

Ultrarunning World

ROAD, TRACK & TRAIL ULTRA DISTANCE NEWS



Chorley 6 Hour



Atacama Crossing

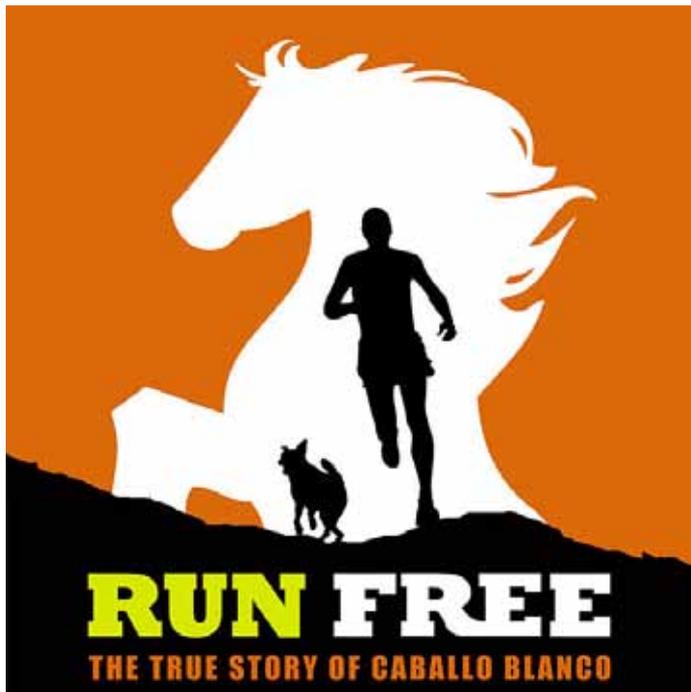


Self-Transcendence
Ultra Classic Ottawa
24 hour Race



Kalahari Augrabies
Extreme Challenge





Film Night: Run Free

London

Tuesday 8th December 2015

6:30pm - 8:30pm

Run and Become, 4a Eccleston Street, London, SW1W 9LN

£5 entry includes:

- A live chat with the director via Skype
- A free pair of V-Toes
- Refreshments: popcorn and drinks

This feature documentary directed by Sterling Noren, chronicles the life of American ultra running legend Micah True (Caballo Blanco, or the White Horse) and his quest to create an ultra marathon in Mexico's Copper Canyon to promote and preserve Tarahumara running tradition. True was a main character in Christopher McDougall's best-selling book *Born to Run – A Hidden Tribe, Super Athletes and the Greatest Race the World Has Never Seen*. **More info on the movie at runfreemovie.com »**

- Meet the real people behind the best-selling story of *Born To Run*
- Get inside the mind of the man who created the greatest race the world has never seen
- Understand the message Caballo Blanco had for the world
- Inspire yourself back to running at your best
- 20% of profits go to the Raramuri (or running people) from Mexico's Copper Canyons

Sign up for this great evening at www.runandbecome.com



Run and Become

www.runandbecome.com

ULTRARUNNING WORLD

Issue: 7 December 2015



Nathan Montague crosses the finish line in the Kalahari Augrabies Extreme marathon
Photo: Hermien Webb Photography

Welcome to the December edition of Ultrarunning World. Its been some time since the last issue and this is only 48 pages, with just a few reports as we develop a new strategy to produce the magazine on a more regular basis - Getting the ball rolling again is what this is about

Many thanks to Prabhakar and all the contributors for their photos and articles.

Abichal Sherrington

In The Next Issue

A major theme in Ultrarunning World 6 will be solo runs - Journeys across Wales, Canada and a project along the Silk Road will accompany articles on events nearer to the UK. (This is now a retrospective, almost posthumus, look at what was happening in my dreams nearly 5 years ago

If you would like to contribute news, articles or photos of ultrarunning races or related events please send email to the adress below. If you would like to promote your events or products related to ultrarunning, very reasonable rates - even free - apply and at the same time you will be helping to finance a better production plus the possibility of a reasonably priced print version.

Email the editor at: mail@ultrarunningworld.co.uk

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Cover photo: Geoff Oliver by [Pavitrata David Taylor](#) at the 2015 Self Transcendence 24-Hour continues to prove that age is no barrier after setting an impressive eight new world bests at the same race in 2014.

Back cover: Chris Mak photo by [Prabhakar Street](#)

Self-Transcendence

Progress is self-transcendence and self-transcendence is undoubtedly true perfection according to me, perfection is self-transcendence, perfection is constant progress which is always transcending itself. Otherwise, if I say that this is perfection, you will say no, something else is perfection. So there will be no end to our dispute. My perfection need not be your perfection, but my self-transcendence will always give me satisfaction and your self-transcendence will always give you satisfaction. Where there is continuous satisfaction, glowing satisfaction, illumining satisfaction, we have to know that that is perfection. Perfection is in the satisfaction that glows and grows inside our hearts.

Sri Chinmoy

Advertise with
Ultrarunning World
- reach people
who live
beyond
the norm.



October

24 Hours

Two new trail 24 hours took place in Germany with the [Trail Running Party](#) and the [Jackalope Jam](#) in Texas, USA.

Also on the 17th [St. Pats 24 Hour Race](#) (USA) took place in Indiana with Shan Riggs winning there for the second time.

Chisolm Deupree puts on two 24 hour races near Oklahoma City running at the same time - [24 The Hard Way](#), a road race and a trail option, the Double Dirty Dozen. There's also 12/6/1 hour options. The road race appears to be the more popular option of the two, by numbers anyway, and was won this year by Steve Speirs with 217.744 km. Leading lady was Rebecca Cunningham with 171.395 km

In Italy, the 3rd [24H Run&Go Festival](#) in Putignano was won by Diego Ciattaglia with a personal best of 221.818 km. First lady was Aurelia Rocchi with 167.433 km

A new 24 hour in Taipei, the Kaohsiung 24h Track UltraMarathon was won by

Che-Hsin Tseng with 215.215 km.

48 Hours

Christian Maudit kicked off the month with the best mens 48 hour performance of the year so far with 382.182 km at Royan 48 hour. Julia Fatton also ran well recording the 10th best all time Women's 48 hour with 362.680 km. Only Torrill Fonn has exceeded that distance this year by winning at Skövde Ultrafestival in Sweden at the beginning of August with over 376 km - winning the event outright.

Also running at Royan were 71 year old Jean-Gilles Bousiquet and Canadian record holder Trishul Cherns, long time 6 day legends. The event also includes 24/12 hour options plus walking categories. [Full results here](#)

November

Orkney-based ultra marathon runner, William Sichel (62) ended the year on a high by running 315.565km/196.083 miles to claim 3rd overall in the men's race, from 37 starters and first in the over 60 age category with a new World Age-Group Record in the [Bislett](#)

A promotional poster for the MudCrew 40 Mile Coast Path Ultramarathon. The background shows a woman in a blue tank top and grey shorts running on a grassy hillside. In the foreground, there are two circular inset images: one showing a stone wall and another showing a wooden signpost that says 'TINTAGEL CASTLE'. The text on the poster includes:

MudCrew EVENTS
40 MILE COAST PATH ULTRAMARATHON
IN KING ARTHUR COUNTRY
21/05/2016 AT 08:00
SOLO OR TWO PERSON RELAY
TINTAGEL CASTLE, CORNWALL, UK
ENTRIES AND INFO:
[MUDCREW.CO.UK](#)

Logos for children's hospice south west and National Trust are at the bottom.

[International Endurance Indoor Festival](#)

48 Hour race in Oslo, Norway. The race was won by Norwegian Trond Sjøvik who was pushed hard to his total of 357,919 by Sweden's Laila Öjefelt who finished second overall with 352,590 km.

Bjørn Tore Kronen Taranger won the 24 hour with 257,606 km and Women's winner was Theresa Falk with 210,764 km. [Full results](#)

No Finish Line

An impressive and fitting performance by Robert Miorin and Mimi Chevillon ensured French victories at the eight day [No Finish Line](#) in Monaco. The 58 year old Frenchman broke the 1000 km barrier on Sunday afternoon after leading almost the entire race finishing with 1004 km.

The race started the day after the attacks in Paris and drew out feelings of sympathy and unity which permeated the atmosphere of the event.

French women's leading multiday runner Mimi Chevillon was first with 813.44 km, eighth place overall.

The 24 hour race was won by Fausto Parigi with 227km and Womens winner was Chiara Milanese with 175km.

The event enables 1 € to be donated to a childrens charity, [Children and Future](#), for every km covered and this year, 13,617 participants from all walks of life covered 383,109 km over the eight days

Icarus Florida UltraFest

The second Icarus Florida UltraFest drew a lot of attention over the performance of 14 year-old Coby Wendtland who set a new under 25 6 day record with 581.807 km/361.528 m taking 4th spot overall. The race was won by Ed Ettinghausen with 770.1920 km followed in second place by Round The World runner, Kevin Carr with 656.744 km. Womens winner was 57 year old Yolanda Holder, a walker, who covered 646.337 km - good enough for third place overall.

[Full results of the Icarus Florida Ultrafest](#)

Italy's Ivan Cudin won the 15th [Soochow 24h Ultramarathon in Taipei](#) which took place November 22nd. Cudin, who came 7th in this years Spartahlon ran 250.731 km, 10 km ahead of Zi-Yu Zhao from China.

Womens winner was Australian Jodie Osborne with 227.429 km. [Results on DUV](#)

Upcoming races

Three 6 day races at the end of the year and thirteen 24 hour races in December indicate the boom in ultrarunning may be starting to reach the multiday level. Eleven 48 hour races already lined up for 2016, including

the 5th Taipei International 48 Hour Marathon Festival provide an exciting array of events with the [Brazilian Multiday Ultra Challenge](#) looking likely to be one of the highlights of the year.

New Races for 2016

[Cornish Coastal Path Running Race](#)

Sept 2016 - a 9 day stage race following the beautiful 280 mile Cornish coastal footpath in the UK's South-West. Starting near Morwenstow and finishing at Mount Edgcombe, close to of Plymouth. Self-supported or fully supported entries available. Organised by former Trans-Am winner Bob Brown.



“TheFoxton24”

A 24 hour Track Foot Race

Uclan Sports Arena, Tom Benson Way,
Preston, Lancashire PR2 1SG

12.00 noon Saturday 11th - 12th June 2015

- 400 m track
- Aid Table
- Meals
- Awards
- Changing rooms/showers
- Email: alistairjohn@blueyonder.co.uk
- Phone: 01257 415632
- The entry fee is £75.00
- Website: <http://thefoxton24.org>

Course record holders:



Mens
Nicholas Turner
178.4 km



Womens
Sharon Gayter
133.3 km

SELF TRANSCENDENCE 100KM & 50KM RACES

Inc. Anglo Celtic Plate Home Countries 100km International
British Athletics & Scottish Athletics
100km & 50km Championships
Perth, Sunday March 27th 2016

Britain's top ultra distance runners will converge on Perth at Easter weekend in 2016 for the annual running of the Anglo Celtic Plate, the home countries ultra distance international. The ACP as it is known, is the only regular annual race in Great Britain over the internationally recognised ultra distance of 100km (62.2 miles)

The North Inch park with its 2.381km loop on the banks of the

historic River Tay will be the venue with the adjoining Bells Sports Centre acting as HQ.

Already teams from England, Wales and the home nation, Scotland, have committed to the event, and it is hoped teams from Ireland will be enticed to compete as well. There is also a simultaneously run open race at both 100k and 50k. It offers an opportunity for experienced and first time ultra runners to run one of the two classic recognized ultra distances, on an accurately certified course.

Entries are now open at [ENTRY CENTRAL](#) with full details of the race at the [event website](#)

The event was last held in Perth in 2013 when the champions were Ireland's Dan Doherty who won in a time of 7:05:23 and Emily Gelder of Wales with 8:16:55.

