



MIGUEL HERAS WINS THE PENULTIMATE STAGE OF THE EVEREST TRAIL RACE BY THE ELEMENTS

Miguel Heras (*The Elements*) is getting closer and closer to the final victory. He has to defend a lead of 13 minutes and 16 seconds over second-placed Summan Kulung in the last stage finishing in Lukla tomorrow. Jordi Gamito (*Traça*) is now in third place in the general standings.

A bucket of hot water with a bar of soap for the participants. This is what the post-stage shower is like every day in the Everest Trail Race by The Elements and in which Miguel Heras (*The Elements*) has started to recover his body after the queen stage, the fifth of the competition, which has one last dance left. The stage considered by the organisation as the most demanding crossed the "Hillary Bridge" in the Sagarmatha National Park and visited Namche Bazar, the Sherpa capital of the Solu Khumbu at an altitude of 3,400 metres. After the climb to Syangboché airport at 3,700 metres, the great Himalayan giants were omnipresent for the rest of the stage with their views: Everest (8,887m), Lothse (8,516m), Ama Dablam (6,812m) were spectators of the last 20km. Starting from the famous Hillary School in Kumjung, the participants have passed over 4,000m, where breathing became increasingly difficult with the heart rate at full throttle. And without being at full throttle too. The last 8km were on an extremely aerial road until they reached Pangboche, 4km from the finish in Tyangboché. Miguel Heras crossed alone and at the limit of his strength after attacking Summan Kulung who arrived 35 seconds later than Bejarano. 4 hours for the first classified riders. 12h the last of the stage. Today the Tyangboché bivouac at an altitude of 3,875 metres.





In the women's category, the leader Phurwa Sherpa had to visit the race doctors because of pain in her ankle. The injury did not prevent her from winning the fifth stage with a lead of more than 20 minutes over Ester Alves (SWE). Third place again for Argentina's Maria Silvina Perez who won the first day.

The last stage of the Everest Trail Race by Elements will be very exciting. The sixth and final day predominantly downhill is very favourable for the second placed Nepalese runner Summan Kulung who has a great ability on the descents as he already proved in 2017 where he absorbed the 6 minute margin held by the hitherto leader Luis Alberto Hernando who lost the race on the last day. Current leader Miguel Heras is 13 minutes and 16 seconds clear of Kulung. The final 29 kilometres between Tyangboche and Lukla will decide the tenth edition of the Everest Trail Race by The Elements. The always complex village of Namche Bazar and the numerous bridges to the finish line have to be crossed. Here the transport animals mark whether you can pass or you have to wait for them to finish crossing and depending on how the favourites arrive it can be decisive in the loss of time.

