

Race Report

Who took part?

Dan Barnett, Dave Rouse. Gary Pearson

Supporters:

Katherine, Debbie, Angela, Graham, Bryony and Neil

Race name: CCC: Courmayeur - Champex - Chamonix

Distance/Climb: (98km +5,600m)

Where: The Alps, Mont Blanc (France, Switzerland and Italy)

Time allowed: 26 hours

Start Date: Friday 28th August 2009

Race History: Starting in 2006, as an add on to the Ultra Trail Mont Blanc which started in 2003. Within only 3 years, the CCC® has climbed from being the "little sister of the UTMB®" to becoming a unique race that is one of the most prestigious of the world. The start line at the centre of Courmayeur is tinged with an atmosphere that only Italians can provide, a rare emotional moment to the music of Vangelis.

Equipment: Runners are supposed to carry a minimum of equipment for security reasons. This includes waterproof jacket, warm clothes, food and water, whistle, survival blanket and head torch.

Check points: There are food and drink points along the route, every 10 to 15 km.

The first kilometres, on an original route, different from the UTMB®, quickly lead to 2500m of altitude to face Mont-Blanc and the Grandes Jorasses. The passage of the Grand col Ferret (2537m) marks the entrance of the race in Switzerland, where the competitors were welcomed by the volunteers and supporters at La Fouly, Champex and Trient. Already in France but so close to Switzerland, next to Vallorcine, before getting to the Vallons des Chezerys, with a magnificent view on the Mont-Blanc chain. It is then time to finally reach the arrival arch in the heart of Chamonix.

Major difficulties:

Ascension of the Tête de la Tronche (2584m) then Grand col Ferret (2537m) during the first third of the race. The second part leads to 3 heavy ascensions: Bovine, Tseppes and La Tête au vents.



