



# Ultrarunning World

ROAD, TRACK & TRAIL MULTIDAY & ULTRA DISTANCE NEWS  
ISSUE 11



# 100 mi - Race

From Rothenburg to Gemünden  
including 50 km, 71 km  
and 100 km

The probably most beautiful and fastest  
Point to Point 100 mi Race

at 6th October 2018

TAUBERTAL

100



[www.taubertal100.com](http://www.taubertal100.com)

## Editorial

We are very happy to welcome Maria Bellini and Sarah Cameron to the team for this issue of Ultrarunning World. By sharing their perspectives on runners and events in France and Italy and introducing us all to beautiful trails and races cherished by our neighbours in Europe the magazine has become a richer environment.

Here in the UK and Ireland, one of the online race calendars lists over 750 ultras for 2018. A phenomenal growth of the sport over the last decade with new races in many locations to appeal to every taste including Mark Cockbain's 'Hard Stuff' – events not to be confused with races normal ultrarunners do. We hope to bring news or mention every race in some shape or form throughout the year – a challenging goal.

We are looking for more previously unpublished content to increase the value of the magazine so if you want to send us some ultra-related experience you've had, we look forward to receiving your submissions.

As always, we are very grateful to current and past contributors to the magazine for allowing us to share these articles and images. Long may you run.

## The House:

Editor - Abichal Sherrington

- Correspondents - John Parkin
  - Maria Elisabetta Bellini
  - Sarah Cameron

- Staff - Marcella Dragan - Graphic Designer
  - Helen Hayes - Copy Editor

### • Photos

Front cover: Yolanda Holder  
by [srichinmoyultraphoto.com](http://srichinmoyultraphoto.com)

Back cover: Don Winkley and Fred Davis III  
courtesy [Athens International Ultrafestival](http://Athens International Ultrafestival)

**Ultrarunning World Magazine**  
**Address:** 38 Shadwell Rd,  
Bristol BS7 8EP  
**Phone Number:**  
01179441161

**Editor:** Abichal Sherrington  
**Website:** [Ultrarunningworld.co.uk](http://Ultrarunningworld.co.uk)  
**E-mail:** [mail@ultrarunningworld.co.uk](mailto:mail@ultrarunningworld.co.uk)  
Facebook & Twitter

We are very pleased to share this issue with the community and to bring these reports and updates on international and British events. We are very grateful to all the people who have kindly contributed their experience, time and energy to make this edition a reality.



## Contents

### 4 News

#### Race Reports

6 Ultra France

9 Going Long in Italy

12 UK Ultras

14 USA Ultras

17 Australian Ultras

18 Skydive Ultra - Henrik Lowemark

22 Last Annual Vol-State - Expect the Unexpected Part 2 - Karen Jackson

36 White Rose - Helen Pickford

38 Deadwater 2017 - Hayley White

41 Deadwater 2017 - Anna Gilmore

42 Tour De Helvellyn 2018 - Arctic John Parkin

#### Upcoming Races

50 SCMT Calendar

52 UK & Ireland Ultra Calendar

56 Multiday International Calendar

# The Winner of the 2017 IAU Athlete of the Year announced 22 March 2018



The Winners of the 2017 IAU Athlete of the Year were **Patrycja Bereznowska (POL)** and **Yoshihiko Ishikawa (JPN)**.

**Patrycja Bereznowska (POL)** has been amongst the best runners in the world for several years now. However her performances in 2017 were outstanding. She began her journey in April when she won the Polish 24 Hour Championship with 256.246 km (159.22 miles). In July she became the IAU 24 Hour World Champion and for the second time this year she improved her personal best and set new WBPs with 259.991 km (161.55 miles). She became the first women to ever run more than 160 miles in a 24H race.

**Yoshihiko Ishikawa (JPN)** had a fantastic 2017 by winning the IAU 24 Hour World Championship in July being the only man to run over 270 km with a total of 270.870 km (168.31 miles). In November he won the prestigious 17th Soochow 24h Ultramarathon in Taipei

with 266.938 km (165.87 miles).

Both winners received around 45% of all votes. The runners up in the women's standings were Camille Herron (USA) and Adeline Roche (FRA) and in the men's, Luis Alberto Hernando (ESP) and Sebastian Białobrzęski (POL).

## No IAU 50K World Championship in 2018.

It is with regret we have to announce that there will be no IAU 50K World Championship in 2018. We had thought that we had secured an event but unfortunately the combined requirements for both the LOC with the National Federation didn't materialise in time. So it is with considerable regret we will need to cancel all the activities and we will not have the IAU 50K Championships for this year.

The IAU 50K World Championship is an important event for us and we have already sent information to our Member

Federations about future bids for the next years. Please get in touch if you have any interest for 2019 bids and further.

## IAU 24H European Championship – participants

We are getting closer to the IAU 24 Hour European Championships. From May 26<sup>th</sup> till May 27<sup>th</sup>, 29 National Teams from Europe will gather together in Timisoara in Romania to take part in this event. We are happy to share with you the [participant list](#). The defending Champions, Maria Jansson (SWE) and Daniel Lawson (GBR) will return to defend their titles.

## 11 Member UK Team For IAU 24 Hour European Championships 2018

A team of 11 will represent Great Britain at the IAU 24 Hour European Championships in May, taking on the challenge of endurance in Timisoara, Romania.

Reigning European champion Dan Lawson headlines the squad alongside three other members of the silver medal winning men's team from 2016; Marco Consani, Steve Holyoak and Patrick Robbins. Brighton's Lawson covered a total of 162 miles on his way to the gold medal almost two years ago,

and will fancy his chances again this time around on the continental stage.

At the world championships last summer, Jess Baker achieved a notable seventh place covering 147 miles so will be one of the contenders in the women's race in a few months' time.

John Pares, the Team Leader commented: "I'm delighted we are sending a strong team out to the Europeans at the end of May. We have a good tradition at these championships, with a number of medallists from previous editions and we will be challenging the best in Europe once again. "We have a lot of experience in this squad, balanced with a number of athletes making their first ever appearances in a British vest so I am looking forward to seeing them embrace this exciting opportunity."

The British Athletics team for the IAU 24 Hour European Championships on 26-27 May 2018 in Timisoara, Romania:

### Senior Men

Dan Lawson  
James Stewart  
Marco Consani  
Craig Holgate  
Steve Holyoak  
Patrick Robbins

### Senior Women

Jess Baker  
Tracy Dean  
Adela Salt  
Wendy Shaw  
Alison Young

### Anglo Celtic Plate 2018

Samantha Amend and Rob Turner won at the 24th Anglo Celtic Plate Home International in Redwick, Wales, on Easter Saturday. The 100km international also incorporated the British 100km Championships and an open event for 100km and 50km.

Steve Way, the British 100km record holder, was the first finisher in the 50km race with a time of 2:58:03. Anthony Clark led at the halfway point in the 100 km race in 3:26:17 with Turner following seconds behind. The final kilometres saw Turner taking the lead with around four laps left to go finishing with a pb of 7:00:30 just seven seconds ahead of Anthony Clark. Michael Stocks making his debut over the distance was third with a time of 7:16:54.

Belgrave Harrier Samantha Amend, after finishing seventh at the IAU World 50km Championships in Doha in 2016 set a new course record of 7:53:57 beating the 8:00:37 set by Wales' Emily Gelder in 2011. Amend's English team mate Sophie Carter was second in 8:29:42 with Wales' Jayne Angilley taking third place in 9:27:00.

### Top results

#### 100km men

1 Rob Turner, Scotland  
7:00:30  
2 Anthony Clark, England  
7:00:37  
3 Michael Stocks, England  
7:16:54

#### 100km women

1 [Samantha Amend](#),  
England 7:53:57  
2 Sophie Carter, England  
8:29:42  
3 Jayne Angilley,  
Wales 9:27:00

#### 50km

Steve Way, Bournemouth  
2:58:03  
Nick Lewis 4:20:53  
Sandra Barry-Bowers,  
Winchester 4:34:08

#### Team 100 km

#### Men

1 Scotland  
2 England

#### Women

1 England  
2 Wales

Full results can be found at [RunBritainRankings.com](#)

Photo courtesy [Paul Stillman](#)

### 2018 TRAIL WORLD CHAMPIONSHIPS Castellón, Spain

International Association of Ultrarunners (IAU) in conjunction with International Trail Running Association (ITRA) are proud to present the **2018 Trail World Championships** which will take place in Spain on May 12th 2018, organized by Penyagolosa Trails

The Trail World

Championships will bring together the best trail runners of the world in Castellón. Runners will have 15 hours to finish the 85 km. This 2018 edition will award the titles of Trail World Champion for male and female individuals and teams.

The race will start from the city of Castellón and it will head north into the mountains through typical towns of the province. It will finish at Sant Joan de Penyagolosa mountain, at 1,280m altitude.

More information at the IAU [2018 Trail World Championships](#), the [Penyagolosatrails.com](#) and the [International Trail-Running Association \(ITRA\)](#).

#### In other news

The **Athens International Ultramarathon Festival** in Greece in took place in January this year. The 16 day event featured the only annual 1000 mile and 1000 km races currently being held in the world with Americans Fred Davis and Don Winkley the only takers this year in the 1000 mile – Fred edging Don at the end.

Europeans took on the 1000 km with Adrian Bontiu (ROM) taking the win over Anagnostis Kokonias (GRE).

The big news though was Patrycja Bereznowska's (POL) amazing new world record of 401 km in the 48 hour race surpassing Sumie

Inagaki's (JPN) record of 397.103 km (246.75 miles). Bereznowska's crew posted their report on [Kingrunner.com](#) saying that she didn't sleep for the 48 hours. Bereznowska set the world women's 24 hour record last year in Belfast with 259.991 km and won the women's Spartathlon setting a new women's course record. Such tremendous capacity would surely have the current 6 day records under threat – Sandra Barwick's track record of 883 km and Dipali Cunningham's 825 km road record.

The Polish team took five of the six podium places in the 48 hour, a very strong presence, with Izabela Dziejdz finishing second with 269 km and Aleksandra Motylska in third. Jean-Louis Vidal (FRA) was the men's winner with 344 km. Second was Zygmunt Luczkowski with 324 km and Dariusz Barowski was third with 308 km.

In the Six day race, Petri Perttilä produced the strongest performance and a personal best to win with 700 km. The only woman competitor, Mireille Cormier (FRA), makes this her first Six day race title and third overall.

In the more popular 24 hour event, Sasa Gacik (SRB) won with 232 km and women's winner was Teija Honkonen (FIN) with 208 km. [Results on the website](#)

# Ultra France

## News and views from the French Ultra Scene

It was the much-anticipated 2018 edition of the **Paris Eco-Trail**. After an impressive race in very difficult conditions, Emmanuel Meyssat won the flagship 80k event in a fraction over 6 hours. He finished just four minutes in front of Emmanuel Gault after a huge navigational error put his win in jeopardy for a while. Along with Yoan Stuck and Parisien Vincent Viet, who recently ran a 70-minute half marathon, Meyssat went off course by three kilometres and lost several places that he then had to work hard to make up. Viet was demoralised and threw in the towel after 50k. Meyssat managed to reclaim the lead and was the first to mount the iron steps and cross the iconic finish line halfway up the Eiffel Tower.

In the ladies' race, Sylvaine Cussot shared the victory with Gaëlle Decorse, after having also taken an almost catastrophic wrong turn. Notably, Gaëlle is in the 'Espoir' category, which means she is an under 23, born between 1996 and 1998. There were some big names a little lower down in the rankings with Juliette Blanchet coming in sixth and Francesca Canepa in fourth. Francesca seemingly had a tough day in the office and posted a typically passionate Facebook rant; she had snow in her hair, she was soaked from falling in a puddle, her hands were frozen so she couldn't eat or drink, she fell

on top of a severed tree trunk and bruised her quadriceps, she said she desperately wanted to quit but stuck it out and finished in a very respectable if not stellar 08:15.

The history books will remember this eighth edition as having exceptional weather conditions, with rain then snow and a particularly bitter cold. Many competitors were forced to abandon due to the threat of hypothermia. The terrain was far muddier than usual, especially in the woods of Meudon and Chaville. The Eco-Trail is generally deemed to be a rolling, accessible ultra but the additional challenges this year turned into a much harder race.

Full results here:

<http://ecotrail.livetrail.net/classement.php?course=80km&cat=scratch>

Some great photos and footage here (check out the size of the snowflakes): <http://www.widermag.com/news-eco-trail-paris-2018-manu-meyssat-sylvaine-cussot-gaelle-decorse-vainqueurs-malgreles-imbroglios-parcours>

Sources: [www.widermag.com](http://www.widermag.com), <https://paris.ecotrail.com>, social media.

It's not an ultra marathon and it's not even a running race but with Kilian Jornet and François

D'haene going head to head for the first time since the 2017 UTMB it would be positively remiss of us not to report on it. **La Pierra Menta** is an international 'ski alpinisme' competition that takes place each year at Arêches-Beaufort in the Savoie region of France.

The race has 10,000 metres of elevation gain, the same as the UTMB, but here it is divided into four stages. The 15 summits and their subsequent steep, technical descents are attacked by 600 competitors in teams of two, over four days of racing. Thousands of spectators scale the most accessible peaks accompanied by their cowbells, trumpets and even accordions.

Despite having recently had surgery on his shoulder (the infamous dislocated shoulder of Hardrock), five-time winner Kilian was touted once again as race favourite by the French press. The operation to repair the injury, which he initially sustained during a skiing accident in 2014, took place just four months ago on 20th October. One of his competitors, Xavier Gaschet, was quoted as saying that even to be able to stand on the start line of the event so soon afterwards was 'not normal' and that he is not like other men. There are few who would disagree with that statement. Kilian's physio responded by saying that it is his

TRAIL DU VENTOUX - 46 Km (46.000 km) - 18 Mars 2018  
CLASSEMENT GENERAL - 46.000 mm

Page 1/15  
16:50



Clt	Nom - Prénom	Doss.	Temps	Clt Cat	Ecart	Moy	Club
1	LAUENSTEIN MARC	n°001	04:00:22	1 SEM		11.48	Non Licencié
2	POMMERET LUDOVIC	n°011	04:00:52	1 V1M	+ 31s	11.46	[06] Non Licencié
3	MAILLARD ROMAIN	n°036	04:01:05	2 SEM	+ 44s	11.45	[63] Team Trail eric Favre
4	MICHAUD ADRIEN	n°016	04:03:26	3 SEM	+ 3m04s	11.34	[74] Non Licencié
5	MARTIN NICOLAS	n°002	04:04:18	4 SEM	+ 3m57s	11.30	[73] HOKA
6	COURT SYLVAIN	n°004	04:04:47	5 SEM	+ 4m26s	11.28	[73] Oxitis Odlo
7	GARRIVIER THIBAUT	n°032	04:05:02	6 SEM	+ 4m41s	11.26	[69] TEAM HOKA
8	SPEHLER SEBASTIEN	n°003	04:12:00	7 SEM	+ 11m39s	10.95	[68] spehlercoaching
9	DEMURE FABIEN	n°038	04:13:23	8 SEM	+ 13m02s	10.89	[63] Team Trail eric Favre
10	MOULAI TONY	n°030	04:13:41	2 V1M	+ 13m20s	10.88	[26] Tran Trail Isostar

mental strength that allows him to recover quickly because he invests as much energy into his recuperation as he does in his training and he keeps a positive outlook. He explained that Jornet's upper body immobility would probably restrict his ability to ski and that he is focusing mainly on the summer, when he will be targeting Western States 100.

In spite of this, Kilian and his partner Jakob Herrman had indeed been leading La Pierra Menta until Kilian had a unlucky fall on the final descent of the fourth and final day. A leg injury ended his race and saw him evacuated from the course by paramedics.

François D'haene thus came out on top again; in partnership with his brother-in-law he finished in

an extremely impressive fourth place. He is renowned for his athletic achievements in other capacities but he is far from being a professional skier which makes his result even more significant.

The win was taken by Italian duo Michele Boscacci and Robert Antonioli. In the ladies' race, Axelle Mollaret and Katia Tomatis were victorious. Skyrunning world champion Emilie Forsberg, partnered with seventeen-time ski mountaineering world champion Laetitia Roux made a formidable team and took second place.

Emilie's post-race Facebook comments described Pierra Menta as being 'a love story' that she wants to continue. She wrote: 'It's demanding, insanely hard, so fun, so teaching and so wonderful. I

learn a lot and enjoy yet suffer so much! Laetitia Roux and me had some challenging days, actually I did not know if I had a partner until just a few days before. But we tried our best, took some time to know how the other was feeling and after 3 days of coming in second place, we could finish with a stage victory! Thank you to all organisers, volunteers and spectators, you really make this a special race.'

Kilian's social media feeds were harder to read; he posted an X-ray showing a fractured fibula that will require 45 days in plaster. Hopefully his positivity will again aid him recover from this latest setback in a way that is 'not normal' and we will see him back on form for Western States.

TRAIL DU VENTOUX - 46 KM (46.000 kms) - 19 Mars 2017  
CLASSEMENT GENERAL - 46.000 Kms

Page 1/15  
17:38



Clt	Nom - Prénom	Doss.	Clt Cat	Clt Sx	Temps	Ecart	Moy.	Club
1	LAUENSTEIN MARC-	n°056	1 SEM	1 M	03:48:41		12.07	Team SALOMON SUISSE
2	POMMERET LUDOVIC	n°003	1 V1M	2 M	03:49:28	+ 47s	12.03	[01] TEAM HOKA
3	MARTIN NICOLAS	n°001	2 SEM	3 M	03:50:37	+ 1m56s	11.97	[73] TEAM HOKA
4	MAILLARD ROMAIN	n°058	3 SEM	4 M	03:50:45	+ 2m04s	11.96	[63] Team Trail Eric Favre Sports Nutrition
5	DAVID EMMANUEL	n°024	4 SEM	5 M	03:55:36	+ 6m55s	11.72	[21] Dijon UC Team Terre de running
6	MICHAUD ADRIEN	n°018	5 SEM	6 M	03:57:22	+ 8m41s	11.63	[73] coureur du monde en isère
7	COURT SYLVAIN	n°002	6 SEM	7 M	04:00:04	+ 11m23s	11.50	[84] Non Licencié
8	THEVENARD XAVIER	n°029	7 SEM	8 M	04:02:01	+ 13m20s	11.40	[25] TEAM ASICS
9	SPELHER SEBASTIEN	n°006	8 SEM	9 M	04:03:09	+ 14m29s	11.35	[25] Non Licencié
10	BELLAMY BENJAMIN	n°069	9 SEM	10 M	04:03:48	+ 15m07s	11.32	Team New balance

# Recent Races

Sources:

<http://www.pierramenta.com/course.php>,

<http://fr.euronews.com/2018/03/17/ski-alpinisme-abandon-de-kilian-jornet-lors-de-la-pierra-menta>,

<https://france3-regions.francetvinfo.fr/sport/ski/pierra-menta?r=auvergne-rhone-alpes>

At 45k the **Trail de Ventoux** is technically only just an ultra, but with 2,200m of elevation gain and loss on and around the Mont Ventoux of cycling fame, this

race punches above its weight. Considered to be the opening race of the French ultra season, Ventoux always attracts some big names. The 2018 edition was no exception with Sylvain Court, Ugo Ferrari, Christel Dewalle, UTMB winner Xavier Thevenard, Nicolas Martin and Ludovic Pommeret all footing the line for this 16th edition.

It was very close in the men's race with ex-Salomon runner, Marc Lauenstein, taking the win in 04:00:22, just thirty seconds ahead of Ludo Pommeret. Romain Maillard was third, the gap to

second place a mere thirteen seconds. The times were slower than last year, due to snowy conditions, but the classifications were surprisingly familiar:

First female was Lucie Jamsin, a fire-fighter from Béthune who runs for Team Isostar. Lucie finished in a fraction under 5 hours, her official time 04:59:20. Lucie came second last year, so it seems that this is a race that runners love to return to.

Full results here:

<http://sportips.fr/resultats/2018VENTOUX46KM.pdf>





# Going Long in Italy

by Maria Bellini



In recent years ultra running has been steadily gaining popularity in Italy. This is particularly the case with trail running.

Italy is a mountainous country, with the Alps and Dolomites to the north and the Apennine range that vertically snakes its way down Italy's backbone, right down to the south. So it comes as no surprise that the majority of Italian trails have a significant amount of ups and downs. But who, in the past, was making use of Italy's vast trail network?

## Toil, Prayer and Plunder

Drovers, farmers, woodsmen, traders,

pilgrims, the military, and even persons of dishonest means, amongst others, have largely utilised the country's countless paths and tracks. A means to gain an end. Like in many parts of the world, throughout history the trails were usually used for practical reasons.

As leisure pursuits go, hiking and mountaineering was a practise reserved for a select few. In fact Italy's main mountaineering society **C.A.I. - Club Alpino Italiano**, was established after the idea of forming a club, came to a group of Alpinists, led by Quintino Sella, during the first all-Italian ascent of the tallest mountain in the Cottian

Alps, the imposing 3,841meter Monviso in 1863.

Italy's history with mountain *running* dates back several decades and involved a strong yet narrow field of athletes, one that possessed the correct skills required to tackle races that called for speed, sure footing and familiarity with technical terrain.

## Ultra (R)Evolution

Today it's a completely different story. Italy's trails are mainly used for recreational purposes.

Be it mountain running, Skyrunning, trail running and ultras, hiking or walking. And that's just a 'man on two legs' situation.

One race is credited to have sparked the beginnings of the ultra trail scene that has literally stormed Italy in recent years. In 2000 the first edition of the **Cro Magnon Ultra Trail** (100km) took place. It was in fact, a French race, that started in Limone, Piemonte (Italy) and finished in Cap d'Ail on the Riviera, in France.

With a long race route that didn't require any form of mountaineering skills, the Cro Magnon grabbed people's attention, stirring up quite a bit of interest amongst budding trail runners. It was also the first ultra trail to receive national press coverage in the Italian running magazine "Corriere".

The following years - up until now, saw the trail running movement in Italy grow from what was just a spatter of brave, intrepid events to the fully blown ultra running scene that it has matured into today. With plenty of trail races to choose between each weekend, important

# Recent Races



ALVI-Trail-Liguria

main sponsors, a myriad of trail running circuits, and a number of semi professional trail runners, many important trail races, and of course not to mention races of the calibre of the Tor Des Geants and the Lavaredo ultra Trail.

## Trail With A View

One of the many positives about ultra running in Italy, is that the Italian landscape can be pretty incredible, it's hard to find a trail race that doesn't take in some form of spectacular surroundings. **Italians will strive to search out the most panoramic trails** to pack into their race routes. Proud of their territory RD's delight in showing off the natural beauties that colours one's own local

environment.

You don't necessarily have to travel to the Alps or Dolomites either.

**The Apennines**, often overlooked, offer some of Italy's most creative landscape, and they also have the added benefit of being less crowded than the popular and more well known destinations.

## The Practicalities...

Many races, in Italy, have **multiple distances to choose from**. It's not uncommon to find races which offer several race routes, say a longer ultra distance from 70km upwards, a shorter (but still) Ultra distance between 45km and 70km and a shorter race between 20/35 km. Although there are several ultra's which take

place on lower grounds, always keep in mind that the majority of Italian ultra's can have **significant level gain**. Terrain usually starts at 'hilly' and progresses to 'mountainous'. With the arc of the Alps and Dolomites to north of the country, and the Apennines that mostly cover the rest of the country, it always makes good sense to study race cut off times and also previous years rankings.