2015 British Champion and Commonwealth games marathon runner Ross Houston has indicated that if he is fit, he may seek to retain the title he won in a stunning debut time of 6.43:35 when the event was held in 2014 at Redwick, in Wales.

The recognition of 50km now as a major annual international championship event, will also add a bit of spice to the weekend. Both the 100km and 50km races will be key indicators for selection purposes for future Great Britain teams in 2016 and beyond.

Scottish Athletics CEO Nigel Holl, competed for Scotland in the ACP in 2004 recording 7:52:54. "Having personal memories of the Anglo Celtic Plate 100km event (many moons ago now), I'm delighted to see the event heading once again back to Perth and Scotland. The City of Perth has been a tremendous host for Ultra running events in the past, and with the 'ultra scene' so vibrant - especially in Scotland at the moment, this is an opportune time for the event to return.



Jo Zakrzewski

With Scottish athletes such as Jo Zakrzewski, Ellie Greenwood (both winners at the recent Scottish athletics awards for 2015) and Paul Gibling, Tom Owens, Debbie Consani and Sharon Law performing at world level, the potential is there for local stars to shine in Perth. The mantra that Scottish athletics adopts across all disciplines is "Perform when it Counts". Perth in 2016 will provide Scottish Ultra athletes the chance to perform at home in an iconic location - I can't wait to see that."

Race co-ordinator Adrian Stott said, "We are delighted that our small committed team in the Sri Chinmoy Athletic Club have been asked to stage the British Championships again. The Perth course has been proven to be conducive to good times and with the help of British and Scottish Athletics, The Road Runners Club and the vibrant Scottish ultra running community I am sure together we will put on a great event.

We look forward to welcoming some of Britain's top ultra



runners to Perth again to contest the championships, and hope the open race will provide an opportunity for ultra runners from all over the country to run the classic 100km or 50km distances and that regular marathon runners will be tempted to try the shorter distance as a step up to ultra's. The loop course at the North Inch also offers a great venue to watch an ultra race unfold "

Further information on the event can be obtained from Adrian Stott Tarit@runandbecome.com

Information on selection policies for GB teams from Walter Hill walterhelen@hotmail.co.uk

Or Spencer Duval; sduval@englandathletics.org

Information on selection for the Scottish 100km team for Perth, from mark.pollard@scottishathletics.org.uk or Adrian Stott as above.

Race website: <http://uk.srichinmoyraces.org/ultras>



Ross Houston





CHORLEY 6 HOURS ROAD RACE

October 3rd 2015

RACE REPORT

The magnificent seven, with three absentees, began the 6 hour journey in Astley Park, Chorley.

A prompt 10am start, with weather conditions favourable for ultra-distance running – cool, dry with overcast sky.

Manual lap recorders, First Aid, catering staff all in attendance, along with our camera man Peter, all providing essential input to ultra-distanc

First to show and to remain race leader was Merseyside athlete Mark Bissell, clearing 50K in 3hr 52min

59sec and completing 46 m 1126 yds – 75.058Km over the 6 hours period.

Mark displayed terrific consistency throughout, with a very pleasant manner to every person helping on the event

Early doors also, Carmen Byrne (Pictured right) remained constantly within touch of the leader, showing remarkable style and pace.

However, shortly before three hours, after covering 22m 755yds – 36.953Km in 2 hr 57min 57 sec, her foot injuries returned and caused her to retire.

CLes Hill, Geoff Russell and Mark Helme engaged in a close trio, all 3 maintaining solid runs until the later stages. Les powered on to finish second. Mark gradually overcame Geoff to get third. Geoff ran a blinder until late on.

Gillian Verdin ran in complete control, with other events in mind. But Gillian could do well in the future. Age is on her side.

Brian Emmott turned the clock back for around 3 hours with a splendid effort, only for fatigue to curtail his progress.

Chorley 6 Hour Road Race Results

Position	Name	Category	50K time	6 hours	Distance
1	Mark Bissell	20/35	3h-52m-59s	75.058K	46m-1126yds
2	Les Hill	55/60	4h-28m-30s	63.200K	39m-587yds
3	Mark Helme	50/55	4h-48m-52s	59.836K	37m-319yds
4	Geoff Russell	65/70	5h-2m-10s	57.776K	35m-1584yds
5	Gillian Verdin	20/35		43.731K	27m-306yds
6	Carmen Byrne	35/40		36.953K	22m-755yds
7	Brian Emmott	65/70		36.953K	22m-755yds

ORGANISER'S REPORT

Stan Jewell

To organise a race over any ultra distance you need a reasonable budget.

I did not have that luxury for the 6 hours: in fact the number of entries dwindled to a confirmed 5 on 26th September, rising to 12 by 1st October.

Heartened by this increase we were going ahead with the event – no question. However this number decreased to 7 on race day with 3 absentees.

So, austerity measures had to be applied. If our Government could apply them – so could I!

Chip timing was the first to be cut. Secondly, all infrastructure had to be a minimum.

The Town Hall presentation was cancelled.

Course certification was delayed until Friday 2nd October. Note that many unofficial races/events stated the length of the lap as 1 Km, so I went ahead with their findings until I saw sense and got the length of the course certified as 732.274 metres – 801 yards. Again budget was the factor.

So, all these incidentals sorted, I was advised to arrange the setting-up of the course and race village early on Saturday morning 3rd October – not a

good choice as I always cover most duties the day/night before. 3 out of 6 volunteers turned up for action.

Race village was sorted by 8.30am – gazebos, tents, tables and chairs set out and arranged.

The course was marked, staked, taped and barriers erected by 9.30am.

Registration was 9.30 to 9.45am for a 10am start.

Manual lap recorders settled in, catering ladies ready and present, first aid all geared up

The event throughout the 6 hours went perfectly straightforward, with no incidents. There was a spontaneous presentation on site, all site cleared and sound by 17.30pm with no complaints from the general public or Chorley Council.

Altogether a really well worth venture considering the shoestring resources and small entry.

If and when the event does progress, a minimum limit of 20 runners would be enforced.

Thanks are due to the major supporters
Chorley Building Society
Chorley Borough Council
ASDA
Stute Foods

Thwaites
Chorley's Angels First Aid

FOOTNOTE

Lynn Froggat, entered as a competitor for the event, was admitted into hospital with a serious illness shortly before the start. We all wish Lynn and Paul her husband a speedy recovery.

More details of the event can be found on the Foxton24.org website



Carmen Byrne



Atacama Crossing 2015

First-ever Amputee Completes the Atacama Crossing

One hundred thirty-eight competitors from around the world completed the Atacama Crossing (Chile) 2015, including an amputee from Hong Kong, a father and son team from New Zealand, and returning 4 Deserts champions Shiri Leventhal of the United States and Mo Foustok of Saudi Arabia.

Known as the driest place on earth, the 250-kilometre race across the tough terrain of the Atacama Desert tested competitors mentally and physically. Incredible sights including moon-like salt flats, ancient trade villages, the Volcano Licancabur, and canyons

and valleys rewarded competitors as they sweated through the course carrying all of their own food and gear.

Although 20 competitors withdrew during the event, those who remained competed above and beyond their wildest hopes. "This is beyond our expectations," said Camel Fung, 62, the first amputee to ever compete in a 4 Deserts Race Series event. "This has been a wonderful experience." Camel's team, named Five Legs Never Quit, finished first among the groups with a time of 65:37:13. Camel's wife, Iceró Bing Ying Chong, 57 and friend Raymond Chak, 42, made up the team's four other legs. Raymond led

the team in spirit and experience, with two previous 4 Deserts races in his past.

Mo Foustok of Saudi Arabia came in as a favorite to win the Atacama Crossing (Chile) 2015, and he did not disappoint. Mo took the championship with a time of 26:47:15. This is Mo's third impressive performance at a 4 Deserts/RacingThePlanet event. He placed first at RacingThePlanet: Iceland 2013, and second at the Gobi March (China) 2012. "The race has been a great experience," he said. "As much as it's about the competition, I keep coming back for the camaraderie, and friends you make along the way."



www.4deserts.com / Scott Manthey

American Zandy Mangold returned to his beloved Atacama Desert to place second overall with a final time of 29:54:50. This marks Zandy's third time competing in the Atacama Crossing, and fourth time competing in a 4 Deserts/RacingThePlanet event. Zandy has also covered many events from the behind the lens as a freelance photographer. "This was a smashing event. The course was similar, but the people were the best," he said.

Third-place finisher Bent Stougaard of Denmark agreed, saying that making friends was the highlight of his experience. "At the end of the week, I feel I got to know almost everyone. I loved my tent, with the crazy wigs," he said, referring to the wild and wacky Team Aho of Japan. As a 4 Deserts newcomer, Bent's 31:02:31 finish exceeded his expectations. Bent now has his sights set on joining the 4 Deserts

Club.

Returning champion Shiri Leventhal worked her magic again, finishing first among women in 33:59:02. The scenery in this race was stunning, something you won't experience anywhere else in the world," Shiri said. "The long, hot and flat sections were hard for me. This is a very mental race."

Following behind at 35:24:53 fellow American Jax Mariash Koudele took second place. Clare Thompson of the United Kingdom rounded out the top three women with a time of 38:01:48.

When they crossed the finish line in San Pedro, eight competitors became members of the four. Crossing the terrain was really hard," she said. "In every 4 Deserts race, I have met amazing people and the support from the tent mates has been incredible."

Said Mary Gadams, the founder of the 4 Deserts Race Series: "We were truly impressed by the amazing performances during this week from the youngest to the oldest competitor. We were particularly proud to witness Mr Fung, an amputee since 1979 to complete the race."



www.4deserts.com / Scott Manthey



Capital Classic 19 to 25 September 2015

Stefan Roodt

Ultra events: 6 Day, 48, 24 and 12 Hour, 100 Miler – Dual entries allowed

The circuit was 1000 meters long with a gentle uphill on the one side through palm trees and then a gentle downhill on the other side.

The 12 Hour Day race started first at 07h00

At 09h00 the 6 Day, 48 and 24 Hour and the 100 Miler got under way with one massive canon shot courtesy of the South African Navy.

Only ten entries in the 6 Day with Kobi Oren the Israel record holder with 777 km and Johan van der Merwe with a PB of 516 km the main contenders. Eric Wright was aiming for a national age group record (60-

64). Melanie Delainey, although entered in the 6 day was aiming for a national 48 hour record and then support for 4 days.

Johan started at a normal 6 day pace for the first time in his life. He usually is out of the blocks faster and louder than the cannon!!

Day 1 saw Johan ending on 200 with Kobion 176, Melanie was on target at 149. Disaster struck Eric early in the race when he fell hurting his back and hamstring. The race was over for him.

Day 2 was extremely bad for Johan losing the lead with only 91 km giving him a 48 hour total of 291. Kobi was on 302. The highlight was Melanie finishing on 242 km breaking the old national record by one km.

Melanie is still young and will hopefully in future better on this mark.

Day 3 to 6 saw a battle between Johan and Kobi as to who could sleep the least. When Kobi closed his eyes for an hour, Johan took the lead and the same when Johan dozed off.

Johan equalled the South African national record of 815 km with just under two hours to go and that is where he stopped in honour of ultra legend Eric Wright. He proved that he can run for six days bettering his PB by 299 km.

Kobi then went on to pass Johan's distance ending on 818 km, which is a new national record for him by 41 km.

The woman's race was won by

Annabel Hepworth from Australia with a new PB of 525 km.

This was the third year the Capital Classic race was presented by master race director John Hall. The first time we had the 6 day added and it is here to stay. Same weekend next year!

