

WORLD MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS, Chiang Mai, Thailand WHO ARE THE FAVOURITES?

ITRA is proud to present to you the first combined World Mountain and Trail Running Championships (WMTRC) which will host more than 900 elite athletes from 46 Member Federations.

The **Trail Race** distances being contested are the **Long Trail** (80km, 4910m of elevation gain, starting at 6.30am (GMT+7) on Saturday 5 November) and **Short Trail** (40km, 2777m of elevation gain, starting at 7.30am on Saturday 5 November). The **Mountain Race** distances are **Classic Uphill** (8.5km, 1014m of elevation gain, starting at 9.15am to 10am on Friday 4 November), **Classic Up and Down** (11.2km, 441m of elevation gain, starting at 9.45am to 11am on Sunday 6 November) and **Junior Classic Up and Down** (11.2km, 441m of elevation gain, starting at 8.30am to 9am on Sunday 6 November).

The performance level of the athletes competing in each of the events is incredibly high. Let's take a closer look at the start list of the Long and Short Trail Races and highlight some of the brightest stars to look out for.

• LONG TRAIL RACE



Looking at the ITRA Performance Index (**ITRA PI**), the ranking is very tight between the first 7 men each of whom boasts an ITRA PI above 900. Among them are **Hannes NAMBERGER** (Germany, ITRA PI 928), **Tom EVANS** (UK, ITRA PI 918), **Adam PETERMAN** (USA, ITRA PI 917), **Thibaut GARRIVIER** (France, ITRA PI 916), **Andreas REITERER** (Italy, ITRA PI 905), **Nicolas MARTIN** (France, ITRA PI 902) and



Martin ANTHAMATTEN (Switzerland, ITRA PI 901). The winner looks likely to emerge from this group.



However, they will all be a long way from home and Thailand may be a holiday paradise and the land of smiles, but it's also hot and humid compared to Europe and the US. The highest ranked Asians in the field are **Hirokazu NISHIMURA** (Japan, ITRA PI 834) and **WONG Ho Chung** (Hong Kong, ITRA PI 825). Could they, or Thailand's top-ranked runner Jantaraboon "Jay" **KIANGCHAIPAIPHANA** (ITRA PI 773), or **Harry JONES** (UK, ITRA PI 873)

who lived in Chiang Mai for years before returning to the UK recently, exploit their familiarity with the conditions to upset the rankings? Keep an eye out also for runners who have tasted success at previous World Championships – Nicolas MARTIN was 5th in Portugal in 2019 and Ludovic POMMERET (France, ITRA PI 877) took 7th.



In the women's race, will anyone be able to compete with the extraordinary World Trail Running Champion in 2019 **Blandine L'HIRONDEL** (France, ITRA PI 811)? She certainly looks like a strong favourite to defend her title. Ranked second in the field according to the ITRA PI, is **Dominika STELMACH** (Poland, ITRA PI 773) and third is **Sunmaya BUDHA** (Nepal, ITRA PI 772). As the highest



ranked trail runner in Asia, a podium finish for Sunmaya would surprise no one.

Keep an eye out also for **Azara GARCIA** (Spain, ITRA PI 768), who took fourth place in the World Championships in Portugal in 2019, and will be aiming to go at least one place better in Chiang Mai.

As you can see from the chart below, only 13 points separate the second and the tenth-ranked women, so again, expect a close-fought race to see who will be crowned World Champion. And the “shoot-out” between France and Spain for the women’s team title shapes up as The Rumble in The Jungle II. Can Team France defend the gold medals proudly won in 2019?

TOP 10 MEN (BY ITRA PI)

FAMILY NAME	NAME	ITRA PI	NATIONALITY
NAMBERGER	Hannes	928	Germany
EVANS	Tom	918	UK
PETERMAN	Adam	917	USA
GARRIVIER	Thibaut	916	France
REITERER	Andreas	905	Italy
MARTIN	Nicolas	902	France
ANTHAMATTEN	Martin	901	Switzerland
SINCLAIR	David	898	USA
EGEA CACERES	ARITZ	893	Spain
FERNANDEZ JIMENEZ	JOSE ANGEL	888	Spain

TOP 10 WOMEN (BY ITRA PI)

FAMILY NAME	NAME	ITRA PI	NATIONALITY
L’HIRONDEL	Blandine	811	France
STELMACH	Dominika	773	Poland
BUDHA	Sunmaya	772	Nepal
GARCIA DE LOS SALMONES MARCANO	Azara	768	Spain
MOLIST CODINA	Marta	768	Spain
VASINOVA	Marcela	766	Czech Republic
TANGUY	Audrey	766	France
BOHARD CAILLER	Manon	764	France
BRACY	Addie	763	USA
ARENAS ALCAZAR	Gemma	760	Spain