Poles are always a good idea in Italian ultra trail races. You are required to keep them with you from start to finish, but get plenty of practice beforehand, use them well, and they can really **aid efficiency** throughout a race.

**Mandatory kit** is always part and parcel

of the Italian ultra trail experience. What you'll be required to bring will depend enormously on time of year, location, weather conditions, and type of trail. Keep in mind that many trail races reserve the right to **change mandatory kit even on the day of the race**, so it could be a good idea to pack some extra kit in your luggage.

## Welcome To The Apennines

In this article we'll be looking at three ultra trails that take place in Italy's Apennine range. Two of which take place on official Italian Long Distance hiking paths.

## ALVI TRAIL

The first ultra trail takes place in Italy's coastal region, Liguria.

Known for such delights as the designated UNESCO World Heritage Site; the Cinque Terre, and for one of the most picturesque Italian ex fisherman's villages, the now chic Portofino. And also for the part of coastline between La Spezia and Lerici, called the Golfo dei Poeti (the Bay of the Poets)

after the Shelleys and Byron, who lived in the area. Loved by the the British Romantic poets, Liguria can still conjure up a realm of rare contemplative beauty.

**The Alvi Trail Liguria** is a stage race. ALVI stands for “**Alta Via dei Monti Liguri**” - the High Route of the Ligurian Mountains. 2018 will be the second edition, and it runs from Saturday June 9th to Saturday June 16th, 2018.

400km divided into 8 stages with a total of 17000m D+ comprises the race route which runs from Dolceacqua in Imperia to Porto Venere in La Spezia.

It's also possible for runners to compete as a 2x200km relay team, a 110km ALVI weekend formula, or even just run a single stage (the 8<sup>th</sup> stage).

All details, regarding hospitality, race rules, and registrations can be found on the race website (in English too) Website: <http://alvitrail.com> email: [alvitrail@gmail.com](mailto:alvitrail@gmail.com)

## **Trail Monti Simbruini**

We move down further



south for a fascinating trail that takes place in the wild mountains of the Monti Simbruini Park, with peaks that reach 2000 meters above sea level, you can see that it's not only northern Italy that boasts altitude and tall mountains! Just a stone's throw away from Rome, the **Trail Monti Simbruini** starts and finishes in Subiaco a typical central Italian hamlet of medieval origin, famed for the presence of Saint Benedict and for the important Abbey dedicated to the Saint.

At 90km (other distances available) with 6230m of level gain, this testing ultra takes place on the weekend of 30th June and 1<sup>st</sup> July 2018

All details, regarding hospitality, race rules, and registrations can be found on the race website (in English too) Website: [www.traildeimontisimbruini.it/en](http://www.traildeimontisimbruini.it/en) email: [info@traildeimontisimbruini.it](mailto:info@traildeimontisimbruini.it)

## **AVP501 Endurance Trail**

Our third ultra trail claims the title of being **Italy's longest ultra trail**. From the 1<sup>st</sup> to the 9<sup>th</sup> of September 2018 - will see the first edition of the AVP501 Endurance event. This trail has been on the books for ages and 2016 saw the official tests carried out along the mamouth route.

The **AVP501 Endurance trail** takes place on the Alta Via Dei Parchi long distance hiking route and runs across two of Italy's National Parks – Parco Nazionale dell'Appennino Tosco Emiliano and the Parco Nazionale Foreste Casentinesi. It's a point to point route at 501km / 30000m D+ and starts in Pennabilli (Rimini), Emilia-Romagna and ends in Berceto, Parma, Emilia-Romagna, with a generous cut off time of 200 hours

All details, regarding race rules, logistics and registrations can be found on the race website (in English too) Website: <http://www.avp501.com> email: [info.avp501@gmail.com](mailto:info.avp501@gmail.com)

# UK Ultras



Peddars way ultra Photo courtesy Positive Steps

Hardmoors 30 is usually the first ultra of the year taking place on New Years day. The route is a loop that follows the old railway lines north between Robin Hoods Bay and Whitby before heading southwards along the Cleveland Way and finally finishing in Robin Hoods Bay. This year's race was won by Ben Shacklock 4:19:43 and Emma Lavelle-Wood in 5:16:20.

Go Beyond Ultra Thames Trot is a 50 mile race from Oxford to Henley along the River Thames. This year's event was the 11<sup>th</sup> running of the race and was won by Alexander Whearity who finished in 6:12:04

and Anna Troup was first amongst women in 7:26:39.

Pilgrim Challenge North Downs Way Multistage Ultra is a two day 66 mile stage race that can also be run as single stages. Starting in Farnham, Surrey and finishing at the end of stage 1 at Redhill before returning to Farnham on day 2. James Bellward won the men's race in 9:09:18 and Sarah Hill was first woman in 9:44:00. 244 starters.

Brecon to Cardiff Ultra features 70 km of footpath or Forestry Trails and an off road cycle path along the Taff Trail finishing in Nantgarw. This year's race on 11<sup>th</sup> February

was won by Mark Darbyshire in 5:41:46 and first woman was Melissa Venables in 6:31:15. 253 finishers.

GB Ultra Country to Capital one of the first races of the year, this popular 45 mile race from Wendover to Little Venice in North London was won by Barry Miller from Poole AC in 5:30:39. Women's winner was Gemma Carter from Serpentine RC in a time of 5:53:55, 10<sup>th</sup> place overall.

The Montane Spine is one of the longest multiday races in Europe. A 268 mile non-stop race along the Pennine Way also featuring shorter 108 mile Challenger.

The last few years have drawn some of the best British and European runners to take on the Spine and the winter timing adds to the energy that surrounds the event. This year Tom Hollins triumphed over Pavel Paloncy in 99:25:35. The women's winner was Carol Morgan (IRL) 109:54:00 setting a new course record. Second placed woman was Helen Dumais (CAN) in 153:29:05.

The **Gloucester 50km** was held on a new course starting in Telford Way, Waterwells Business Park Quedgeley, Gloucester. The race is held in conjunction with a marathon. The 50 km was won by Franco Pardini (Roundhay Runners) in 3:05:47. The women's race was run by Samantha Amend (Belgrace Harriers) in 3:30:56.

### Results

The **9bar Winter Railway Ultra** route takes runners along the banks of the River Severn between Ironbridge and Bridgnorth along the disused railway line, a 38 mile

race won by Matt Blackburn in 4:22:26.9 and first woman home was Helen James in 5:59:30.9

**Coastal Trail Series - Northumberland Ultra** passes through a host of conservation sites, including two National Nature Reserves in an Area of Outstanding Natural Beauty. Mark Kearney was first man home in this 35.2 mile ultra in a time of 03:41:20 and first woman was Kim Loney in 04:25:24

**St Peters Way Ultra** is a 43 mile footpath meandering through the countryside of Essex, from Chipping Ongar to the ancient chapel of St Peter-on-the-Wall at Bradwell on Sea. Organised by Challenge-Running who host 10 races throughout the year including The Monarch Way. St Peters Ultra was won this year by Robert Barnes in 5:37:41. The first woman home was Rebecca Lane in 5:37:41. Full results

**Waterway 30** starts and finishes at South Wheatley Village Hall and

covers the scenic rural countryside of Nottinghamshire using a combination of the two main local waterway tow paths; The 'Cuckoo Way' (Chesterfield Canal) and 'Trent Valley Way' (River Trent). This years event was won by Nicholas Booker in 4:12:24 and women's winner was Sarah Thomson in 4:54:48. Full results.

**Peddars Way Ultra** is a 48 mile race from Knettishall Heath to Holme next-the-Sea. Steve Claxton (Poole Runners) won the race in 6:19:27. First amongst women was Susan Matthews (Ryston Runners) in 6:59:46. Full results.

**Flitch Way 100k** is another offering by Challenge-Running This is a 100k timed event that runs 10 x 10k out and back sections along the Flitch Way in Essex. It is primarily designed to be a timed qualifier for Spartathlon. This year's winner was Alistair Higgins in 7:55:00 and the women's winner was Isobel Cairns in 10:00:04. Full results.



# USA Ultras



One of the biggest events on the American multiday running calendar is Across The Years which takes place in Phoenix, Arizona. Founded in 1983 by Harold Sieglaff the race now features 24/48/72 hour events as well as the 6 day race. Usually starting on December 28th it finishes January the 3<sup>rd</sup>. The course at Camelback Ranch is a USATF certified 1689.5 meter (1.0498 mile) loop, certification number

AZ11005GAN. It consists of primarily gravel paths (0.90 mile) with short sections of asphalt (0.12 mile) and concrete (0.03 mile).

Full results

New Year's One Day is a 24/12/6 hour event that takes place over the New Year at Crissy Field, in the shadow of the Golden Gate Bridge in San Francisco. This year's winner was Charles

Blakeney with 116.1 miles. Women's winner was Sarah Lavender-Smith, third overall with 115 miles. Full results.

The Arrowhead Winter Ultra is a 135 mile human powered ultramarathon taking place in the coldest part of winter in the coldest city in the lower 48 states of America, International Falls in northern Minnesota. The average finish rate is less than 50%. This

Race	Women	Km	Men	Km
24 hour	Adela Salt	207.8	Florian Nattero	187.52
48 hour	Dennene Huntley	246.65	Thomas Jackson	309.16
72 hour	Amy Mower	354.78	Scott Thompson	341.26
6 day	Annabel Hepworth	633.54	Ed Ettinghausen	733.61



## ARIZONA ARROWHEAD

year Run winner, for the fourth time, was John Storkamp finishing in 38:00:00. First unsupported man was Parker Rios in 41:02:00 and first woman was Pam Reed in 42:58:00. [Full Results](#)

Florida Skydive Ultra Run - 200/150/100 Miles The Florida Skydive Ultra course is a single loop, approximately 7.25 miles long. It's a dirt and grass path around the skydiving landing area and through the local farming fields. There is no elevation change what-so-ever (aside from the 13,500 foot descent at the start). This year Leonie van den Haak won the race overall in 58:23:13 and first man was Cortland Wheeler in 58:57:08. The 150 mile

race was won by Addie Green in 39:53:29. First man was Zach Franklin in 44:50:34. The 100 miler was won by Wil Daniels in 22:17:59. Megan Hyndman won the women's event in 23:40:02. [Full results](#)

Black Toe 24 hour Run is a 24/12 hour solo and relay race that takes place on a 5 mile trail loop at Hardin Farm in Watertown, TN. The solo division winner was James Fleming with 78.8 miles including 21,000 feet of elevation gain. First woman was Ariela Flory with 47.3 miles with 12,600 feet of gain. [Full results.](#)

Antelope Canyon 100 Mile features a 100/50 mile/55K and

takes place in Page, Arizona .The first 50 miles feature Antelope Canyon, Horseshoe Bend, Waterholes Canyon and overlooks Lake Powell. The 100 mile winner was Randolph Curley in 21:55:35.3 and first woman was Lynn John in 27:11:02.3. [Full results.](#)

Stories Ultra 30 Hour Run is a looped trail race in Cheyenne Mountain State Park in Colorado Springs, CO. Featuring 15/6 hour options, the event drew 37 runners, 21 year old Josh Myers-Dean running 67.28 miles. Top woman was Jittilak Chaivann with 60.66 miles. [Full results.](#)

Run4Water 24 hours Run The course is described as "a smooth,



# Jackpot Ultra Running Festival

blacktop, flat course with no sharp turns. It is optimal for big miles and fast times!” It took place at Leeville Pike, Lebanon, TN February 24<sup>th</sup> and was an opportunity to run a 100 miles. First to cross the line was Jon Olsen in 14:03:31 and Gina Slaby was first woman in 14:36:08. [Full results.](#)

[Jackalope Jam 72/48/24/12/6](#)Hour races take place on a 1 mile looped course with mixed surface including cement and crushed granite. The event is located at Cat Spring, TX and began with the 72 hour race on February 21<sup>st</sup>. Jean Hofschulte was first man in the 72 hour race finishing with 208 miles and first woman was Deb Sexton with 127 miles. The 48 hour saw Marc Henn win with 113 miles and Stacy Bolyard was first woman with 102 miles. Rebecca Gartrell won the 24 hour with 92 miles and Elton Toussand III was first man with 87 miles. [Full results.](#)

[The Coldwater Rumble](#) is the fifth race in the Aravaipa Running – Desert Runner Trail Series with a range of options from 4 to 100 miles taking place at Estrella Mountain Regional Park, Goodyear, AZ. The 100 miler was

won by Jacob Jackson in 15:53:04 and first woman was Tonya Keyes in 21:08:37. [Full results.](#)

[Celtic Winter Classic 24 Hour Run](#) kicked off Jan 19<sup>th</sup> at Royal Scotts Way, Bakersfield CA. The course is a flat one mile loop at the Highland High School Stadium. First amongst the jesters was Ed Ettinghausen with 121 miles. First woman was Jen Francis with 114 miles second overall. [Full results.](#)

[Fasttrack 24/12/6 Hour Run](#) is Florida’s only 24 hour track race and is based in Palatka, FL. This years inaugural event took place January 20<sup>th</sup> with a strong field. 13 runners went over 100 miles led by Harvey Lewis from Cicinnati with 153.49 miles. Second overall and first woman was Megan Alvarado with 146.87 miles guaranteeing selection for their national 24 hour teams. [Full results.](#)

[Susitna 100 Mile](#) with its sibling Little Su, a 50k race is organised by Alaska Winter Wilderness Races and took place February 17<sup>th</sup> at Big Lake Alaska, two hours drive from Anchorage. Men’s winner was David Johnston 23:38:00 and women’s winner was Laura McDonough in 28:39:00. [Full results](#)

[Beast of Burden Winter 100/50/25](#) mile events take place on the Erie Canal Towpath. The event started at Wide Water’s Marina in Lockport, New York on February 17<sup>th</sup>. Men’s winner was Adam Eckberg in 16:40:33 and the women’s winner was Kat Clewley in 23:27:21. [Full results.](#)

[Farm Daze 24 Hour Run](#), a 24/12/6 hour event in Brooklet, GA. Starting February 4<sup>th</sup>, the event takes place on an approximately 2 mile trail loop in grass pasture and shaded woods. Nathan Leehman was first to 110.58 miles and Elaine Smith ran 100.58 miles for the win. 42 finishers. [Full results.](#)

[Jackpot Ultra Running Festival 48/24](#) hour 100m race starting 15<sup>th</sup> February. The course is a mixed surface 2.5 mile loop at a venue just 10 miles outside of Las Vegas, NV. The 100 mile event was also the 100 Mile USATF Road Championship which was won by Traci Falbo in 17:03:15. Jon Olsen was the Men’s champion finishing the race in 13:39:32. The 48 Hour race was won by Greg Salvesen with 205 miles. First lady was Cheryl Symons with 195 miles. 65 starters. [Full results.](#)



# Australian Ultras

**Sandman 50** has one of the best descriptions I have come across. This is from the website. “Sandman 50 reflects the regularity of astronomy, a race aligned with a full moon, a low, low tide, and a perfectly timed sunrise. Whether you share the moment in company, sifting through the remains of last night’s high tide, or go it alone with silent stingrays and dancing crabs, admiring the improbable grace of pelicans, this 50 kilometre beach run promises a mostly firm and flat surface. You will be able to run freely in the coolness either side of dawn, but you will also get wet feet, and shoes are definitely optional. There are no roads or pavements - just start to finish sand, water and rocks, the way nature intended it.”

The 50 km race was won by Richard Avery and Jodie Lewis was the women’ winner.

## **Narrabeen Allnighter 12 hours**

**Trail** race is held on a 5.275 km out and back trail loop, adjacent to Narrabeen Lake, 20km North of Sydney. This year’s event was won by Luca Turrini with 134.490 km and the women’s event was won by Alia Karaman with 108.120 km

**Two Bays Trail Run** was the AURA Australian National Trail Championships (short course) for 2018. The course

runs between Dromana on the Port Phillip Bay side and Cape Schanck on the Bass Strait side. That’s a 28km crossing (or 56km double crossing) of the Mornington Peninsula. Entry capped at 1100 runners. This years race was won by Majell Backhausen in 4:15:56 and Lucy Bartholemew in 4:33:58.

**Bogong to Hotham** is one of Australia’s oldest ultras having a 30 year history. A 64 km high alpine race won this year by Ashley Hoffman in 7:28:22 and the women’s winner was Gillian Fowler in 8:55:19.

**Oscars 100 Hut2Hut** Oscars100 Hut 2 Hut is probably Australia’s most spectacular trek / run challenge that takes teams of two on a stunning journey through

Victoria’s High Country. With 10 peaks and 5700 metres of gain its a real challenge. It took place 16-18 of February and was won by Ryan Lowe in 15:27:00 and the women’s winner was Jo Kruk in 18:00.

**Australia Day Ultra 100/75/50 Km** The course is mapped out as a 12.5 km out and back road race along the Australind Foreshore in Western Australia. Founded in 2015 the 100 km had 18 finishers first of whom was Kevin Matthews winning in 7:47:33. Womens winner was Bernadette Benson in 8:27:47

**SA Track 100/50 km Championship** was held at the Santos Stadium in Adelaide on 27<sup>th</sup> January. The 100 km was won by Darren Linnev in 8:16:19



# Skydive Ultra 150 mile Race Report



*by Henrik Lowemark.*

“Do you want to race or just finish it?” Marcus asked me before the race.

“I want to race” I replied.

This would be the first time I would approach a race with the intention to try and do well instead of just trying to finish it. As it turned out I actually managed to do really well. I looked at the start list and figured that Dave Krupski (5th place at Badwater last year) would be my

main competition, only because I had no idea who the other people were.

But let’s start at the beginning, as this race is like no other race. You actually start out with doing a (optional) skydive from 14,000 feet. It was quite the experience, like nothing I have ever done before. The feeling when you jump out of the airplane is hard to describe. First you see the ones jumping before you just disappear as soon as they jump

out. Scary. Then it’s your turn to get out of the plane, and wow, what an amazing experience! The free fall for fifty seconds is very hard to explain. It did not really feel like you were falling, more like you were just weightless far, far above the ground. An awesome feeling really. Everyone should try and skydive at least once in their life I think. It makes you feel alive for sure.

After we landed we had thirty minutes to get ourselves ready before

we started running. I put on the race gear and actually put on my headphones and started the music. That was the first time I ever had done that. Started with a handheld containing Tailwind. So off we went and Dave sprinted ahead in first, just as I had predicted. I decided to not let him get too far ahead, so a fast pace it was, just had to deal with it. The first loop went pretty fast and uneventful. I think I held a little under a 5min/



km pace. And Dave was not far ahead of me. I thought that if I didn't let him get too far away and keep him in sight all the time he would not slow down and keep pushing. The first thing I said to my crew after the first loop was that I could not believe how boring the course was! It was horrible, but it was just to suck it up and deal with it. Twenty loops to go. I downed some Ensure and switched to a new bottle of Tailwind and off I went out on the second loop, right behind Dave. Managed to forget to bring the headlamp,

and it was getting really dark, clever boy. Forced to do almost the whole second loop in complete darkness was not much fun. Still managed to keep a pretty good pace, a bit over 5min/km I think. Into the aid station for the second time, drank Ensure and changed bottle again and remembered to grab the headlamp.

Third, fourth and fifth loop were a pain in the ass as they usually are (20-50km). Hate these kilometers in a race, but the only choice I had was to keep moving forward and ignore the

bad thoughts. Continued to drink Ensure and switch bottle each time I passed the aid station. Some loops replacing the Tailwind with Mountain Dew or Powerade. I think that it was about this time I also started eating one or two sandwiches and a few orange slices at the second aid station every time I passed it and usually had some water or coke too.

After the fifth loop things started to feel easier, when you kind of get into the zone and just keep moving forward without any major

problems. Also around this time I start to lose track of everything that was happening, so I apologize beforehand if I've mixed things up a bit. I think it was on the first night that I saw two coyotes and a hog, but I'm not sure. That was exciting, I saw lots of eyes (no not ice, lol) in the bushes before the second aid station and on one loop there where two coyotes right in front of me on the trail. I shouted some angry Swedish words at them and they ran away into the bushes again. The hog also appeared on the trail right in front of me

# Race Report



sometime during the first night. It just stood there, looking at me, looked like a small pig. As I got closer it turned around and dashed away into the night. There were also lots of frogs beside the course that I never saw, but I heard them all throughout the night. After the race I heard stories of people seeing alligators, snakes and even a panther!?! Scary.

I think that some guy passed me during the night, putting me in third place. But I was able to push on and pass both that guy and also Dave during the night. That put me in first place as the sun started to rise above Skydive Spaceland Clewiston.

One other problem with the course other than it not being the most visually stunning course was that there were a few wet stretches, although very short ones, they were impossible to avoid, so I was running each loop pretty far with wet shoes. This started to cause some minor problems during the second day as I was starting to get blisters under both feet and also on some toes. I also didn't put on the gaiters until the second day, so I got lots of sand and small pebbles in the shoes. I have no idea why I waited so long before putting them on, stupid. Continued to eat sandwiches, oranges, candy, bacon,

watermelon drink Ensure and getting a fresh bottle with Powerade or Mountain Dew each loop. Could not stand to drink anymore Tailwind as of now. Had no real problems with eating or drinking during the entire race actually. Just getting tired of drinking Tailwind and sometimes I felt that I had drank too much and my stomach started to feel bloated almost feeling that I had to throw up. All I had to do then really was to stop myself from drinking anymore for a little while, then it went away.

I also started to become pretty stiff in my quads at the start of the second day. Ashley gave me

a quick one minute massage and it got a little bit better. It was around this time I think that Ashley and Yvette started taking turns pacing me. That felt great, it was nice to have someone to talk to and someone that pushed you a little. We ran from stone to stone, from phone pole to phone pole and between lots of other weird things. The weather during the second day was almost perfect. It only got really hot for about three hours, lucky.

At this point at the start of the second night my quads hurt really badly, and also my right ankle had started to hurt like hell. I also had pain in my left knee, but Yvette fixed that by putting on some magical Biofreeze stuff, so that went away pretty quick. The quads and the ankle though never got any better, I had to deal with that shit until the end. The blisters under the foot was also starting to get worse. But it really didn't matter because I was in the lead and I was going to finish this race no matter what.

When the second night started, Bonnie, Ashley, Miguel and Chris took turns pacing me. No idea really when and who, but

it doesn't matter, the only thing that mattered was that someone was there with me, supporting me in my struggle moving forward. Sometime during the second night I got so tired that I had to jog, otherwise I would fall asleep. That was a bit scary. I started to sway as soon as I stopped jogging. Drank some coffee at every aid station for a while and then I felt better and not as tired. I continued drinking and eating the same stuff, it just worked. So I was not going to change anything. Would have been nice to get a hamburger though, but didn't get any. I think I had some pizza during the night, that was ok I guess.

The last five loops were horrible, it felt like I would never finish. I was still in the lead and desperately trying to find out how much time there was between me and Dave who I thought was in second place. But they could never tell me the time. I later found out that Dave had DNF'd and that they didn't want to tell me this because they thought that I would start to relax and slow down. I understand now that it was a smart move, but right then and



there I think I was pretty annoyed and didn't understand why they just wouldn't tell me. Sorry for that guys.