Capital Classic 6 day Race

- 1 Oren, Kobi 818 Israeli record
- 2 Van Der Merwe, Johan 815 SA Record.
- 3 Hepworth, Annabel 525 PB
- 4 Boesenberg, Martie 371 PB
- 5 Fourie, Gerhard 335 PB
- 6 Fourie, Hettie 302 PB
- 7 Solomon, Keith 300
- 8 Delainey, Melanie 273 PB
- 9 Roodt, Stefan 101
- 10 Wright, Eric 45

Capital Classic 100 mile race

Position Name Time

- 1 Van Der Merwe, Johan 16h40m34s
- 2 Pretorius, Pieter Johan 19h07m47s
- 3 Kavanagh, Bradley 19h34m10s
- 4 Nortje, Quinton 23h24m25s
- 5 Reyneke, Tobie 23h34m02s
- 6 Naidoo, Ash 23h39m59s

Capital Classic 24 hour Race

Place Name Km

- 1 Van Der Merwe, Johan 200
- 2 Kavanagh, Bradley 185
- 3 Nortje, Quinton 163
- 4 Botha, Lizette 152
- 5 Delainey, Melanie 150
- 6 Tsineng, Kgosietsile Ashley 137
- 7 Rammayas, Vijen 129
- 8 Ngongo, Mbuso 122
- 9 Selby, David 121
- 10 Van Antwerp, Roelof 100
- 11 Keyter, Angela 93
- 12 Naicker, Peresha 37
- 13 De Jager, Jaco 34

Capital Classic Race 48Hour Race.

Place Name Km

- 1 Van Der Merwe, Johan 291
- 2 Delainey, Melanie 242 SA RECORD.
- 3 Hopkinson, Hoppy 168
- 4 Spies, Corrie 144
- 5 Hopkinson, Yvonne 144
- 6 Neppen, Carol 121
- 7 Neppen, Jean 105

Capital Classic 2015

Race Report by Melanie Delainey

It's 4am on race day; Friday the 18th of September 2015.

My stupid subconscious is wide awake and re-running through checklists...Sunglasses, plenty of socks (deep breath, deep breath), Imodium (maybe I should take one of those now?).... Other sunglasses, arnica (DEEP BREATH).... I try to calm it down. It's still another 5 hours until the race; and, given that I'm planning on remaining awake until 9am on Monday morning, I could really use the sleep. So I lie there calmly, take a few deep breaths, and take myself to my happy place. The circuit. Dammit! I give in, get up, make myself a cup of coffee and slowly begin the morning pre-race preparations. The fact that the race venue is just around the corner, and that there is actually very little left to prepare, though another 4-odd hours remain until the cannon fires, makes me somewhat anxious. Another 2 cups of coffee, hour, and shower later, I have rechecked all of my carefully labeled race bags, and wake up my parents, instructing them that we are leaving in half an hour. A

quick photo shoot in the garden with our incredible host, Des, and we're off.

One of the many reasons that I love the circuit is because of the sense of familiarity that it provides. It's always reassuring knowing that you can go to any given circuit race in the country and find familiar souls there. It's a bit like a meeting for addicts...

We greet each other with excitement and open arms:

'Hey Johan! How's it going?'

'Ok, Ric. Long time! Haven't seen you since Dawn to Dusk! 6 day?'

'Just the daily 6h sprints here because I'm going to Cape Town for a marathon there in between... Brad! Is this your 11th 100 miler?'

What the addict in denial (we will term this one 'Newbee' for now) hears from such conversations is:

'Man, it's so good to have some human interaction. My wife and family deserted me after the FIRST 100 miler.'

'I'm about to pay money to inflict pain upon myself. Repeatedly. Then I'm going to fly to what is arguably the most beautiful city in the world in order to do the same thing.'

'Rexartiacchaaah! Gloosi?' (this might



Race Reports

actually have been what this guy said. He's done one too many a circuit)

Following a brief race briefing, during which the only intelligent questions (in fact, the only questions whatsoever) were asked by the Australian elite, Annabel Hepworth, we all dressed, toileted, and stood around nervously, awaiting the big bang... Any pre-race anxiety as a result of, or resulting in, non-functioning bowels would soon be rapidly annihilated by the sound of the deafening cannon blow, courtesy of the navy. The sound is also rumoured to have woken everyone throughout the KZN district. As I embarked upon my journey of 200 000 steps; as I commenced what has been, to date, my biggest goal,

The weather was perfect. Light drizzle. Cool. As I looped slowly around the track, I tried to remain focused on my goal, reminding myself that I was going to be on my feet for a couple of days, and that efficient pacing would be of vital importance. Though not wearing a watch, I periodically checked my average pace or lap time as I passed the timing mat, ensuring that I was not over-pacing. As I did so, I was reminded of the words of my coach, Gerrie Coetzee- 'pacing will be essential'. Gerrie had taking me under his wing again just a couple of weeks before the race. I trained with him in 2013. Prior to this, I thought that I was training. I was not. When Gerrie first sent me a program, I thought that it was meant for Rene Kalmer, and that she had received my program instead.

the plan would be executed exactly, it provided me with a sense of security.

Capital Classic 2014, where I ran my first 100 miler, was a great learning curve for me, as is every ultra distance running event. On this particular circuit, I managed, for the first time, to get my food and drink intake as close as is possible to perfect; so I packed a similar diet for race day. All the good stuff: Veg polony sarmies, quartered, easy to grab and munch on whilst walking half a lap... Salty potato salad... Potato salad sarmies – This one's is a personal favourite. Carbs on Carbs. The type of stuff that would give Tim Noakes a heart attack. Both the type and quantity of training that I had done in preparation for the 2014 event, though condensed into just 3 months, owing to a nasty accident, appeared to have been adequate. This year, I used Comrades as a training run for the Washie 100 miler. I had a very comfortable, evenly paced run, finishing in around 10h30. When I was unable to run Washie, owing to logistical constraints, I was devastated. In retrospect, however, this was not necessarily a bad thing, as I may have struggled to perform at both Washie and Capital Classic. About two weeks, and several bottles of red wine, after the Washie backwash, I rolled myself off the couch and back onto the road. July was sluggish, with little mileage. However, I picked it up a bit in August, finishing on just over 500km for the month. The longest run that I did that month was a 60km, which was 5 weeks before the race. Throughout my training, I intentionally avoided hills, time trials and races. The rationale behind this was multifold- to avoid injury (which I did manage to do), and to simulate the profile of the race. The highlight of my training was undoubtedly participating in the Dawn to Dusk circuit race, where I teamed up with Johan vd Merwe to break the mixed team course record on the 29th of August, 3 weeks before Capital Classic. I think that this was a great confidence booster for both of us.



Fun and games with Quinton, who is completing his 100miler

and, without a doubt, my greatest life accomplishment, I immediately began to do what has, at times, assisted me greatly in the past. I start talking to myself. I have, and always will be, a firm believer in the subconscious mind. It is the one of the most powerful tools that we have. My favourite mantras, which I utilised for the first time properly at the circuit last year, include, 'strong body, strong mind' and 'the more I run, the better I feel'. These seemingly simple words literally got me through hundreds of laps on the circuit last year.

However, when my marathon time had improved from 3h33 to 3h12 within the space of 6 months under Gerrie's guidance, I stopped moaning.

I had spent weeks working on a race plan, which I then committed to memory, and placed in every pocket of the shorts that I intended on running in. Gerrie had reviewed my plan, and recommended that I start at a slower pace. I mentioned this to Johan vd Merwe, whose comment was, 'well then I guess you had better stand still for a while.' Though I was doubtful that

During the course of my race, I reminded myself, periodically, that I had already done most of the hard work. I was now there to enjoy the benefits of it. Fortunately, owing to the extraordinary work that race director John Hall and team had put into the event, paired with the scenic route, and incredible support from spectators and fellow runners, it would have been quite difficult not to enjoy this event.

The circuit family has, over the course of the past 5 years, become a very special group of people in my life. I love catching up with them—having a great laugh, a good bitch, sharing a peanut butter sarnie, or, at later stages, simply grunting in mutual pain. I am quite certain that conversations that take place between runners who have been on the circuit

for 18+ hours are less understandable, to the Newbee, than a conversation that may occur between a Chinese Cocaine addict and a 3 year old. This is why we have a rule—‘What happens on the circuit stays on the circuit’

Some Newbees believe that this is because we cannot, in fact, recall what happens on the circuit.

During the course of sharing a few giggles, snacks and laps with Quinton Nortje, I had relaxed, and realised that I might be able to pass the 100 mile mark within the first 24 hours. Though this would mean working slightly ahead of my race plan, it was a personal goal that I thought that I may pick up along the way. However, as the halfway time mark drew nearer, I realised that pushing for this would impact too much on the second half

of my race. I passed the 150km mark after 24h. 95km in 24h seemed quite manageable. However, as someone who ordinarily struggles to survive off anything less than 9hours of sleep per night, I was already beginning to suffer from RIPD (Running-Induced Psychotic Disorder: A brief psychotic disorder. Signs and symptoms are similar to those elicited by taking large quantities of hallucinogenic drugs. Ordinarily induced by 30+ hours of running **** Please note that this form of self medication is much cheaper and safer than use of recreational drugs. However, Newbees are discouraged from attempting this at home. Please come to the next meeting instead ****) As a result, my brain was lagging behind my aching body, and I was beginning to struggle to do basic pace calculations. My feet hurt. I had



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blisters everywhere. Everyone else was sleeping... 'strong body, strong mind'... I was so sleepy... Where were my parents? I pushed through another few hours at a painfully pedestrian pace, before retiring for what I had intended to be a 1.5hour power nap. I have absolutely no idea how long I slept. But, not unsurprisingly, I did not awake to the sound of one of my many alarms. I have no idea how I awoke, but when I did, I meandered to the shower, where I had a brief rinse to awake my moaning muscles and mind; simultaneously calculating that I had to about another 7 hours left to run a marathon, excluding stops. I was safe. Well on track for the South African record.

This thought kept me moving, however slowly. And I knew that if I just kept moving, it would happen. I continued to perform the mental calculations, certain that I was safe.

However, my pace was slowing significantly. With 30km to go, I started to stop every lap - either to drink, eat, or go to the toilet. This was entirely unnecessary physiologically. In retrospect, I now know that I needed none of these things, I was just employing them as defence mechanisms: excuses to take breaks.

When I had 21km left to go, some of the team members, who had been carefully monitoring my decline in performance, stepped in, and sent out assistance. Stefan Roodt, one of the 6 day entrants, also the walking running textbook, came to my rescue. At this point of the race, I could not think for myself. When Stefan said run, I ran. When said walk, I walked. When said eat this or drink that, I did it. Occasionally he even said 'breathe'. Referee Brian Marshall stood at the timing mat offering supportive comments. John Hall, Eric and Marlene Wright were there cheering. The circuit family pushed me through. And my own parents stood proudly on the side, screaming for me. With just 3 laps to go, they brought out the

South African flag, that they had been given for me to carry. It was then that the physical agony began to become slightly subdued by the emotional experience that I was beginning to have...

'I need two more laps from you,' Brian said encouragingly as I passed him. After I ran the record-equalling lap, Stefan continued with me as I stepped into record territory. I also had the honour of being accompanied by circuit legend Johan vd Merwe, who then went on to equal the 6 day record. Together, we ran in, cheered in by a faithful support crowd. As I held the flag up high, completing my 242nd kilometre, I did so with tears in my eyes. Tears of pain, shock, joy.

Gratitude.

Every day I give thanks for my body; for my ability to use it. For my ability to run. I almost lost that.

I am also thankful for those who supported me, before and during the race:

-My amazing parents, the best seconds ever, who put up with months of circuit talk, and still came along, filtered out vast amounts of abuse during the course of the 48h, as they are aware of the effects of RIPD.

- Johan vd Merwe, who initially convinced me to do the 48h, as opposed to the 24h (you bastard!) Johan has been a continual inspiration to me and to the entire running community!

- Stefan Roodt, who allowed me to run the last 21km of my race with him (running joke remains- I paced Stefan for his 21km run)

- I also used this race as an opportunity to fundraise for the ELB challenge that Johan and I will be participating in from the 14th to the 17th of October. Thanks to all of the precious friends, family and loyal herd from Varsity Kudus running club who sponsored amounts per lap, in aid of St Vincent's school for the deaf, we raised R18000 for the school.