- **SHORT TRAIL RACE**



The quality of the athletes in the Short Trail Race is also stratospheric. On the men's side we have **Jonathan ALBON**, the reigning World Trail Running Champion with the highest ITRA PI of all the participants in the WMTRC: 943. Jonathan is the second fastest trail runner in the world in the ITRA ranking, behind only Killian JORNET (Spain, ITRA PI 951. Among those seeking

to prevent Jonathan from retaining his crown are 7 athletes ranked above 900: **Petter ENGDAHL** (Sweden, 923 ITRA PI), **Frédéric TRANCHAND** (France, 919 ITRA PI), **Stian Hovind ANGERMUND** (Norway, 913 ITRA PI), **Thomas CARDIN** (France, 912 ITRA



PI), **Rui UEADA** (Japan, 905 ITRA PI), **Francesco PUPI** (Italy, 901, ITRA PI) and **Martin ANTHAMATTEN** (Switzerland, 901 ITRA PI). Francesco PUPI finished fourth in the World Championships in Portugal in 2019, and will be determined to be on the podium this time.



This trend continues with the women's field. The ITRA PI suggests **Tove ALEXANDERSSON** from Sweden is a firm favourite. She is second overall in the women's ITRA ranking (behind only Courtney DAUWALTER (USA, ITRA PI 830) with the highest ITRA PI of all the participants in the WMTRC: 828. Battling Tove to be crowned World Champion will be 7 athletes whose ITRA PI is above 750. Namely: **Anaïs SABRIE** (France, 781 ITRA PI), **Sheila**



AVILES CASTAÑO (Spain, 780 ITRA PI), **Nuria GIL CLAPER**A (Spain, 765 ITRA PI), **Mathilde SAGNES** (Spain, 762 ITRA PI), **Eleanor DAVIS** (UK, 758 ITRA PI) and **Ariane Wilhem** (Switzerland, 757 ITRA PI)). Sheila AVILES CASTAÑO took bronze in the World Championships in Portugal in 2019, and will be determined to retain her place on the podium this year.

With stacked fields of the most talented trail runners on the planet, athletes brimming with pride at representing their countries, nations competing in fierce and friendly rivalry, a new format and a debut for the Worlds in Asia, excitement is reaching fever pitch. ITRA will be providing updates throughout the WMTRC so that you can follow all of the action and won't miss a beat.

TOP 10 MEN (BY ITRA PI):

FAMILY NAME	NAME	ITRA PI	NATIONALITY
ALBON	Jonathan	943	UK
ENGDAHL	Petter	923	Sweden
TRANCHAND	Frédéric	919	France
ANGERMUND	Stian Hovind	913	Norway
CARDIN	Thomas	912	France
UEDA	Rui	905	Japan
PUPPI	Francesco	901	Italy
ANTHAMATTEN	Martin	901	Switzerland
BONIN	Arnaud	895	France
CARDONA COLL	ORIO	894	Spain

TOP 10 WOMEN (BY ITRA PI)

FAMILY NAME	NAME	ITRA PI	NATIONALITY
ALEXANDERSSON	Tove	825	Sweden
SABRIE	Anaïs	781	France
AVILES CASTAÑO	SHEILA	780	Spain
GIL CLAPER	NURIA	765	Spain
SAGNES	Mathilde	762	France
DAVIS	Eleanor	758	UK
WILHEM	Ariane	757	Switzerland
KOLBEINSDOTTIR	ANDREA	756	Iceland
CONTI	Fabiola	748	Italy
FERTIN	Candice	746	France

Find the complete start-lists of all the races of the World Mountain & Trail Running Championships 2021 :

<https://docs.google.com/spreadsheets/d/1VdOydDs8JL0c3vzXd6UvozDLa8YtmGj7/edit?usp=sharing&ouid=117867737499319903180&rtpof=true&sd=true>



Men podium- TWC 2019 1st Jonathan ALBON, 2nd Julien RANCON, 3rd Christian MATHYS



Women podium-TWC 2019 1st Blandine L'HIRONDEL, 2nd Ruth CROFT, 3rd Sheila AVILES



Men team podium – TWC 2019 1st FRANCE, 2nd GREAT BRITAIN, 3rd SPAIN



Women Team podium – TWC 2019: 1st FRANCE, 2nd SPAIN, 3rd ROMANIA