

# PRESENTATION

# ULTRA-TRAIL OF

# ANGKOR

## Cambodia

A race in the  
heart of the  
archaeological  
site of  
Angkor!

**FESTIVE  
MARATHON  
TRAIL**  
Supported by  
Medoc Marathon

*February  
4th  
2023*



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**Running**  
ATTITUDE



# THE ULTRA-TRAIL OF ANGKOR: A WORLDWIDE REPUTATION



*On the initiative of Jean-Claude LE CORNEC and his teams, a unique sporting event has just taken place in Cambodia for the fifth year in a row!*

*There are 6 distances on the program: 8 km, 16 km, 32 km, 42 km, 64 km, and a 100 km Ultra Trail – all breathtaking races in an exceptional setting!*

# EXPLANATIONS...

Being a specialist of races abroad, Jean-Claude LE CORNEC challenged himself by creating the "Ultra-Trail of Angkor" on the archaeological site of Angkor, a UNESCO World Heritage Site.

## AN UNFORGETTABLE CHALLENGE

**"A world event for an exceptional race"** : on 400 km<sup>2</sup>, the runners will cross several exceptional sites occupied by **temples-mountains** and will evolve among prestigious landscapes on a vast territory where rice fields, forests, and villages will offer panoramas of surprising diversity.

**WITHOUT A DOUBT, THIS IS ONE OF THE MOST BEAUTIFUL RACES IN THE WORLD IN AN UNFORGETTABLE SETTING, WHERE EVERYONE IS FREE TO PARTICIPATE.**

- **The only race that allows participants to run on the natural and cultural jewel of the Angkor temples, a UNESCO World Heritage Site.**
- **The only ultra trail in Cambodia approved by the Cambodian National Olympic Committee.**

# THE ULTRA-TRAIL OF ANGKOR



**A**fter China, it is the first organization in the world to have SDPOrganization Asia create an event with the Silken Strides in China, India, Laos, Vietnam, Montenegro, Cuba, Sri Lanka, Uzbekistan, Turkey, Myanmar, continuing its journey particularly in Cambodia.

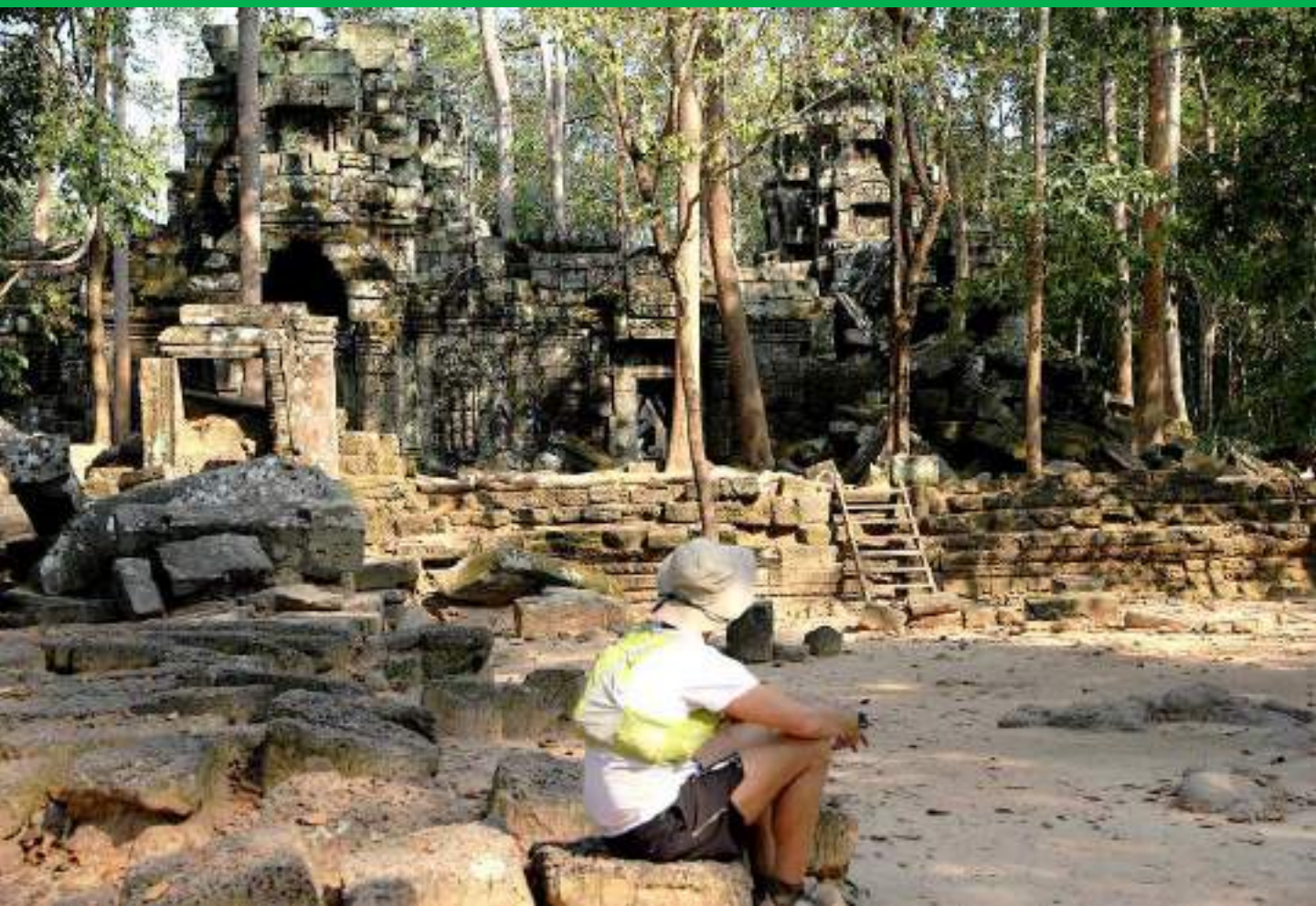
**A successful bet for Jean-Claude LE CORNEC with this 5th edition of the Ultra Trail of Angkor.**

