



trilhos dos
ABUTRES®



**2019 TRAIL WORLD
CHAMPIONSHIPS**

AN  COMPETITION IN CONJUNCTION WITH 

The qualifying process for the most epic event of the year continues!

International teams confirm their presence in the 2019 Trail World Championships

The first national teams registrations have started to arrive and, at this moment, the national teams of Belarus; Cambodia; Netherlands; Hungary; Ireland; Iceland; Mauritius; Norway; UK; Czech Republic and USA are already confirmed. Some countries have not yet completed the athlete qualifying process for their national teams, but by the end of this month everyone must pre-register for the 2019TWC. The prediction number of national teams coming to the 2019 Trail World Championships is expected to be large, with more than 50 teams awaiting to complete the beautiful rails of Miranda do Corvo.

The British Athletics Team was the first to present the list of athletes selected to represent Great Britain and Northern Ireland in the TWC - Trilhos dos Abutres. Despite the fact that Tom Evans (the UK's best rated athlete in the last edition of the Trail World Championships) is not going to be part of the team, they have great names including Jon Albon, Holly Page, Jasmin Paris and Andy Simonds.

One of the most talked about national team is the United States, who has already seen Tim Tollefson, who has twice stepped up to the UTMB podium, joining the FOURmidable 50k winner Daniella Moreno, Sam Sahli, Rache Drake, Kasie Enman, David Sinclair, Mario Mendoza and Clare Gallagher, these last two the best ranked in the previous edition of the 2018 Trail World Championships in Penyagolosa.

Also, the Cape Verdean Athletics Federation has registered to participate in this world event!

In order to support the national teams that are going to participate in the 2019TWC a facebook event was created to bring together the sports fans, in general, and the trail running fans, in particular, where sporadically prizes will be drawn and important information about the Trail World Championships will be available:

<http://bit.ly/2DY0Jvw>

An epic experience for all

Miranda do Corvo and Coimbra will stage the next Trail World Championships and undoubtedly everyone will be dazzled by what the national territory has to offer.

Coimbra, a UNESCO World Heritage Site since 2013, the birthplace of the oldest university in the country and where the wonderful Portuguese Fados are sung, is where the competition's opening ceremony will take place.

Miranda do Corvo, an historical village full of emotions, inserted in the network of [Aldeias do Xisto](#), being that the event will pass through Gondramaz, a village made of shale and recovered that promises to dazzle the athletes and fans of trail running with its natural beauty.

The village also has the biological park of Serra da Lousã, which includes many activities for children and adults, making them discover the local fauna and flora and making it possible to spend a pleasant family time. Gastronomically, one can not miss the chance to try the famous Chanfana and the tasty Negalhos, typical dishes of the region.

For more information:

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Photos of Tim Tollefson by Miro Cerqueira | Prozis

Photo of Cascata by Apperspeed

Photo of Miranda do Corvo/Gondramaz by Câmara de Miranda do Corvo