And most of all, I am grateful for the man that allowed the race to happen. Thank you, John Hall, for the most

incredible running event ever. For serving not only as our race director, but our personal shopper, chef and psychologist 24 hours a day for 6 days. Thank you for materialising the most magical support team... Circuit legend Eric Wright and his wife Marlene were flawless with their lap counting (even Quinton's salsa moves could not score me an extra lap!); your wife Eileen's smile and lemonade that can cure absolutely anything... Race ref Brian who, to my knowledge, fined no one for speeding....

I want to say that this is a memory that I will cherish forever. But I don't think that the reality of it all has quite hit me yet. I'm still waiting to wake up from my nap in the tent.



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Race winner Pablo Espinosa Photo by Prabhakar Street

The Self-Transcendence Ultra Classic Ottawa: 6, 12 & 24 Hour Races

35 Years On by Utpal Marshall

There is not very much about the very first Self-Transcendence 24 hour race held in Ottawa that anyone now associated with organizing the race can still remember. The kind of exact records and details associated with nearly every current day race, have somehow slipped away. It was, after all, 35 years ago. A time when hard drives were what you did when you got in your car and went from Halifax to Vancouver. No one today even knows which

track it was held on, or the exact date in May when a brave band of runners appeared on a starting line of a 400 meter track to do something that the world had rarely seen before. The little that we do know however, is still pretty impressive. Starting in May of 1981 the Ottawa race has an unbroken streak, except for one year, that now stretches back 35 years. It just may be the longest continually held 24 hour race in the world.

For the past few years the race,

which now also accommodates a 6 and 12 hour event, has been held in the Louis Riel dome. 49 participants came to take part this year on September 26.

One thing that makes the research a little easier on the history of this race is that the indisputable fact that the great Canadian/Scottish Al Howie was one of the runners that first year. He not only won but he also set Canadian and North American records at the same time. His





distance for the 2nd race in 1982 was even greater. He ran an astonishing 150 miles and 395 yards (241 KM) which pushed the record out even further. He was so intent on improving himself when he came again, that in the 3rd race in 1983, he ran all the way from Winnipeg to Ottawa as part of his training.

Al Howie, an icon of endurance events would run a lot of miles and engrave some serious running history at the event for its first 5 years, and for a lot of other years afterwards in ultra races all around the world.

What becomes clear when you attempt to gaze backwards across the many years, is that something so unique and challenging 35 years ago is now dwarfed in comparison to some of the huge distance races that are being held elsewhere.

Multiday running, though still not commonplace, is no longer shocking when brought up around most runners today.

Sri Chinmoy, the founder of the marathon team saw early on that distance running would become much more common all around the world. That people would use the challenge of long races to test a runners capacity in every way. He first asked the members of the group in Ottawa to put on their first 24 hour race in May of 1981.

“Long-distance running gives us a real feeling of accomplishment. We can run 100 metres forty times during the year and not feel the same sense of accomplishment as when we run one marathon. But speed and endurance are both important, especially in the spiritual life. If one has only speed, then one

cannot ultimately succeed; we need endurance because the goal is quite far. Again, if one has only stamina and no speed, then it will take forever to reach the goal. Only if someone has both qualities will he be able to make very good progress in his spiritual life and achieve something really great in life.”

Sri Chinmoy, *The outer running and the inner running*, Agni Press, 1974

David Foscarini says he was ordered to come here by Utsahi, one of the race directors. He met him at the 6 hour race earlier in the year in Kingston. “Everybody has to come to Ottawa he said, so I am here.” David admits that it was an easy persuasion. This time he is doing the 12 hour race but has done the 6 and 24 event in previous years.

He says his training has been not so great this past summer, so he thought the 12 hour would be a better fit. He hopes to make 85 km. David says what he enjoys most about long distance running is the simplicity. "I just put on a pair of running shoes on and go for a run."

"I am crewing for Bruce who is running the 24 hour race." Bonnie Barteaux is in familiar territory helping her husband Bruce. They have teamed up for lots of races before, they have been here 3 or 4 times though she can't remember exactly how many just now. It is in the early dim hours before the 8 am start. She

admits that the job of a helper, especially if you stay awake the entire time is not easy. "Bruce will tell you that all he has to do is keep running. I have to give him the stuff he needs."

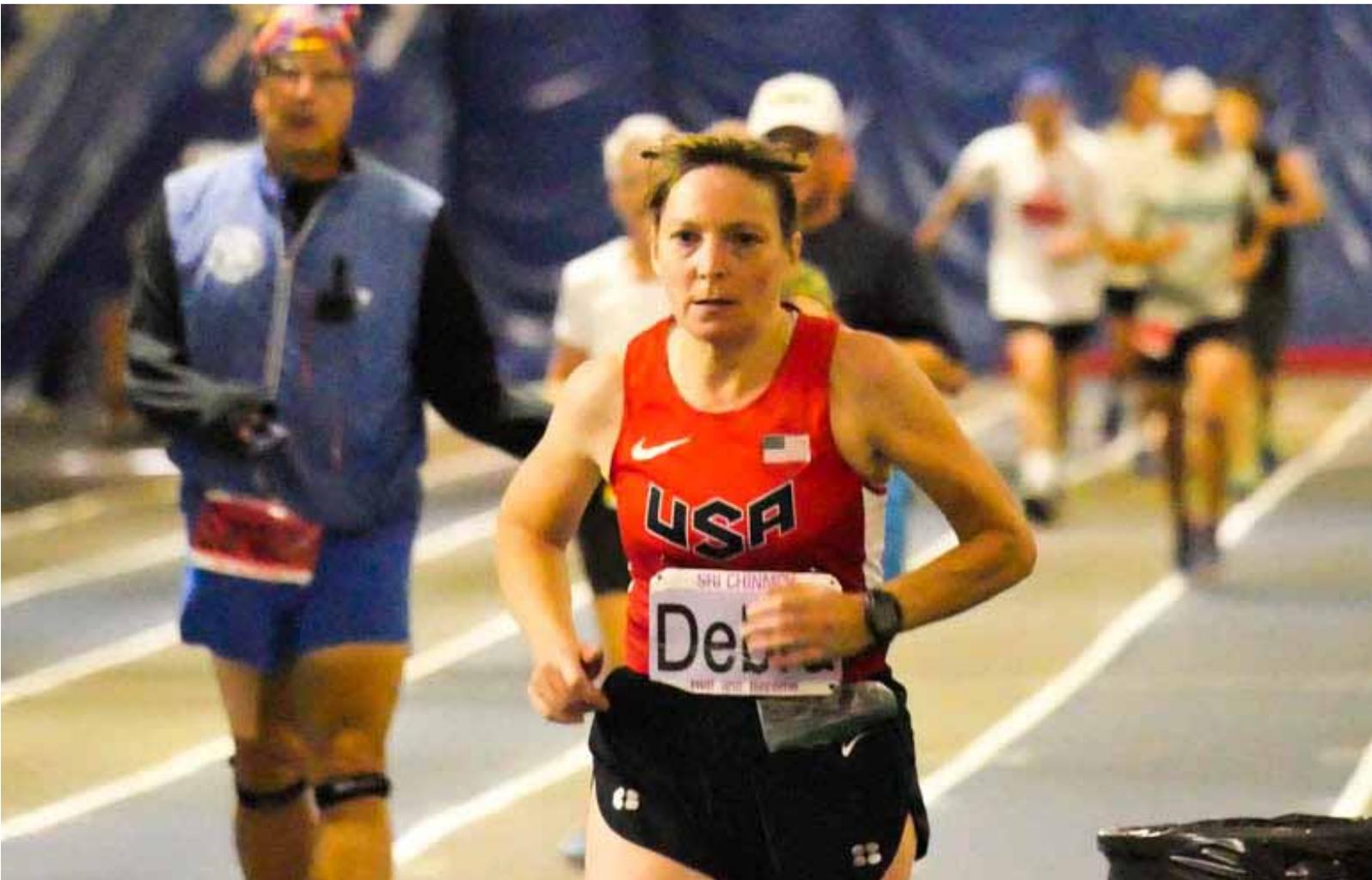
"Part of my challenge is staying awake in the slower hours of the night." She says the best thing about her job is being part of a team that is successful. "Bruce is the current reigning Canadian 24 hour champion. He is here to hopefully defend his title."

"Last year I did 180km." Bruce has added pressure this year as he just turned 60 and is as well trying to not only win the overall event, but also to take the

Canadian age group record. "I have 24 hours of work to do." His personal best he says is a little over 207km.

He also enjoys the camaraderie of events like this. "You get to see and run with folks you have seen before. That is the fun part. Running is fun. It gets a little less fun later on. The bear climbs on board and the fun factor is reduced. The people are still here and it is great running with other folks

"It is not like dog eat dog. If somebody is running well you encourage them, and if somebody is not running well you encourage them. It is great.



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Everybody is a winner. Anybody who has the guts to run for 6, 12, or 24 hours that is great. They are demonstrating a fit lifestyle. They are challenging their own limitations."

Bonnie adds as well that Bruce is making this his personal Terry Fox run. "Every year since 1999 he has run at least 100km as a solo event for Terry Fox fund raising."

"I have only heard good things about this race." Debra Horn and her boyfriend Rodger have come from Cleveland to take part in the 24 hour race for the first time. "For many ultra runners it is kind of an institution."

She has run lots of 24 hour races but the race that will start shortly in the Dome is her first indoor event.

Debra says she always enjoys meeting fellow runners that turn up at the ultra races. "The people are always enjoyable. But also it is fun to just run and not think about anything for 24 hours. It is kind of like meditation."

This will be Hans Maier's 23rd time running the 24 hour race. He says when he came the first time it was simply the challenge of it that inspired him. "I have been doing long distance running for the past 33 years."

He continues to like the challenge of the race even now at age 76. "The race organizers here are the top notch people in the world."

With Hans is his grandson Blake who is just 19 and been here

4 times before himself. He will be running the 6 hour race and after which he will help his grandfather. He says that being here is an adventure.

Hans just ran a 100 km race 3 weeks ago. "I am in good shape right now. But you never know what happens in a 24 hour race." In his first race here 23 years ago he ran 156km. Last year he ran 129km and hopes to improve upon that. "I just want to be optimistic about it."

"I have been here many times." Sue is not sure exactly how many times she has taken part in the 24 hour race but her forgetfulness is understandable since she first came and ran in 2002. The next year there was no looking back and she has run the 24 hour race ever since. Her first full race she says she ran 162km. "I was thrilled and I cried."

Since then she has had varying success each time she has come.

"It is incredible. There is a long term satisfaction doing the race and knowing that you can. But the feeling you get, even when you don't do well. The last hour or so when you are on the track there is a feeling and energy that comes that is just incredible. You can only experience it by doing it. The bad thing is that you have to do that other 23 hours to feel that last hour."

"Even if you haven't done so well yourself, the feeling off of everyone, the energy is phenomenal. That is so worthwhile. That is the big

motivation just to feel that feeling."

Sue will break 2 age group records by running 175.75 km (109.2 Miles)

This will be the 2nd time that Luc and his wife Huguette have come to the 24 hour race. Huguette will not only handle Luc and help with his numerous costume changes but she will also be working in medical giving massages.

Huguette when asked what she likes about being at the race her response... "TOUT." (everything!)

As for his own goals Luc says he has no goal. He runs only for his own pleasure. "Just to be with other runners and to be with my wife."

69 year old Jess tells me that he had to quit running for 10 years. He does have a long history of running the race over the years but it is clear that he is up against a lot of physical challenges. Ones which would make a lot of others simply want to stay safe and comfortable sitting in the bleachers. Instead he continues to find enough satisfaction to keep coming back each year, even if it is now doing the 6 hour race instead of the 24 hour.

