

2018 TRAIL WORLD CHAMPIONSHIPS

Castellón, Spain

AN IAU COMPETITION IN CONJUNCTION WITH ITRA

WHY PENYAGOLOSA?

The Trail World Championships course has been selected by IAU and ITRA among several long distance races. By organizing the 109 km CSP (*Castellón Penyagolosa Ultra*) race for 7 years already, the Penyagolosa has proposed an 85 km course for the World Championships and has proved its ability to host this international competition.



THE OTHER RACES :

Two other races open to all runners will take place this weekend:

- **MIM** (*Marató i Mitja*)
62 km // 3,200mD+ // 1,900mD-
- **CSP** (*Castellón Penyagolosa Ultra*):
109 km // 5,600mD+ // 4,400mD-

Running through the same amazing Spanish landscapes as the Trail World Championships, this will guarantee a world class trail experience.



International Association of Ultrarunners (IAU) in conjunction with International Trail Running Association (ITRA) are proud to present the 2018 Trail World Championships which will take place in Spain, from May 10th to May 13th 2018, organized by Penyagolosa Trails HG and the Real Federación Española de Atletismo.

The Trail World Championships will bring together the best trail runners of the world in Castellón. Runners will have 15 hours to finish the 85 km. This 2018 edition will award the titles of Trail World Champion for male and female individuals and teams.

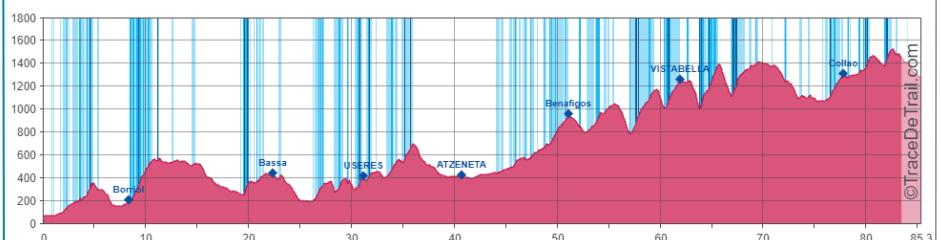
The race will start from the city of Castellón and it will head north into the mountains through typical towns of the province. It will finish at Sant Joan de Penyagolosa mountain, at 1,280m altitude.

The Local Organization Committee calls for the attention of all athletes, participants and assistants to respect philosophy and values of this sport such as solidarity, respect for people and for oneself, and care for the environment.

“Don’t leave more than footprints, don’t take more than pictures”

THE COMPETITION:

On May 12th, the race will be a 85.3 km with 4,900m of elevation gain and 3,690m of elevation loss. The course profile with distribution of refreshments is as follows:



NEW PARTICIPATIONS!

Bolivia and Peru will participate for the first time in the Trail World Championships! Runners have been selected thanks to several national selection races. In front of the teams accustomed to podiums, the competition will be tough, but Bolivians and Peruvians must be extremely motivated.

LIST OF CONFIRMED DELEGATIONS:

The 2018 Trail World Championships in Castellón are only open to runners selected by their national federation or association member of the IAU, each country has their own selection procedure. The definitive list from the national delegations will be unveiled on April 15th. The provisional list on March 30th is: *Australia, Bolivia, Bosnia-Herzegovina, Canada, Denmark, Greece, France, Spain, Iceland, Italy, India, Japan, Nepal, Peru, Portugal, Sweden, Switzerland, Ukraine, Uruguay, USA.*

THE ROUTE'S CHARACTERISTICS:

- Distance = 85.3 km
- Positive elevation = 4,900m
- Negative elevation = 3,690m
- ITRA points: 4
- Mountain level: 7

LIST OF SELECTED RUNNERS:

The daily updated list of selected participants : [http://itra.run/page/349/2018_TWC - Penyagolosa Trails SportHG.html](http://itra.run/page/349/2018_TWC_-_Penyagolosa_Trails_SportHG.html)

UPDATES ON THE FAVORITES:



With his two titles of Short and Long Trail World Champion, the Spaniard **Luis Alberto Hernando** (ITRA Performance Index 921, *picture*) will be present to try to expand his list of hits. The competition is going to be severe with the other participants. The two Americans, **Tim Freriks** (ITRA PI 912) and **Zach Miller** (ITRA PI 905) comfortable on long distances, may move ahead and take the first place. On the outsider side the list is long and the forecast should be difficult to predict. Third at the 125 km of Transgrancanaria results in February, the Spanish **Cristofer Clemente** (ITRA PI 879) is determined to make history on May 12th 2018. Iceland will be well represented by **Thorbergur Jonsson** (ITRA PI 872, *picture*) known to regularly put in fast performances. The French are eagerly awaited with **Cédric Fleureton** (ITRA PI 892) favored by his triathlon career, who will manage his race flawlessly.



Then **Nicolas Martin** (ITRA PI 894, *picture*) Vice Short Trail World Champion (2017) and **Sylvain Court** (ITRA PI 890) both really well-trained. Very nice performances are expected at these Trail World Championships.



On the women side, **Caroline Chaverot** (*picture*) "Queen of the discipline" and first of the ITRA Performance Index (806), wants to keep her first position of Long Trail World Champion (2016). The competition will be tight with the two French, **Adeline Roche** and **Amandine Ferrato**, who both have 761 ITRA Performance Index and they arrived one behind the other during the last Short Trail World Championships (2017). The competition is getting more complicated with the American **Clare Gallagher** (ITRA IP 769) and the Swiss **Jasmin Nunige** (ITRA PI 766) who wish to concretize their rise to power. The outsiders promise to up the challenge. The local power, **Laia Cañes** (ITRA PI 737, *picture*) knows the route perfectly after her victory at MIM (*one of the Penyagolosa's race*) last year. At home she must do everything possible to win. Regarding the Canadian **Anne-Marie Madden** (ITRA PI 749), usually fast on short distances, she could be full of surprises for these Championships. The Portuguese, **Fernanda Verde** (ITRA IP 630, *picture*) will participate at the Trail World Championships for the first time and she wants to make her mark forever in Spain. A great competition is expected.



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