SPANISH CLEAN SWEEP ON THE ROOF OF THE WORLD: CHERTA LEADS THE SHOW AT THE EVEREST TRAIL RACE BY TUGA

STAGE 5 | 20.25 km | +2,053 m / -862 m | Cumulative elevation: 2,915 m | Phakding-Tyangboche

Ricardo Cherta, Pere Aurell, and Abel Carretero dominate Stage 5 with an iron fist on the climb to the Tyangboche Monastery (3,860 meters), leaving the overall standings red-hot ahead of the final day.

The 14th edition of the Everest Trail Race by Tuga speaks Spanish. On a fifth stage marked by the harshness of high-altitude mountain running, **Ricardo Cherta**, **Pere Aurell**, and **Abel Carretero** delivered a historic performance to sweep the stage podium. The three runners controlled the pace from the opening kilometers and left the local favorites with no answer in the decisive stretch.

A blistering attack toward Tyangboche

The Spanish trio set the pace at every checkpoint with nearly identical splits, showing overwhelming superiority. Passing through CP2 at Phunki Tenga, their lead over the top Nepalese runner, **Milan Kulung**, had already grown to eight minutes.

However, the true test of the stage waited at the very end: a brutal 500-meter vertical climb up to the finish line, located next to the iconic Tyangboche Monastery at 3,860 meters above sea level. It was on those final steep slopes that **Ricardo Cherta** launched a sharp, decisive attack. Aiming to lock in his third place in the overall standings, the Valencian runner opened

an insurmountable gap over his breakaway companions and crossed the finish line solo. **Pere Aurell** finished second, 30 seconds back, while **Abel Carretero** completed the clean sweep just over a minute later. Behind them, Nepalese runners **Ramesh Limbu** and **Milan Kulung** lost more than 10 and 14 minutes, respectively.

All or nothing on the final descent

With the stage podium swept by Spanish runners, the excitement now shifts to the climax of the general classification. **Pere Aurell** will head into the sixth and final stage holding a 19-minute lead over **Milan Kulung**.

Although the cushion looks comfortable, nobody takes anything for granted in the Himalayas. The closing stage spans nearly 30 kilometers, consisting almost entirely of downhill running (2,730 m of descent)—a profile heavily favoring the Nepalese athletes. **Kulung** will play his final card by flying down the descents in an attempt to pull off an epic comeback, while **Aurell** will have to rely on experience and grit to defend his lead. All options remain open. In the Himalayas, nothing is decided until the final finish line is crossed.

Ang Furba Sherpa closes in on women's glory

In the women's field, the script barely changed. Nepalese runner **Ang Furba Sherpa** once again displayed her authority, leaving the race virtually sealed with just one day to go. Her consistency and strength across every stage have earned her an almost insurmountable advantage over her pursuers. Barring a last-minute disaster, Sherpa will be crowned tomorrow as the undisputed queen of this 14th **Everest Trail Race by Tuga**.