"2 years ago I got a new knee." He says it was his left knee and he laughs as he points to his other knee and says now this one is bothering him too. It doesn't take too long when you move along with Jess to be impressed with just how

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much he has accomplished and continues to accomplish as a runner. He seems have been to all the big races such as Western States and 10 Boston marathons. Though they seem to all have taken place some time ago when Jess had all his bits and pieces working just a little bit better. Despite this he laughs and says, "I am doing pretty good considering."

"I had an aneurysm in 1993 and during the operation I had a stroke. The stroke left me paralyzed on the right hand side. I didn't know if I was going to live or not." He says this with real poise and peace, "the years go fast."

As for the track he laughs and says that the 400 meters of track in front of him feels more like a mile and a half.

Why he continues to come he says is because of the camaraderie and the people. While we are moving along he often calls out encouragement to the other runners. Jess says he has no particular goal, "I just do whatever I do. I don't care if I even finish this race. I have already done 11 races this year." "I am exhausted," he admits and says so with a laugh. At this point he has been moving along nicely but still has nearly 5 hours to go. "It is nice walking. I would rather be moving than walking."

He says the 24 hour race here is special. He enjoys the race more since it moved inside the dome. "I am in heaven."

In an attempt to find out as much of the history of the race as possible I spoke with Paul Smith who was doing the 12 hour race and has taken part more times than anyone else. Paul isn't exactly sure just how many times but when it is confirmed that this race is the 35th time he says he has been here 33 times. "I have missed 2 races."

"I missed the first one because I didn't know about it." When he turned 65 he decided to run a 48 hour race in Drummondville. Paul says that his first 24 hour race was the Self-Transcendence race here in Ottawa. "I have been a jogger since I was 14 years old. I started in 1959 where I grew up in Bathurst New Brunswick. There was a 5 mile loop around the basin and every day after school I would go home and run around. At that time there were no other runners. I was the only person on the road that would run. I enjoyed it and tried to improve my times."

Paul says that he has a personal best of 116.9 miles (186 Km) for 24 hours. Today he is running the 12 hour race and admits to being 70 years old. "I am doing it this year because I just turned 70. I wanted to do one as a 70 year old. It will probably be my last ultra."

"My goal is to always stay on the track and keep moving."

Ottawa Self-transcendence 24 hr results

	M	F		Km	
1	1	Pablo	Espinosa	204.688	
2		1	Debra	Horn	193.756
3	2	Bruce	Barteaux	188.046	
4		2	Sue	Armstrong	175.756
5	3	Sarvagata	Ukrainskyi	172.413	
6		3	Gautami	Sykorova	163.934
7	4	GarChun	Low	162.294	
8	5	Stephen	Bridson	162	
9	6	Mark	Weghorst	161.2	
10		4	Kimberley	Van Delst	157.407
11	7	Roger	Martel	149.366	
12	8	Mark	Ishikawa	142.999	
13	9	Hans	Maier	137.476	
14	10	Paul	Chenery	132	
15	11	Chris	Battaglia	131.181	
16	12	Ronald	Gehl	123.231	
17	13	Jody	Hynes	120	
18	14	Charles	Smith	118	
19	15	Cameron	Lutley	115.03	
20	16	Rolly	Portelance	114	
21	17	Pierre	Duchesne	112.4	
22	18	Seve	Sanchez	112.331	
23	19	Jack	Kilislian	103.2	
24	20	Olivier	Gratton	101.877	
25		5	Josée	Tremblay	95.6
26	21	Ian	Mcilvenna	82.4	
27	22	Luc	Gelinas	74.4	
28	23	Marius	Lacasse	60	

It doesn't matter how slow I am. It is just about participation. I think the real race is the human race. I think all the years of running and being active improves my life in general. To get the most out of it you have to move. Be active. Doing something. Get excited about something."

Angie won the 12 hour outright with 117 km. When she finishes I joke that she looks so fresh that

she could easily keep going. She has achieved her goal of 100 km some time earlier and was simply staying out on the track to finish the 12 hours. "The last hour was the best."

Her goal was to make 100 km in 9 hours. "I was hoping to qualify for the Canadian 100km team. This is my first 12 hour track race."

Angie confesses that after she achieved her goal she spent the last 3 hours chit-chatting and walking around. Even so her total was 16 km more than the next finisher. "I had fun." (laughs)

"Every year the Canadian association of ultra runners holds a number of different championships throughout the country. This year, the Self-Transcendence race in Ottawa is the host of the 100km ACU championship, for both men and women.

"Not only is Angie the winner of the women's ACU championship but she is also the overall winner."

"This is a beautiful race because there are beautiful people here." Kimberley has smiled for 24 hours and inspired many others out on the track. Her results this year have not been her best. She is voted however the most inspiring runner.

Pablo wins the race this year with 204 km. When asked how he feels he says, "I am tired." His total this year is a personal best for him and also means he is the new Canadian champion. "It is not so bad."

Bruce finished in 2nd place

with 188km. "I don't come to these things to just wander around. I tried pushing it. I had the Canadian age group record in my sights and it just wasn't happening today."

Bonnie says he was 6 laps short of the record. Bruce, "I was close but not close enough."

"I knew it was going to be hard hard work to do, or even just to try it. I committed myself about 3 hours out. I said if I am going to do it I have to commit now."

"It was good. A lot of good folks out there and there were some fantastic performances run."

Why Hans likes the race he says, "is because you never know what is going to happen. It is such a long race, lots of things can happen." He says that the demons come after 50 or 60 km. "So you have to handle the demons. The demons go when you handle them properly. They are mental as well as physical." He is sitting contentedly as we speak which is now just a few minutes from the award ceremony.

Utsahi, along with Darika were the race directors for this great event. Of course it would not have been possible without the help of so many people who helped so much and for so long with counting, food, and set up.

"This is the Canadian championship as well," Utsahi tells me. "We are part of the Canadian ultra series, and we are part of the qualifying for those who want to run in the world

championship."

Now both he and Darika are directing the event but he says his first encounter with it was in 1990 when he ran himself. "I ran it 4 times. It is easier to run than to organize."

"The vision behind this race is incredible. How could Sri Chinmoy, at the time (35 years ago) have envisioned to seed 24 hour races all around the world. There were tons of them. That was one of the starts of the ultra world."

"People did not know at the time the potential of human beings to do long races like this, and Sri Chinmoy saw that. He made it happen. Look at this. It is continuing. Good people. You can see, we are having fun."

"Congratulations to everyone who has run this race. In Sri Chinmoy's philosophy all the runners are winners. Because each of you has transcended yourself."

"Try to be a runner, and try all the time to surpass and go beyond all that is bothering you and standing in your way. Be a real runner so that ignorance, limitation and imperfection will all drop far behind you in the race."

Sri Chinmoy, *The outer running and the inner running*, Agni Press, 1974

Utpal Marshall covers the 6 & 10 day and 3100 mile races on his blog at [Perfection-Journey](#)



Kalahari Augrabies Extreme Marathon 2015

Jennifer Bradley

The [Kalahari Augrabies Extreme Marathon \(KAEM\)](#) certainly lived up to its 'extreme' tag this year. Following the same format as the Marathon Des Sable but with less than 100 entries (70 started and 54 finished; [results here](#)) the Kalahari race is a great smaller and friendly alternative to the MDS.

I arrived at Johannesburg Airport after a week in the Garden State,

having run the [Otter \(click for previous blog\)](#), and traveling from my final day in Cape Town. Checking into the Uppington flight were runners from many countries – easy to spot with more desert gear than most outdoors shops! When a queue of people are wearing mainly Raidlight, Salomon, innov8s and other trail gear you know I'm in the right place. The British group made themselves known at the

airport hotel and I finally met Joey Sharma (though we reckon we've met before) who has done MDS and a few other big races – and is one of the most fun people. Harry Hunter was already in full joke-telling swing before we got through security. I knew it was going to be a fun trip. Getting on the short flight in a tiny plane it felt like we were ready for a desert adventure. Much of the chat was about kit

– how heavy the packs were, what food you were taking, if you were wearing gaiters etc. This carried on for the next two days. I don't think a group of people have ever discussed weight so much, someone overhearing would have thought we were off to a fat-camp; 'mine's 9kg dry', 'I think I



Runners listen to the race briefing. [All photos Hermien Webb Photography unless otherwise stated]

can get mine down to 8kg, but I'll be hungry all week', 'can I eat my sleeping bag on the last morning?'

The flight was fairly uneventful, I managed to say hi to Nathan Montague who I know from various UK multiday races – he's being sponsored by my good friends at [Extreme Energy](#) and had recently had a haircut (race prep?) so I hardly recognised him without his curly mop. He told me about his summer and it was clear he was coming to KAEM to really run well. I've seen him win many a race so knew he'd be a strong contender and after [his UTMB disappointment](#) he was ready to fly in the desert. He's also one of the nicest people, never a bad word to say about

anyone, a genuine good guy – definitely someone you want to have around on a week-long race.

Arriving off the coach at the Augrabies Falls National Park the temperature felt raised and it was evidently hotter than Joburg. But then it is the edge of the Kalahari and I'd come for a hot run so no great surprise. I met up with some of the KAEM group from Pretoria – where I'd run a 25km training run a couple of weeks before. Anthony, Altie, Rinaldi and Simone all in good spirits. Checked in and sharing with Annie from the UK – who had run KAEM in 2012 and I've seen on numerous UK events and had been so helpful with my endless packing questions

beforehand! That night we had a good dinner at the Augrabies Falls Lodge; I spent much of it with my ankle in a discrete ice pack as it was still enormous from spraining it at the Otter. It didn't hurt – and was the other ankle to the one I went over on in September on Ben Nevis – so kind of felt evened up. Talking to Altie about the women's field I'd already said I wanted to be in the top three (with her) and the ankle had been rested for 10 days so should be fine (which is hard to say when it looks twice the size of normal and has a little blue sheen still!).

Registration and Kit check were on the Friday. With a slightly dull head from the red wine the previous night ([Namaqua](#)

Race Reports

sponsor the race – how perfect, my favourite recovery drink!) I listened to the Race Director Estienne tell us about the rules, introduce the medics and crew and what to do if an Ostrich attacks you (roll in a ball, back facing up, and wait until it stops tearing your bag apart seemed the main idea; that or the classic ‘run with someone a little slower...’). My pack was 8.5kgs dry; I’d done so many repacks I was grateful of the kit check to see what I’d ended up with! My

food was mainly dehydrated packets – noodles, smash, beanfeast, with protein powder and oats for breakfast and plenty of fruit and nut bars. At the weigh in and medical check I found out exactly how much the resting my ankle and drinking in Cape Town had added – not too bad but definitely a couple of kilos to lose in the desert heat.

Day One: 25kms.

The start, set off by the National Park manager

25kms seems pretty easy for a starting day – and I was running ok, though still getting used to the heavy pack. About 5km in we saw a big herd of Giraffe that crossed right in front of Faisal – great to see! Then not much later an Ostrich came into sight and ran straight through our path the other way. Relief at the Ostrich running by at about 40kph was briefly stifled by the route taking a right turn so we were directly



behind the Ostrich – though it just carried on a long way ahead of us and didn't look back. Phew.

The route wiggled around the desert on mainly dusty gravel roads and sandy tracks. It was hot – about 40 degrees but didn't feel too bad. About 20km I was struggling to run with a sore ankle – especially on the downhill sections, which was frustrating. Altie overtook me in her very cheery way and I was a little grumpy being unable to do more than a hobble. A couple of others overtook me in the sandy river bed towards the finish but I was pleased enough to get through the run no more injured than I started.

Not just the runners that suffered in the heat... at least I look more alive than something

Then it was a case of trying to keep cool all afternoon – I drank a heck of a lot of water as it was 47 degrees in the rocky gorge we were sleeping in for the night. Thankfully there was more water in the morning and the 4.5L per runner rule was relaxed. As the afternoon progressed it was clear the day had been very hot – and for some far too hot. News of two medical emergencies filtered into camp and we became very worried for those still out in the midday heat, and the medical staff and crew also suffering and trying to help reduce casualties. It was clear from that afternoon this would be remembered as 'the hot year' in KAEM history.