Didn't start to see weird shit until the final loop. I was absolutely sure that Marcus and Eric stood there out on the course waiting for me. I didn't understand why Ashley didn't see them, they were there right in front of us! Marcus was even carrying the Swedish flag around his shoulders ffs! It turned out that it just was some landing lights at the airport, funny how the brain works sometimes. Then the sugarcane started to shrink and move in weird ways when I looked at it, had to look down on the ground,

otherwise I would have gone mad. It looked very surreal.

The final loop, the homestretch, that final stretch of asphalt, that was amazing and something that I will never forget for as long as I live. When Marcus started playing the Swedish national anthem Zlatan style it was hard not to start crying like a baby. When he gave me the Swedish flag, even harder. When I heard Eric on the microphone calling out that the first 150 mile runner would arrive shortly, impossible. Then I crossed the finish line as the first 150 mile runner. Finally. Swedish flag over my head, triumphant! I had conquered the pain,

sleepiness and suffering and I won, for the first time ever, I had won a race. It took me 37 hours and 11 minutes, and it was worth every second of it.

Marcus, Ashley, Yvette, Bonnie, Chris, Miguel, Eric, Sarah, all the volunteers at the aid station and everyone else I have met during this journey. You are all amazing people and you all have a special place in my heart forever. It would not have been possible without you. Thank you. I am forever grateful.

I love you.

[www.skydiveultra.com/](http://www.skydiveultra.com/)

# Last Annual Vol State Road Race 2016 (Expect the Unexpected) Part 2

by Karen Jackson  
Photo courtesy Bo Millwood

On the ferry



**E**xpect The Unexpected.  
Always.

You never know when something will change not only your race, but also your life. Something happens that challenges you to forget your own selfish goals. Something happens that makes you ask yourself “Who am I? What is important?” You wonder, when I’m old, will it matter if I won? Will

anybody remember or care that I broke six days, finally? Or do I take care of the tiny being that for whatever unknown reason picked me, picked us, as his companions and guardians?

As we rounded the corner around maybe 9pm Sunday night in Culleoka (188 miles), something darted out in the road. It was small. I said “oh, little kitty, watch

out.” Then I realized it was a small dog. At first I wasn’t sure if it was a puppy or just a small breed dog. But it was friendly and wearing a collar. This wasn’t going to be one of those Vol State vicious dog stories. We tried to shoo him away, out of the road, back toward his home. The dog continued following us. We didn’t really slow down for him at all. He just kept up. There was little or no

Boarding the ferry



traffic but we did start to worry about how far from home he was getting. When we reached the next landmark, the Mooresville Market (193 miles) I took a photo & made a plea on the Vol State Facebook page, hoping someone in the area was up and moving around and would just come get him and deliver him back to the neighborhood where we found him. We didn't stay long. Made the post & continued. Henry was with us again. We more or less ran with or near both Henry & Andrei all the way to Lewisburg (201 miles). One of the fun parts of the journey into Lewisburg was trying to spot deer in the woods off the highway. Bo delighted in spotting eyes in the dark. It was a game that made the miles tick by. Bo & I stopped outside a gas station with a spigot to refill our water and try to get our tiny companion to drink.

Andrei passed by and didn't stop but a second as he was looking for some place to nap. The dog followed Andrei. Well, that's the last we'll see of him we thought. Surely in Lewisburg he would find a distraction and stay there.

Bo and I continued now, not worried about the dog, to the 24 hour gas station on the far side of Lewisburg where Henry had already gotten food and was heading outside to sit and eat. We followed suit, Henry once again finishing just before us and hitting the road. We took our time, realizing resources between here and Columbia would be limited, especially the time of night we were moving. Leaving Lewisburg we passed the Celebration Inn on the outskirts of town and were moving along well when Bo said, "look down." There was the doggy. We

called him several names Chico, Drifter... Apparently we passed wherever Andrei had gone down to nap and the dog wanted to keep moving. Increasingly we began to feel distressed. As we neared morning, traffic increased. We were on roads with no shoulder. The dog was all of 10 to 12 pounds, like a large Chihuahua. He can't be cut out for this mileage. We looked for secure fences in front of homes where we thought if the owners found him in the morning they'd take care of him. We thought we HAD to get him off the road. Twice we put in him other people's yards, feeling like that's a lousy thing to do but the best way we could help him. We were running solo, in the night, with little to no resources for ourselves, let alone a small dog. Both times he escaped and was right back with us in minutes. We had resisted feeding him because

# Race Report



we didn't want to encourage him to stay with us but Bo finally pulled out a Slim Jim from his pack, unwrapped it, broke in two and put it on the ground off the road, hoping he'd stop to eat and lose interest in us. Nope. He picked the questionable meat-like product up in his mouth and chased us down again.

The sun was starting to show and Ben Brucker, running solo but with so little gear that we thought he was crewed, caught us on the road near the church outside of Wheel. At first it looked like the little drifter was going to follow Ben when we stopped as he'd done

earlier with Andrei. But he crossed the road and stopped with us. We got water at their outside pump, took more pictures and made more pleas, reaching farther into the community for help. Still, we had to move. It was only going to get hotter and more dangerous for all three of us. There's a gas station a couple of more miles beyond the church that has a grill. I've eaten there the last two years. They were open for the morning business as we came by. Bo went inside and got some breakfast biscuits while I stayed outside and tried to get the little guy to drink water and asked every single person outside for help. Please, just get him off

the road. Take him to a shelter. Anything. We're not asking you to adopt him! Understand, we were now maybe ten miles from Shelbyville. The closest shelter would not have been a ten-minute drive for these people. It was unreal. No one would do anything.

We headed on to Shelbyville. That's all we could do. We still were managing our minimum 3mph or better. But the situation was quickly coming to a head. It got hot quick. Monday morning traffic was zooming by. I was trying so hard to put aside the feelings I was having regarding my own race. Bo & I had both been feeling pretty good and could have probably already been in Shelbyville getting a room for the day now. I started to feel six days slipping away. I started to feel Sandra Garrett pulling away and Julie and Jan catching up. And I looked at this tiny life, panting by my side, running in the road to sniff every bit of road kill as the trucks and cars slammed on breaks & swerved to avoid him. All I thought was that we couldn't let him die out here. Whatever happens in our race, this is more important. If it blows up our plans, we did the right thing, and it'll be a good Vol State story.

We met a woman who offered us water in front of her home & offered to take the drifter to the shelter when her husband got up. Yay! Finally our prayers were answered! She put him on her locked patio & off we went. Several minutes later the click of toenails on asphalt could be heard from behind. There he was, barreling



as fast as his tiny legs would carry him down Highway 64.

While we tried to keep moving forward, I located the phone number for Bedford County Animal Control. I had hoped some rescue organization would come forward to help first. But we had become desperate to get the little guy safe. They weren't open yet so I left a message. To my surprise they actually called before normal business hours. I explained the situation & where we were and they sent someone immediately to meet us as we came into Shelbyville. We had begun carrying the dog a couple of miles back, taking turns, wetting him down with our remaining water, trying to keep him cool & out of traffic. Animal control whisked him away and I expressed my desire that, should his family not be located, we would come back for him. The last thing I wanted was to save him from the highway, only to die in an overcrowded shelter. Finally we could relax though. We had met the challenge set before us. Not the challenge of sticking to our plan. The challenge of doing the right thing when it wasn't in our plans. In all, the drifter had made what I estimate to be between 33-35 miles that night. That's one determined little pup.

We headed in to Shelbyville in search of air-conditioning and sleep. I had warned Henry earlier to avoid the Magnolia Inn in Shelbyville and head straight to the America's Best. It's off course & not exactly four-star. But the Magnolia always looked like one



step above a crack house when I passed it. This year it looked like it had under gone some substantial renovations so we stopped to see if maybe Henry had ignored my warning and gone ahead & stopped there. Not only did we find out he had not stopped there but, we were told, "we don't have your kind here. They're in the park on the right or under the bridge." Wow. I know we looked rough. But dang, we showered every day. America's Best

Value it is! We washed our clothes in the shower for the first time & tried to dry them outside in the sunlight on the luggage rack. And went through our usual routine. As luck would have it, Henry was right next door. He ordered pizza and wings around the same time we got up & moving and we all visited a bit, made a stop at the pharmacy for a few supplies and headed on the road to Wartrace. Instead of eating in Shelbyville, I opted to wait

for a gas station on the outskirts of town (226 miles). Henry & Bo stuck close together and I moved ahead a little. I was excited to be greeted by Greg Armstrong, the 3-time King of the Road and new course record holder. It's always a boost when you meet people on the road. We visited. The guys caught up and we headed on again. I got to the gas station at the intersection of Hwy 41 & 64 first and started buying food and drinks, taking a bathroom break and getting ready for the trek

on into Wartrace. We explained, mostly in vain, to a local what we

were doing. He kept telling us of places off course to go for food. We couldn't seem to make him understand that we weren't going to travel off course because we were on foot. He offered a ride. Our situation probably wasn't helped by the fact that Bo had now begun telling people we were in a Pokémon Go race. We left there with the intention of getting to the café in Wartrace but were disappointed to learn that they are a breakfast & lunch only café. We settled for the gas station coming in to town. Which did have hot food. So all was not lost. As light started to fade for the day, Bo Henry & I stopped in the gazebo in Wartrace and did foot repair with the supplies we'd bought in Shelbyville. We used the public restrooms there one last time, and headed off in the

darkness for Manchester.

Between Shelbyville & Manchester all of our plans started getting a little haywire. Henry had originally said back at the hotel he was going to stop in Manchester. Period. He wasn't racing anybody. Bo was down with that plan. I was not. I knew based on when we were leaving, we'd make it to Manchester still in the dark. I was not willing to give up those dark and early morning hours. I was going to

***“I'd been cutting Sandra's lead and now I'd passed her on course and she hadn't immediately followed. I knew one more break likely meant she would catch and pass me again while I was down though. How much did she have left in the tank? Would she be able to turn it back on when she smelled the barn?”***

press on to Monteagle. That was the next logical stopping point. It was the next place with hotels and services. It was the first and only time Bo & I considered splitting up.

Bo and I took turns feeling good between Wartrace and Manchester and played our game of leapfrog off and on all the way in. As we came through the town square area I heard a phone ring. I looked at Bo and realized it was neither his nor mine. A runner must be near. Lo & Behold, there was Sandra, in a gazebo, on her back with her feet elevated. Holy cow. We'd caught her. Suddenly my original goals came back into focus. We were still well on pace, in spite of our earlier challenge, to make sub-six days. So now the question was, could I take and retain the spot

as first solo female? The possible strategies were playing through my head as we moved. It had become apparent that she & I were moving at different times of day. Now the game of chess became real. Who is going to need the last break? It was possible that when she got up from this break she would be able to go all the way without a significant break. I had my suspicions she had slowed considerably though and must be fighting some issues. Sticking with our schedule of

breaks, Bo & I had managed to stay relatively issue-free. We both had some chaffing early that we'd dealt with. Bo had a couple of blisters, minor by Vol State standards.

So even though sticking with our plan meant taking one more break, at Monteagle, we felt we were in good position. I'd been cutting Sandra's lead and now I'd passed her on course and she hadn't immediately followed. I knew one more break likely meant she would catch and pass me again while I was down though. How much did she have left in the tank? Would she be able to turn it back on when she smelled the barn?

The first issue though was coming to the outskirts of Manchester and Bo deciding to stay or go on. We knew Henry had changed his mind and decided to move on. Bo seemed intent on staying in Manchester. It was another 22 miles at least to Monteagle. I asked him repeatedly what he was going to do if he stopped?



Take our regular 5-7 hours and end up having to run in the heat of the day? Or take a huge 12+ hours off in order to get back on a night schedule? He didn't know. All he knew was he didn't want to go another 22 miles. We made preparations to split up. Just as I had finished packing my gear up and was finishing my coffee drink, Bo made a spin around the parking lot. "I'm going with you." We put down some of the best miles of the race. We were met on the road in this stretch by Andrew Snope, a fellow LUNATIC, and this year's first screwed runner, 3rd overall. It was a brief visit but another pick me up. Also somewhere along this stretch, we met a road angel who turned out to David Christy, an Alabama trail runner who organizes a Facebook running group and is sort of a reporter for his running group. He was closely following the Vol State, had studied many of the runners on-line and was

driving the course, chatting with and offering aid to runners along the way.

Hillsboro and Pelham were the final towns before Monteagle. There were limited resources in both places and it was getting hot again. We took shelter from the heat for a few minutes in the post office in Pelham. I wondered why it wasn't open. Isn't this a weekday? What time is it? We're not getting anywhere fast so we better get moving. There was a café that was clearly open. Bo & I looked at the sign and tried to decide if we should go in to see if we could get some waters for the road. We felt like we were too grungy to actually eat at this establishment. A woman pulled up and asked if we wanted some biscuits or something. Here we go again. Somebody thinks we're homeless and she's going to give us biscuits. We tried to resist but the woman insisted on us coming in. When we followed

her in she said, "They're some of the walkers. I'm buying their breakfast." Whew. They didn't think we were homeless. They knew why we looked and smelled so bad! We told them it wasn't necessary for her to buy our food. Why were they serving biscuits anyway? Is this an all day breakfast place? Oh. It's 9am. It's breakfast-time. This night running had me so confused. Anyway, they wouldn't give us the bill, so Bo left a generous tip, probably more than the bill itself. We ran on past the church where, last year, Bo had insisted he could not go one more step without a nap & we had slept one hour in the rocks behind the shrubs. This year there was no such need. Bo ran over and lay in the rocks just for old-time sake. We were nearly taken out by a car pulling through their drive. Teenagers playing Pokémon Go again.

Bo felt so good when we got to Monteagle that he even wondered out loud if it made sense to try to get to Kimball before going down for our last break. We decided to stick with what got us here. We took our usual break, although a little shorter this time, in Monteagle. I was banking that after a good break and with some cooler temps on the horizon, I'd be moving closer to four miles per hour and Sandra appeared to have slowed to somewhere between 2.5 to 3 mph. We were out of the room and back on the road before 5pm, and knew we were set to make it to the end.

We thought we'd have to wait until the 7:30pm check-in Tuesday night

# Race Report

(132 hours) to find out how far ahead Sandra had gotten. We were 40ish miles from the finish when we headed out with nearly 15 hours to get there in order to break six days. The goals from the beginning seemed within reach, barring any disasters, and barring Sandra holding back some cards she hadn't already played. We weren't 100% sure whether our friend Henry was ahead or behind either. I had him on the Find my Friends app but he regularly turned his phone on airplane mode to save battery. Leaving Monteagle we'd considered trying to call and see if he was at our same hotel and see if he wanted to leave with us, but we decided everyone needed to be doing what was best for their own race at this point and hated to call and wake Henry if he was taking a longer break and throw him off his game. When we did eventually locate him on FMF app, he appeared to be so close that I wasn't sure if he was ahead or behind. In the mean time, we didn't have to wait long to find out where Sandra was. We caught up to her in Tracy City. She got a little pep in her step briefly but didn't keep up. We hit a downhill & Bo took off. I felt guilty for just running off from her but was afraid Bo was going to blow right past the turn in Tracy so I took off to at least keep him sight.

We made the 7:30 check-in on the side of the road outside Tracy, I think about mile 284. We found out shortly that Henry & several others were not far behind. Many of the people we'd run with in the previous days were all right near us, if not in sight, not much farther



Tennessee drifter

back. Henry. Andrei. Nathan M. Ben. Clark. Jeff.

We got some good miles under our belts between Tracy and that descent to Jasper. Bo finally understood what I meant when I told him these were really our last good runnable miles and we enjoyed them. The descent into Jasper goes on forever. Even when you're moving well, it takes forever. The previous two years it had been an excruciating experience.

This year, at night, with not much traffic, feeling good, able to run much of it, it still wasn't fun. We were relieved beyond comprehension when we finally leveled off. The next goal was to find a hotel in Kimball, check-in as we went through town and ditch as much weight as possible before heading out for the last 14 miles. Getting a place in Kimball had never been a problem. It's not exactly a summer vacation mecca. What we hadn't counted on were

1000 contractors in town to work a shut down at a local plant. There were no rooms. Bo was defeated by the turn of events. He'd been fantasizing about ditching most of the weight since I first mentioned the idea. Now we had to let it go and move on. I was having some cramping in my feet from pure fatigue and needed a break. We both needed food. Henry had caught and passed us. He was moving hard, soaked in sweat, and showed no signs of slowing. We let him go in order to do what we needed to do to make the final push. I got my sandals off and worked out the arches using the edge of a concrete step while Bo rounded up some food. We ate and drank. We did our now favorite hot coffee concoction from the gas station. We let Carl know where we were & what our plans were. We crossed paths with David Pharr, a crewed runner, briefly, crossing the blue bridge leaving Kimball. We both moved pretty well immediately after our stop but heading up the mountain and toward the turn at Castle Rock Road, I got significantly ahead of Bo. He'd been letting me power walk and then would run to catch up. But this time I couldn't see him at all. I decided that when I got to the turn, if he hadn't caught up, I'd at least wait there long enough to make sure he saw me turn. I wanted to get in the Castle Rock gate and ditch a few things as we passed our car on the way up. Bo caught up and we stuck together on Castle Rock Road and through the gate. We arrived at the cars just as Sandra Cantrell was bringing

Henry down from the Rock. We all hugged & congratulated one another. I ran & tossed a couple things in the bed of the truck. Bo was not taking one extra step at this point and just waited, talking to Henry.

We made it onto the dirt road just as the sky was turning pink with the sunrise. It was beautiful. We were going to make the Rock twelve hours ahead of last year and seven hours ahead of my previous attempt. Sandra Garrett said later, "Once you see the gate, all the pain disappears." She's absolutely right. Once we were on that dirt road, Bo and I started running. I'd speed up. He'd speed up. Last year he got to take his place on the Rock first. This year he said I could go first.

Yet here we were, racing down the trail, through the trees. That's when it happened. A root jumped up and grabbed my foot. I plunged to the ground, elbows & knees digging hard into the dirt and bouncing onto my back. So hard that it nearly ripped the American flag off of the back of my pack. I struggled to get up. Of course Bo stopped. I was determined not to limp in and managed to mostly walk it off in the short distance to the finish. Blood was dripping down my knee. But I forgot all that as soon as that rock came into sight.

We took turns finishing. Carl made sure we didn't plunge to our deaths past the finish line. Gary recorded our times. We took turns on the "thrown" telling all the stories. Of



# Race Report

course the hit of the day was the dog story. Nathan M. was not far behind. None of us were in a hurry to leave because we didn't have a place to stay. Nathan went down and brought his car up. He insisted on me trying to clean some of my wounds from the fall. Andrei was not far behind him either. We were still there when Ben finished as well. Bo & I took out our emergency bivvys for the first time in the whole race and attempted to nap at the rock. Between the ants and the excitement of telling stories, I couldn't sleep and got back up to visit and try to locate lodging.

Eventually I managed to secure a room at the Hampton Inn in Kimball for that night. It was still early and check-in would not be for several hours. We decide to go to the hotel and tell them our situation, hoping that they'd be able to get a room ready before the regular check-in time. The desk clerk at first appeared unmoved by our plight and was not only insisting his hands were tied regarding check-in but also was questioning the legitimacy of our reservation. I have a confirmation code. You just looked it up. Luckily a woman who appeared to be the head housekeeper overheard. She stepped in and was able to assure us they'd have a room ready by 11:30. We went to get some lunch and a few supplies at Wal-Mart and wait for our room.

After all we'd been through, all we'd overcome; saving a puppy; still making it to the Rock under six-days; crashing to the ground

in a glorious display as we raced down the dirt trail; finishing finally as 1st solo female; after all that, what happened next is what brought me nearly to tears. We were given a room and hauled all our stuff down there. The first but minor disappointment was that we were in a handicapped room. We had bought Epsom salts for a bath. Rooms for people with handicaps don't have tubs. Oh well. At least I can get clean. I jumped

in the shower. At first the water was warm. I figured it would get warmer. It did not. My hair was already wet and soapy. I began to fiddle with the handle, then the showerhead. I rinsed the soap out before things got worse and called for Bo. "Am I so tired I can't work the shower? You try." He had the same luck, no hot water and little water pressure when you moved the handle beyond half way. I went ahead and put on some clean



Karen and Bo

pajamas, even though I wasn't completely clean, so that we could call for help. "Oh, they're working on the hot water heater next to your room. It'll be thirty minutes or an hour before there's hot water. We're really sorry." Oh. My. Gosh. I could not take it one more second. I collapsed onto the bed nearly sobbing. All the emotion of the previous six days came to the surface in an instant, over hot water. It was the proverbial straw that broke the camel's back. After my meltdown, I fell into a deep sleep, right where I had collapsed. Way back in Monteagle I had insisted on picking up some Tylenol PM. I'd had trouble sleeping well because my hips would ache when I lay down to sleep during the race. Other than the second night, I'd had no hip problems while moving. But when I stopped I could never get comfortable. When we first came in the room I set out the Tylenol to take after my shower. Bo woke me up at some point and said there was hot water. I was totally out of it and took a while to wake up and get to the shower for a second try. Operation Get Clean accomplished, I fell immediately back to sleep. When I awoke again Bo said, "I'm glad I didn't take that stuff you took. It knocked you out." But I hadn't taken it. I finally was so spent that nothing would keep me from sleeping soundly. I was physically and emotionally drained. We slept through the night and into the next morning. Probably for the better part of 16 hours, we slept.

Our story didn't end at the Rock

though. There was more to do. As mentioned earlier, we had given ourselves the time to hang around town. Thursday we chose to look up the most recent check-ins, get some breakfast and go load up our cooler with ice, cold drinks & assorted snacks. It appeared there would soon be an influx of finishers at the Rock, some of our friends included, and we wanted to be there to see them and to be of any possible help to Gary, Carl and Sandra as they pulled hours of sitting duty at the Rock. We had missed a big group in the night but Sergio was still there, telling his stories, arm still bandaged from his clip by a car mirror at least a couple of days prior. Sergio is nothing, if not entertaining. And tough as nails. 75 years old, weighing probably all of 110 pounds, wearing two-day old bandages, he's explaining in his Italian accent how the driver of the car was so shaken up, filing a report wasn't necessary. He needed to go to Hardee's. Dee Reynolds had finished, showered and returned as well. We were all there to see Julie, Joshua, Liz and Ed finish. We shared our drinks and snacks. I had to explain what "Nabs" are. I didn't know that's a very local term. Even if they didn't know the proper name, everyone devoured said Nabs when I brought them out to explain. Liz tried vainly to assure her grandma that she could still hold her own stuff, like her treasured 314 decal. We listened to the stories as each runner took his or her turn on the thrown and were given their "cornucopia of prizes," as Gary called it. The chair

is called the "thrown" and not the "throne" because it's so nasty by the time the last runner sits in it that they have to throw it away and get a new one. The "cornucopia" is a car decal, a patch and a wooden finisher's medal. Julie, Josh & Liz all had crew waiting to take them from the rock. Ed did not. We offered to drive him and his car to his hotel room in Kimball. An offer he eagerly accepted. We left feeling like we'd made ourselves useful for a day.

