

Press Release | APTRC
October 25 2024
English Version

Takako Takamura and John Ray “Stingray” Onifa Win 40K Gold at the Asia Pacific Trail Running Championships

Japan won the Women’s and Men’s Team titles.

The inaugural Asia Pacific Trail Running Championships kicked off at 7am this morning from the Yeongnam Alps Welcome Center in Ulju, South Korea. The race course is a rocky and rugged 41km with 2,783m elevation gain. Conditions were dry and cool – a perfect day for trail running.



The women’s race was dominated by Japan’s Takako Takamura who led throughout in a calm and composed front-running masterclass. Finishing in 4 hours and 36 minutes, Takamura-san gradually built her lead, breaking the tape 5 minutes ahead of Nepal’s Priya Rai, who finished in 4 hours 41. Just 23 years old, Rai is one of trail running’s stars for the future. Japan’s Honoka Akiyama won bronze in 4 hours 53. In 4th position was Lam Cho Yu of Hong Kong, China, in 5 hours and Australia’s Patricia McKibbin took 5th, just 25 seconds behind.

Asked at the finish line how she felt, Takamura-san said:

“Unbelievable. Amazing. I wanted to win this race so much. I’m very very happy. And very very tired. On the last climb I was always looking behind me!”.



The early stages of the men’s race featured a peloton of 3, Australia’s Charlie Hamilton running shoulder to shoulder with Japan’s Hajime Kasiga and Ogasawara Koken over the first two peaks. In close pursuit were John Ray “Stingray” Onifa of the Philippines, Nepal’s Tilak Bahadur Sunuwar and China’s Wu Erqing. On the steep, rocky descent from Cheonhwangsan (at 1200m - the highest point on the course), Stingray moved through the field into 1st position. This was no surprise – after a look at the course in the week before the race, Stingray said other runners might find it quite technical, but he loved it. Stingray held off subsequent surges from Ogasawara-san to retain the lead and win the first-ever medal of the Asia Pacific Trail Running Championships in just 3 hours and 47 minutes.

Ogasawara-san was runner-up in 3 hours 49. Australia’s Blake Turner won a dramatic sprint finish for the bronze medal, beating China’s Wu Erqing by just 12 seconds to round out the top 3. Kasagi-san clinched 5th in 4 hours 3 minutes.

In the team standings, Japan won both gold medals to cap their dream start to the Championships. The women’s team runner-up was Australia and Hong Kong took the

bronze. The men's silver medallist was Team Philippines, and Australia completed the podium.

Still to come: the U23 race (15.9km, 1,182m elevation gain) starting at 1 pm Korea time on Friday, 25 October, and the Long Trail Race (74km, 4,787m elevation gain) starting at 5.30 am Korea time on Saturday 26 October.

APTRC Race Distances

The APTRC features races over 3 distances. These 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.

APTRC Runners

200 athletes from 19 countries / regions are competing. Here is the **start-list**:

<https://aptrc2024.com/ListofAthletes>

APTRC Schedule

The main events take place at the following times.

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

The **full APTRC 2024 timetable** is here: https://aptrc2024.com/aptrc_races

Following the APTRC

The Short Trail Race and Long Trail Race will be live-streamed. The details of the live stream, along with the GPS tracker, are on the [APTRC website](#).

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!

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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 the Short Trail Race finisher photos [here](#).

Download the Opening Ceremony images [here](#).

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

Download images of the previous race edition [here](#).

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

All photo rights are to the Asia Pacific Trail Running Championships.