**This 5th edition of the Ultra-trail of Angkor has been a success: more than 1,200 participants from 44 countries had the unique privilege to run in the heart of the archaeological site of Siem Reap, considered the largest in the world and listed as a World Heritage by UNESCO.**

**An original discovery with a good dose of exoticism that competitors have experienced on:**

- **100 km - Ultra Trail of Angkor**
- **64 km - Bayon Trail of Angkor**
- **42 km - Marathon Trail of Angkor**
- **32 km - Jungle Trail of Angkor**
- **16 km - Temple Run of Angkor**
- **16 km - Nordic Walking of Angkor**
- **8 km - Elephant Trail of Angkor**

**Without forgetting the Big Humanitarian Walk of Mr. Nez Rouge on 5 km for the benefit of the Cambodian children.**



*“Many of you, having experienced the Ultra Trails, asked us to organize this type of competition in a setting and context that you were used to appreciate during these long years on the Silken Strides. With our experience in racing abroad, we listened to you by launching the first " ULTRA TRAIL in ANGKOR" on the archaeological site of Siem Reap in Cambodia”.*

The will of Jean Claude LE CORNEC, the organizer of the race, is to promote contacts and exchanges between runners and walkers, as well as the local community. Whether to visit the sites, meet with local personalities and Cambodian minorities, it is through this innovative program that these will be articulated in the next edition of the Ultra-Trail of Angkor.

This unique race has allowed all competitors to test their physical abilities while keeping an attentive eye on the historical and cultural aspects of the most popular and prestigious tourist site on the planet.



Jean Claude LE CORNEC has not forgotten the Cambodian children and the Big Humanitarian Walk of Mr. Nez Rouge, which involved a little more than a hundred people (including 100 Cambodian children) that was organized during this event. Three NGOs received donations collected from the participants.

A small nod to the Association Mr. Nez Rouge of which SDPO is the official sponsor.

Securing such an event is not an easy task, Jean-Claude LE CORNEC was able to rely on the precious help of the Cambodian police officers, local NGOs, and the support of Mr. Vath Chamroeun - the General Secretary of the Cambodian National Olympic Committee, and Dr. Thong Khon – the Cambodian Minister of Tourism.