After getting back to the hotel, there was a call to be made. We'd left someone behind in Shelbyville two days before finishing. Now a full three days had passed. We had made a promise to a tiny dude that we'd return if no responsible owner had been located before we went home. I called Bedford County Animal Shelter. They had gone ahead and neutered the little drifter that day, based on our promise to adopt. He would be available for adoption Friday morning. Thursday evening we relaxed. We went for a swim in the hotel pool. We kept an eye on the progress of other runners. And we slept some more.

Friday morning we headed back along the course toward Shelbyville. We possibly could have made the drive quicker by hitting the interstate but preferred to take the race route and greet runners as we travelled, hopefully providing them with the same pick me up others had done for us. Among the runners we saw Richard Westbrook coming down into Jasper. We saw Wendy Murray and her crew of

# Race Report

Laura Carver and David Griffith. We stopped and took a selfie with John Price. We reminisced about those sections of the course and stopped for a bite to eat in Manchester. We made it to Bedford County Animal Control to make good on our promise. We'd kept the drifter safe for 35 miles. He had been so determined to stay with us. How could we go back without him? Anything else seemed like a betrayal of trust.

The adoption process was quick. It was clear they were overrun and more than happy to work with us to make sure one more animal went to a loving home. We finally settled on the name Tennessee or his full name, The Tennessee Drifter. We put him in the truck with his tiny harness we had bought at Wal-Mart and headed back the way we'd come, along the race route, greeting everyone we could find and introducing Tennessee to his new ultra family.

We finally made it home in the early morning hours of Saturday morning. We had finished, spent a day at the rock, spent a day picking up our newest baby, driven home and runners were still out there. We followed their progress as we went about introducing Tennessee to his new family of other rescues, Cody the Catahoula, Otis, Riley and Buggy the stray cats and Kyle's new pup, Woodson. The dogs all made fast friends. The cats are still adjusting.

I'm still processing the entire series of events. I've always known anything can and will happen in a

multiday, Vol State, in particular. I expected the unexpected. I just didn't expect this much of it. I never expected to have my heart stolen by 12 pounds of love and determination. I wouldn't change a thing.

## 2017 Kit List

Since people are asking, here are a few stats about this year's Last Annual Vol State Road Race journey:

Finish time: 5:07:08:26

# hotels used: 5 (Martin, Parker's CR, Hohenwald, Lewisburg, Manchester)

Length of hotel breaks: 5hrs 15mins, 7hrs, 6 hrs, 6 hrs, 5 hrs 10 mins.

Showers taken: 5

# times washed my hair: 3

# times shaved my legs: 1

Beers drank: part of one (hohenwald)

I wore the LUNA Sandals Oso 2 Flaco, no socks, with KT tape applied after tincture of benzoin swab for adhesion. The tape cut down on heat induced blisters and protected from road grit under straps.

What was in my Osprey Packs Dynapack:

-2L hydration bladder

-Small foot repair kit- KT tape, benzoin swabs, tiny scissors, small liquid bandage spray

-Small toiletry kit- toothbrush, toothpaste, razor, wipes (all travel size)

-zip lock with one extra sports bra & 3 pairs extra undies(super

thin) as well as a dry tank top & compression shorts worn in the hotel after showers

-Phone, In Reach tracker & wall charger with 2 ports

-Coast pen-sized flashlight and 4 extra AAA batteries

-disposable rain poncho

-Space blanket

-iPod nano

-The Vol State book

-An extra ziplock for trash

-ziplock with S-caps, Tylenol, ibuprofen.

- A ziplock with money, debit, credit & ID cards

-until I reached Culleoka, a ziplock baggie with the ashes of the Tennessee Drifter. He was returned home to the road he loved.

-I wore a flip belt where I kept my car key, money & phone until I needed to fashion some cushion to go under the straps of my pack.

-everything was ziplocked separately for easy identification and to protect from moisture.

-sometimes I squeezed a cliff bar in a pocket for emergency fuel.

-In Manchester I picked up a prepaid USPS envelope & mailed home everything in my pack that I didn't need for the final day (dirty sports bra, undies, small power bank, compression shorts)

Youtube video - [Vol State Gear \(2017\)](#)

Website: [Smiling sandal runner](#)

Photos : [Last Annual Vol State Road Race 2016](#)

Facebook: [Last Annual Vol State Road Race](#)





**22 NOV - 1 DEC 2018**

**11<sup>TH</sup> EDITION**

**THE UNIQUE CROSSING  
PACIFIC - CARIBBEAN  
5 STAGES**

**200 KM , D + 9 200 M**

**OR**

**117 KM , D + 5 300 M**



*essential*  
**COSTA  
RICA**

**THE DISCOVERY OF A COUNTRY AND ITS WAY OF LIFE  
A SPORTING ADVENTURE WITH SOLIDARITY GOALS**

**BMARCHAL@LATRANSTICA.ORG  
00 33 6 08 82 91 44**

# The 3100 Diaries

With about 8 weeks to go before the start of the Self-Transcendence 3100 mile race, training is hitting a peak for the 3100 runners.

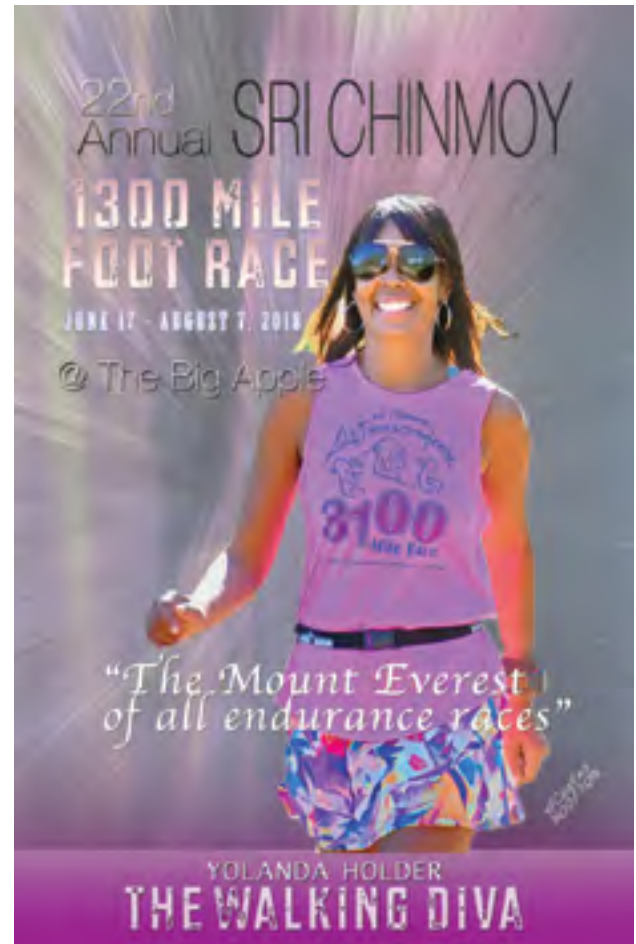
The official list hasn't been officially announced yet and right now the organisers will be full on hosting the Sri Chinmoy 6 & 10 day races in Flushing Meadow Park. However some runners have made it clear they will be running such as Orkney's William Sichel and cover girl Yolanda Holder, both returning for their second races. Kobo Oren will be making a long cherished dream a reality by joining the field in June. Sopan Tsekov, who was the youngest runner to take part in the 3100 has said he is looking forward to coming back to New York and has been running 80 mile weeks throughout the winter on the West coast. "I appreciate this race more and more" he said.

Yolanda went to Across The Years in Arizona to test the waters and planned a few other races including a trip to Las Vegas. "Jackpot Ultra Running Festival is one of my favourite ultras. This year I used the 48 hour race as one of my training races for the 3100 Mile Race. My nutrition was good, I ate and drank every 2 miles. The six surfaces made for a nasty and treacherous 2.5 mile course. At mile 40 the blisters on my heels started to form and by mile 50 I had huge blisters on both feet. I reached mile 60 in 17 hours with many breaks and made a decision to stop at 100 miles. Overall I was very pleased with my training race at Jackpot Ultra Running Festival. 100 Miles of Smiles on my journey to 3100 Miles!"

Since the race Yolanda has been recruiting crew members to help during the summer. Yolanda said "Getting people to take time off from their lives (work, family, etc.) is a challenge."

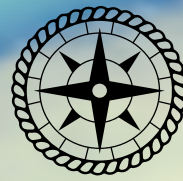
Anyone interested in helping Yolanda in New York during the summer should contact her through her [Facebook page](#).

One of the projects Yolanda is most passionate about is encouraging people to be active and one of the ways she expresses that passion is through the Virtual Extreme Walk 4 Diabetes 52 Days Challenge. She



says "I'll be walking for 18 hours a day, 7 days a week, for over 7 weeks to reach 3100 Miles as a participant in the 2018 Self-Transcendence 3100 Mile Race this Summer. Need some motivation and inspiration? You can do it with me by taking the "Virtual EW4D 52 Days Challenge" and following me on the Facebook "[Walking Diva](#)" athlete page and starting June 17, 2018 you can follow me live. This is going to be the Fitness Party of the Summer. Get your family and friends to take the 52 Days Challenge with you! You'll also receive a medal for participating!" You can join the longest fitness party in the world. Join the runners, take the Challenge and sign up at [www.yolandaholder.com](http://www.yolandaholder.com)

Race starts the 17<sup>th</sup> June. Checkout the website at: [3100.srichinmoyraces.org](http://3100.srichinmoyraces.org)



**OUTWARD  
BOUND®**

**YOU ARE  
CAPABLE OF  
MORE THAN  
YOU THINK**



**#MORETHANYOETHINK**

Outward Bound, helping young people  
reach new heights since '41

[OUTWARDBOUND.ORG.UK/SUMMERADVENTURES](https://outwardbound.org.uk/summeradventures)



**@OUTWARDBOUNDUK**

# WHITE ROSE ULTRA 60

Helen Pickford

The White Rose Ultra is either a 30, 60 or 100 mile race in the heart of West Yorkshire. It's a 30 mile loop, which for the 60 you would do twice, says the mathematics of ultramarathon running. The 100's would do 3 times and then a bit.

The run starts at Standedge Tunnel and Visitors Centre in Marsden, almost guaranteed drizzly, dreary, November weather. All runners set off together, surging forwards into the Yorkshire gloom each sporting a different coloured number, 30's with their green numbers, 60's with their blue numbers and 100's with their red numbers.

There was a really strong list of compulsory kit, including back light, spare fleece, or long sleeved, waterproof trousers etc – safety first. They do spot check kit checks so make sure you carry everything as you can get disqualified if you don't have the correct gear.

The race started off with a loop around Marsden and then onto the scrumptious trails heading up Wessendon onto part of the Pennine Way - a hefty climb at its best. The hilltops are guaranteed to shine in their self beauty and entice you up the magical pathways. The first water point was perfectly located at 6 or 7 miles in at Wessenden Head.

The course was dotted with a few motivational signs - the first one

I smiled at, 'Never trust a fart at 3 miles' which made us all smile, and plenty of people taking selfies at the signs making it a really friendly and relaxed sort of event.

There was a mixture of road and trail. Some say it was 60 of the former, 40 of the latter, but it never felt like 'tarmac hell' due to the constant variety of terrain.

The first welcoming checkpoints at around 12 miles just after Blackmoorfoot Reservoir had a plethora of mouthwatering goodies, biscuits, flapjacks, bananas, cake, crisps. Don't be too greedy but try the homemade flapjack its yummy! It was a cupless event and I had bought a running cup a few weeks before they are cheap enough so bring your own.

Lots of 'Yorkshire flatness' as the course meandered up and down some fantastic hills and through little 'mill' villages and towns.

The route was very well signposted right through to the next checkpoint where more food would be awaiting and lots of cheery marshals sending us their good wishes.

The route twisted round many a stretch of bridleway. Muddy at times, bubbling with sticky puddles. Occasionally it would give way to tarmac and at points giving views of the townships below.

There is a bit of a sting in the tail about a mile from HQ, a typical Yorkshire hill evilly laughs as runners push up one slow footstep at a time giving way to further climbs, from road to trail.

A mile before the end introduces a lovely rolling downhill and flat section. For the 30's they are done, for the 60's they go through HQ pick up any goodies from their drop bags, stock up on fuel and liquid and do it all again. As for the 100's they do it twice more plus a little 10 mile dog leg to finish them off.

One of the best things about this event is that it coincides with Bonfire Night (4th Nov in 2017) which meant for the 60 milers at least there were some spectacular displays of bangs and crackles as the evening skies of West Yorkshire lit up in all their glory.

At the end you are greeted with the race director waiting for each and every runner regardless of time or weather, then a hot meal and all the crisps, sausage rolls and cake you can eat. But isn't that why we run?

A fantastic event with distances to suit any 'ultra runner'. Just make sure you fully understand the term 'Yorkshire flat'.

[www.whiteroseultra.co.uk/results-2017.html](http://www.whiteroseultra.co.uk/results-2017.html)

# LES MILLE KILOMETRES DE FRANCE

## EDITION VI

2008-2018

« *Be realistic, challenge for Impossible* »

**ST-MALO / MONT-ST-MICHEL / SÈTE Mont St-Clair**

JUNE 17-29, 2018



NON-STOP coast-to-coast race (you run/walk/stop/sleep as you like)

Each runner will organize his own support, handler(s) and vehicle

Start Sunday June 17 at ST-MALO (Brittany) / Finish line SÈTE

Roadbook provided + marked route

GPS tracking

Entry Fee : 450 €

Record - 7 days 22 hours 53 mn 52 sec (Stéphane Mathieu FRA)

Record F. - 8 days 23 hours 56 mn 45 sec (Nadine Weiss FRA)



More Information & Entries

Phare-West Organisation

Email 1000KIL@orange.fr - Tel.+33 (0)6 33 49 13 99



[www.la-fran-segaule.fr](http://www.la-fran-segaule.fr)

# Deadwater 2017



Deadwater photo's courtesy Beyond Marathon

*by Hayley White*

A new race being developed and due to be released in 2017, called Deadwater. A gruelling, self-sufficient footrace over several days across the UK. It had my attention. I made the mistake of typing in Deadwater in the search engine and it came up with details of Badwater (this I would also love to do – but again the bank account won't allow ATM).

Not deterred I continued to search and after a few attempts came across "Beyond Marathon." Richard of Beyond

Marathon was incredibly prompt and soon I had before me the full details of a 235-mile race over 6 days starting from Deadwater just inside the border of Scotland and running all the way to Wales. I made my application, emailed and waited for further instructions. One week later, I was asked for a deposit. I WAS IN. So now I was in, it was time to start looking into the details of the route and each day's distance.

**Stage 1**, Keilder Forest (whereby there was an old train station called Deadwater and ironically a small house with a

resident called Bob Graham, but not the Bob Graham) to Hadrians Wall – 31 miles, Stage 2, Hadrian's Wall to Dufton – 36 miles, Dufton to Horton on Ribblesdale – 44 miles, Horton on Ribblesdale to Hollingworth Lake – 60 miles (gulp), Hollingworth Lake to Warrington – 32 miles and Warrington to Wales (just outside Chester) – 32 miles. The End! Oh, and did I mention with around 26,449 feet gain overall elevation. So, it wasn't flat by any means.

At the beginning of September 2015 I started to devise my Training

Programme and look at kit I would need to purchase. For me, it was going to be lots of strength training, HIIT sessions (this reduces the risk of injury) and distance runs I would incorporate as actual reccy Runs of the route itself. I hate getting lost, hate relying on electronics such as GPS, and maps never fold back to the way they were originally bought in the shop.

Time flew by and before I knew it, it was Easter and I was starting to look at how many weekends I had left to do reccy runs as I decided that

I wanted to run the complete route. I was going to feel much better mentally and physically having completed the lot, and so I did. The weather (as it typically does) changed as soon as Freddie broke up for summer holidays and from there on after, almost every day at the end of July and all of August, we had continual rain. Not just the odd shower, bloody deluges of precipitation. This wasn't my idea of a running holiday! It was going to cause the organisers a headache especially as we were all camping and eating on location each day and night in fields.

**The Race.** As you can imagine everyone was so friendly, laid back and all for wanting to complete yet enjoy this brand new epic endurance race. In ultra we need to encourage more women to take part. Currently it's a very male dominant sport. There were 4 women in this race. Anna, Jo, Louise and myself. We soon got to know each other and all had a very similar fun and outgoing sense of humour. We were all going to get much closer and as the days and nights unfolded and as

the weather was getting wetter and colder, we all established that we would have to get a little more "snuggly" in the tents if we were going to get a decent night's sleep.

**Night 1** – bloody freezing! The rain and wind on the tent also kept me awake and all I could think was that this wasn't the best start to day 1 and I had to run just over 30 miles in Stage 1. Of course, you always think that you are the only one awake, but the following morning you realise everyone has had a similar crap's night sleep as you have. So tip number 1, don't skimp on layers and warm clothes. I know they weigh some, but being cold at night is a

killer, especially when its night number 3 and you haven't had a decent night's sleep.

With Stage 1 completed in just over 5 and half hours I managed to get to sleep at around 9pm to wake at around 2am, freezing again! So, the other girls were also cold and awake, so we all started to experiment with our Survival bags inside our sleeping bags. It definitely made me warmer but every time you turned over, you made a racket. The girls and I could cope with the noise, it was warmth and sleep we were desperate for.

**Stage 2.** Raining again but easing off as we were about to start. My

Strawberry Granola was not great and I was hoping that I wasn't going to go off them this quick, otherwise I was sure to start feeling hungry and tired before the week was out. Lesson two. Stick with the nutrition you like, your body likes and pay no attention on what others say you should do. If you are ketogenic and or mostly use fat as your source of fuel, don't move to a rich carb diet. Your gut will not thank you whatsoever.

**Stage 3.** Rain again, you can see a pattern developing here... a slightly better night's sleep as I had mastered my sleeping arrangements. Wrap myself in my survival





bag, then climb into my sleeping bag and then with one of my drinking bottles, fill it with hot water and take it into my sleeping bag. Walla, a hot water bottle. It worked and having had a good 6 hrs sleep prior to Stage 3 it seemed things were looking up and started to feel great, a bit like a holiday.

I ran most days with Anna and a guy called Tim. Tim had the most amazing jokes to tell us. He would come out with corks, “What do you call a girl with a chimney on her head?” “Ruth.” Yup that was as good as it got. So, one of my big recommendations (tip number 3), is to run/keep up with like-minded, fun and talkative runners. In other words stick with and hang out with those

that are similar and like-minded. It makes for a much more fun week especially when the going gets tough.

**Day 3** evening meal goodie bag (the one we didn't have to carry) so I decided on treats, something to really look forward to. I decided on cheeses, a cheeky small bottle of red wine, pickles, crackers, salted cashews, Green n Blacks Organic Salted Caramel chocolate and an apple. Tip number 4, if you have the opportunity to pack a luxury goodie food bag. Fill it. Fill it to the brim with all the foods which is mentally good as well as for your running.

**Day 4, Stage 4** – the long day. It had taken me 3 separate days to reccy run this complete route, which initially bothered

me more so mentally rather than physically. But if you reccy/practice then the concerns you may have mentally are put to bed.

**Stage 4** was very easy on Navigation. It was the Pennine Way, all the way and between Tim, Anna and I we had a perfect combination of navigation. Tim with his GPS, Anna with her Maverick and its alarm and me with my map reading and memory. So Tip 5, have and practise with as many forms of navigation as possible.

**Stage 5** was named Canal Hell, and Richard at Beyond Marathon named it well. It was Hell. In fact, it almost broke me. Shin splints now really kicking in and for some reason “Chaffing” started in my groin. With every

step I felt like someone was rubbing sandpaper on the inside of my legs. Seeing Sue from Trialmed at CP2 was a blessing. I had barely checked in at that CP when, unfortunately for Sue, I promptly dropped everything to reveal, let's just say, a lot of redness and blistering of the nether region. I thank my lucky stars it was Sue at this CP and not Johnny. Half an hour later and I was Sudocrem and bandaged up. I was sliding along and the chafing had stopped. A few pain killers saw the shin splints ease to. So a big recommendation from me... Sudocrem, painkillers, ibuprofen and definitely practise in kit that won't chafe and wear it in all weathers to make sure.

**Stage 6** – the last day. Heavy taping, lots of painkillers (and I think a little off my head now), we set off (Anna, Tim, John and Richard) from Warrington camp site and headed towards Frodsham. On the last 7 miles Richard so very kindly gave me his sticks. In future I am going to invest in sticks for this kind of race and terrain.





by Anna Gilmore

6 days; 235 miles; 27,000 feet of elevation. Deadwater takes you on a journey from Scotland to Wales in (supposedly) glorious British sunshine down the backbone of England. Longer than most stage races and with a sting in the tail – a 60 mile day followed by the most brutal of days – a full day running on tarmac on the Manchester canals.

I liked the name. Honestly – that’s why I entered – it had a good name. As it turns out, it’s a bit too similar to Badwater so I spent time some time trying to explain that this race was from Scotland to Wales rather than running in gruelling temperatures of up to 54 degrees. For each night that Hayley and I had to use foil blankets and each others’ body heat to keep warm, I did wonder whether

Badwater may have been a better option. **Post Race Lesson 1 – get your gear right.** Sealskinz, Injini socks, gaiters – all great in the wet. Poles – I’ve now started training with them. Bring more layers than you need and don’t run in shorts in biblical floods. There’s also a lot you don’t need – I didn’t pack a towel, a comb, deodorant. If I couldn’t eat it or it didn’t keep me warm – it didn’t make the cut.

The pixie gates were my favourite part. The Pennine Way is littered with them. Oh and the mud. I’ve never been great running through mud. I’ve been told this has to do with power. Bigger, stronger men/women seem to be able to run through it but I slip over or around it.

**Post-race Lesson 2 – run more in the mud. Run to elevation as well as time/miles.**

Reflecting back, there were some things that I did or prepared well. Running long (50+ miles as my Saturday run) worked for me and prepared my body and mind for that long middle stage. I ran most of these long runs by myself or perhaps with company for 20 or so miles. It was a good mental test for me and made having Tim and Hayley’s company all the better. I did most of it with a smile on my face and if it wasn’t for those two, things would have been very different. Every single cheese joke going – all the knock-knock jokes we could think of – you have no idea the difference they made!

**Post-race Lesson 3 – your mind is as strong as your legs. Train your mind and your legs will follow.**

Would I do it again? Probably not. I’m not sure why but big challenges like this I only tend to do once. I’ve also made a promise to myself to never camp again. I’ve decided – on balance – that I prefer 5\* hotels with butlers. I would however recommend it to anyone. The organisation was faultless and remained so despite the considerable challenges Richard and the Beyond Marathon community faced with the atrocious weather. Warning for all who enter however that the race includes a few “Richard miles”. It says 60 on paper – it’s 61 in reality. 31 becomes 34. Value for money he said.



