PERE AURELL IN THE MEN'S CATEGORY AND ANG FURBA SHERPA IN THE WOMEN'S CATEGORY WIN THE FIRST STAGE OF THE EVEREST TRAIL RACE BY TUGA

ETAPA 1 /23 KM / +1.551m/ - 1.012m / Ac 2.563 m

Epic Comeback by Pere Aurell to Win Stage 1 of the Everest Trail Race

The Catalan runner overcomes an early navigation error to take victory in Nepal ahead of Abel Carretero and Milan Kulung. In the women's category, local athletes dominate, led by stage winner Ang Furba Sherpa.

The 14th edition of the Everest Trail Race by Tuga kicked off in Nepal with a thrilling opening day marked by excitement and dramatic comebacks. Catalan athlete Pere Aurell claimed Stage 1 after staging a spectacular late surge, crossing the finish line ahead of Spaniard Abel Carretero (OTSO) and Nepalese runner Milan Kulung, who finished second and third, respectively.

The start of the race was far from smooth for Aurell. A minor navigation error dropped him to fourth place by the first checkpoint (km 10), trailing behind Kulung, Carretero, and Ricardo Cherta. By that point, the Nepalese frontrunner had already built a lead of over four minutes over the Catalan athlete.

Refusing to give up, Aurell launched an unstoppable charge. On the stretch toward the second checkpoint, he managed to slash more than three minutes off the leader's advantage while overtaking both Cherta and Carretero. With just five kilometers remaining, taking advantage of the steep uphill gradients, the Spanish runner caught up to Kulung and surged past him to cross the finish line with nearly a one-minute lead.

Local Dominance in the Women's Field

In the women's race, Nepal's Ang Furba Sherpa left no room for her rivals, leading the stage from start to finish. Her compatriot Sonima Sherpa crossed the line in second place, nine minutes behind the winner. Italian runner Giuliana Arrigoni rounded out the podium, finishing under an hour behind the leader and establishing herself as the top Western athlete in the standings.

Acclimatization, Course Marking, and a Clash of Styles

The opening stage served as a first test against the demanding altitude of the Himalayas, with the finish line situated at nearly 3,500 meters. It also challenged European runners to adapt to local race conditions, particularly course markings. Unlike Western trail races, organizers use biodegradable paint on the ground instead of vertical ribbons, as ribbons attract the curiosity of local village children and their accidental removal would pose a safety risk to competitors.

Tactically, the day offered a clear preview of how the battle for the overall title will unfold: while the Nepalese runners demonstrated blistering speed on the downhills, the Spanish contenders showcased immense strength on the climbs. The three well-positioned Spanish athletes will need to stay especially sharp on the long descents still to come.

Next Challenge: The Ascent of Pike Peak

The race continues tomorrow with Stage 2 between Chyangsyngma and Ringmo. It will be a grueling 27-kilometer stretch that begins immediately from the start line with a tough climb up Pike Peak, standing at 4,046 meters above sea level. After summiting, the pack will tackle a technical descent through a lush forest. Due to the logistical impossibility of supplying the high-altitude section, the first aid station will not appear until kilometer 6.5.

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