Day 2: 34kms

This day started well for me – my ankle was a little better and I was getting used to the weight of the pack. I'd resisted the temptation to eat all my food to reduce weight but had made some headway with the heavier dinner and breakfast having been eaten. Though I had no cause to complain when I saw some guys with steaks, sausages and even... spam (tinned meat!) in their packs. A fairly steady day and I managed to claw back the 11 minutes Altie had on me from the first day – with a few more for a cushion, and I was nicely in the top ten overall. Awaiting finishers through the afternoon we did have the bonus of the river by camp and managed to get cool, if only temporarily. I had my first of my regular end of run massages – mainly to get my shoulders into a slightly happier place. Chris the masseur I'd met in Pretoria was also on the trip

and thankfully got me moving ok again – though not without me whimpering through the massage! This second night was probably my worst sleep of the trip – I'd got about 3 hours the first night but I don't think more than 2 the next. It was starting to take it's toll in my mood and snappiness (moi? ahem).

Day 3: 40km

Pretty sure I managed to annoy most of the runners in the second start by declaring it was about time we actually did a decent run. Not completely true as Nathan and the front guys were posting decent times but I felt I'd plodded and jogged with the pack rather than actually running. So day 3 saw a nice uphill stretch and a bit of rocky underfoot – as we were at the edge of a quartz area. I pulled away pretty early and decided to have a good go at a decent run. Which I kind of did until 30km when the wheels came off a bit.

Race Reports

I regained it enough to come home 7th overall and with a good 20 mins on Altie. I should explain – Altie is a good runner, she'd done the KAEM last year in about 30 hours and was back having done some training and to be more competitive. Of all the runners I wanted her to do well – and she did amazingly! She reckons she's a slow plodder but her endurance is fantastic, we're doing a couple of races in March when I go back to SA and I'm sure she'll have sped up further, she'll be a serious contender to win KAEM next year – I'll have to up my game;

might even train with a pack and not bugger my ankle before it next year!

Altie the smiler and Jennifer the grump.

Day 4: Cancelled stage (should have been 81kms, I ran 20kms to check point 2)

The day that wasn't. I'd been looking forward to this day – really keen to do a long run and with relatively fresh legs I knew I'd go well. From even before the start it was clear that wasn't going to be the case. I'd spent most of the night battling with mosquitoes the size of bats –

having brought far too thick a sleeping bag for the 20+ degrees in the night I was either in it boiling alive or spending the night fending off insects. When a cricket landed on my head and I screamed it was the final straw – Joe who was next to me swore he could still hear me laughing; it was more a manic cackle of a deranged sleep-deprived woman. I was set to go off with the later groups – the slowest runners left at 6:30am but the fastest were 13:00; at 11:30 it was to be Alwyn, Duncan and I. Alwyn had just beaten me the day before – proudly



demonstrating his ability to keep his bottle water cool with a wet buff before motoring past me in the midday heat. He had a bad calf injury else he'd have been far ahead of me already. Duncan was less than a minute ahead of me and I was fairly sure over the long stage I'd move ahead. So the three of us set off – Alwyn storming ahead early and Duncan and I tromping through the sandy river bed. By now I'd honed my skill at avoiding sand – running in zigzags on rocks and in between (sometimes IN) thorn bushes to get some traction. The Salomons I was wearing were good at keeping out the sand (I'd forgone gaiters) but I just hate the feeling of not-getting-anywhere that sand gives you. So yes I was probably doing a little more mileage and covered in scratches just for the sake of a few seconds here and there. By the time we were about 5km in I was suffering – the heat in the river gorge felt like no other and the steady climb took its toll. The water station should have been at 8km so when I asked Duncan how far we'd gone after 90 mins and it was 8.5km I got worried – having nearly run out of water I couldn't do much more. At one point I was pretty much off the course – we were following little orange ribbons and it was a very well marked course but doing my zig-zagging meant I wasn't always in sight. Thankfully I heard a 'Jennifer' shout before I went too far wrong. Getting to the water station at 11km I was a bit of a mess. Exhausted

and out of water I'd shunned an offer of water from a passing vehicle – worried about the rules of the race and not taking help from crew. Turned out later they were there to help... Between checkpoint 1 and 2 I was mainly on my own trying to manage my water and try to get jogging to reduce the time to the checkpoint. It was the toughest running I've ever done. I saw various good runners, who were now good friends, hiding in thorn bushes to try and get any shade they could to cool down. I carried on, trying not to stop and slow down further. At one point Julen came past in a car – he'd had to abandon with the heat – and dosed me in cold water (which felt really weird as all our water was usually so warm). Arriving at checkpoint two I was surprised to see about forty runners – all crowded under a gazebo and was then told the race had been stopped because of the heat, with temperatures over 45 and a high humidity the Race Doctor then called it off for the day on grounds of safety. It was the right call – we were all destroyed from too little water as it was taking so long to get between checkpoints in the heat. Whilst waiting for the bus I sat in the shade of a thorn bush and managed to get myself well and truly stuck, the t-shirt I ran it didn't make it back to the UK.

On the night of Day 4 I slept a whole 5 hours. More than the previous three nights put together. I think aided by the

soft grass (unaware at the time, my pillow under the sleeping ground sheet later turned out to be a cow pat) and simply exhausted I managed to get over my issues with sleeping so close to so many people, outside with insects and animals by just passing out.

Day 5 & 6 : Rest day and Night Stage (47km, should have been 35km)

Day 5 should have been the day recovering from the long day – when runners would have finished through the preceding night. We spent it messing around in the river, sunbathing (well I am British!) and trying to not eat all the food for the next days. It was a good time with the group – who all knew each other pretty well by now. There was much griping about the cancelled stage the day before, but with no one really to blame but the heatwave that dissipated.

Day 5 we were told because the heat index was still so high we wouldn't be starting the planned 47kms stage on Day 6. Later, around lunchtime, we were told to prepare for a night stage that wouldn't start before 8pm and would be about 35km. Super – a slightly cooler run was just what I fancied. We had a funny trip over to the other side of the river in canoes – the one Altie and I were in getting stuck on the rocks. Setting off at 8pm I decided to blast it and stuck with the front guys for the first

Race Reports

4km of road; Nathan letting out a surprised 'Jen?' to check if it was me at one point. I had in my head a three hour run and was doing well getting to the first checkpoint (just under 11km) on the hour mark. Only to find.... nearly everyone else stood or sat around in the dark waiting for the race to be re-started. It wasn't that clear what had happened but the news filtered round that the course hadn't been finished being marked as the quad bike being used had broken down.

We waited for an hour and were set off again in groups of 5. My legs were heavy re-starting and it took some time to get up to speed again. Getting back into it I felt ok and some of the more technical rocky running suited me. Then the stage became weird. Really weird. I'd passed Estienne (on quad bike) and Nathan (running like the elite athlete he is) coming back towards me and then a couple of others, them looking as confused as I was. Running round a loop it became clear the course doubled back on itself – odd, I thought, as the 35km was nearly up. Getting a little lost on the loop I caught up with Kris who was similarly perplexed. Then I caught up with Nic who was having a good run but like me expected the next checkpoint to be the finish. I picked up the pace towards the 35km mark and what I thought was the final checkpoint... It wasn't. After another 5km and another checkpoint my sense

of humour failed completely. I'd run 40km at my fast 35km pace and my legs were hurting. But worse than that – the not knowing was killing me. I asked every crew member and no one knew. Only the doctor at the last checkpoint knew, and confirmed my suspicions, we had another 10km to go all the way back to the river.

I was really frustrated. I completely understand when a race route is clear to runners that checkpoint staff don't need to know how long it is to the finish but when it's a changed route and the runners have no idea the communications have to be better. As a runner, when I'm helping at races, I find out where we are and all the answers to questions I know will be asked. Every runner was asking the same question 'how far to go?' with the same blank reply of 'water every 5km'. But how many more 5kms?! I felt really sorry for the crew – but it later transpired the marking had been incorrect and we'd all done nearly 15kms longer than the original intended course. So thank goodness it was at night and we could manage our water sufficiently – but there were a lot of runners (me included) with sore legs and a sense of the never-ending. Getting the canoe back to camp I was in after 2am; when I'd expected to be back well before midnight. As it turned out my speedy start meant I finished 5th overall for the night stage, but I'd rather have been able

to pace it better! In the final stretch I picked up Nicola, one of the Italians, and taught him the 'ultra-shuffle' while making him carry on, he claimed me to be the best woman ever and said he'd marry me – which he seemed to have forgotten the next day. Delirium.

Day 7: The final day started early with another shortened course – 11km to the Augrabies camp and finish. Alwyn and I had joked as he was only a minute and a half ahead of me we'd race it but in the end we ran together and finished with Duncan, which was nice as we'd run not very far apart for the whole race.

After some beers, photos and getting checked in we all went to the evening meal grateful for the first showers in a week and with most looking unrecognisable from the running kit and sand-encrusted bodies of the last week. The next day was a nice relaxing day where a few of us went to Moon rock – Richard and Hugh doing their best David Attenborough impressions and teaching me a thing or two about the desert flora and fauna. We saw a lot of otter poo (my current theory is this is spread around rivers by park rangers and otters are actually extinct). Then the awards presentation and another meat-laden dinner. Some runners made the most of fresh legs by ripping up the dance floor and others made sure the Namaqua sponsors didn't take home too much wine...

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Race Reports



The finish with Alwyn and Duncan

So 250km in the desert turned out to be about 185km. I was delighted to finish first lady – especially with Altie in second and Driekie third. Driekie ran really consistently and seeing her caring for Carsten (the one Dane in the race) on the hottest long/cancelled stage when he was really suffering was just one of so many examples of a real group spirit that developed.

I learned a lot in 7 days in the desert. Not just which sweets melt first in 45 degrees – Haribo become gu at about 40 degrees, Licorice Allsorts have strange temperature-defying properties. Not only why a minus 5 sleeping bag is probably too hot for a heat

wave in the Kalahari. I learned a lot from the runners who were there looking just to finish – the back markers spent so much time out in the heat of the day I was amazed more didn't quit. The laughter and way a group dynamic can change with just a couple of positive people – after the disappointment of the cancelled long stage and the ambiguously long night stage the mood could have become very dark but with some people really looking on the bright side the group was really upbeat by the end. I learned I'm not really bothered by the heat when I'm running (though I knew this to 35 degrees it was a bit of a test

to see if it held over 50!) and having a good water, electrolyte and food plan sees me through. I knew already, but saw even more of, how grumpy and foul I can be when things outside my control are going wrong. Not knowing how long a run is when I've hammered it for 35 kms at my 35km pace and it's now over 45kms; having to stop running when the temperature is over into the 'dangerous for life' range, getting lost on a loop in the dark – all things I'm rubbish at dealing with. Taking it out on others is something I'm going to curb in the future! Seeing how Nathan dealt with the trials and tribulations was lesson itself –

not only his running but his kind nature impressed all around him. The standing ovation he received at the awards ceremony was a reflection of the awe we all have of his attitude as well as his athleticism. As well as a beautiful rose quartz trophy I also won a place in next year's race – which I'm looking forward to already, hoping to get the full 250km KAEM experience but knowing I was part of the most extreme race they've had.

These races, multi-day races in particular, only take place thanks to incredible organisation and planning. I'm feeding back to Nadia and Estienne on some elements I think could be improved – though on reflection the overall organisation was good.