# TOUR DE HELVELLYN 2018

Photo: Hilary Barber



This is the first race on my calendar every year. It always falls on the weekend I break up from school so it's a chance for me to blast away the stresses and strains of the first term and come back refreshed and ready for the Christmas holidays. It's unusual in that

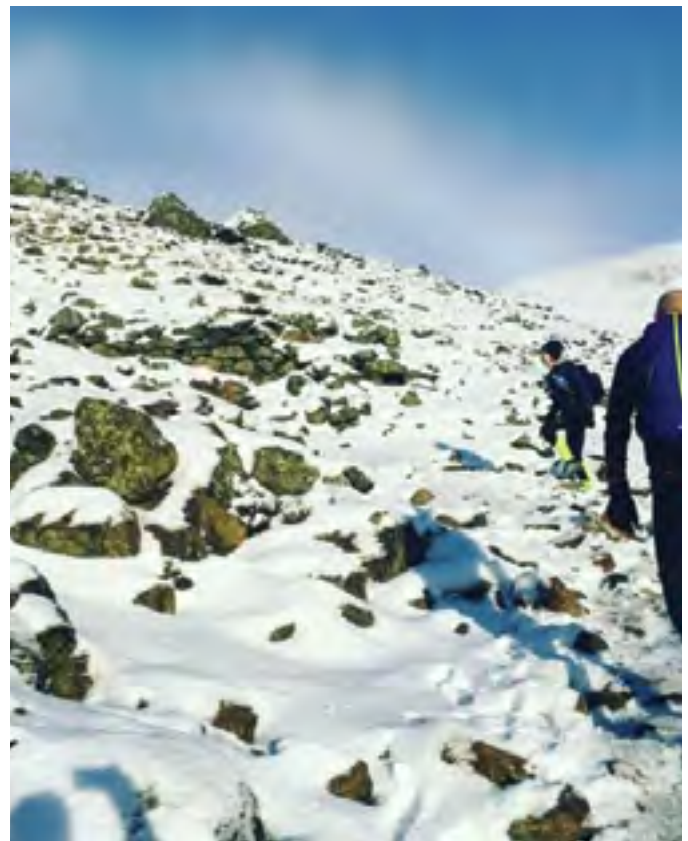
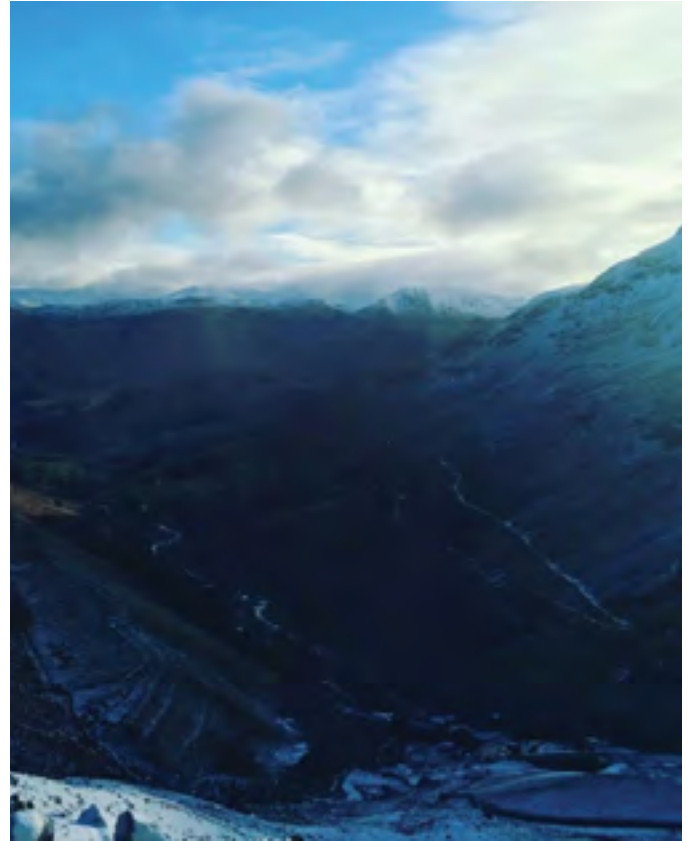
it is run on a 'come what may' basis by Nav4 – by that I mean it's on trails with no summits with an experienced team around it meaning I've run it in complete whiteouts and thigh deep snow on the tops to wading through thigh deep water past swans over

a former path. It's no frills, turn up and navigate some tough winter miles and then come back safely for some great food and a chat with some hardy like-minded souls.

This year it's snowing when I arrive early in the morning and walk the short distance up to race HQ in Askham. It's beautiful and the weather forecast has me in high spirits with no prolonged snow on the way and the chance of clear skies in the afternoon. I've given a lift to Tom on the way up and we've been chatting about the day, he's using it to get a long run out before the Spine and doesn't want to push the pace and I'm still feeling the effects of the Cheviot Goat a couple of weeks ago and agree it will be very much steady away. I fully expect us to separate at some point, despite agreeing to run together, and then meet up at the finish.

Registration is easy and the kit check is thorough, as ever and quite rightly so. It's a timed event from when you set off rather than a race where you set off all together. I like this format and it forces you to manage your pace and expectations in your own mind in order to complete. The start is always interesting for me – this will be my 6<sup>th</sup> Tour and I've only got the start right once and that was the first time when I was chatting to a local runner and he led the way. Since then I've gone way too far right, way too far left, too far right and too far left. Today I nail it and I'm beaming by the time we join the path that runs parallel with Ullswater. The mountains ahead look inviting and the skies look clear.

At the first checkpoint I see Darren from Mountains in Mind – I haven't seen him since he crewed on Deadwater and Tom also knows him from his time on the Spine. A quick chat and we're off again. As we run along the valley bottom Jim Mann passes us at a fair clip and he climbs at an incredible pace to put immediate distance between us. It's an amazing sight to see him gliding up the hills and I'm tired just watching him! As we descend to the farm and the next checkpoint I mark a tree in my mind as a cut down, I know I always miss this turn on the way back and it's annoyed me every year. I see some elves in hats, well runners in elf hats anyway, and joke



# Race Report



about not getting the memo - there's more and more of them about as we run round.

Up and over Sticks Pass is awesome, at the Swart Bridge checkpoint Stuart from Nav4 is there as usual and is joined by Piers and Hilary who I know from where I teach. I don't realise it's them until after I've passed through though. I'm not very good at names and faces so I think I know it's them when I run through and smile but there's no response so I don't

push it. It's only when I'm running off I realise that I'm fully wrapped up from head to toe with a buff covering most of my face so any recognition on their part would have been tricky - especially as I haven't seen them for at least 6 months in person. I'm not anti-social, I'm just generally rubbish!

Coming down the other side we pass Lisa Sammons who is building to go out to summit Ancongua, we share an all too brief chat before moving on. I

feel bad about moving on so quick but stopping would also mean cooling down and that's never a great option in the middle of a 38 mile winter mountain race. Along and through the woods we go – traditionally this is where I have a little cry about how far back I've still to run but there's nothing there this year so I just have to crack on. On the climb up to Grisedale Tarn I am suffering quite badly and I'm surprised when Tom waits for me, surprised but pleased. On the way down I can feel a stretch in my ankle and I'm feeling really pathetic now. I've not done anything to it, it seems, it's just hurting when I run. More so downhill but it's always there.

I contrive to fall over on the flat path towards Glenridding, clipping my feet with my own poles, and I feel equal parts silly and pathetic. I trudge on at barely faster than walking pace ready to have a coffee and jelly baby pick me up at the farm. I add orange segments to my pick me up and boy do they do the job – thank you to all the checkpoint staff throughout the day. A new system of tracking the competitors has been used by Joe of Nav4 during this event and when you are scanned as you move through the staff know your name. It's a really special feeling when the race staff say 'well done John we've got you' as you move through. Such a little thing but also such a big thing as well when you're in the middle of losing the plot, names are powerful. It made me wish the staff had name badges on so I could thank them back in person as well.

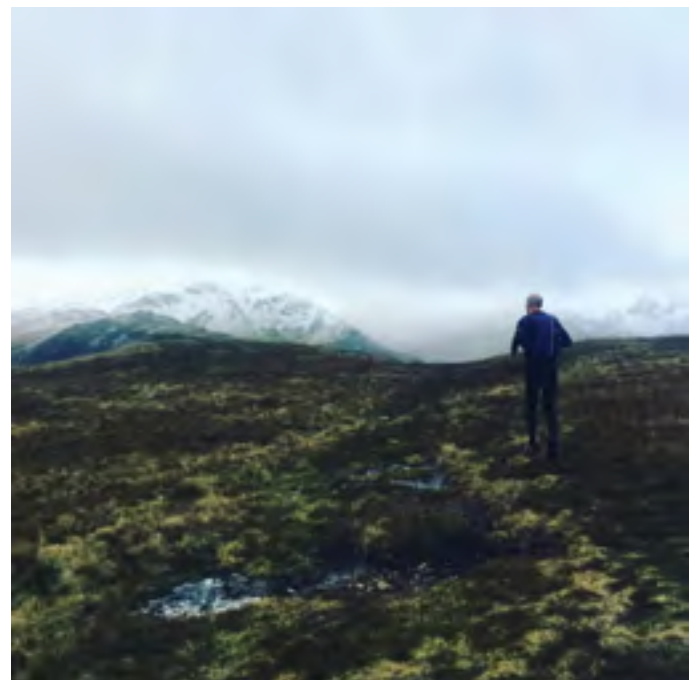
The last climb now, apart from the actual last climb, and I'm looking for the tree and still miss it and the turn. I'm cross and despite calls of 'are you sure' from someone with us as others' go straight on I power up and over in an improvised cut to the path. Happy I'm back on track and re-invigorated by the sudden turn of speed I settle in behind Tom and follow his rhythm. I'm just about to comment about how much easier it is to follow someone when he pulls over and I take the lead. This last section, a long gentle gradient upwards all the way to the cockpit and gate leading to the village, always plays with my mind. This year is no different and ankle

or not I want it to be over quickly. I shut off to the world and gradually increase the pace. Tom tails off, I know he will catch up when I have spent my energy on this climb but if I slow now I will just get slower. I'm pounding past runners now but can't flicker when they speak or break my concentration or I'll fold and crumple. Just after the cockpit I smile and dial it back, Tom bounds up and we finish the race with a (relative) sprint together.

At the finish I get changed quickly and warm up with soup, bread, coffee and cake. It's a really great spread of food and the tables are arranged café style so there's a great buzz around the room. I chat to many people, some I know, some I don't and all of whom I will do my best to remember next time I'm out but know I will fail so apologies in advance now. It's always a great event, my times have ranged from 11 hours 10 to 7 hours 40 and I'm around 8 hours this year which I'm pleased about. This will always have a special place on my calendar, it's run by a great team, is great value and has enough winter miles to provide a both great indication of how my training is going and a meditative base to set me up for a period of Christmas rest. Thank you Nav4.

Race results:

<http://results.opentracking.co.uk/tdh2017>



# ARCTIC JOHN THE MOVIE



Anyone who runs ultras gets asked at least once a week why on earth they do it. Often it is hard to define exactly what all the elements are that inspire us. This film captures many of them. It has enough beautiful cinematography to make anyone want to step foot in the fells. And captures perfectly one man's (Arctic John) personal story. John's story is both humble and humbling. But what inspires him and the limits he pushes himself to, should make him and his dad proud. In essence this film sums up perfectly what it means to be an ultra runner. Tom Hollins



LA ULTRA  
**THE HIGH**

[www.laultra.in](http://www.laultra.in)



# NORTHANTS 'SHIRES AND SPIRES' ULTRA 35 10TH ANNIVERSARY



If you are looking for your first Ultra what do you? How far do you go? Well the Shires and Spires Ultra could be your first or if you are a seasoned ultra runner then a great day's summer running with stunning scenery and a real sense of camaraderie. This year's race will take place on Sunday 20th May, starting and finishing at the impressive Lamport Hall. The race follows a 35 mile loop (only 9 miles further than a marathon!) taking in some of the most interesting country houses and historical sites in England and as well as Lamport includes Naseby, Althorp (home of the Spencer family) and Cottesbrooke (the house Jane Austen used as the basis for Mansfield Park) as well some stunning countryside.

The course is a mixture of trail and road with a couple of challenging hills to make it even more interesting, which attracts everyone from experienced Ultra-Trail runners to those taking their first tentative steps into the world of ultra-running. For the last two years we have had 'The Juggler', aka Tim Butler from Lincoln & District Runners, who juggles his way around the course and this year donned a tiger mask. As well as Tim being a bit of a talking point amongst the runners, it is great to see some fantastic team spirit, so many runners making new friends, conquering personal goals, and gaining new stories to tell. Over the past nine years we have developed a community of running; this is what drives its success and brings back runners

year after year.

For those taking part in Shires & Spires we make sure that our runners are well catered for with 5 Check Points located at approximately 5-6 mile intervals. Each check point has water, energy gels, Jelly Babies and the famous Go Beyond fruit cake, plus a selection of savouries at CP3 which also cater for Vegetarian and Vegan runners. Tea, coffee and cake are available for all athletes at the finish as well as a welcome sports massage. The event is chip timed and all finishers receive a finisher's photo, a medal and technical t shirt. There is also the Northants Ultra Team trophy awarded to the first team of 5 runners (including at least 1 female runner) to complete the full ultra-distance course. The Northants Ultra 35 is also part of the Go Beyond Race Series and a UTMB Qualifier Race.

Why not come and join us in 2018, our 10th Anniversary year! To celebrate this achievement and 10 years of Shires & Spires we will be awarding finishers with a special 10 year anniversary medal. To find out more about this race and our other events go to [http://gobeyondultra.co.uk/events/northants\\_ultra\\_shires\\_and\\_spires\\_2018](http://gobeyondultra.co.uk/events/northants_ultra_shires_and_spires_2018)





**Sri Chinmoy  
Ultras Ottawa  
Self-Transcendence  
Races:**

**6/12/24 Hour, 50k, 50mi,  
100k, 100mi, 200K**

**July 28-29 2018**

Visit us at

[ca.srichinmoyraces.org/sri-chinmoyultrasottawa](http://ca.srichinmoyraces.org/sri-chinmoyultrasottawa)

## SRI CHINMOY MARATHON TEAM 2018



[www.srichinmoyraces.org](http://www.srichinmoyraces.org)

ULTRA Races

### Europe

- 17 March Sri Chinmoy 6 Hour Race Nürnberg** \* *Sri Chinmoy Hero-Cup*  
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 am, application deadline (AD): 9 March  
[nurnberg@srichinmoyraces.org](mailto:nurnberg@srichinmoyraces.org) , <https://de.srichinmoyraces.org> , late registration + 5 €
- 29 April Sri Chinmoy 6 Hour Race Wien** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, c/o Smarana Puntigam, Märzstr. 158/10, 1140 Vienna  
Mob +43-(0)650-762 72 62; Fax /87 78 94 13, Start: 10 am  
[wien@srichinmoyraces.org](mailto:wien@srichinmoyraces.org) , <https://at.srichinmoyraces.org> , AD: 25 April, LR: + 10 €
- 12.-13. 5. Sri Chinmoy 12+24 Hour Race Basel**  
Sri Chinmoy Marathon Team, PO box 76, 5420 Ehrendingen, Switzerland  
Tel +41-(0)56-203 13 88, Fax +41-(0)56-203 13 01, AD: 9 May, late registration after 31.3. + 12 €  
Start (24 h): Sat 12 pm noon, Start (12 h): Sat 24 pm midnight  
[12-24h-basel@srichinmoyraces.ch](mailto:12-24h-basel@srichinmoyraces.ch) , <https://ch.srichinmoyraces.org>
- 12 May Self-Transcendence 6+12 Hour+100 km Race Nitra** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, Pod gastanmi 4F, 82107 Bratislava, Slovakia  
Pranjal Milovnik, Tel +421-(0)905-64 83 15  
Start (12 h+100 km): 7 am, Start (6 h): 13 pm  
[scmt@scmt.sk](mailto:scmt@scmt.sk) , <https://cs.srichinmoyraces.org>
- 26 May Self-Transcendence 6+12 Hour Race Prague** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, Letovska 532, 19900 Praha-Letnany, Czech Republic  
Tel +420-(0)603-177 566, Fax +420-(0)2-252 77 400  
Start (12 h): 7 am; Start (6 h): 13 pm, AD: 1 May, late registration + 10 €  
[praha@srichinmoyraces.org](mailto:praha@srichinmoyraces.org) , <https://cs.srichinmoyraces.org>
- 2 June Self-Transcendence 50 km+100 km Race Amsterdam**  
Sri Chinmoy Marathon Team, attn. Nitish Zuidema, H.N. Werkmanweg 17,  
2031 BA Haarlem, Holland, Tel +31-(0)23-516 03 60, Fax +31-(0)23-516 03 61  
Start (50 km): 12 pm noon, Start (100 km): 9 am, AD: 27 May, late registration + 5 €  
[amsterdam@srichinmoyraces.org](mailto:amsterdam@srichinmoyraces.org) , <https://nl.srichinmoyraces.org>
- 2-3 June Self-Transcendence 12+24 Hour Race Chisinau** Moldavian National Championships  
Sri Chinmoy Marathon Team, Ion Frunza, Florilor 30/1a, ap. 28, MD-2068, Chisinau, Moldavia  
Tel +373-(0)692 55 274, AD: 27 May, Start (24 h): Sat 21 pm, Start (12 h.): Sun 9 am  
[moldova@srichinmoyraces.org](mailto:moldova@srichinmoyraces.org) , <https://md.srichinmoyraces.org>
- 17 June Sri Chinmoy 50+100 km Race Paris**  
Sri Chinmoy Marathon Team, 9-13 rue Srebrenica, Apt. 48, 75020 Paris, France  
Tel +33-(0)1-43 71 15 19, Mobil +33-(0)630-19 16 39  
Start (50 km): 12 pm noon; Start (100 km): 7 am, AD: 10 June, late registration + 5 €  
[contact@srichinmoycourses.fr](mailto:contact@srichinmoycourses.fr) , <https://srichinmoycourses.fr/>
- 29.-31. 6. Self-Transcendence 12+24+48 Hour Race Vinnitsa, Ukraine**  
Ukrainian National Championships in the 48 Hour Race  
Sri Chinmoy Marathon Team, Igor Mudrik, Tel +380-67-811 80 23, People Friendship Park  
Start (48 h): Fri 12 pm noon, Start (24 h): Sat 12 pm noon, Start (12 h): Sat 24 pm midnight  
[info@races.org.ua](mailto:info@races.org.ua) , <http://races.org.ua>

- 20.-22. 7. Self-Transcendence 24+48 Hour Race Kladno**  
Sri Chinmoy Marathon Team, Letovska 532, 19900 Praha-Letnany, Czech Republic  
Tel +420-(0)603-177 566, Fax +420-(0)2-252 77 400, AD: 1 July, late registration + 10 €  
Start (48 h): Fri 12 pm noon, Start (24 h): Sat 12 pm noon  
[paha@srchinmoyraces.org](mailto:paha@srchinmoyraces.org) , <https://cs.srchinmoyraces.org>
- 5 Aug. Self-Transcendence 6 Hour Race Kharkov, Ukraine**  
Sri Chinmoy Marathon Team, Gennady Ozerov, Tel +380-50-16 85 118, Artem Park, Kharkov, Ukraine, Start: Sun 10 am, [info@races.org.ua](mailto:info@races.org.ua) , <https://races.org.ua>
- 8 Sept. Self-Transcendence 6 Hour Race Kosice**  
Sri Chinmoy Marathon Team, Hlavna 79, 04001 Kosice, Slovakia  
Peter Hlac, Tel +421-(0)905-783 363, Start: Sat 10 am, AD: 14. 8., late registration + 10 €  
[info@behkosice.sk](mailto:info@behkosice.sk) , <https://cs.srchinmoyraces.org/beh-6h-kosice>
- 15 Sept. Sri Chinmoy 6 Hour Race Munich** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, An der Würm 28, 81247 Munich  
Tel +49-(0)89-12 02 15 13, Fax +49-(0)89-12 02 15 29, Start: 10 am  
[munich@srchinmoyraces.org](mailto:munich@srchinmoyraces.org) , <https://de.srchinmoyraces.org> , AD: 14. 9., late reg. + 10 €
- 22.-23. 9. Self-Transcendence 6+12+24- Hour Race Belgrade**  
Sri Chinmoy Marathon Team, Hilendarska 24, 11000 Belgrade, Serbia  
Tel +381 (0)11 245 20 25, Mobile +381 (0)63 113 97 27  
Start (24 h.): Sat 12 pm noon, Start (6 h): Sat 12 pm noon, Start (12 h): Sat 21 pm  
[scmt.rs@srchinmoyraces.org](mailto:scmt.rs@srchinmoyraces.org) , <http://rs.srchinmoyraces.org/>
- 22.-23. 9. Self-Transcendence 24 Hour Track Race London**  
Sri Chinmoy Marathon Team, Shankara Smith, Run and Become, 4a Eccleston Street, London SW1W 9LN, UK, Tel +44-(0)207-222 13 14, Mobile +44-(0)77 34 29 80 24, AD: 15. July  
Start: 12 pm noon, [races@runandbecome.com](mailto:races@runandbecome.com) , <https://uk.srchinmoyraces.org/london-24>
- 22.-23. 9. Self-Transcendence 6+12+24 Hour Race Kiev, Ukraine**  
Ukrainian National Championships in the 12+24 Hour Race  
Sri Chinmoy Marathon Team, Valentyn Ionov, Tel +380-97-42 72 395, Expo Center  
Start (24 h.): Sat 12 pm noon, Start (12 h): Sat 24 pm midnight, Start (6 h): Sat 12 pm noon  
[info@races.org.ua](mailto:info@races.org.ua) , <http://races.org.ua>
- 6 Oct. Self-Transcendence 6 Hour Race Amsterdam**  
Sri Chinmoy Marathon Team, attn. Nitish Zuidema, H.N. Werkmanweg 17  
2031 BA Haarlem, Holland, Start: 10 am, AD: 1 October, late registration + 5 €  
Tel +31-(0)23-516 03 60, Fax +31-(0)23-516 03 61  
[amsterdam@srchinmoyraces.org](mailto:amsterdam@srchinmoyraces.org) , <https://nl.srchinmoyraces.org>
- 20.-21. 10. Sri Chinmoy Trophy 6+24 Hour Race Cesano Boscone** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, c/o Runner Store, Viale Legioni Romane 59  
20147 Milano, Italy, Tel/Fax +39-02-48 37 66 05  
Start (6 h): Sat 12 pm noon, Start (24 h): Sat 12 pm noon  
[info@corsessrchinmoy.it](mailto:info@corsessrchinmoy.it) , <https://it.srchinmoyraces.org>

---

\* The *Sri Chinmoy Hero-Cup* combines six 6-hour races staged by the Sri Chinmoy Marathon Team in Europe. The races are in relative short travel distances. The female and male Cup winners will be crowned ***Sri Chinmoy 6-hour Hero-Cup Champions*** at the final 6 Hour Race Cesano Boscone in Milano, Italy on 20 October. More information: <https://de.srchinmoyraces.org/hero-cup>

---

Sri Chinmoy Marathon Team Germany e.V. Member of the Sports Association Rheinhessen  
Axel Gressenich, An der Würm 28, 81247 München, Germany  
Tel +49-89-12 02 15-13, Mobile +49-151-50 98 64 83, Fax +49-89-12 02 15-29

