victory at the Zugspitze mountain run in Germany. 444 of the 508 runners crossed the finish line at the Scex Rouge cable car station.

Also a team race ...

Teams are also able to compete in the Glacier 3000 Run. The first runner does 15 km from Gstaad to Reusch and the second runner the remaining 11 km and 1600 meter altitude gain. 39 teams participated in the race. Gabriella Spring and Markus Brügger from Interlaken finished in 2:44.31, followed by a men's team from western Switzerland, Armand und Thomas Lugin with 2:46.42. Third place went to Marco Zimmermann and Anton Abgotten (2:48.23) from the Oberwallis.

... and for the youth

After the Glacier 3000 Run, 97 boys and girls from the ages of 5 to 16 years old competed in 10 categories on two race courses (770m and 1200m) on Saturday afternoon. „This run is organised together with the Gstaad Ski Club. It's important for us that even the young kids already enjoy running“, explains Bernhard Tschannen, President of the Race Committee in support of activities for youth.

Ranking

Glacier 3000 Run: <http://services.datasport.com/2010/lauf/glacier3000/>

Gstaad Kids Run: www.skiclubgstaad.ch

Photos for downloading: www.glacier3000run.ch

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