



Press Release

ULTRA TRAIL OF ANGKOR 2019 – January 19 & 20 - CAMBODIA

Angkor's unique ultra-trail: an excellent 2019 vintage!

On Saturday 19 and Sunday 20 January, one of the most original trails in the world took place: the Ultra-trail from Angkor to Siem Reap in Cambodia! Nearly 1000 participants, thirsty for kilometers, from 16 to 128, set off in the middle of the unique UNESCO World Heritage Site: Angkor Temples Complex.

Organized by SDPO and Phoenix Voyages Group, this 4th edition was once again a great success, offering trailers an unforgettable experience!

This year again, more and more runners have gone to the end of the effort, motivated by the beauty of the experience and the spectacle that awaited them: running in the middle of temples, passing through villages made up of simple wooden houses on stilts, under the encouragement of Cambodians, with children running with athletes: this is the Adventure with a great A of the Angkor trail!

The UTA is the only race authorized to run this cultural gem and it is the only ultra race in Cambodia, approved by the Ministry of Culture and the Cambodian National Olympic Committee.

1000 runners of 42 nationalities

About 1000 runners from 42 countries launched themselves more or less early on January 19, from 4 am to 9 am, to attack the paths of the extraordinary site of the temples from the Elephants' terrace, passing around the roots engulfing the Tah Prohm temple or through the Bayon gate, along the rice fields or by taking the French Bridge... An unprecedented experience that the participants will not soon forget!

A trail among the biggest

After only 4 years of existence, Angkor's Ultra Trail is now one of the most beautiful races in Asia. Set up by SDPO and Jean Claude Le Cornec with the technical support of Phoenix Voyages, co-organizer, Angkor's Ultra Trail is one of the major trails and is thus one of the events that allows you to earn points in the ITRA and UTMB rankings.

The winner of this 4th Edition is a Catalan rider, accustomed to international podiums, Amiel Marc PUIG!

RESULTS OF THE ULTRA TRAIL OF ANGKOR 2019

Results of the UTA 128 km

1H. PUIG AMIEL Marc 13h 36' 31 Spain
1F. MESSINA Véronique 18h h38' 27 France

Jungle Trail Results 32 km

1H. VANN Pheara 2h15'11 Cambodia
1F. PHAI Laurie 2h44'38 Cambodia

Results of the Bayon Trail 64 km

1F. KING Ali 5h37'18 Great Britain
1H. AUDREN Stéphanie 6h32' 28 France

Results of Temple Run 16 km

1H. SUAREZ Mathieu 1h14' 55 France
1F. RICHARDSON Lucy 1h 26'38 Great Britain

Results of the 42 km Marathon Trail

1H. GASNIER Thomas 3h49' 00' 00' France
1F. WASHINGTON Harri 4h15'46 UK

NEW Nordic Walking Results 16 km

1H. SOLINHAC Fabrice 2h32' 54 France
1F. FEBVRE Valérie 2h 33'57 France

For more Information, please contact:

Email : sdpo@sdpo.com - Website : www.ultratrail-angkor.com

Copyright-free photos: <http://www.photos.sdpo.com/>



We are waiting for you January 18th and 19th 2020 for the 5th edition!

Don't miss the next edition which will celebrate the fifth anniversary of the event and will take place from January 18 to 19, 2020. An opportunity not to be missed to enjoy a breathtaking experience!

THE UTA IN A FEW FIGURES:

- 5 buses
- 31 mini buses
- 30 motorcycles
- 6 quads
- 10 tuk tuk
- 4 trucks
- 50 staffs (SDPO and Phoenix)
- 3 NGOs on the course - 120 people
- 8 masseurs supervised by a professional (physiotherapist - osteopath)
- 3 Translators (FR, UK and Khmer)
- The Royal Gendarmerie
- The Royal Police,
- The Royal Army
- 6 partner hotels
- 15,000 bottles of water
- 7940 cakes
- 125 kg of fresh fruit
- 1985 kg of dried fruit
- 900 Cambodian soups
- 250 bowl of rice
- 25 coolers
- 250 kg of ice cream

FEEDBACK FROM THE ORGANIZERS

Jean Claude Le Cornec, president of SDPO, organizer of the 4 editions of the UTA, racing specialist in South Asia, founder of the Foulées de la Soie is satisfied:

"It was a joyful experience! We have tried to offer events where everyone can find something for themselves, with this year's 16 km walk and hike, without the spirit of competition, which completes the diversity of the events on offer.

But be careful, our 5 distance options (128 km, 64 km, 42 km, 32 km and 16 km) must be approached with humility. It will have to deal with the heat, the ambient humidity and the topography of the terrain. All the proposed routes alternate sandy paths, laterite tracks, rice fields, jungle. So many different constraints that do not facilitate the running technique and many traileurs do not know which pace to adopt on this type of terrain.

I believe that, whatever race you choose, the memories you take with you are unforgettable. The fact of crossing the temples, the many villages, the rice fields, passing under the Gate of the fabulous Bayon, seeing the day rise, and even suffering from the sun in the jungle only gives us one desire: to start over.

Indeed, these few lines are not enough to tell this unforgettable experience. You have to live it to understand it. An experience that is above all human and cultural with a true sharing of the values of Trail."