## UK AND IRELAND CALENDAR

4/2/2018	ENG	50m	Trail	Liverpool to Manchester		
4/6/2018	WAL	100 miles	Trail	Dead Sheep Race		<a href="https://markmonsall.wixsite.com/dead-sheep-100m">https://markmonsall.wixsite.com/dead-sheep-100m</a>
4/7/2018	ENG	44m	Mixed	Testway Ultra	Coombe Gibbet	<a href="http://andovertrailrunners.co.uk/">http://andovertrailrunners.co.uk/</a>
4/7/2018	ENG	80m	Trail	Oner Ultra Trail Run		
4/7/2018	ENG	50m	Trail	South Downs Way 50		
4/7/2018	ENG	32m	Trail	Vale of Glamorgan Coastal Ultra	Penarth Pier	<a href="http://www.runwalkcrawl.co.uk/events/vale-coastal-ultra.html">http://www.runwalkcrawl.co.uk/events/vale-coastal-ultra.html</a>
4/7/2018	ENG	100/50 km	Trail	Kielder Ultra Trail 100km	Kielder	<a href="https://www.highterrainevents.co.uk/">https://www.highterrainevents.co.uk/</a>
4/7/2018	SCO	34 miles		3 Lochs Way Challenge	/	
4/7/2018	ENG	45/27m	Trail	Coastal Trail Series - Exmoor	EX31 4QR	<a href="https://www.endurancelife.com/exmoor">https://www.endurancelife.com/exmoor</a>
4/8/2018	ENG	8H	Trail	Spring Ranscombe Challenge		
4/8/2018	ENG	40m	Trail	Cyril Bean Coventry Way 40m		
4/8/2018	ENG	6 hours	Mixed	Groovy Baby	Chesham Road HP4 3AH	<a href="https://www.phoenixrunning.co.uk/events/groovy-baby">https://www.phoenixrunning.co.uk/events/groovy-baby</a>
4/14/2018	ENG	36m	Trail	Calderdale Hike	Sowerby Bridge HX6 1LB	<a href="http://www.calderdalehike.org.uk/">http://www.calderdalehike.org.uk/</a>
4/14/2018	ENG	12 Hours/ 50m	Mixed	Fowlmead Challenge	CT14 0BF	<a href="http://www.saxon-shore.com/fowlmead_50/">http://www.saxon-shore.com/fowlmead_50/</a>
4/14/2018	SCO	100km	Trail	Ultra Tour of Arran	Brodick	<a href="http://www.ratrace.com/uta">www.ratrace.com/uta</a>
4/14/2018	SCO	100 km	Trail	Ultra Tour of Arran	Brodick, Arran	<a href="http://ratrace.com/uta/">http://ratrace.com/uta/</a>
4/15/2018	ENG	50 miles	Mixed Terrain	Challenge4Charity	Sheffield	<a href="http://www.will4adventure.com/challenge4charity/">http://www.will4adventure.com/challenge4charity/</a>
4/15/2018	WAL	32.6 miles	Sand	Pendine Ultra	Pendine Sands	<a href="http://www.ultrarunningltd.co.uk/pendine-sands-races.html">http://www.ultrarunningltd.co.uk/pendine-sands-races.html</a>
4/21/2018	ENG	58k	Mixed	Fox Ultra	GU7 1DY	<a href="http://aat-events.com/race/the-fox/">http://aat-events.com/race/the-fox/</a>
4/21/2018	ENG	6 hours	Mixed	Wonderland Caucus Race	Dover road, CT17 9FL	<a href="http://www.saxon-shore.com/wonderland/">http://www.saxon-shore.com/wonderland/</a>
4/21/2018	ENG			Royal Canal Run Longford		<a href="https://www.facebook.com/Royal-Canal-Run-Longford-982809648413768/">https://www.facebook.com/Royal-Canal-Run-Longford-982809648413768/</a>
4/22/2018	ENG	35m	Trail	Pewsey Downsaround		
4/22/2018	ENG	60k	Trail	Longhorn Ultra	NG22 9WH	<a href="http://www.sbrevents.co.uk/events/the-longhorn-2018">http://www.sbrevents.co.uk/events/the-longhorn-2018</a>
4/22/2018	IRE	39.3m	Road	Connemara Ultra	Peacocke's Hotel, Maam Cross	<a href="http://www.connemarathon.com/ultra-info/">http://www.connemarathon.com/ultra-info/</a>
4/27/2018	ENG	6 hours	Road	Liverpool 6 Hour (Name may change)	TBA	<a href="https://chorley6hourroadrace.wordpress.com/events/liverpool-6-hour-road-race-2018/">https://chorley6hourroadrace.wordpress.com/events/liverpool-6-hour-road-race-2018/</a>
4/28/2018	ENG	8 Hours	Trail	Rachel's Ranscombe Ramble		
4/28/2018	ENG	41m	Trail	Millennium Way		
4/28/2018	ENG	61m	Trail	The Fellsman	Ingleton	<a href="https://www.fellsman.org.uk/">https://www.fellsman.org.uk/</a>
4/28/2018	ENG	150k	Mixed	Tyne Trail Ultra (South)	Garrigill	<a href="http://tynetrailultra.com/">http://tynetrailultra.com/</a>
4/28/2018	ENG	94 miles	Off Road	L2M	Aintree	<a href="http://www.gbultras.com">http://www.gbultras.com</a>
4/28/2018	SCO	53m	Trail	Highland Fling	Milngavie	<a href="https://www.highlandflingrace.org/">https://www.highlandflingrace.org/</a>
4/28/2018	WAL	35.1m	Trail	Coastal Trail Series - Pembrokeshire	Haverfordwest, SA62 3JY	<a href="https://www.endurancelife.com/pembrokeshire">https://www.endurancelife.com/pembrokeshire</a>
4/29/2018	ENG	6 hours	Trail	Wickham Whistler	Wickham Station Road	<a href="http://www.onthewhistle.co.uk/wickham-whistler/">http://www.onthewhistle.co.uk/wickham-whistler/</a>
4/29/2018	ENG	41 miles	Trail	Millennium Way Back	Burton	<a href="http://beyondmarathon.com/millennium-way">http://beyondmarathon.com/millennium-way</a>

# Upcoming Races

5/5/2018	ENG	97 miles	Trail	South Downs Way Devils Challenge	Chilcomb Sports Ground Winchester	<a href="http://www.xnrg.co.uk">http://www.xnrg.co.uk</a>
5/5/2018	ENG	6 Hours	Mixed	Northampton Cakeathon 1	NN4 7YF	<a href="http://www.saxon-shore.com/cakeathon_northampton/">http://www.saxon-shore.com/cakeathon_northampton/</a>
5/5/2018	ENG	40m	Trail	Oxon 40	HP14 3TQ	<a href="https://www.ldwa.org.uk/ThamesValley/W/5102/information-page.html">https://www.ldwa.org.uk/ThamesValley/W/5102/information-page.html</a>
5/5/2018	ENG	97m	Trail	South Downs Way Devil's Challenge (3 days)	SO21 1HU	<a href="http://www.xnrg.co.uk/events/details/the-devils-challenge-2018.aspx">http://www.xnrg.co.uk/events/details/the-devils-challenge-2018.aspx</a>
5/5/2018	ENG	100m	Trail	Thames Path 100	Richmond Old Town Hall	<a href="http://www.centurionrunning.com/races/thames-path-100-2018">http://www.centurionrunning.com/races/thames-path-100-2018</a>
5/5/2018	ENG	90m	Trail	Great Lakeland 3 Day	Grid reference: NY086183	<a href="http://www.greatlakeland3day.com/">http://www.greatlakeland3day.com/</a>
5/5/2018	ENG	90/38/29 miles	Trail	Malvern Hills Ultra	Abberley Hall	<a href="http://www.ultrarunningltd.co.uk/malvern-hills-ultra.html">http://www.ultrarunningltd.co.uk/malvern-hills-ultra.html</a>
5/5/2018	ENG	90/60/30 miles	Trail	The Devil's Challenge	Chilcomb Sports Ground	<a href="http://www.xnrg.co.uk/events/details/the-devils-challenge-2018.aspx">http://www.xnrg.co.uk/events/details/the-devils-challenge-2018.aspx</a>
5/5/2018	IOW	106/53/26 km	Trail	Isle of Wight Challenge	Chale	<a href="https://www.isleofwightchallenge.com/">https://www.isleofwightchallenge.com/</a>
5/5/2018	SCO	30 miles	Trail	Glen Lyon Ultra	PH15 2PX	<a href="http://runyabam.com/">http://runyabam.com/</a>
5/5/2018	SCO	35m	Trail	Kintyre Way Ultra 35	Tayinloan	<a href="http://www.kintyrewayultra.org/">http://www.kintyrewayultra.org/</a>
5/5/2018	WAL	Various	Trail	OMM Festival		<a href="https://www.theomm.com/omm-festival/">https://www.theomm.com/omm-festival/</a>
5/5/2018	WAL	50k	Trail	Brecon Beacons Ultra	Gilestone Farm LD3 7JE	<a href="https://trailevents.co/events/brecon-beacons/">https://trailevents.co/events/brecon-beacons/</a>
5/6/2018	ENG	27m	Trail	Three Forts Marathon	BN14 9QF	<a href="http://www.threefortschallenge.org.uk/">http://www.threefortschallenge.org.uk/</a>
5/6/2018	ENG	33/20m	Mixed	Marlborough Downs Challenge	Marlborough Leisure Centre, SN8 1PB	<a href="http://www.marlboroughrunningclub.org.uk/races/marlborough-downs-challenge">http://www.marlboroughrunningclub.org.uk/races/marlborough-downs-challenge</a>
5/6/2018	ENG	32m	Mixed	Roche Abbey Trail Running Festival	Roche Abbey, S66 8NW	<a href="http://www.itsgrimupnorthrunning.co.uk/grim-up-north-running-events/event/roche-abbey-trail-running-festival-2018/id/31/do/details">http://www.itsgrimupnorthrunning.co.uk/grim-up-north-running-events/event/roche-abbey-trail-running-festival-2018/id/31/do/details</a>
5/6/2018	SCO	27m	Trail	Selkirk Ultra		
5/6/2018	WAL	100/50k	Trail	St Illtyds Trail Race 100k	Burry Port Train Station	<a href="http://www.goeventswales.com/product/st-illtyds-ultra-marathon-2018/">http://www.goeventswales.com/product/st-illtyds-ultra-marathon-2018/</a>
5/11/2018	ENG	100 miles	Mixed	Cotswold Way Challenge	Chipping Campden	<a href="https://www.100milerun.com/cotswold-way-challenge/">https://www.100milerun.com/cotswold-way-challenge/</a>
5/11/2018	ENG	72 Miles	Mixed Terrain	Devon Coast Challenge	Devon	<a href="https://votwo.co.uk/collections/coastal-challenges/products/devon-coast-challenge">https://votwo.co.uk/collections/coastal-challenges/products/devon-coast-challenge</a>
5/11/2018	ENG	50m	Trail	The Ox Ultra	Salisbury SP5 5QB	<a href="http://whitestarrunning.co.uk/ox-races/">http://whitestarrunning.co.uk/ox-races/</a>
5/11/2018	ENG	6 hours	Mixed	Top Run Marathon	Xcel Leisure Centre, KT12 2JG	<a href="https://www.phoenixrunning.co.uk/events">https://www.phoenixrunning.co.uk/events</a>
5/12/2018	ENG	40m	Trail	Ridgeway 40	Overton Hill	<a href="http://www.ridgeway40.co.uk/">http://www.ridgeway40.co.uk/</a>
5/12/2018	ENG	37/32 miles	Mixed	A Bridge Too Far Ultra 37	Otley. LS21 2EF	<a href="http://punkpanther.co.uk/event-4/">http://punkpanther.co.uk/event-4/</a>
5/12/2018	ENG	40/30 m	Mixed	Dukeries Ultra 40	Walesby Sp.& Soc. Club NG22 9PF	<a href="http://www.hobopace.co.uk/dukeries-30-40/">http://www.hobopace.co.uk/dukeries-30-40/</a>
5/13/2018	ENG	12/6 hours	Trail	Ellenden Farm Frolic	Evesham WR11 8LU,	<a href="http://www.cotswoldrunning.co.uk/ellenden-farm-frolic">http://www.cotswoldrunning.co.uk/ellenden-farm-frolic</a>
5/19/2018	ENG	100 miles	Mixed	Chester Ultra 100	Waverton CH3 7QT	<a href="http://www.gbultras.com/chester-ultra-100/">http://www.gbultras.com/chester-ultra-100/</a>
5/19/2018	ENG	615 miles	Mixed Terrain	Monarchs Way Ultra	Powick Bridge, Worcester	<a href="https://www.challenge-running.co.uk/races/monarchs-way/">https://www.challenge-running.co.uk/races/monarchs-way/</a>
5/19/2018	ENG	100 m	Trail	Westcountry Ultra (Flat!) 100m	Taunton	<a href="https://www.albionrunning.org/">https://www.albionrunning.org/</a>

# Upcoming Races

5/19/2018	ENG	50 m	Trail	Westcountry Ultra (Flat or Hilly) 50m	Minehead	<a href="https://www.albionrunning.org/">https://www.albionrunning.org/</a>
5/19/2018	ENG	50m	Trail	North Downs Way 50	St. Polycarps Primary School GU9 8BQ	<a href="http://www.centurionrunning.com/races/north-downs-way-50-2018">http://www.centurionrunning.com/races/north-downs-way-50-2018</a>
5/19/2018	SCO	110m	Trail	Cateran Trail 110	Gulabin Lodge, PH10 7QF	<a href="https://cateran55ultra.webnode.com/">https://cateran55ultra.webnode.com/</a>
5/19/2018	SCO	42 miles	Trail	Annandale Way	Moffat	<a href="https://www.purechallenge.co.uk/index.php/event/annandale-way-42-miles/">https://www.purechallenge.co.uk/index.php/event/annandale-way-42-miles/</a>
5/20/2018	ENG	35 miles	Trail	Northants Ultra 35 Shires and Spires	Lampton	<a href="http://gobeyondultra.co.uk/events/northants_ultra_shires_and_spires_2018">http://gobeyondultra.co.uk/events/northants_ultra_shires_and_spires_2018</a>
5/20/2018	SCO	400 km	Trail	Cape Wrath	Fort William	<a href="http://www.capewrathultra.com">http://www.capewrathultra.com</a>
5/25/2018	ENG	200m	Trail	Hardmoors 160	Sutton Bank	<a href="https://www.hardmoors110.org.uk/hardmoors-160/">https://www.hardmoors110.org.uk/hardmoors-160/</a>
5/26/2018	ENG	110m	Trail	Hardmoors 110	Filey	<a href="https://www.hardmoors110.org.uk/hardmoors-110/">https://www.hardmoors110.org.uk/hardmoors-110/</a>
5/27/2018	SCO	74m	Trail	Skye Trail Ultra	Duntulm	<a href="http://skyetrailultra.co.uk/">http://skyetrailultra.co.uk/</a>
6/3/2018	ENG	6 hours	Mixed Terrain	Dambusters Challenge	Birchington, CT7 9QP	<a href="http://www.saxon-shore.com/viking_coastal_summer/">http://www.saxon-shore.com/viking_coastal_summer/</a>
6/9/2018	SCO	54/36.5 m	Trail	Cateran Yomp	Blairgowrie	<a href="https://www.soldierscharity.org/events/the-cateran-yomp/#">https://www.soldierscharity.org/events/the-cateran-yomp/#</a>
6/9/2018	SCO	30 m	Mixed	Lochalsh Dirty 30	Glenelg Village Hall	<a href="http://www.lochalsh-trails.co.uk/">http://www.lochalsh-trails.co.uk/</a>
6/10/2018	ENG	50 km	Trail	Weald Trail Ultra	Chiddingly, BN8 6HN	<a href="http://www.trailrunningsussex.co.uk/trailraces.html">http://www.trailrunningsussex.co.uk/trailraces.html</a>
6/16/2018	ENG	69m	Mixed Terrain	The Wall ultra	Carlisle Castle	<a href="http://www.ratrace.com/thewall">www.ratrace.com/thewall</a>
6/16/2018	ENG	24 hours	Mixed	Hope 24	Newnham Park PL7 5BN	<a href="http://hope24.team-hope.co.uk/hope24-festival/">http://hope24.team-hope.co.uk/hope24-festival/</a>
6/23/2018	SCO	95 m	Trail	West Highland Way Ultra	Milngavie	<a href="https://westhighlandwayrace.org/">https://westhighlandwayrace.org/</a>
6/24/2018	SCO	42.7 km	Trail	Lairig Ghru	Braemar	<a href="http://www.deesiderunners.com/races/lairig-ghru-race/">http://www.deesiderunners.com/races/lairig-ghru-race/</a>
6/28/2018	ENG	32 miles x 10	Mixed Terrain	The Great Barrow Challenge	Suffolk Academy IP29 5AX	<a href="http://thegbc.co.uk/">http://thegbc.co.uk/</a>
6/30/2018	ENG	100/50 km	Mixed	Cotswold Way Challenge	Royal Victoria Park, Bath	<a href="http://www.cotswoldwaychallenge.com/">http://www.cotswoldwaychallenge.com/</a>
6/30/2018	SCO	100 k/45miles	Trail	St Cuthberts Way Ultra	Holy Island	<a href="https://www.trailoutlaws.com/saint-cuthbert-way.php">https://www.trailoutlaws.com/saint-cuthbert-way.php</a>
7/7/2018	ENG	100/50 k	Trail	Ham & Lyme 100k	Ham Hill CP/ Lyme Regis	<a href="https://www.albionrunning.org/ham--lyme-100k50k">https://www.albionrunning.org/ham--lyme-100k50k</a>
7/7/2018	ENG	100 km	Trail	Serpent Trail 100k	Petersfield	<a href="http://www.serpenttrailrace.com/">http://www.serpenttrailrace.com/</a>
7/7/2018	ENG	50 km	Trail	Serpent Trail 50k	Petersfield	<a href="http://www.serpenttrailrace.com/">http://www.serpenttrailrace.com/</a>
7/7/2018	SCO	71m	Trail	Great Glen	Neptune's Staircase, Fort William	<a href="http://www.runyabam.com/great-glen-ultra">http://www.runyabam.com/great-glen-ultra</a>
7/14/2018	ENG	100/50/30 m	Mixed	Essex 100	Felsted	<a href="http://www.challenge-running.co.uk/races/essex-100/">http://www.challenge-running.co.uk/races/essex-100/</a>
7/14/2018	ENG	40	Trail	Lyke Wake Challenge	Sheepswash	<a href="https://www.sientries.co.uk/event.php?event_id=4334">https://www.sientries.co.uk/event.php?event_id=4334</a>
7/14/2018	SCO	40m	Mixed	Clyde Stride Ultra Marathon	Partick Railway Station	<a href="https://www.entrycentral.com/Clyde-Stride-Ultra">https://www.entrycentral.com/Clyde-Stride-Ultra</a>
7/14/2018	SCO	50 km	Trail	Cowal Way Ultra Chase	Lochgoilhead	<a href="http://www.nofussevents.co.uk/events/the-cowal-way-chase-ultra-2018-july-14">http://www.nofussevents.co.uk/events/the-cowal-way-chase-ultra-2018-july-14</a>
7/21/2018	SCO	50 km	Trail	Run The Blades	Whitelee Wind Farm	<a href="http://www.breakingstrain.co.uk/events/run-the-blades/">http://www.breakingstrain.co.uk/events/run-the-blades/</a>

# Upcoming Races

8/3/2018	ENG	24 hours	Mixed	Cotswold 24	Cirencester Park, GL7 6JT	<a href="http://www.100milerun.com/cotswold-24-hour-race/">http://www.100milerun.com/cotswold-24-hour-race/</a>
8/4/2018	ENG	140m	Mixed	Coast 2 Coast (C2C) Ultra	Whitehaven	<a href="http://www.c2cultra.com/#">http://www.c2cultra.com/#</a>
8/4/2018	SCO	42m	Trail	Devil O'The Highlands Footrace	Brodie's Store, Tyndrum	<a href="http://www.devilothehighlandsfootrace.co.uk/">http://www.devilothehighlandsfootrace.co.uk/</a>
8/13/2018	SCO	50m	Road	John Lucas Memorial 50	Strathaven, ML10 6DY	<a href="http://www.strathavenstriders.co.uk/">http://www.strathavenstriders.co.uk/</a>
8/18/2018	SCO	214 miles	Trail	The Race Across Scotland	Portpatrick	<a href="http://www.gbultras.com/ultra-great-britain-2018/">http://www.gbultras.com/ultra-great-britain-2018/</a>
8/24/2018	ENG	214 km	Trail	Chiltern Way Ultra Challenge 200k	Little Hampden HP3 0BL	<a href="http://www.challenge-running.co.uk/races/chiltern-way-ultra-214k/">http://www.challenge-running.co.uk/races/chiltern-way-ultra-214k/</a>
8/25/2018	ENG	86m	Trail	Ridgeway Challenge	Ivinghoe Beacon	<a href="http://www.ridgewaychallenge.com/">http://www.ridgewaychallenge.com/</a>
8/25/2018	SCO	36.5 miles	Trail	Speyside Way	Cragganmore Distillery	<a href="http://www.speysidewayrace.co.uk/">http://www.speysidewayrace.co.uk/</a>
8/26/2018	ENG	100 km	Trail	Chiltern Way Ultra Challenge 100k	Little Hampden HP3 0BL	<a href="http://www.challenge-running.co.uk/races/chiltern-way-ultra-214k/">http://www.challenge-running.co.uk/races/chiltern-way-ultra-214k/</a>
8/29/2018	SCO	225m	Mixed	DeadWater 6-Stage Race)	Deadwater	<a href="http://www.deadwater.run/multi-day-ultra/">http://www.deadwater.run/multi-day-ultra/</a>
9/1/2018	ENG	50 miles	Off Road	Dartmoor 50	Okehampton	<a href="http://www.dartmoorhighground.com">http://www.dartmoorhighground.com</a>
9/9/2018	SCO	35m	Mixed	Tiree Ultra	Community Hall, Crossapol	<a href="http://www.tireefitness.co.uk/">http://www.tireefitness.co.uk/</a>
9/14/2018	SCO	110k	Trail	Ben Nevis Ultra	Kinlochleven PH50 4SF	<a href="http://www.skylinescotland.com/ben-nevis-ultra/">http://www.skylinescotland.com/ben-nevis-ultra/</a>
9/14/2018	SCO	53 km	Trail	Glencoe Skyline	Kinlochleven	<a href="http://www.glencoeskyline.com/">http://www.glencoeskyline.com/</a>
9/15/2018	SCO	40 m		River Ayr Way Ultra Marathon	Glenbuck Loch	<a href="https://www.entrycentral.com/RAW2016">https://www.entrycentral.com/RAW2016</a>
9/21/2018	ENG	100k	Off Road	Peak District Challenge	Hathersage, S32 1DU.	<a href="http://www.peak-district-challenge.com/">http://www.peak-district-challenge.com/</a>
9/23/2018	ENG	60km	Off Road	Surrey Hills Challenge	Haslemere Hall to Denbies Wine Estate	<a href="https://www.surreyhillschallenge.com">https://www.surreyhillschallenge.com</a>
9/29/2018	ENG	117 miles	Trail	Two Moors Ultra	Lynmouth	<a href="https://www.wildrunning.co.uk/">https://www.wildrunning.co.uk/</a>
9/29/2018	SCO	50/30 m	Trail	Ochil Ultra	Stirling University	<a href="http://www.ochilultra.run">http://www.ochilultra.run</a>
10/5/2018	ENG	78 miles	Trail	Atlantic Coast Challenge	St Ives Bay TR27 5BH	<a href="https://votwo.co.uk/collections/coastal-challenges/products/atlantic-coast-challenge">https://votwo.co.uk/collections/coastal-challenges/products/atlantic-coast-challenge</a>
10/14/2018	SCO	29.5m	Trail	Dark Skies Run Galloway	Kirroughtree Forest DG8 7BE	<a href="http://www.trailoutlaws.com/dark-skies-galloway.php">http://www.trailoutlaws.com/dark-skies-galloway.php</a>
10/21/2018	SCO	55km	Mixed Terrain	Ultra Tour of Edinburgh	Royal Mile	<a href="http://ratrace.com/ute">http://ratrace.com/ute</a>
10/21/2018	SCO	50 km	Trail	Cowal Way Ultra	Lochgoilhead	<a href="http://www.nofussevents.co.uk/home">http://www.nofussevents.co.uk/home</a>
10/27/2018	ENG	50 miles	Trail	Thames Trot	Iffley, Oxford	<a href="http://gobeyondultra.co.uk/events/Thames_Trot_Ultra_2018">http://gobeyondultra.co.uk/events/Thames_Trot_Ultra_2018</a>
10/27/2018	SCO	27	Trail	Three Peaks Ultra (Jedburgh Ultra)	Jed Thistle RFC TD8 6JH	<a href="http://www.jedburghhalfmarathon.org.uk/">http://www.jedburghhalfmarathon.org.uk/</a>
11/3/2018	SCO	33m	Trail	Glen Ogle 33	Killin	<a href="http://www.runyabam.com/glen-ogle-33/">http://www.runyabam.com/glen-ogle-33/</a>
11/18/2018	SCO	65/50 km	Trail	Tweed Valley Ultra Trail	Glentress Peel Visitor Centre, EH45 8NB	<a href="https://www.highterrainevents.co.uk/tweed-valley-ultra">https://www.highterrainevents.co.uk/tweed-valley-ultra</a>
1/12/2019	ENG	45 miles	Mixed Terrain	Country to Capital	Wendover	<a href="http://gobeyondultra.co.uk/events/country_to_capital_2019">http://gobeyondultra.co.uk/events/country_to_capital_2019</a>
2/16/2019	NI	48hrs	Trail	Last one standing ultra	Castleward Strangford	<a href="http://www.atlasrunning.co.uk/">http://www.atlasrunning.co.uk/</a>

