



CANFRANC 2024 WMMRC UPHILL RACE: FIRST SNOW OF THE SEASON GREETES MASTER ATHLETES



Camilla Magliano (ITA) at the Canfranc 2024 Uphill WMMRC - Photo © WMRA by Marco Gulberti

In a remarkable display of endurance and fortitude, the **Canfranc 2024 World Masters Mountain Running Championships in Spain**, commenced with the uphill race amidst extreme weather conditions.

Overnight, the first snow of the season blanketed the highlands, creating a wintry landscape that greeted athletes with temperatures of 3°C at the start line, dropping to around zero at the summit. Windchills of -10°C made the race a gruelling challenge for even the toughest competitors.

Despite these harsh conditions, the athletes demonstrated exceptional competitiveness and determination. Italy's **Camilla Magliano** delivered a standout performance, clinching victory in the women's race, while **Belgium's Charlotte Cotton** continued her dominance by securing **her third consecutive title in the W40 category**, in the uphill race.



THE COURSE

The race began on the **outskirts of Canfranc**, with a 500-meter stretch of asphalt that quickly funneled athletes into the heart of the forest. The challenging terrain immediately tested the runners' stamina, as they climbed towards the mountains.

By **kilometer 3**, the athletes reached the first aid station, where the weather, which had been snowy and cold earlier, began to clear. Both runners and spectators were treated to breathtaking views of the **Spanish Pyrenees**, whose majestic peaks were finally visible as the clouds lifted.

As the athletes continued their ascent, the course wound through forested paths and rugged terrain, eventually leading to the summit of **La Raca** at the Astún ski resort, standing at an altitude of 2300 meters. This final climb, through snow-covered trails and with biting winds, was a true test of endurance and mental strength, making each finish all the more impressive.





MEN'S RACE

The men's race saw a thrilling battle at the front, with **Eduar Hernández (ESP) M40** taking the victory on home soil. Hernández's win was hard-fought, as he was closely followed by the British duo of **Thomas Roach** and **Andrew Douglas**, with all three finishing within a minute of each other. This intense battle for the podium was one of the **highlights of the day**, as the athletes tackled the challenging conditions head-on.

Just behind the top three, **Ian Conroy (IRL)** delivered a strong performance to secure fourth place overall and third in the M40 category, showing the depth of talent in the field.

The race also showcased the continued strength of the M40 category, with two of the top four finishers still competing in the **Elite WMRA World Cup**, underscoring the high calibre of competition in this age group.



Eduar Hernández (ESP) overall winner and also M40 winner at the Uphill WMMRC- Photo © WMRA by Marco Gulberti



In the M50 category, **Tofol Castanyer** put in an impressive run, finishing just four minutes behind the race leaders, further proving his remarkable fitness and endurance. **Fernando Bojarro of Spain** also had a standout performance as the first M60 athlete, highlighting the exceptional level of competition across multiple age groups.



Tofol Castanyer, M50 winner at the Uphill WMMRC- Photo © WMRA by Marco Gulberti

This year's race also featured a remarkable showing in the M75 category, with **six athletes** braving the course, further demonstrating the diversity and competitiveness of the field. Their participation, along with that of 10 athletes in the M/W75 categories overall, added to the **inspiring atmosphere of the event.**



WOMEN'S RACE

Despite these harsh conditions, all athletes demonstrated exceptional competitiveness and determination. Italy's **Camilla Magliano** delivered a standout performance, clinching victory in the women's race, while **Belgium's Charlotte Cotton** continued her dominance by securing her third consecutive title in the W40 category.



Charlotte Cotton (BEL) W40 winner at the Uphill WMMRC- Photo © WMRA by Marco Gulberti

The women's race saw further remarkable performances, particularly in the **W50+ category**. Two athletes from this age groups finished in the top 10 overall, showcasing the incredible fitness of all competitors.

Nives Carobbio (ITA), competing in the W55 category, finished 6th overall, while Spain's **Margarita Fullana**, who famously won the bronze medal in cross-country mountain biking at the **Sydney 2000 Olympics**, claimed **8th overall and 1st in the W50 category**. Fullana's continued prowess in endurance sports is a testament to her athletic longevity and versatility.



"This was not just about speed, but survival," commented one participant. "The wind, snow, and cold really pushed us to our limits, but it's what makes mountain running so unique and challenging."

The opening day of the Championships has set a thrilling tone for the weekend, with athletes from across the globe delivering inspiring performances under extreme conditions. This year's competition, framed by the early snowfall, promises to be remembered as one of the toughest yet in the World Masters Mountain Running history.

UPHILL RACE RESULTS

[HERE](#)

PROGRAM

SATURDAY 14th SEPTEMBER -

08:00 - 20:00: TIC (sports hall)

08:40: Start*, WMMRC MENS, LONGDISTANCE 34K

09:00: Start*, WMMRC WOMENS, LONGDISTANCE 34K

09:20: Start*, WMMRC OPEN, LONGDISTANCE 34K

11:00 - 13:00: Delivery of bibs, press accreditation, etc. (sports hall)

17:00 - 20:00: Delivery of bibs, press accreditations, etc. (sports centre)

17:20: Closing of Control WMMRC and OPEN 2024, LONGDISTANCE 34K

17:00: Technical Briefing CLASSIC 17K (municipal and online schools)

18:00: Awards Ceremony LONGDISTANCE 34K (Canfranc International Station)

** Opening of the Call Room 30 minutes before each departure*

Saturday will feature the **Long Distance race**, a 34km course with a 2,000m elevation gain that demands both endurance and tactical acumen. This race is not just about speed but also about navigating the challenging landscape that makes Canfranc one of the premier destinations for mountain running.





SUNDAY, SEPTEMBER 15 -

08:00 - 14:00: TIC (sports hall)

08:30: Start*, WMMRC MENS M35/M50, CLASSIC 17K

09:00: Start*, WMMRC MENS M55/M75, CLASSIC 17K

09:30: Start*, WMMRC WOMENS, CLASSIC 17K

09:45: Start*, OPEN, CLASSIC 17K

17:00: Awards Ceremony CLASSIC 17K (Canfranc International Station)

18:00: Closing Ceremony (Canfranc International Station)

* *Opening of the Call Room 30 minutes before each departure*

The championship concludes on **Sunday with the Classic race**, a 17km event that includes a 1,000m ascent. This race has long been a staple of mountain running, and its inclusion in the championship will provide a fitting finale to what promises to be an extraordinary weekend of competition.



Full program:

<https://canfranc2024wmmrc.com/documents/programme.programa.canfranc.wmmrc.2024.pdf>

MORE INFORMATION

<https://canfranc2024wmmrc.com/>



About the WMRA:

Formed in 1984, the World Mountain Running Association is the global governing body for mountain running and has the goal of promoting mountain running for all ages and abilities. Aswell as the World Cup, the WMRA organizes Masters, U18 and area championships and in partnership with **ITRA and IAU to deliver the World Mountain and Trail Running Championships in Innsbruck, Austria.** The WMRA also maintains the [Mountain Running World Ranking](#), a system of points allocated to athletes based on the results in designated races.



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