



4 races in a few words, or steps ...

VERTICAL VIGNEC (Vertical KM)

We attended a stunning Vertical KM, with 6 runners getting loose rather quickly, then the trio of head (Navias, Rodriguez Paredes, Massou) which widens the gap at the halfway mark.

The last ascend between Pla d' Adet and finish line is very stiff and particularly demanding. It will not allow Massou and Rodriguez Paredes to catch up on Fabien Navias, who realizes an astonishing time of 44 minutes, that will certainly serve as a reference. We thank you Sirs for the entertainment!

To note: the participation of the bronze medal Olympic snowboarder "Polo" DE LE RUE (Turin 2006). A beautiful proof of the support of which benefits Patou Trail in St Lary, and of the implication of everyone. Polo had never taken part in a KV and joins the finish line in 1 hour: very honorable for a first experience!

Results Vignec Vertical:

1. NAVIAS Fabien 00 : 44 : 00
2. RODRIGUEZ PAREDES Alfonso 00 : 46 : 16
3. MASSOU Pascal 00 : 47 : 36

1st woman, Laure BOISSIERAS, in 1 : 02 : 54

MOUSCADES TRAIL

A course slightly modified this year. After the demanding ascent towards the Barns of Grascouéous, the competitors follow the magnificent ridge line, before falling over towards the Pla d' Adet, and the last 200 meters – rather dreaded – ascent common to Vertical KM. In the term of one shoulder to shoulder of two hours, it is finally Patrice ROS who stands out in front of José Guenno. Would not these two intend to team up on Team Race next year?

Results Mouscadès Trail:

1. ROS Patrice 02 : 00 : 17
2. GUENNO José 02 : 01 : 43
3. CARRERE Christophe 02 : 14 : 23

1st woman, Coraline ROUL, 02 : 31 : 29

TEAM-RACE

Fredéric PERE (winner of the Sky Marathon in 2012) and Pascal MASSOU (2nd behind Maxime Cazajous the last year), left no chance) to other pairs. They cross the finish line in 4h51 with an average of 6mn29 / km (on more than 3300 D +, we like to point out).

They are followed by Loïc THEVIN and Maxime PRADEL, specialists of Ski Mountain climbing having made harvest of good results this winter, then Cédric VIGOUROUX and Julien DELFAU, who pass below the bar of 5h30.

To note: the very beautiful 6th rank of the winners in Mixed Category, Anne-Sophie HAUVILLE and Dimitri GRUDET (3rd last year on Mouscades Trail)

Results TEAM-RACE

1. PERE FRÉDÉRIC / MASSOU Pascal 04 : 51 : 24
2. THEVIN Loïc / PRADEL Maxime 05 : 07 : 51
3. VIGOUROUX Cédric / DELFAU Julien 05 : 28 : 52

1st Mixed team

HAUVILLE Anne-Sophie / GRUDET Dimitri 05 : 53 : 19

1st Women's team

DELBARBA Lydie / RABIER Anne-Laure 08 : 21 : 02

SKY MARATHON

Varied, technical, demanding, magnificent, " one needs to deserve it", " one needs to be ready ": the competitors speak about it best.

A course modified this year (access to the Pla d' Adet, and fast finish by Ens and Sailhan) gives rise to 2 more homogeneous parts (before and after Tramezaygues). At the mid-course exactly, we already see the podium taking shape. The trio of head passes shortly after the first Team Race runners, already showing of a very high level, leading to predict an wonderful finish.

Bunched together to Consaterre, 3 runners become 2. Jérôme MIRASSOU and Alfonso RODRIGUEZ PAREDES escape, and play the game of the shadow until Ens. 10 mn before the arrival, the suspense is still deep. But Jérôme MIRASSOU, who wants to avoid a final sprint, gives it a try and lets Alfonso RODRIGUEZ PAREDES on the spot . He crosses the line 55 seconds ahead, in the term of a race of 5h22, and wins this 3rd édition of ST LARY PATOU TRAIL

To note: the presence of a myth, the great Marco OLMO (10th in the scratch, in 05 : 57 : 54) and Gil Besseyre, still fast (8th in 05 : 50 : 13)

Regarding the ladies, Gwenaëlle BIDONDO wins in 6h50 , with a very comfortable advance on her pursuers, and a remarkable 31th place upon the général ranking

Results SKY MARATHON - ST LARY PATOU TRAIL

MEN

1. MIRASSOU Jérôme 05 : 22 : 16
2. RODRIGUEZ PAREDES Alfonso 05 : 23 : 21
3. PLAZAOLA ESNAOLA Xabier 05 : 30 : 59

WOMEN

1. BIDONDO Gwenaëlle 06 : 50 : 07
2. BLACHON Emmanuelle 07 : 55 : 05
3. GAILLARD FRANCEMAY 08 : 37 : 55