Edouard George, President of Phoenix Voyages Group

"Phoenix Voyages Group has been co-organizing the race since its very first run. Combined with SDPO's sporting experience, the expertise of our Asian specialists allows many runners to take on a superb sporting challenge while enjoying an unforgettable stay in Cambodia and/or neighbouring countries.

I would like to thank the Ministry of Culture and the Cambodian National Olympic Committee for authorizing this wonderful event and for giving participants a unique experience, as we like to offer all year round to travellers in our 6 destinations.

I also congratulate our operational team in Cambodia for their invaluable help in supporting and organizing the race on site.

Once again this year, part of the Phoenix Voyages team participated in the race and I warmly congratulate them. We are in the starting blocks for the 5th edition! »

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SPECIAL THANKS

SDPO and Phoenix Voyages would like to thank in particular the Cambodian Minister of Tourism, the Secretary of State and the Cambodian National Olympic Committee, the ASPARA authorities, the vice-governor of Siem Reap province, all present during the race as well as the various UFE associations, and the Alliance Française de Siem Reap.

The organizers also warmly thank all the partners of the Angkor Ultra Trail because without them the race could not take place:

Mineral water KULEN,
DECATHLON,
LE FRUIT,
QUAD ADVENTURE,
RUNNING ATTITUDE,
ANGKOR BEER,
SALA BAI,

SÂMATA Aquaroma,
ABCS and Rice,
Caring for Cambodia,
SHAC,
TRAIL TRACE,
JAYA,
HOTEL PARADISE,

ANGKOR HOTEL,
SOKHA,
SAKMUT,
AVENIR PUB,
LAST 2 TICKET ASIA
CRUISE SEC PRODUCTION
LE VAL D'OISE

RIDER TESTIMONIES

"For the second year I participated in the UTA this time on the 42 km. Despite a knee blocked at 34 km I finished. I couldn't just give up in a place like this.

I would like to thank the team for this great organization. Everything was perfect.

*I resent you a little because the other trails seem very tasteless compared to this one. **So I think I'll come back next year!** »*

Lionel the kyhuong

"I met among the trailed sailors different levels of course, but all had the same points in common: they were all humble and driven by the same passion: to discover the world by running, as if long-distance running increased our primary sensoriality and made us more receptive to environmental messages"

Christian Biard,

doctor who participated for the second time in the Bayon Trail 64

*"Third participation for me on the UTA-128km, and **it's always a great emotion. With a truly atypical decor and an organization that takes care of itself!***

An early morning departure to get used to the heat, with a zigzag between the temples, a beautiful stretch of forest, red trails in the middle of the rice fields, and at sunrise this superb viewpoint on the hill of Pnom Bok (which you will have to climb!). Lakes, villages, hamlets, a multitude of small contacts with the population... Everything is there for an extraordinary journey!

And there is also a beautiful organization, on a human scale, with considerate volunteers! The must... of massages (legs and neck) during the last 3 refreshments (a luxury after more than 100km of effort and an additional motivation to go to the next refreshment!).

***Be careful, this race is addictive!** As far as I'm concerned, we're already booked for the 2020 edition.*

Stéphane Sohier

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To go further:

Back on the 5 distances (128 km, 64 km, 42 km, 32 km and 16 km) for all tastes!

- **128 km:** UTAngkor can be defined as pleasure in the ultimate, the search for oneself in this grandiose setting, becoming a finisher, a happiness become reality at the end of this journey evolving between jungle and temples, serenity and discovery. 128 km with a negligible difference in altitude, but the difficulty of the route does not detract from the performance. It is a Catalan rider, used to international podiums, PUIG Amiel Marc who wins this 4th edition.

- **64 km-Bayon Trail:** A grandiose start given at 4:00 am, shared with the UTA 128 on the Elephants' terrace. At the glimmer of the frontal, the torches arranged along the start between the flags representing all the countries involved bring, as for them, the "little exploratory stamp"! What could be more fantastic than to evolve with the sun rising over the temples, the rise of heat, temperature, and a pleasure unique in the world.

- **42 km- Marathon trail:** who can dream of a marathon to walk on a ground filled with "history", full of solemnity and peace for those who participate in this race? Far from panicking the times, this unique marathon makes sense for those who want to discover the world by running.

- **32 km- Jungle Trail:** the jungle, the day rises on the temples. Life begins and the strides take us through the villages with children delighted and happy with this unexpected surprise to see runners.

- **16 km:** Temple Run a race with less stakes, but as much fun because the best "spots" are concentrated on this event. Running in the heart of Angkor, where tourists do not venture, where the roots of Cheesemakers, the century-old trees typical of the country, have invaded the stone, a grandiose spectacle... 16km that also allow you to taste the friendly warmth of the children, to be associated with the celebration, they run, laugh, encourage and give flowers.

- **16 km (Nordic walking):** this event, which begins in Prae Roup, gathers walkers who aim to arrive, after having enjoyed exceptional moments under a still discreet sun, seeing breathtaking landscapes while passing through temples and the jungle.

See photos presse : <http://photos.sdpo.com/#15486140906105>

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