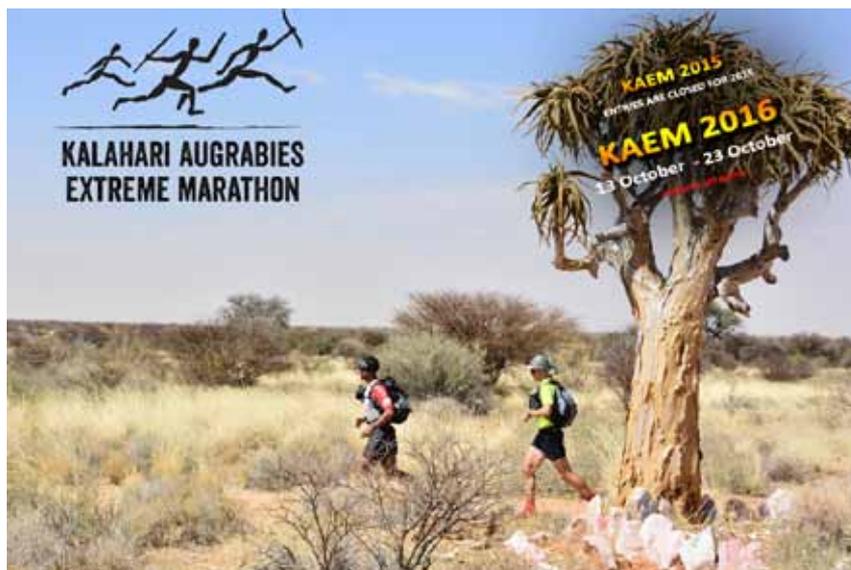
The medical staff were exemplary; not just at the blisters and foot care but at dealing with some really life-threatening moments. The main doctor Charl was awake for days on end it turned out as he dealt with

crew mishaps as well as the runners.

So what next? Well... next race for me starts on Tuesday, by when the monster cold I've got has to have shifted (bloody UK weather and germs)! I'm running five marathons in five days on the outskirts of Bolton – up and down Rivington Pike, each marathon a 3 mile loop, 8 times, and repeat for 5 days. Digging out all my cold weather gear and replacing dehydrated food and electrolyte drink with baked beans on toast and cups of tea.

I'm going to really try and not whinge about the weather (forecast is 8-13 degrees, the daytime highs)...

Visit Jennifers website, Runningandbaking.com



No	Participant	Bib. No	Total
1	Nathan Montague	364	13:55:41
2	Mahmut Yavuz	278	14:44:33
3	Hylton Dunn	145	16:12:35
4	Julen Urdaibai	346	18:05:16
5	Faisal Al-Nakib	356	18:14:56
6	Alwyn Maass	123	19:12:05
7	Jennifer Bradley	378	19:14:18
8	Altie Clark	311	19:55:27
9	Duncan McNeill	377	20:11:23
10	Craig Clements	353	20:40:47
11	Jonathan Rowland	263	20:59:43
12	Carsten Nielsen	365	21:06:42
13	Nic Granum	345	21:27:18
14	Driekie Black	355	21:38:06
15	Alan Hardaker	292	22:06:55
16	Coralie Drouin	338	22:26:22
17	Nicola Camerin	359	22:38:58
18	Gilles Parmentier	354	22:43:38
19	Bakiye Duran	220	22:43:45
20	Teresa Lam	376	22:55:39
21	Stephan Keller	360	22:58:40
22	Anthony Bold	362	23:04:12
23	Kriss van der Westhuizen	372	23:09:48
24	Kobus Cornelissen	368	23:29:10
25	Matteo Zago	358	23:59:05
26	David Foxall	349	24:12:00
27	Brigid Wefelnberg	180	24:24:10
28	Rinaldi Botes	347	24:57:04
29	Harry Hunter	321	25:03:47
30	Richard Shannon	26	25:17:45
31	Rene Vollgraaff	380	25:22:23
32	Brian Bannatyne	250	26:21:59
33	Belinda van der Riet	339	26:25:19
34	Erik Hallendorff	340	26:25:30
35	Kobus Rossouw	182	28:36:37
36	Joseph Maartens	337	28:49:10
37	Jack Ansell	350	29:17:26
38	Graeme Green	357	29:20:10
39	Annie Dougall	219	29:46:58
40	Rory Lynch	367	31:04:08
41	Dave Gilbert	352	31:51:15
42	Johan Du Plooy	291	32:01:43
43	Simoné Du Plooy	370	32:03:03
44	Gabriel Colyn	216	32:18:23
45	Jackie Windh	351	32:46:27
46	Fonnie Froneman	374	33:17:53
47	Simone Bishop	366	33:41:01
48	Cobus Oosthuizen	210	34:53:50
49	Winston Warriess	334	38:23:14
50	Ellis Levember	335	38:23:14
51	Johan Liebenberg	336	38:23:14
52	Edward Chapman	81	39:33:26
53	Luke Robertson	243	Alternate route
54	Lumko Velapi	369	Alternate route



In the first week of August 2016, adventure-seeking runners from all over the world will take part in the 18th Mongolia Sunrise to Sunset (MS2S) at the shores of Lake Hovsgol.

- The registration period for this unique adventure 42km and 100km trail run, taking place on 3rd August 2016, is now open on www.ms2s.org!

- Runners from 22 countries participated in the 2015 race, creating an exceptional experience. All proceeds of the event go to environmental and cultural projects in Hovsgol National Park.

Mongolia (6 November 2015)

- How deep blue can a lake be? And how many different shades of green do exist? Up to 100 runners from all over the world will find out in August 2016, when they gather at Lake

Hovsgol in the wilderness of Northern Mongolia. Their quest: The 18th Mongolia Sunrise to Sunset (MS2S). The MS2S, a non-profit 42km and 100km ultra trail run, is without a doubt among the most beautiful runs of the world. Runners pass by wild horses and yaks, seas of wildflowers, the craggy mountains, windblown lowlands and of course the deep blue pearl of Mongolia, Lake Hovsgol.

"The untouched nature is truly stunning. Our race offers spectacular views from start to finish – be it on the lakeside single trail when the sun rises behind Lake Hovsgol, on the impressive mountain passes or in the marshy, remote forests", says Nicolas Musy, race director of the MS2S. The MS2S is not only beautiful but also challenging: The accumulated elevation gain/

loss in the marathon distance is more than 2.200 meters; in the 100km ultra run it is more than 3.300 meters. Musy: "Still, everybody with a strong spirit and good training can finish the race. The cut-off time is 18 hours."

Early bird rates – register now!

The registration period for next year's race has already begun. Runners with an appetite for a special adventure can now secure early bird rates for the race package online on www.ms2s.org. "This is not a one-day event. We offer a whole week full of discovery and adventure", explains Musy. Participants gather in a picturesque camp at the lakeshore, sleep in traditional Mongolian yurts and get in touch with local nomads and their culture. In the days before and following the race, runners can enjoy a variety of leisure

Race Reports

activities: horseback take place from July 30th to August 6th 2016.

2015: an international crowd
In the 2015 race, runners from all over the world participated in the MS2S. Altogether, the organizers welcomed participants from no less than 22 countries. The young Mongolian runner Tumenbayar Shagdar was able to secure the win on 100km in a time of 11:54 hours. French Aurélia Veyre was the fastest ultra-lady in 15:16 hours. The 42km winners were the Mongolian Tugldur Tselmegsaikhan and the Canadian runner Jennifer

Pasiciel. In the veteran 100km category, Swiss Marc Progin won in strong 15:36 hours.

Preserving the National Park
The Mongolia Sunrise to Sunset is organised on a non-profit basis. All proceeds are used to keep Hovsgol National Park pristine and clean as well as to support the culture of the local nomads via the “ecoLeap foundation” registered in Geneva, Switzerland. “We want to keep this pristine mountain area as beautiful as it is now. That is why we fund a litter control project and its ongoing operation including hiring park rangers, providing eco-friendly

garbage bags and raising awareness nation-wide through TV ads and education of local children and families”, explains race director Nicolas Musy. The ecoLeap foundation also supports the local culture, adds Musy: “It is not only the pristine nature that makes this part of the world so special. It is also the unique culture of the nomads and their way of life. The nomads should be proud of their abilities and culture.”

Checkout the race website at: [Mongolia Sunrise to Sunset](http://MongoliaSunriseToSunset.ms2s.dk) (ms2s.dk)



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14/08 • Doué-la-Fontaine • 53 km

15/08 • Monts/Guesnes • 58 km

16/08 • Angles/l'Anglin • 63 km

17/08 • St-Sulpice-les-Feuilles • 69 km

18/08 • Bourgneuf • 62 km

19/08 • Peyrelevade • 48 km

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21/08 • Jussac • 64 km

22/08 • St-Cyprien/Dourdou • 69 km

23/08 • Cassagnes-Bégonhès • 58 km

24/08 • St-Sernin/Rance • 54 km

25/08 • St-Pons-de-Thomières • 69 km

26/08 • Moussan • 61 km

27/08 • GRUISSAN-PLAGE • 40 km



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The Multiday & Ultrarunning Calendar 2015/16



The Ultra Calendar

Date	Ctry	Duration/Distance	Event	Course Type
11/20/2015	NOR	48/24/12/6 hours	Bislett 48/24/12/6 hour indoor challenge	I M,U
11/21/2015	GRE	490 km	Fidippide's Run	R M
11/21/2015	USA	24 hours	Crooked Road 24 Hour	R U
11/21/2015	ARG	24/12 hours	24/12 Horas de La Plata	TR U
11/27/2015	BTN	200 km	GlobalLimits Bhutan - The last secret -	T M
11/27/2015	FRA	24/12/6 hours	24h de l'Espoir	R U
11/27/2015	ZAF	24/12/hours/100 m	Northview High Challenge	TR U
11/28/2015	USA	12 hours	Deja Vu	R U
11/28/2015	USA	6 hours	Deja Vu	R U
11/28/2015	USA	24/12/6 hours	Solemates Thanksgiving Tryptophun Rhuns	T U
12/4/2015	BFA	213 km	Ultra Africa Race	MT S
12/5/2015	FRA	24 hours	24 heures de Ploeren	R U
12/5/2015	USA	50 km	Las Vegas Backcountry Trail	T U
12/11/2015	AUS	246 km	Coast to Kosci Ultramarathon	T M
12/11/2015	ARE	24/12/6 hours	Urban-Ultra 24hr Insomnia	D U
12/12/2015	USA	100m/50m	Brazos Bend 100	T U
12/12/2015	SWE	24/12 hours	Personliga Rekordens Tävling 24/12 hour	I U
12/12/2015	MYS	24/12/6 hours	Universiti Malaya 24/12/6 hours	TR U
12/19/2015	USA	24 hour/100 m	Desert Solstice Invitational	TR U
12/19/2015	ESP	24/12/6 hours	Barcelona	TR U
12/19/2015	JPN	24/12/6 hours	Jingu Gaien 24/12/6 Hour	R U
12/19/2015	NLD	24/12 hours	LangsteNachtLoop 12/24 uurs	TR U
12/27/2015	KHM	220km	GlobalLimits Cambodia - The Ancient Khmer Path	T M
12/27/2015	USA	6 Days/72/48/24 hours	Pensacola 6 Day Ultramarathon	T M
12/28/2015	USA	6 Days,24/48/72 hrs	Across The Years	MT M
12/28/2015	ZAF	6 days/48/24/12 100m	Running Festival Johannesburg	TR M
12/30/2015	USA	55 Hours	Snowdrop ULTRA 55 Hour Race and Relay	T X
12/30/2015	USA	24/12/6 hours	New Years One Day 24/12/6 Hour Run	R U
1/9/2016	GBR	268/108 m	The Spine	T M
1/16/2016	CYP	217 KM	Cyprus Ultra trail	T U
1/16/2016	USA	50 km	Valley of Fire Trail	T U
1/17/2016	AUS	56km	Two Bays Trail Run	T U
1/23/2016	AUS	100 km	Australia Day Ultra	T U
1/23/2016	USA	100 m/km	Coldwater Rumble	T U
1/25/2016	USA	135 miles	Arrowhead 135	T U
2/4/2016	CAN	320/100 miles	Yukon Arctic Ultra	T M
2/5/2016	USA	200/100 m/100 km	Alaskan Endurance Race	T M
2/5/2016	GBR	100 miles	The Arc of Attrition	T U
2/6/2016	JPN	280 km	Okinawa 3 day stage race (TOFR)	R S
2/6/2016	ZAF	270 km	Wild Coast Ultra	T S
2/9/2016	BRA	1500/1300/1000 m	Brazil Multiday Ultra Challenge	R M
2/12/2016	USA	24/12/6 hours/100m	Jackpot Ultra Running Festival	MT U
2/13/2016	CRI	230 KM	The Coastal Challenge	T S
2/13/2016	SWE	230 km	The Ice Ultra	T S