## INTERNATIONAL MULTIDAY AND ULTRA CAL CALENDAR

Date	Ctry	Duration - Time	Type	Course	Name	Location	Website
4/1/2018	USA	54 days	Solo	Trail	Throwing Bones Run	27959	<a href="http://www.throwingbonesrun.com">www.throwingbonesrun.com</a>
4/2/2018	FJI	220 km	S	Mixed Surface	Lost Island Ultra	Nadi	<a href="http://www.lostislandultra.com/index.html">http://www.lostislandultra.com/index.html</a>
4/5/2018	USA	72/48/24 100/50 miles	M,U	Trail	Beyond Limits Ultra	Mountain Center	<a href="http://www.beyondlimitsrunning.com/app-events/BLUandBLURELENTLESS">http://www.beyondlimitsrunning.com/app-events/BLUandBLURELENTLESS</a>
4/6/2018	AUS	135 miles	U	Trail	Down Under 135	Bacchus Marsh	<a href="http://www.downunder135.com/">http://www.downunder135.com/</a>
4/6/2018	GER	239/170 km	M	Trail	Jurasteig Nonstop Ultratrail	Dietfurt a.d. Altmühl	<a href="http://junut.de/">http://junut.de/</a>
4/7/2018	FRA	24 hours	U	Road	24 heures de L'Isère à Tullins	Tullins	<a href="http://www.24hisere.fr/">http://www.24hisere.fr/</a>
4/7/2018	GBR	24/12/6 hour	U	Track	Crawley A.I.M 24/12/6 hour	K2 Stadium, Crawley	<a href="http://crawley6and12hourraces.com/">http://crawley6and12hourraces.com/</a>
4/7/2018	USA	24/12/6 hour	U	Trail	Maria's Spring Fling	Kennesaw	<a href="https://www.facebook.com/Marias-Spring-Fling-3-Hr-6-Hr-12-Hr-24-Hr-Run-for-Epilepsy-190334961157183/">https://www.facebook.com/Marias-Spring-Fling-3-Hr-6-Hr-12-Hr-24-Hr-Run-for-Epilepsy-190334961157183/</a>
4/7/2018	GBR	24/12/6 hours	U	Track	Crawley A.I.M. Charity 6,12 & 24 hour race	Crawley K2 Leisure Cemter	<a href="http://www.crawley6and12hourrace.com/">http://www.crawley6and12hourrace.com/</a>
4/8/2018	MOR	250 km	S	Desert	Marathon des Sables	Ouarzazate	<a href="http://www.darbaroud.com/en/">http://www.darbaroud.com/en/</a>
4/8/2018	GER	275/167 km	S	Trail	Die Bergischen 5	Solingen	<a href="http://bergische5.wordpress.com/">http://bergische5.wordpress.com/</a>
4/12/2018	MOR	75 km 5 days	S	Desert	Ecotrail de Ouarzazate	Ouarzazate	<a href="http://trailouarazate.com/">http://trailouarazate.com/</a>
4/13/2018	TWN	246/165/110 km	M,U	Road	Run Across Taiwan	Taichung Harbor	<a href="http://www.ctau.org.tw/en/run-across-taiwan-ultra-marathon/">http://www.ctau.org.tw/en/run-across-taiwan-ultra-marathon/</a>
4/14/2018	RSA	24 hour/100 miles	U	Track	Pietersburg Road Runners 100 mile & 24 Hour Track Race	Pietersburg Stadium, Polokwane	<a href="https://www.facebook.com/photo.php?fbid=1531448506942119&amp;set=pcb.1531450530275250&amp;type=3&amp;theater">https://www.facebook.com/photo.php?fbid=1531448506942119&amp;set=pcb.1531450530275250&amp;type=3&amp;theater</a>
4/14/2018	NPL	190 km	S	Trail	Mustang Mountain Trail	Jomsom	<a href="https://mustangtrailrace.com/">https://mustangtrailrace.com/</a>
4/15/2018	AUS	50 km	U	Road	The Australian Running Festival (Canberra 50km)	Canberra	<a href="http://runningfestival.com.au/ultra-marathon/">http://runningfestival.com.au/ultra-marathon/</a>
4/17/2018	USA	10 days	M	Road	Sri Chinmoy Ten Day Race	Flushing Meadows Corona Park, Queens, NY	<a href="http://us.srichinmoyraces.org">http://us.srichinmoyraces.org</a>
4/17/2018	USA	10 days	M	Road	Sri Chinmoy Ten Day Race	Flushing Meadows Corona Park, Queens, NY	<a href="http://us.srichinmoyraces.org">http://us.srichinmoyraces.org</a>
4/18/2018	RSA	400 km	M	Trail	The Munga Trail	Belfast	<a href="https://trail.themunga.com/">https://trail.themunga.com/</a>
4/20/2018	ESP	125 km 3 days	S	Trail	Costa Brava Stage Run	Blanes	<a href="https://cbsr.run/en/">https://cbsr.run/en/</a>
4/20/2018	GER	216/108 km	U	Trail	Hexenstieg/ Hexenritt/ Hexentanz Ultras	Osterode am Harz	<a href="http://www.meldelaeufer.de/events/hexenstieg-2017/">http://www.meldelaeufer.de/events/hexenstieg-2017/</a>



# Upcoming Races

4/20/2018	SWE	200 miles	M	Mixed Surface	Taby Extreme Challenge	Stockholm	<a href="http://new.tec100.se/">http://new.tec100.se/</a>
4/21/2018	TUN	110 km 8 days	S	Desert	100 Km de Sahara	Ksar Ghilane	<a href="http://www.100kmdelsahara.com/index.php?lang=uk">http://www.100kmdelsahara.com/index.php?lang=uk</a>
4/21/2018	ITA	24 hours	U	Road	10^ 24 ore di Torino	Turin	<a href="http://www.giroitaliarun.it/">http://www.giroitaliarun.it/</a>
4/21/2018	USA	24 hours	U	Road	24 Hours Of Palmer Lake	Monument	<a href="https://www.facebook.com/palmerlake24hour/">https://www.facebook.com/palmerlake24hour/</a>
4/21/2018	AUS	24/12/6 hour	U		Coburg 24 Hour Carnival	Coburg (Melbourne)	<a href="http://www.coburg24hr.org/">http://www.coburg24hr.org/</a>
4/21/2018	USA	24/12/6 hour	U	Trail	Dfl 24 Hour Ultra	Savannah	<a href="http://roughrunnersr4r.com/dfl-24-hour-ultra/">http://roughrunnersr4r.com/dfl-24-hour-ultra/</a>
4/21/2018	GER	24/12/6 hours	U	Road	24 Stunden von Oberberg	Wiehl	<a href="http://die24stundenvonoberberg.wordpress.com/">http://die24stundenvonoberberg.wordpress.com/</a>
4/21/2018	JPN	250 km	M	Trail	Sakura Michi International Nature Run	Nagoya	<a href="http://shirotori-gujo.com/sakuramichi/main.html">http://shirotori-gujo.com/sakuramichi/main.html</a>
4/21/2018	RSA	50/21 km	U	Road	Loskop Ultra Marathon	Middleburg	<a href="https://www.loskopmarathon.co.za/">https://www.loskopmarathon.co.za/</a>
4/21/2018	USA	6 days	M	Road	Sri Chinmoy Six Day Race	Flushing Meadows Corona Park, Queens,NY	<a href="http://us.srichinmoyraces.org">http://us.srichinmoyraces.org</a>
4/21/2018	USA	6 days	M	Road	Sri Chinmoy Six Day Race	Flushing Meadows Corona Park, Queens,NY	<a href="http://us.srichinmoyraces.org">http://us.srichinmoyraces.org</a>
4/21/2018	MEX	24 hours		Trail	Honoring Our House "Earth's Day"	90160	<a href="http://agreenproject.org/UltraSports/honoring-our-house/">http://agreenproject.org/UltraSports/honoring-our-house/</a>
4/22/2018	USA	24 hour	U	Trail	24 Hour Adventure Trail Run	Triangle	<a href="https://athletic-equation.com/endurance-events/the-ultrail-series/24-hr/">https://athletic-equation.com/endurance-events/the-ultrail-series/24-hr/</a>
4/22/2018	GER	340km/5 stages	S		Berlin - Hamburg 2018	Berlin	<a href="http://lgmauerweg.de/etappenlauf-berlin-hamburg-2018/">http://lgmauerweg.de/etappenlauf-berlin-hamburg-2018/</a>
4/22/2018	AUS	50 km	U	Beach	Convicts & Wenches	Greens Beach	<a href="http://www.convictsandwenchesmarathon.com/">http://www.convictsandwenchesmarathon.com/</a>
4/25/2018	GRE	90/48/24 hours	M	Road	No Finish Line Athens	Stavros Niarchos Foundation Cultural Centre	<a href="http://nflathens.com/">http://nflathens.com/</a>
4/25/2018	GRE	90 hours	M	Road	No Finish Line Athens	Athens	<a href="http://nflathens.com/">http://nflathens.com/</a>
4/26/2018	ITA	200 km/5 days		Trail	Sardinia Extreme Track	Oliena	<a href="http://www.sardiniaextremetrack.info/">http://www.sardiniaextremetrack.info/</a>
4/26/2018	SUI	24/12/6 hours	U	Road	Ultra Boucle de Villeneuve	Villeneuve	<a href="http://ultraboucledevilleneuve.ch/">http://ultraboucledevilleneuve.ch/</a>
4/26/2018	ISR	215 km			Mountain to Valley	Golan Heights	<a href="https://www.mountain2valley.org/m2v/portal/">https://www.mountain2valley.org/m2v/portal/</a>
4/27/2018	JPN	170/92 km	U	Trail	Ultra-Trail Mt. Fuji	Fuji	<a href="http://www.ultratrailmtfuji.com/en/about/information/">http://www.ultratrailmtfuji.com/en/about/information/</a>
4/27/2018	ESP	48/24/12/6 hours	M,U,T	Track	Ultrafondo Festival	Ceuti	<a href="http://ultrafondofestival.com/en/">http://ultrafondofestival.com/en/</a>
4/28/2018	RSA	100 km	U	Trail	Recce Mission	Fort Highland Recce Base	<a href="https://www.reccemission.co.za/">https://www.reccemission.co.za/</a>
4/28/2018	FRA	174km/2 stages	S	Trail	Le Radicatrail	Lillebonne	<a href="http://radicatrail.free.fr/">http://radicatrail.free.fr/</a>
4/28/2018	SGP	200 km	M	Road	Monster Ultra 200	MacRitchie Reservoir.	<a href="http://monsterultra.blogspot.co.uk/">http://monsterultra.blogspot.co.uk/</a>

# Upcoming Races

4/28/2018	USA	24 hours	U	Road	Virginia Run For Cancer	Hampton	<a href="http://va24hourrunforcancer.com/">http://va24hourrunforcancer.com/</a>
4/28/2018	USA	24/12/6 hours	U	Trail	Three Sisters Ultra Festival 24hr Run	Maryville	<a href="https://www.facebook.com/groups/1637161256556238/about/">https://www.facebook.com/groups/1637161256556238/about/</a>
4/28/2018	ITA	285 km	M	Road	Ultra Milano-Sanremo	Milano	<a href="http://www.ultramilanosanremo.it/">http://www.ultramilanosanremo.it/</a>
4/28/2018	USA	303/211/102	M	Road	Epicman Ultra Endurance Run	Kailua-Kona	<a href="http://www.ep1cman.com/">http://www.ep1cman.com/</a>
4/28/2018	USA	50m/50k/42.2 km +	U,R	Trail	The North Face Endurance Challenge – Washington DC	20165	<a href="http://bit.ly/2ybeP8E">http://bit.ly/2ybeP8E</a>
4/28/2018	USA	24/12/6 hour 100 miles	U	Trail	Silver Moon	Reedley College	<a href="https://silvermoonrace.com/">https://silvermoonrace.com/</a>
4/29/2018	RSA	108/49 km	U	Trail	Outeniqua Quest	Beervlei	<a href="http://trisport.co.za/trievent/outeniqua-quest-108km-non-stop-ultra/">http://trisport.co.za/trievent/outeniqua-quest-108km-non-stop-ultra/</a>
4/29/2018	NAM	250km/6stages	S	Desert	Sahara Race Namibia	Windhoek	<a href="http://www.4deserts.com/sahararace/">http://www.4deserts.com/sahararace/</a>
4/29/2018	AUT	6 hours	U	Road	Sri Chinmoy 6 Hour Race	Vienna	<a href="http://at.srichinmoyraces.org">at.srichinmoyraces.org</a>
4/30/2018	JPN	520/254 km		Road	14th River Road Foot Race	Edogawa, Tokyo	<a href="http://sportsaid-japan.org/index.html">http://sportsaid-japan.org/index.html</a>
5/1/2018	RSA	50/25/10 km	U	Road	Hibiscus Coast Challenge	UGU Sports & Leisure Center	<a href="http://www.southcoaststriders.co.za/">http://www.southcoaststriders.co.za/</a>
5/2/2018	FRA	120 hours	M	Road	No Finish Line Paris	Paris	<a href="http://nofinishlineparis.com/">http://nofinishlineparis.com/</a>
5/2/2018	JPN	250/140/70 km	M	Road	Yamaguchi 100 Hagi-O-Kan Maranic	Yamaguchi	<a href="http://www.hagi-o-kan.com/">http://www.hagi-o-kan.com/</a>
5/3/2018	HUN	6 Day	M	Road	EMU 6 Day Race	Balatonfüred	<a href="http://www.emusport.hu/">http://www.emusport.hu/</a>
5/4/2018	MOR	280 km	S	Desert	Trans Atlas Marathon	Agouti, Tadla-Azilal	<a href="http://www.transatlasmarathon.com/">http://www.transatlasmarathon.com/</a>
5/5/2018	GBR	36		Trail	Isle of Wight Challenge	PO38 2JF	<a href="https://www.isleofwightchallenge.com/">https://www.isleofwightchallenge.com/</a>
5/5/2018	GER	100 km	U	Road	WHEW100	Wuppertal	<a href="https://whew100.de/">https://whew100.de/</a>
5/5/2018	USA	24 hours	U	Mixed surface	O24 (Outrun 24)	Kirtland	<a href="http://outrun24.blogspot.co.uk/">http://outrun24.blogspot.co.uk/</a>
5/5/2018	USA	24 hours	U	Track	Corn Belt Running Club 24	Eldridge	<a href="http://www.cornbelt.org/nearby_races.htm">http://www.cornbelt.org/nearby_races.htm</a>
5/5/2018	FRA	24/6 hours	U	Road	24 heures non-stop d'Eppeville	Eppeville	<a href="http://24-heures-eppeville.webnode.fr/">http://24-heures-eppeville.webnode.fr/</a>
5/5/2018	USA	50m/50k/42.2 km +	U,R	Trail	The North Face Endurance Challenge – New York	12464	<a href="http://bit.ly/2ybxlxX">http://bit.ly/2ybxlxX</a>
5/5/2018	GBR	97 miles	M	Trail	The South Downs Way Devil's Challenge	Chilcomb Sports Ground, SO21 1HU	<a href="http://www.xnrg.co.uk/events/details/the-devils-challenge-2017.aspx">http://www.xnrg.co.uk/events/details/the-devils-challenge-2017.aspx</a>
5/5/2018	USA	24/12 hours	U	Trail	Hotfoot Hamster	Nardini Manor, Buckeye	<a href="https://www.aravaiparunning.com/hotfoot-hamster/">https://www.aravaiparunning.com/hotfoot-hamster/</a>
5/5/2018	USA	500/100/50 /30/10 miles	M,U	Trail	PEAK Bloodroot Ultra	Pittsfield	<a href="http://peak.com/running-races/peak-ultra/">http://peak.com/running-races/peak-ultra/</a>
5/8/2018	GRE	215/107 km	M,U	Road	Euchidios Athlos	Delphi	<a href="http://euchidiosathlos.gr/">http://euchidiosathlos.gr/</a>

# Upcoming Races

5/10/2018	FRA	24/12 hours	U	Road	Les 24/12 heures de Brive	Brive	<a href="http://www.24h-brive.fr/">http://www.24h-brive.fr/</a>
5/11/2018	ITA	170/100 km	M	Trail	Tor des Chateaux	Aosta	<a href="http://www.tordeschateaux.it/">http://www.tordeschateaux.it/</a>
5/11/2018	FRA	208 km	U	Road	ULTRAthlétic Ardèche	Privas	<a href="http://www.ultrathletic-ardeche.fr/">http://www.ultrathletic-ardeche.fr/</a>
5/11/2018	USA	24 hours	U	Mixed surface	Montour 24	Danville	<a href="http://ultrasignup.com/register.aspx?did=41910">ultrasignup.com/register.aspx?did=41910</a>
5/12/2018	CAN	24/12/6 hours	U	Road	Canada Goose Ultra	Wascana Park, Regina	<a href="https://raceroster.com/events/2018/15352/canada-goose-ultra">https://raceroster.com/events/2018/15352/canada-goose-ultra</a>
5/12/2018	SVK	100 km 12/6 hour	U	Road	Self-transcendence 100km	Nitra	<a href="http://cs.srichinmoyraces.org/612h-nitra">http://cs.srichinmoyraces.org/612h-nitra</a>
5/12/2018	SVK	12/6 hours 100 km	U	Road	Self-Transcendence 6/12h and 100km Race Nitra	Park na Sihoti, Nitra	<a href="http://cs.srichinmoyraces.org/">http://cs.srichinmoyraces.org/</a>
5/12/2018	GBR	190 miles	M	Trail	Northern Traverse	St Bees	<a href="http://www.northerntraverse.com/">http://www.northerntraverse.com/</a>
5/12/2018	POR	200 km	S	Trail	PGTA Peneda-Geres Trail Adventure	Ponte da Barca	<a href="http://carlossanatureevents.com/">http://carlossanatureevents.com/</a>
5/12/2018	HUN	220 km	U	Road	Ultrabalaton	Balatonaliga	<a href="http://www.ultrabalaton.hu/">http://www.ultrabalaton.hu/</a>
5/12/2018	SUI	24/12 hour	U	Road	Self-Transcendence 24h/12h Lauf Basel	Basel	<a href="http://ch.srichinmoyraces.org/veranstaltungen/basel_1224h_lauf">http://ch.srichinmoyraces.org/veranstaltungen/basel_1224h_lauf</a>
5/12/2018	USA	24/12 hour 50 km	U	Track	Dawn To Dusk To Dawn Ultras	Academy Park H.S., Sharon Hill, 19079	<a href="https://runsignup.com/Race/PA/SharonHill/DawnToDuskToDawnUltras">https://runsignup.com/Race/PA/SharonHill/DawnToDuskToDawnUltras</a>
5/12/2018	SRB	24/12/6 hour 100/50 km	U	Road	Palic 24 Hour	Palic	<a href="http://www.usspalic.org/index/index/lg/en">http://www.usspalic.org/index/index/lg/en</a>
5/12/2018	SRB	24/12/6 hours	U	Road	24 Hours Run Palic	Palic	<a href="http://www.usspalic.org/">http://www.usspalic.org/</a>
5/12/2018	AUS	80 km	U	Trail	World Trail Championships	Penyagolosa, Spain	<a href="http://penyagolosatrails.com/">http://penyagolosatrails.com/</a>
5/12/2018	CAN	24/12/6 hours	U	Road	Canada Goose Ultra	Regina	<a href="https://raceroster.com/events/2018/15352/canada-goose-ultra">https://raceroster.com/events/2018/15352/canada-goose-ultra</a>
5/12/2018	HUN	220 km	M,U	Mixed Surface	NN Ultrabalaton	Tihany	<a href="http://ultrabalaton.hu/?lang=en">http://ultrabalaton.hu/?lang=en</a>
5/12/2018	PRT	PGTA 4 days/ PGTA 7 Days		Trail	Peneda-Gerês Trail Adventure	4981-909 Ponte da Barca, Portugal	<a href="https://carlossanatureevents.com">https://carlossanatureevents.com</a>
5/14/2018	USA	144/72/48 /24/12/6 hour	M,U	Road	3 Days At The Fair	Augusta	<a href="http://njtrailseries.com">njtrailseries.com</a>
5/14/2018	USA	6 day/72/48 /24/12/6 hours	M	Road	NJ Trail Series 3 Days At The Fair	Augusta NJ	<a href="http://register.njtrailseries.com/Search/event.aspx?id=38838">http://register.njtrailseries.com/Search/event.aspx?id=38838</a>
5/16/2018	AUS	522 km/9 days	S	Desert	The Track	Ellery Creek	<a href="http://www.canal-aventure.com/en/thetrack">http://www.canal-aventure.com/en/thetrack</a>
5/16/2018	USA	4 days/200 /100/60 miles	M,U	Trail	Born To Run	Los Olivos	<a href="http://www.allwedoisrun.com/">http://www.allwedoisrun.com/</a>
5/17/2018	AUS	100/50/22 km	U	Trail	Ultra-Trail Australia	Katoomba	<a href="http://www.ultratrailaustralia.com.au/">http://www.ultratrailaustralia.com.au/</a>
5/17/2018	USA	24/12/6 hours	U	Track	Tennessee Track Ultra	Clarksville	<a href="https://ultrasignup.com/register.aspx?did=53061">https://ultrasignup.com/register.aspx?did=53061</a>
5/19/2018	USA	13/7 hours	U,T	Mixed Surface	Sri Chinmoy 7 & 13 Hour Ultra	Magnuson Park, Seattle	<a href="https://us.srichinmoyraces.org/Seattle7and13">https://us.srichinmoyraces.org/Seattle7and13</a>
5/19/2018	ITA	202.4 km	M	Road	Nove Colli Running	Cesenatico	<a href="http://www.novecollirunning.it/">http://www.novecollirunning.it/</a>

