

TO THE CANTONAL PRESS

One step (of... running) away from 400 participants in the third edition of **BELLINZONA CASTLES & GO** won by Ticino athletes Stefania Barloggio (CDO Bike&Run) and Tommaso Marani (SAL Lugano Atletica). Marked by the new race record in the men's field, as well as the new **MOVE & GO!** additional day, **BELLINZONA CASTLES & GO** is on the rise!

Characterized by a beautiful sunny day and attended by just under 400 "Runner bilitio", "Mini runner bilitio" and "Walker bilitio" (runners, respectively mini runners and walkers from Bellinzona), the third edition of **BELLINZONA CASTLES & GO (the most Medieval Run on Earth!)** took place in the cantonal capital between Saturday 25th (new!) and Sunday 26th May. **The 11 km running race was included in the ASTi Podismo Cup calendar for the first time.**

The winner out of over **220 entrants (+ 50 compared to 2023; + 120 compared to 2022) of the 11 km running race** on a very varied route that winds its way through the cobblestones of the old town centre, the peculiar passages of the UNESCO fortress (with its three castles and the Murata of Castel Grande with its mysterious sub-passage and the short but intense final slope under the open sky), the sloping grounds of the nuclei of Daro and Artore, the ascents and descents of the relative hilly areas and on the flat asphalt of some of the capital's prestigious districts, were the Ticino athletes **Stefania Barloggio** in the "Women" category and **Tommaso Marani** in the "Men" category. Theirs were in fact the best absolute times recorded: 47'04",3 for Barloggio; 38'36",4 for Marani, who thus set a **new race record**, improving by 2'19" the previous record held by Italian Francesco Bellavia. Exponent of the Casa dell'Ottica Bike&Run the former and of SAL Lugano Atletica the latter, the two Ticino runners - well known in the cantonal running scene - thus took their respective associations to the top steps of the third edition of **BELLINZONA CASTLES & GO**.

By virtue of their best absolute times in the "Women" and "Men" categories respectively, Stefania Barloggio and Tommaso Marani were also awarded the prestigious title of **"Athlete of the Two Europe's"** in a brief medieval ceremony officiated by Emperor Frederick I of Swabia.

Thanks to the good weather, it was possible to present the entire range of musical and cultural-historical-recreational activities planned along both the running route and the **11 km non-competitive Walking/Nordic walking route**, which was attended by **more than 120 participants (+ 20 compared to last year)**. As much an integral part of the event as the sporting component, these activities, which - let us remember - aim to make history, anecdotes, peculiarities and excellences in various fields linked to the City of "Turrita" known, were very much appreciated in particular by the many participants from the rest of Switzerland (**15 cantons were represented this year**, compared to 14 last year and 4 in the first edition) and **from abroad** (Japan, Sri Lanka, Australia, Mexico, the Czech Republic, Ukraine, the Netherlands, Lithuania, Austria, Bulgaria, Germany, Belgium, Slovakia, Spain, France, Italy, Germany, Spain, Italy, Sweden, Switzerland, the Netherlands, Austria, Belgium, Slovakia): 4 cultural signs placed on the routes (with this year's novelty being the banner dedicated to the protected district of San Giovanni, which was added to those relating to the Rocca di Castel Grande, the Antegnati Organ

in the Collegiata Church and the “Bellinzona” watercolours by the painter William Turner already present in previous editions); 10 musical ensembles/situations offered at as many points along the tracks and which have a direct link with the latter: **Greensleeves** at Montebello castle, **Tri per dü** in Artore, **Gruppo Nüm dal Corno** at Sasso Corbaro castle, **TheHurdyGurdyMan** in the woods above Artore, **Musica di Daro** in the nucleus of Daro, **diffuse Beatlesian repertoire** in Piazza del Sole, **Scarp da Tennis Band** in the Vela Quarter, **diffuse Antegnati Organ music** in the sub-passage of the Murata of Castel Grande, **Coro Castelgrande** at Castel Grande castle and **Delta Groove** in Piazza Governo.