The Ultra Calendar

5/13/2016	USA	80 miles	Vegas Virgin Voyage	T	M
5/21/2016	GRC	153 km	Kreipe Run	MT	U
5/21/2016	GBR	100/50 miles	Westcountry Ultra Flat 50 and 100	MT	U
5/21/2016	GBR	40 miles	The Quest	T	U,R
5/21/2016	GBR	46 miles	Jurassic Quarter	T	U
5/21/2016	GBR	50 miles	West Country Ultra Hilly 50	T	U
5/22/2016	GBR	400 km	Cape Wrath Ultra	T	S
5/27/2016	HUN	225 km	UltraBalaton	R	M
5/28/2016	GBR	614 miles	Monarchs Way Ultra	T	M
6/1/2016	GBR	30 days/1200 miles	The Long Way Down - JOGLE Offroad	T	S
6/3/2016	ROU	100 km	Fundu Moldovei ultra	MT	S
6/11/2016	GBR	24 hours	The Foxton Centre Preston 24 Hour	TR	U
6/18/2016	AUT	100 km	mozart 100	MT	U
6/19/2016	CHN	250 km	Gobi March (China) 2016	MT	M
6/25/2016	USA	100/50 miles	Running with the Devil	R	U
6/25/2016	AUS	250 km	Big Red Run	T	S
6/26/2016	USA	50 km	Running with the Devil	R	U
7/9/2016	GBR	100/50 km	Ham and Lyme 100/50 km	R	U
7/21/2016	EST	24 hours	Ida-Viru stadium-marathon	TR	M
8/7/2016	TZA	8 days	Kilimanjaro Stage Run	T	X
8/11/2016	GBR	184 miles	The Thames Challenge	T	S
8/13/2016	GBR	64/32/20/11 miles	The Roseland August Trail	T	U
8/20/2016	USA	50 km	ET Full Moon Midnight 51K	R	U
9/9/2016	USA	200 miles	Tahoe 200 Endurance Run	T	M
9/14/2016	ESP	6 days	The Way of Legends	T	S
9/18/2016	ZAF	6 Days/48/24 hours 100 m	Capital Classic	MT	M
10/2/2016	CHL	250 km	Atacama Crossing (Chile) 2016	MT	M
10/23/2016	FRA	6 days/72 hours	6 Days of France	R	M
11/12/2016	USA	24/12/6 hours	Jackalope Jam	R	U
00/04/2016	USA	10 days/(240 hours)	Self-Transcendence Ten Day	R	M
00/04/2016	USA	6 days (144 hours)	Self-Transcendence Six Day Race	R	M

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February, 2016
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SRI CHINMOY MARATHON TEAM ULTRARUNNING CALENDAR 2016

- 2. April Sri Chinmoy 6-Std.-Lauf Nürnberg / Deutsche Meisterschaft der DUV**
Sri Chinmoy Marathon Team, c/o Gerig, Austraße 74, 90429 Nürnberg
Tel +49-(0)911-28 88 65, Fax +49-(0)911-28 84 12, Start: 10 Uhr, Anmeldeschluss 1. 3.
nurnberg@srichinmoyraces.org , <http://de.srichinmoyraces.org> , Nachmeldung + 10 €
- 30. April Sri Chinmoy 6+12+24-Std.-Lauf-Festival Mailand**
Sri Chinmoy Marathon Team, c/o Runner Store, Viale Legioni Romane 59,
20147 Milano, Italien, Tel +39-02-48 37 66 05, Mob.+39-(0)329 177 82 46
Start (6 Std.): Sa., 10 Uhr; Start (24 Std.): Sa., 12 Uhr; Start (12 Std.): Sa., Mitternacht
info@runnerstore.it , <http://it.srichinmoyraces.org>
- 30. May Sri Chinmoy 12+24-Std.-Lauf Basel**
Sri Chinmoy Marathon Team, Postfach 76, 5420 Ehrendingen, Switzerland
Tel +41-(0)56-203 13 88, Fax +41-(0)56-203 13 01, AS: 30. März, Nachmeldung + 12 €
Start (24 Std.): Sa., 12 Uhr , Start (12 Std.): Sa., Mitternacht
12-24h-basel@srichinmoyraces.ch, <http://ch.srichinmoyraces.org>
- 00. April Self-Transcendence 6 & 10 Day Races, New York**
Sri Chinmoy Marathon Team, Date to be confirmed in December
Tel +41-(1)718 297 2556 , scmtny@earthlink.net, <http://us.srichinmoyraces.org/>
- 21. May Self-Transcendence 6+12-Std.+100 km-Lauf Nitra**
Sri Chinmoy Marathon Team, Pod gastanmi 4F, 82107 Bratislava, Slowakei
Tel +421-(0)2-212 92 076 Anmeldeschluss (AS): 8. Mai
Start (12 Std.+100 km): 7 Uhr , Start (6 Std.): 13 Uhr, Nachmeldung + 10 €
scmt@scmt.sk, <http://cs.srichinmoyraces.org>
- 28. May Self-Transcendence 6+12-Std.+100 km-Lauf Prague**
Sri Chinmoy Marathon Team, Letovska 532, 19900 Praha- Letnany, Tschechien
Tel +420-(0)603-177 566, Fax +420-(0)2-252 77 400
Start (12 Std.+100 km): 7 Uhr; Start (6 Std.): 13 Uhr, AS: 1. Mai, Nachmeldung + 10 €
praha@srichinmoyraces.org , <http://cs.srichinmoyraces.org>
- 29. May Self-Transcendence 6-Std.-Lauf Vienna**
Sri Chinmoy Marathon Team, c/o S. A. Puntigam, Märzstr. 158/10, 1140 Wien
Tel +43-(0)1/8778941-15; Fax /8778941-3, Mob +43-(0)650-762 72 62, Start: 9 Uhr
vienna@srichinmoyraces.org , <http://at.srichinmoyraces.org> , AS: 29. Mai, Nachm. + 10€
- 11. June Self-Transcendence 50 km+100 km-Lauf Amsterdam**
Sri Chinmoy Marathon Team, attn. Nitish Zuidema, H.N. Werkmanweg 17,
2031 BA Harlem, Holland, Tel +31-(0)23-516 03 60, Fax +31-(0)23-516 03 61
Start (50 km): 12 Uhr; Start (100 km): 9 Uhr, AS: 31. Mai, Nachmeldung + 5 €
amsterdam@srichinmoyraces.org , <http://nl.srichinmoyraces.org>
- 00. June Self-Transcendence 3100 Mile Race, New York**
Sri Chinmoy Marathon Team, Date to be confirmed in December
Tel +41-(1)718 297 2556 , scmtny@earthlink.net, <http://us.srichinmoyraces.org/>
- 26. June Self-Transcendence 50+100 km-Lauf Paris**
Sri Chinmoy Marathon Team, Apt. 48, 17, Square des Cardeurs,
75020 Paris, Frankreich, Tel +33-(0)1-43 71 15 19, Mobil +33-(0)630-19 16 39
Start (50 km): 12 Uhr; Start (100 km): 7 Uhr, AS: 20. Juni
<http://fr.srichinmoyraces.org/>



SRI CHINMOY MARATHON TEAM ULTRARUNNING CALENDAR 2016

- 25. June Self-Transcendence 12+24+48-Std.-Lauf Vinnitsa, Ukraine**
National-Meisterschaften der Ukraine im 48-Std.-Lauf
Sri Chinmoy Marathon Team Vinnitsa, Park «Peoples Friendship», Stahurskogo str.
Start (48 Std.): Sa., 12 Uhr, Start (24 Std.): Sa., 12 Uhr
Start (12 Std.): So., 26. 6, Mitternacht, Tel +380-67-811 80 23, Anmeldeschluss 13. Juni.
info@races.org.ua , <http://races.org.ua>
- 16. July. Sri Chinmoy 6+12+24-Std.-Lauf Berlin**
Sri Chinmoy Marathon Team, An der Würm 28, 81247 München
Tel +49-(0)89-12 02 15 13, Fax +49-(0)89-12 02 15 29
Start (24 Std.): Sa., 12 Uhr, Start (6 Std.): Sa., 15 Uhr; Start (12 Std.): Sa., Mitternacht
berlin@srichinmoyraces.org , <http://de.srichinmoyraces.org> , AS: 9. 7., Nachm. + 10 €
- 29. July. Self-Transcendence 24+ 48-Std.-Lauf Kladno**
Sri Chinmoy Marathon Team, Letovska 532, 19900 Praha- Letnany, Tschechien
Tel +420-(0)603-177 566, Fax +420-(0)2-252 77 400, AS: 1.7., Nachm. + 10 €
Start (48 Std.): Fr., 12 Uhr, Start (24 Std.): Sa., 12 Uhr
praha@srichinmoyraces.org , <http://cs.srichinmoyraces.org>
- 10. Sept. Sri Chinmoy 6-Std.-Lauf München**
Sri Chinmoy Marathon Team, An der Würm 28, 81247 München
Tel +49-(0)89-12 02 15 13, Fax +49-(0)89-12 02 15 29, Start: 10 Uhr
munich@srichinmoyraces.org , <http://de.srichinmoyraces.org> , AS: 8. 9., Nachm. + 10 €
- 24. Sept Self-Transcendence 6+12+24-Std.-Lauf Belgrad**
Sri Chinmoy Marathon Team, Hilandarska 24, 11000 Belgrad, Serbia
Tel +381 (0)11 245 2025 oder +381 (0)616 347 469
Start (24 Std.): Sa.,12 Uhr, Start (6 Std.): Sa.,12 Uhr, Start (12 Std.): Sa., 21 Uhr
scmt.rs@srichinmoyraces.org , <http://rs.srichinmoyraces.org/>
- 17. Sept Self-Transcendence 24-Hour Race London**
Sri Chinmoy Marathon Team, Shankara Smith, Run and Become, 4a Eccleston Street
Victoria, London SW1W 9LN, UK,
Tel +44-(0)207-222 13 14, Fax +44-(0)207-976 80 69
Start: 12 Uhr, races@runandbecome.com , <http://uk.srichinmoyraces.org/races/london>
- 17. Sept Self-Transcendence 6+12+24-Std.-Lauf Kiew, Ukraine**
National-Meisterschaften der Ukraine im 12+24-Std.-Lauf
Sri Chinmoy Marathon Team, Kiew, Expocenter, Glushkova ave, 1 ; AS: 5. 9.
Start (24 Std.): Sa.,12 Uhr, Start (6 Std.): Sa.,12 Uhr, Start (12 Std.): Sa., Mitternacht
Tel +380-67 916 55 04, info@races.org.ua , <http://races.org.ua>
- 1.Oct Self-Transcendence 6-Std.-Lauf Amsterdam**
Sri Chinmoy Marathon Team, attn. Nitish Zuidema, H.N. Werkmanweg 17
2031 BA Harlem, Holland, Start: 10 Uhr, AS: 20. September, Nachmeldung + 5 €
Tel +31-(0)23-516 03 60, Fax +31-(0)23-516 03 61
amsterdam@srichinmoyraces.org , <http://nl.srichinmoyraces.org>

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6 & 10 day Races

April 2016