# TO EACH HIS OWN CHALLENGE

BAYON TRAIL  
Angkor  
64km

MARATHON TRAIL  
Angkor  
42km

Jungle Trail  
Angkor  
32km

TEMPLE RUN  
Angkor  
16km

Elephant Trail  
Angkor  
8 km



Ultra Trail  
Angkor  
100 km



## **NEW** The 100 km replaces the 128 km on the UTA 2023

- Ultra Trail of Angkor – 100 km - Start Saturday February 4<sup>th</sup>, 4h00
- Bayon Trail of Angkor – 64 km - Start Saturday February 4<sup>th</sup>, 4h00
- Marathon Trail of Angkor – 42 km - Start Saturday Feb. 4<sup>th</sup>, 6h00

**FOR 2023, YOU CAN PARTICIPATE IN THE MARATHON TRAIL FESTIVITIES WITH YOUR COSTUME OF CHOICE...**

- Jungle Trail of Angkor – 32 km - Start Saturday February 4<sup>th</sup>, 7h00
- Temple Run of Angkor / Nordic Walking of Angkor – 16 km - Start Saturday February 4<sup>th</sup>, 8h30.
- Elephant Trail of Angkor – 8km – Start Saturday February 4<sup>th</sup>, 9h30
- Humanitarian Walk MR. NEZ ROUGE – 5km – Start Saturday February 4<sup>th</sup>, 9h30 - \*AM time.



# NORDIC WALKING OF ANGKOR

THE ULTRA-TRAIL OF ANGKOR is also open for Nordic walking. This exercise is an outdoor sport consisting of accelerated walking with specific walking sticks, usually made of composite material.

Beyond the temples, this event will allow walkers to evolve within luxuriant nature and cross multiple villages and rice fields.

The Cambodian people will also accompany them along the trails! Walk along the temples and nature, combining both charm and serenity!



# THE ORGANIZING TEAM AND THE REPRESENTED COUNTRIES



## **JEAN CLAUDE LE CORNEC, Founder of SDPO**

Founder and organizer of the **Silken Strides**, Jean Claude LE CORNEC, is a passionate runner and a travel lover. A former inspector at **Eurocopter**, he had been on the Paris-GaoDakar, the famous "Route 66"

(from Chicago to Los Angeles), the Sand Marathon (in the southern Moroccan desert), the Colorado, the Trans Atlas, the Trans Cappadoce, and more. After winning with his team the "Route 66" in 1995, Jean Claude LE CORNEC ended his career as an athlete.

Eager to approach the event from another angle, he began to think about organizing a race with the complicity of his English friend Mark KNIGHT. It, therefore, became natural that he created **SDPO** (Sport Development and Performance Organization), a society with **sporting vocations**.

Thanks to the essential logistical support of the Chinese, he launched for the first time the **Silken Strides in 1996**. Let us remember that it was **THE FIRST EVENT IN THE WORLD ASSOCIATING SPORTS AND CULTURE**.



**LE Tuan Linh, Associate Director of PHOENIX VOYAGES and partner of SDPO**

A founding member of **PHOENIX VOYAGES**, this outstanding specialist of tourism is the direct link with **SDPO** through the races. Linh sets up his entire network to obtain the necessary authorizations for the race to take place on **the archaeological site of Angkor**.

From its **Cambodia-based** structure, all the stewardship and complex organization of such an event is structured via **PHOENIX VOYAGES**. Linh also organizes the tourism platform around the **Angkor Ultra Trail**.



**EDOUARD DANA, President of RIVA Editions**

President of the **RIVA Group**, and the Running Attitude Magazine, Edouard evolves in the field of media activities. An active runner and fond of Asia, Edouard is also a **professional photographer**.

For the benefit of all, he takes photos during the entire **Ultra Trail** event, including photos that will be published in the **sports press**, such as the RIVA Group, RUNNING Attitude, ESPRIT Trail, RUNNING Coach, RUNNING EVASION, etc.



## GRÉGOIRE PICHENOU, Race Director

As soon as he graduated from various major schools, this computer programmer and Director of PIROG Engineering joined the **SDPO** team. After creating and managing the first SDPO websites, as well as designing the timing system for all the events

organized in **Asia**, his sense of dialogue, entrepreneurial passion, and curiosity led Grégoire to the position of **Race Director**. He holds the difficult task of linking with the local authorities, sponsors, partners, and competitors for the success of the event.



## GERMAIN PICHENOU, Technical Director

Being a building specialist, Germain has always managed teams where cohesion is a key factor for success. His dedication to **SDPO**, sense of entrepreneurship, will to do well, and his curiosity naturally led him to the position of **Technical Director**.

Fond of computing, Germain, in complementarity with the Asian team **PHOENIX VOYAGES** and **the Director of the Race**, ensures proper organization regarding the **logistics, marking, setting up of refueling points, and safety of the event**.