The 2nd “**Bellinzona Combinata**”, which consisted of the awarding of a cash prize worth CHF 100.- each to the female and male participant in both the BELLINZONA CASTLES & GO and the “Corrida bellinzonese” races (held on 8th May in Giubiasco) that were the fastest overall, was won by the same two great stars of this year’s edition of BELLINZONA CASTLES & GO: **Stefania Barloggio** and **Tommaso Marani**. The two athletes from Ticino were also awarded the prestigious title (lasting one year) of “**Runner of the Two Neighbourhoods**”.

Emperor Frederick I of Swabia known as “Barbarossa” (who historically passed through Bellinzona in 1176 a.C.) and his wife were literally (and amusingly) taken by storm for an unmissable selfie, as were all the figurants of “**La Spada nella Rocca**” (The Sword in the Fortress) who cheered up both competitions of BELLINZONA CASTLES & GO and the entire afternoon of entertainment in the “Castles & GO” village in Piazza del Sole.

The **aperitifs with music offered for the second time** in the Daro and Artore nuclei and organised by the **Musica di Daro**, respectively the **Gruppo Giovani Artore** - to whom the organising committee of BELLINZONA CASTLES & GO would like to extend its heartfelt thanks -, and, in particular, the “Gnocchi-party” lunch offered to all those registered for the competitions and also open to the rest of the population (**around 700 portions were distributed** in total; **+ 200 compared to last year**) were very well attended.

Unfortunately partly ruined by rain was this year’s big novelty, namely the presentation on the Piazza del Sole, on Saturday 25th May before the races on Sunday, of **the first edition of MOVE & GO!**, an entire day dedicated to the Region’s sports and cultural societies, with the aim of allowing them to present their activities to the general public in a fun and jovial atmosphere, with a lunch open to the entire population (risotto and luganighetta), a charity competition for children/youths and their parents to raise funds for small collateral activities in the context of the restoration of the main building of the Culla San Marco in Ravecchia (about 40 children participating), and an aperò-dinner (pizzoccheri and arrostiticini) with live music by the **Sanook Showgirls Band**. In the presence, however, of a large audience to witness them, the associations presented themselves: **Runner’s Club Bellinzona**, **Rosa de Fuego**, **Venetian Mask Forum Ticino**, **Associazione Il Sole Ticino**, **Danza dell’Orso d’Oro**, **Bellinzona Scherma** and **Eleven Dance Studio**.

In addition to Polcom, the Civic Fire Brigade and the Samaritans of the Bellinzona Green Cross in general, the organising committee would like to express its gratitude to the entire population of Bellinzona - in particular the inhabitants of the old town, Artore and Daro and the San Giovanni and Vela districts - for the understanding shown during the traffic disruptions that our event caused at certain times on Sunday morning.

The complete results classification for each category and all photographs of the event can be viewed directly at [www.performancetiming.ch/race-info/278789](http://www.performancetiming.ch/race-info/278789) or via the event website [www.castlesandgo.com](http://www.castlesandgo.com)

The third edition of the event has therefore been archived! We would like to thank **all participants, all the numerous volunteers** (all private individuals, as well as members of the **Associazione Il Sole Ticino** and **Lugano City Angels**) whose commitment made it possible and the **City of Bellinzona and all its services** and **Bellinzona e Valli Turismo** (co-organiser of the event), as well as the main sponsors **Banca Raiffeisen (Marketing Group Banche Raiffeisen del Bellinzonese)** and **Migros Ticino** and the important sponsors *LaMobiliare Assicurazioni* (agenzia generale Bellinzona), *Azienda Elettrica Ticinese*, *Chicco d'Oro*, *Azienda Multiservizi Bellinzona*, *Ennio Ferrari SA*, *Physioticino*, *Comunità Tariffale Arcobaleno*, *FitForm*, *Hotel Internazionale Bellinzona* and *Splash & SPA Tamaro*.

The organisers are already looking forward to the fourth edition of BELLINZONA CASTLES & GO (the most Medieval Run on Earth!) on **SATURDAY 24th and SUNDAY 25th MAY 2025**.

We look forward to seeing you in Bellinzona!

With our best sporting and... medieval greetings,

Comitato "Bellinzona Castles & GO"