

Press Release | APTRC
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English Version

Australia's Zoe Manning and Hong Kong's Rex Lo Lok Yin Win Gold in the U23 at the Asia Pacific Trail Running Championships

The second race at the Asia Pacific Trail Running Championships is the U23 event for athletes aged 23 and under. Featuring 15.9km of rugged terrain and 1,182m of elevation gain and loss, it's a stern test of young international athletes.

The race started with a downhill sprint from the Yeongnam Alps Welcome Center before the runners took on a gruelling climb over Ganweolsan Mountain, where the reward was a beautiful panoramic view of Busan and beyond. There follows a quad-busting descent through Ganwoljae to a warm welcome at the finish line.



In the women's race Zoe Manning of Australia won gold by a relatively comfortable 20 minutes. The margin between silver medallist from Japan, Kasuga Watabe, and bronze medallist, Hong Kong's Tin Ching Lam, was a wafer-thin 14 seconds. Hong Kong claimed positions 4 and 5 as well, with Wing Man finishing in 2 hours 17 and Phoebe Woo On Kei in 2 hours 51 minutes.

Manning was delighted to win, saying: “The course was really fun, and it was amazing to be out there. The views were absolutely stunning, and it was just incredible to be up that high”.



In the men's field Rex Lo Lok Yin from Hong Kong, China, won the gold medal in a blistering 1 hour and 32 minutes. Australian speedsters Ethan Penck and Toby Lang took silver and bronze in 1 hour 35 and 1 hour 36, respectively. Local hero, Jinmyeong Kim, took 4th place in 1 hour 40, and Malaysia's Daaraneswararan Sim fifth in 1 hour 42.

Lo said: “I am very happy. In the first part of the race, I was in 2nd or 3rd place, but I managed to overtake at about 8 or 9km and sped downhill to the finish. The course is quite difficult, but I love this race!”.

ITRA President, Janet Ng, enthused: “Huge congratulations to our Under 23 athletes at this first-ever championship race. Your talent and passion promise an unstoppable future for trail running in Asia. What a beginning—keep blazing the trail!”.

Still to come: the Long Trail Race (74km, 4,787m elevation gain) starting at 5.30am (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 U23 Race finisher photos [here](#).

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

Download the Opening Ceremony images [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.