

Press Release | APTRC
October 2024
English Version

How to Follow the Asia Pacific Trail Running Championships in the Yeongnam Alps, Ulju, South Korea from 23 to 26 October 2024



The inaugural Asia Pacific Trail Running Championships will take place in Ulju, South Korea from October 23 to 26, 2024. With less than a week to go until the Opening Ceremony, here is a timetable and introduction to the events and a guide on how best to follow all the action.

1. What?

The first-ever Asia-Pacific Trail Running Championships look set to be the most competitive trail races in Asia-Pacific history.

The races are the U23 (15.9km, 1,182m elevation gain, 4.5 hours maximum) for athletes who are aged 23 or younger, the Short Trail Race (41km, 2,783m elevation gain, 10 hours maximum) and the Long Trail Race (74km, 4,787m elevation gain, 18.5 hours maximum). Each race has men's, women's, individual and team categories and there is also a team ranking overall.

2. Who?

Around 200 of the best athletes from 20 countries/regions in Asia-Pacific.

Here is the long-awaited, star-studded start-list:

<https://aptrc2024.com/ListofAthletes>

You can also find [here](#) a brief introduction to some of the highest-ranked athletes.

3. When?

- The **Opening Celebration and Ceremony** (including the Parade of Nations) will be held on Thursday, 24 October, from 5 to 7 p.m.
- The **Short Trail Race** starts on Friday, 25 October, at 7 am.
- The **U23 race** starts on Friday, 25 October, at 1 pm.
- The **Long Trail Race** starts on Saturday 26 October at 5.30 am.
- The **Closing Ceremony** is on Saturday 26 October at 7 pm.

Here is the full APTRC 2024 timetable: https://aptrc2024.com/aptrc_races

4. Where?

The Yeongnam Alps in Ulju, South Korea – the venue for the famous Ulju Trail Nine Peaks races.



5. Why?

Because they're there. And they're beautiful. And a competition to showcase the trail running talent in Asia-Pacific is overdue. Or, in the words of Australian athlete, Kellie Angel, who is running the Long Trail on Saturday and is already in Korea enjoying some acclimatisation:

"I am really honoured and excited to represent Australia in the inaugural Asia Pacific Trail Champs. I'd never been to Korea, but I love racing in Asia, which has its unique landscapes, climate, beautiful people, and great food. I'm always in awe of the effort made to build stairs that reach into the sky, and I'm particularly looking forward to rice balls at the aid stations. I'm keen to see what I can achieve..., nearly 10 years after first wearing the green and gold, and look forward to the adventure with my team."



We wish every athlete and every team a beautiful adventure.

6. How (to Follow)?

The Short Trail Race and Long Trail Race will be live-streamed. You can watch the live-stream on [YouTube here](#).

All the action will be on the APTRC's [Instagram](#) and [Facebook](#) accounts throughout the event week and beyond. Also, check out ITRA's [Instagram](#) accounts so that you don't miss a thing as trail running history is made!

About APTRC – The Asia Pacific Trail Running Championships

The inaugural edition of the Asia Pacific Trail Running Championship (APTRC) will be held in the breathtaking landscapes of Ulju-gun, Ulsan City, South Korea, from 23-26 October, 2024. The APTRC will showcase APAC's top trail runners competing in individual and country/region categories covering distances of 40 km and 80 km. There will also be a U23 category with a distance of 15 km.

About ITRA – the International Trail Running Association

Founded in 2013, ITRA (the International Trail Running Association) represents around 300,000 athletes and 6,000 event organizer members in over 160 countries. ITRA is the leading reference organization for trail running globally, providing services to individual trail runners and trail running organizations, as well as international leadership for the sport. For more information about ITRA please visit our website www.itra.run.

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Download images of the favourites [here](#).

Download race photos [here](#)

Download elevation and race maps [here](#).