



## EVEREST TRAIL RACE OF VERTIGO

Anna Comet and Suman Kulung win the 9th edition of the stage race after 6 days of adventure in the Solokhumbu. Participants from all over the world have enjoyed the experience in the Himalayas with a 170km course with more than 26,000 metres of accumulated slope.

It was a memorable race. It was hard. Very hard. The most complicated edition in the history of the competition for the challenge of the new route during the first 4 stages. The sixth and final day of the Everest Trail Race by The Elements has led the participants from Tyangboche to Lukla, with a route of 29km. From the start the participants were able to see Everest, Lhotse, Nopse and Ama Dablam. A roundly hibernal temperature has kept the runners in constant motion and all of them with a fantastic face of happiness.

### Indisputable Kulung and Comet

The Nepalese has dominated all the stages of the ninth edition and has also been indisputable in the last trip completed at a dizzying speed after 2 hours and 46 minutes. The Catalan runner Gerard Morales (The Elements) and Hans Smedsrod had a nice fight for the second position in the general standings. As far as the stage is concerned, the Norwegian has reached the finish line second, where he assured to have enjoyed the exceptional race very much and he was satisfied with his results although he has been ill one of the days of the competition. Miguel Heras from Béjar made a great recovery and crossed the third finish after arriving to Lukla together with Gerard Morales. The rider from Moià has achieved a great result by finishing second in the general standings behind Kulung. The Elements rider had been defending second place since the second stage.

Vic Anna Comet's rider led the race in the women's category from start to finish. She has won all 18 stages in which she has participated in order to achieve 3 absolute victories in the female category (2014, 2015 and 2019). The Elements Coconut Water team runner reached the finish one hour after the winner and was TOP 9 absolute of the day. Behind it came his teammate Manu Vilaseca who said "teaming up with Anna and Blacky was one of the challenges of the race, and I am very happy for the result achieved, it was a team with two girls and we have to admit that it was very risky". The third to arrive at Lukla was Nuria Domínguez (Tuga), who highlighted the beauty of the environment and the excellence of the organization.

### **Joy, thanks, hugs and congratulations**

The entrance to the finish line has once again been a space for emotions, the reunion with the relatives who made the trekking and the congratulations among the friends and colleagues who have met in the camp. Everyone took the time to hug and congratulate those with whom they shared the day-to-day stages, concerns, advice and care of what has been their sports family during the 6 stages. All the participants agreed in underlining the difficulty of organising such a race in such a privileged environment. Starting tomorrow at 6:00h all participants will depart by small plane from Lukla to Mantali. After 3 hours of bus to Sharken the organization has booked them a hotel where they can finally enjoy the much-desired shower they could not do during the competition. The 2020 edition will be held between 6 and 18 November. Registrations are now available on the race website: [www.everesttrailrace.com](http://www.everesttrailrace.com).