**PHILIPPE ARMENGAUD, Osteopath and physiotherapist masseur.**

**Kine-osteopath** has garnered more than 20 years of experience in high-level sports (FF Athletics, rugby, squash, auto moto sports) Rugby teams ("Castres olympique", "Blagnac SC").

It was Guy NOVES, a high-level athlete who brought him to athletics (champion of France junior school 4x100m, junior champion of the Pyrenees 200m). **He became the Federal physiotherapist of the FFA (French Athletics Federation) in 1984, which he left in 2000 after several World and European Championships (Junior and Senior).**





This new challenge has **very quickly** captivated the world of sport and **many countries have already been represented at this international event:**

- Indonesia
- Ireland
- Poland
- Swiss
- Latvia
- Philippines
- Mexico
- New Zealand
- France
- Netherlands
- Taiwan
- Norway
- Sweden
- Denmark
- Finland
- Spain
- Croatia
- Russia
- Portugal
- Hungary
- Israel
- Argentina
- Slovakia
- Cambodia
- Hong Kong
- Luxembourg
- Sri Lanka
- South Africa
- Australia
- USA
- Canada
- Italy
- Belgium
- Germany
- Malaysia
- Thailand
- United Kingdom
- Singapore
- Japan
- China
- South Korea
- Vietnam
- Qatar
- Brunei
- Colombia
- India
- Philippines

We expect others **44 countries in 2023**

# SDPO, A SPIRIT OF SOLIDARITY

**SDPO** is also engaged in **solidarity** and contributes in each country crossed for the health of the populations. It has also mobilized assistance since the announcement of the tsunami in December 26, 2004. In **Sri Lanka**, SDPO has given hope to many villages, schools, temples, and local businesses by investing itself in the **reconstruction of the country**.

With the help of the **Eurocopter Company** and its staff, the **Principality of Monaco**, **Fidelia Assistance**, **TDCom**, the **International Buddhist Center**, and many donors, including the Lions Club of "Saint Brice sous Forêt", we were able to carry out our humanitarian operations.



On the occasion of the **ULTRA-TRAIL OF ANGKOR** in Cambodia, it is with the support of our partner companies and all the committed runners that we can conduct our humanitarian operations. **Three NGOs have received donations since the first edition of the event.**

In France, SDPO is engaged with the association **Mr. Nez Rouge** who fights every day to help toddlers with rare diseases.

**Jean Claude LE CORNEC**, Founder of SDPO is the mentor of the association.

*“If running or walking was our only goal, we would miss out on unforgettable moments. So, we also put our legs and our whole heart to the benefit of sick children”.*





# RULES FOR PARTICIPATING IN THE EVENT

The challenges are international and are open to any competitor with or without a license (**\*a medical certificate is required for all**).

\* In case of non-presentation of the medical certificate and to avoid being disqualified, the competitor must agree to sign a discharge **“Renunciation et exoneration of responsibility”** and becomes solely responsible in case of physical problems that he/she may encounter during the race.

- 20 years old minimum for the Ultra Trail of Angkor (100 km)
- 20 years old minimum for the Bayon Trail of Angkor (64 km)
- 20 years old minimum for the Marathon Trail of Angkor (42 km)
- 20 years old minimum for the Jungle Trail of Angkor (32 km)
- 16 years old minimum for the Temple Run of Angkor (16 km)
- 16 years old minimum for the Nordic Walking of Angkor (16 km)
- 16 years old minimum for the Elephant Trail of Angkor (8 km)

*For the 100 km UTA, it is recommended to have participated in at least one marathon or trail of more than 40 km in the calendar year.*

# MAXIMUM AUTHORIZED TIME ON THE DIFFERENT CHALLENGES

- Ultra Trail of Angkor - 100 km -> 21 h 53 so 4, 57 km / h
- Bayon Trail of Angkor – 64 km -> 12 h so 5,33 km/h
- Marathon Trail of Angkor – 42 km -> 7 h 53 so 5,33 km/h
- Jungle Trail of Angkor - 32 km -> 6h so 5,33 km/h
- Temple Run of Angkor – 16 km -> 3h so 5,33 km/h
- Nordic Walking of Angkor – 16 km -> 4h so 4 km/h
- Elephant Trail of Angkor – 8 km -> 2h so 4 km/h



**Appointment request, additional information:**

**SDPOrganisation**

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