# Upcoming Races

5/19/2018	NLD	230 km	M	Road	Elfsteden Ultraloop	Bolsward	<a href="http://elfstedenultraloop.nl/">http://elfstedenultraloop.nl/</a>
5/19/2018	GER	239 km/100 miles	M,U	Road	TorTour de Ruhr	Winterberg	<a href="http://www.tortourderuhr.de/">http://www.tortourderuhr.de/</a>
5/19/2018	FIN	24/12/6 hours	U	Road	Kokkola Ultra Run 24h	Kokkola	<a href="http://www.kokkolaultrarun.fi/">http://www.kokkolaultrarun.fi/</a>
5/19/2018	FRA	24/6 hours	U	Road	9ème 24 Heures de Peynier	Peynier	<a href="http://www.24heures-peynier.com/">http://www.24heures-peynier.com/</a>
5/19/2018	GBR	615 miles	M	Trail	Monarchs Way Ultra	Worcester	<a href="http://www.challenge-running.co.uk/monarchs-way/">http://www.challenge-running.co.uk/monarchs-way/</a>
5/20/2018	BEL	100 km	U	Road	Ford De Wispelaere Pinksterlopen	Aalter	<a href="http://6uurvanaalter.blogspot.co.uk/">http://6uurvanaalter.blogspot.co.uk/</a>
5/20/2018	UKR	1000 km	S	Road	Lviv-Kiev-Odessa 1000km	Lviv	<a href="https://www.facebook.com/events/123031811695155/">https://www.facebook.com/events/123031811695155/</a>
5/20/2018	GBR	400 km	S	Trail	Cape Wrath	Fort William	<a href="http://www.capewrathultra.com/">http://www.capewrathultra.com/</a>
5/21/2018	ARG	200/125/80 km	M,U	Trail	Fiambala Desert Trail	Fiambala, Catamarca	<a href="http://www.fiambalatrail.com.ar/">http://www.fiambalatrail.com.ar/</a>
5/24/2018	USA	888k/250M/100M/88k	M,U	Trail	Infinitus	Goshen	<a href="http://www.endurancesociety.org/infinitus.html">http://www.endurancesociety.org/infinitus.html</a>
5/25/2018	BTN	6 days	S	Trail	6th GlobalLimits Bhutan - The Last Secret -	Thimphu	<a href="http://www.global-limits.com">http://www.global-limits.com</a>
5/25/2018	USA	200/150/100 miles plus	M	Trail	Pigtails Challenge	Renton	<a href="http://www.nwenduranceevents.com/pigtails/">http://www.nwenduranceevents.com/pigtails/</a>
5/25/2018	GBR	160 miles	M	Trail	Hardmoors 160	Sutton Bank	<a href="https://www.hardmoors110.org.uk/">https://www.hardmoors110.org.uk/</a>
5/26/2018	GBR	145 miles	U	Mixed Surface	Grand Union Canal	Gas St Birmingham	<a href="http://www.gucr.co.uk/">http://www.gucr.co.uk/</a>
5/26/2018	ITA	100 km	U	Road	100 km del Passatore	Firenze	<a href="http://www.100kmdelpassatore.it/">http://www.100kmdelpassatore.it/</a>
5/26/2018	USA	24/12 hour	U	Trail	Nanny Goat	Riverside	<a href="http://ultrasignup.com/register.aspx?did=49401">http://ultrasignup.com/register.aspx?did=49401</a>
5/26/2018	GBR	36 Hours		Trail	London 2 Brighton Challenge	TW9 1WS	<a href="https://www.london2brightonchallenge.com/">https://www.london2brightonchallenge.com/</a>
5/26/2018	GBR	110 miles	U	Trail	Hardmoors 110	Filey	<a href="https://www.hardmoors110.org.uk/">https://www.hardmoors110.org.uk/</a>
5/29/2018	BRA	235/135/95/65 km	M,U	Trail	Ultramaratona dos Anjos	Passa Quatro	<a href="http://www.ultrarunnereventos.net/ultra_uai.html">http://www.ultrarunnereventos.net/ultra_uai.html</a>
5/30/2018	USA	96/72/48/24/12/6 hour	M,U	Trail	Ozone Endurance Challenge	Rockwood	<a href="https://ultrasignup.com/register.aspx?did=50188">https://ultrasignup.com/register.aspx?did=50188</a>
6/1/2018	USA	24/12/6 hour	U	Trails	Alaska Endurance Trail Run	Fairbanks	<a href="http://www.alaskaendurancetrailrun.org/race-information/">http://www.alaskaendurancetrailrun.org/race-information/</a>
6/1/2018	CAN	24/12/6/3 hours	U,T	Trail	Cedar Ultra	Nanaimo	<a href="http://www.viendurance.net/cedar-ultra/">http://www.viendurance.net/cedar-ultra/</a>
6/1/2018	ITA	285/100 km	M,U	Road	Race Across Apulia	Lecce	<a href="http://www.raceacrossapulia.com/index.php/en/">http://www.raceacrossapulia.com/index.php/en/</a>
6/2/2018	FRA	24 hours	U	Road	Les 24 heures de Roche la Molière	Roche la Moliere	<a href="http://24heuresderochelamoliere.e-monsite.com/">http://24heuresderochelamoliere.e-monsite.com/</a>
6/2/2018	GBR	24 hours	U,T	Trail	Harwich Runners 24 Hour	Harwich	<a href="http://www.harwichrunners.co.uk/hr24/">http://www.harwichrunners.co.uk/hr24/</a>
6/2/2018	MDA	24/12 hours	U	Road	Self-Transcendence 24 hour Chisinau	Chisinau	<a href="https://md.srichinmoyraces.org/">https://md.srichinmoyraces.org/</a>
6/2/2018	AUS	24/12/6 hour	U	Track	Sri Chinmoy 24 Hour Track Race	Campbelltown	<a href="http://au.srichinmoyraces.org/events/24hour">http://au.srichinmoyraces.org/events/24hour</a>

# Upcoming Races

6/2/2018	USA	24/12/6 hour	U	Road	Fans Ultra Races	Minneapolis	<a href="http://www.fans24hour.org/race-info.html">http://www.fans24hour.org/race-info.html</a>
6/2/2018	DEN	24/12/6 hours	U	Road	24 timer ved havet Sæby	Sæby	<a href="http://www.24timervedhavet.dk/">http://www.24timervedhavet.dk/</a>
6/2/2018	USA	24/12 hours	U		Black Mountain Monster	Black Mountain	<a href="http://ultrasignup.com/register.aspx?did=41566">ultrasignup.com/register.aspx?did=41566</a>
6/2/2018	USA	24/12 hours	U		San Francisco Summer Solstice	San Francisco	<a href="http://ultrasignup.com/register.aspx?did=54741">http://ultrasignup.com/register.aspx?did=54741</a>
6/3/2018	PER	230 km	S	Jungle	Jungle Ultra	Manu National Park	<a href="http://www.beyondtheultimate.co.uk/jungle-ultra.asp">http://www.beyondtheultimate.co.uk/jungle-ultra.asp</a>
6/9/2018	FRA	24 hours	U	Road	24h de Champigneulles	Champigneulles	<a href="http://www.24h-champigneulles.fr/">http://www.24h-champigneulles.fr/</a>
6/9/2018	USA	24 hours	U	Trail	Eagle Up Ultra	Canal Fulton	<a href="http://www.runcanton.com/eagle-up-ultra">http://www.runcanton.com/eagle-up-ultra</a>
6/9/2018	FRA	24/12/6 hour	U	Road	24h de la Voie Romaine	Lillebonne	<a href="http://www.normandiecouseapied.com/fiches-course-foulees-cross-trail-normandie-2018/seine-maritime/24-heures-de-la-voie-romaine-lillebonne-2018.html">http://www.normandiecouseapied.com/fiches-course-foulees-cross-trail-normandie-2018/seine-maritime/24-heures-de-la-voie-romaine-lillebonne-2018.html</a>
6/9/2018	LUX	24/12/6 hour	U	Road	Wiltz 24 Hours	Wiltz	<a href="http://www.24hours.lu/">http://www.24hours.lu/</a>
6/9/2018	USA	50m/50k/42.2 km +	U,R	Trail	The North Face Endurance Challenge – Massachusetts	1541	<a href="http://bit.ly/2yagLhY">http://bit.ly/2yagLhY</a>
6/10/2018	AUS	100/50km/50 mile	U		Gold Coast 100	Gold Coast	<a href="https://www.goldcoast100.com/">https://www.goldcoast100.com/</a>
6/10/2018	AUS	50 km	U	Trail	Cleland 50	Cleland	<a href="http://yumigo.com.au/cleland-50/">http://yumigo.com.au/cleland-50/</a>
6/10/2018	RSA	50 km	U	Trail	The Beast Trail Run	Newlands Picnic Site	<a href="https://energyevents.co.za/event/beast-trail-run-2018/">https://energyevents.co.za/event/beast-trail-run-2018/</a>
6/10/2018	RSA	89 km	U	Road	Comrades	Pietermaritzburg	<a href="http://www.comrades.com/">http://www.comrades.com/</a>
6/11/2018	RSA	200 km	U	Trail	Richtersveld Wildrun*	Sendelingsdrif	<a href="https://www.wildrunsa.com/">https://www.wildrunsa.com/</a>
6/11/2018	GBR	294 km 7 days	S	Mixed Surface	Hot Runner	Little Bowbrook, DY10 4JA	<a href="http://www.ultrarunningltd.co.uk/">http://www.ultrarunningltd.co.uk/</a>
6/14/2018	FRA	300 km	S	Trail	Raid de l'Archange		<a href="http://www.labarjo.fr/">http://www.labarjo.fr/</a>
6/16/2018	AUT	102	U	Trail	Scenic 100	Salzburg	<a href="http://www.mozart100.com">www.mozart100.com</a>
6/16/2018	AUT	103 km		Trail	mozart100* - Salzburg Ultra Trail	5020	<a href="http://www.mozart10.com">www.mozart10.com</a>
6/16/2018	GBR	24 hours	U,R	Trail	Henley 24 Hour Relay Race	Temple Island Meadows,	<a href="https://www.100milerun.com/henley-24-hour-race/">https://www.100milerun.com/henley-24-hour-race/</a>
6/16/2018	GER	24 hours	U	Road	Burginsellauf Delmenhorst	Delmenhorst	<a href="http://www.24-lauf.de/">http://www.24-lauf.de/</a>
6/16/2018	USA	24/12/6 hour	U	Trail	Elijah Bristow 24 Hour Run	Eugene	<a href="http://bristow24.org/">http://bristow24.org/</a>
6/16/2018	USA	24/12/6 hour	U	Road	A Midsummer Night's Dream	Canton	<a href="http://bit.ly/2kGhoKm">http://bit.ly/2kGhoKm</a>
6/17/2018	FRA	1000 km	M	Road	Mil Kil	Saint-Malo	<a href="http://www.la-transegaule.fr/mi-milkil-2017-lignac-lodeve-500-km/">http://www.la-transegaule.fr/mi-milkil-2017-lignac-lodeve-500-km/</a>
6/17/2018	USA	238 km 6 days	S	Trail	Desert Rats	Fruita	<a href="http://www.geminiadventures.com/running-events-2/desert-rats/">http://www.geminiadventures.com/running-events-2/desert-rats/</a>
6/17/2018	USA	3100 miles	M	Road	Self-Transcendence 3100 Mile Race	Jamaica, Queens	<a href="https://3100.srichinmoyraces.org/">https://3100.srichinmoyraces.org/</a>
6/17/2018	USA	6 days	S	Trail	Desert RATS Kokopelli 150	Kokopelli Trail	<a href="http://www.geminiadventures.com/running-events-2/desert-rats/">http://www.geminiadventures.com/running-events-2/desert-rats/</a>

# Upcoming Races

6/18/2018	RSA	200 km/5 days	S	Trail	Richtersveld Transfrontier Wildrun	Sendelingsdrif	<a href="http://www.wildrun.com/event/richtersveld">http://www.wildrun.com/event/richtersveld</a>
6/20/2018	VEN	150/106/55 km	U	Mixed Surface	Rumbo a Paraguana Desert Trail	Coro	<a href="http://www.rumboaparaguana.com.ve/">http://www.rumboaparaguana.com.ve/</a>
6/23/2018	GBR	24/12 hour 100 km	U	Road	Energia24	Belfast	<a href="https://www.facebook.com/belfast24/">https://www.facebook.com/belfast24/</a>
6/23/2018	TUR	24/12 hours	M,U	Trail	Saat Ultra Summer Time Challenge	Taşdelen Picnic Area, Çekmeköy	<a href="http://www.teamultratrailrunner.com/index.php/website/content/65">http://www.teamultratrailrunner.com/index.php/website/content/65</a>
6/23/2018	FRA	24/6 hours	U	Road	24 Heures de L'Echo du Pas-de-Calais	Maisnil-lès-Ruitz	<a href="http://les6heuresdupasdecalais.com/">http://les6heuresdupasdecalais.com/</a>
6/23/2018	GBR	268 miles	M	Trail	Spine Fusion	Edale	<a href="https://thespinerace.com/events/2018/1/14/montane-spine-race-5gsj5-86ezg-cwbl4">https://thespinerace.com/events/2018/1/14/montane-spine-race-5gsj5-86ezg-cwbl4</a>
6/23/2018	GBR	95 miles	U	Trail	West highland Way	Milngavie	<a href="http://www.westhighlandwayrace.org/">http://www.westhighlandwayrace.org/</a>
6/23/2018	GBR	12-hr,100km, 24-hr team relay		Road	Eneegia24 International Belfast	BT4 1JT	<a href="http://www.energias24.co.uk">www.energias24.co.uk</a>
6/23/2018	MEX	24 hours		Trail	Recover Our Local Life Styles "Identity Day"	90160	<a href="http://agreenproject.org/UltraSports/recover-our-local-life-styles/">http://agreenproject.org/UltraSports/recover-our-local-life-styles/</a>
6/28/2018	GBR	320 miles	S	Trail	The Great Barrow Challenge: 10 in 10 Ultras	Barrow	<a href="http://thegbc.co.uk/">http://thegbc.co.uk/</a>
6/29/2018	UKR	48/24/12 hour	M,U	Road	Self-Transcendence 48 Hour Run	Vinnitsa	<a href="http://www.races.org.ua/">http://www.races.org.ua/</a>
6/30/2018	GER	24 hours	U	Road	24 Hour	Reichenbach	<a href="http://www.24-stundenlauf.de/">http://www.24-stundenlauf.de/</a>
6/30/2018	GBR	34/12/6 hour races	U	Trail	Trailblaster	Burnley, BB11 3RQ	<a href="http://cannonballevents.co.uk/trailblaster/">http://cannonballevents.co.uk/trailblaster/</a>
6/30/2018	GBR	36 Hours		Trail	Cotswold Way Challenge	BA1 2NQ	<a href="https://www.cotswoldwaychallenge.com/">https://www.cotswoldwaychallenge.com/</a>
7/2/2018	FIN	6 day 48/24/12 hour	M,U	Road	Kauhajoki Ultra Running Festival	Kauhajoki	<a href="http://karhumaraton.fi/kurf">http://karhumaraton.fi/kurf</a>
7/4/2018	AND	233/170/112/83 km	M,U	Trail	Andorra Ultra Trail	Ordino	<a href="http://www.andorraultratrail.org/">http://www.andorraultratrail.org/</a>
7/6/2018	FRA	111 km	U	Trail	Trail Verbier St Bernard / X-Alpine	Verbier	<a href="http://www.trailvsb.com/fr/">http://www.trailvsb.com/fr/</a>
7/6/2018	USA	6 Day/72/48 /24/12/6 hour	M,U	Trail	Silverton 1000	Silverton	<a href="http://www.silverton1000.com/">http://www.silverton1000.com/</a>
7/6/2018	USA	48/24/12 hours	M,U		Merrill's Mile	Dahlongega	<a href="https://ultrasignup.com/register.aspx?did=40136">https://ultrasignup.com/register.aspx?did=40136</a>
7/7/2018	GBR	24 hours	U	Trail	Serpent Trail Races	Petersfield, Hampshire	<a href="http://www.serpenttrailrace.com/">http://www.serpenttrailrace.com/</a>
7/7/2018	GER	24 hours	U	Track	24h run for children's rights	Stuttgart	<a href="http://www.kinderfreundliches-stuttgart.de/24h-lauf-fuer-kinderrechte">http://www.kinderfreundliches-stuttgart.de/24h-lauf-fuer-kinderrechte</a>
7/7/2018	USA	24/12 hour	U	Trail	Burc's Summer Fatass	Windsor	<a href="http://ultrasignup.com/register.aspx?did=42895">http://ultrasignup.com/register.aspx?did=42895</a>
7/7/2018	RSA	52 km	U	Trail	Rhodes 52 km Trail Run	Rhodes	<a href="http://www.rhodesrun.za.net/index.php">http://www.rhodesrun.za.net/index.php</a>
7/10/2018	MDG	155 km 6 days	S	Trail	Racing Madagascar	Anivorano	<a href="http://www.racing-madagascar.com/en">http://www.racing-madagascar.com/en</a>

# Upcoming Races

7/12/2018	USA	500 km	M	Road	Last Annual Vol State	Dorena Landing	<a href="http://volstate314.com/">http://volstate314.com/</a>
7/13/2018	AUS	126.6 km 3 days	S		Three Marathons in three days	Kuranda	<a href="http://3marathonsin3days.com/">http://3marathonsin3days.com/</a>
7/13/2018	USA	24/12/6 hour	U	Road	Christmas In July	Lisle	<a href="https://raceroster.com/events/2018/14331/christmas-in-july-races-2018?aff=A7AF9">https://raceroster.com/events/2018/14331/christmas-in-july-races-2018?aff=A7AF9</a>
7/14/2018	BEL	24 hour	U	Road	24 hours van Aalter	Aalter	<a href="http://6uurvanaalter.blogspot.co.uk/">http://6uurvanaalter.blogspot.co.uk/</a>
7/14/2018	AUS	24/12/6 hour	U	Road	Adelaide 6/12/24 hour	Adelaide	<a href="http://www.yumigo.com.au/">http://www.yumigo.com.au/</a>
7/14/2018	BEL	24/6/1 hours	U	Road	24 uur van Aalter	Sportpark, Lindestraat 17, 9880 Aalter	<a href="http://6uurvanaalter.blogspot.co.uk/">http://6uurvanaalter.blogspot.co.uk/</a>
7/14/2018	RSA	50/35 km	U	Trail	Salomon Bastille Day Trail Run	Old Bell's Lodge, Berg River Dam	<a href="https://energyevents.co.za/event/salomon-bastille-day-trail-run-2018/">https://energyevents.co.za/event/salomon-bastille-day-trail-run-2018/</a>
7/15/2018	BEL	6 hour	U	Road	6 hours van Aalter	Aalter	<a href="http://6uurvanaalter.blogspot.co.uk/">http://6uurvanaalter.blogspot.co.uk/</a>
7/21/2018	GBR	24 hours	U	Trail	GB24	Cogra Moss, Kirkland	<a href="http://www.gbultras.com/gb24/">http://www.gbultras.com/gb24/</a>
7/21/2018	GBR	36 Hours		Trail	Jurassic Coast Challenge	BH15	<a href="https://www.jurassiccoastchallenge.com/">https://www.jurassiccoastchallenge.com/</a>
7/23/2018	USA	135 miles	M	Road	Badwater	Badwater	<a href="http://www.badwater.com/event/badwater-135/">http://www.badwater.com/event/badwater-135/</a>
7/25/2018	USA	24/12/6 hour	U	Road	Sri Chinmoy Ultras Ottawa	Ottawa	<a href="https://ca.srichinmoyraces.org/SriChinmoyUltrasOttawa#third-section-tab-1">https://ca.srichinmoyraces.org/SriChinmoyUltrasOttawa#third-section-tab-1</a>
7/27/2018	GER	100 miles	U	Trail	Chiemgauer 100	Ruhpolding	<a href="https://www.chiemgauer100.de/">https://www.chiemgauer100.de/</a>
7/27/2018	RSA	100 miles	U	Road	Washie 100	Border	<a href="https://www.washie100miler.co.za/">https://www.washie100miler.co.za/</a>
7/27/2018	GBR	130 miles	U	Mixed Surface	Liverpool to Leeds Canal Race	Burlington Street, Liverpool	<a href="http://www.gucr.co.uk/">http://www.gucr.co.uk/</a>
7/27/2018	GER	24 hours	U	Road	24 Hour Run	Lensahn	<a href="http://www.triathlonlensahn.de/anmeldung/24h-lauf">http://www.triathlonlensahn.de/anmeldung/24h-lauf</a>
7/27/2018	CZE	48/24 hours	M,U	Road	Self-Transcendence 48 Hour Race	Kladno	<a href="https://cs.srichinmoyraces.org/48h-24h-kladno">https://cs.srichinmoyraces.org/48h-24h-kladno</a>
7/27/2018	SWE	48/24/12/6 hours	M,U	Track	Skövde Ultrafestival	Södermalms IP (Skövde)	<a href="http://www.ultrasweden.se/Arbetsrum/Ultrafestival">http://www.ultrasweden.se/Arbetsrum/Ultrafestival</a>
7/28/2018	GER	100 km	U	Trail	Chiemgauer 100	Ruhpolding	<a href="https://www.chiemgauer100.de/">https://www.chiemgauer100.de/</a>
7/28/2018	USA	24/12/6 hour	U	Road	Southern Discomfort	Albany	<a href="http://ultrasignup.com/register.aspx?did=52781">http://ultrasignup.com/register.aspx?did=52781</a>
7/28/2018	USA	24/12 hours	U		Angry Owl Ultramarathons	Salem	<a href="https://ultrasignup.com/register.aspx?did=53461">https://ultrasignup.com/register.aspx?did=53461</a>
7/28/2018	CAN	6,12,24h 50k/ mi, 100k/ mi,200k	U	Road	Sri Chinmoy Ultras Ottawa 2018	J8Y 6L2	<a href="http://Ca.srichinmoyraces.org/SriChinmoyUltrasOttawa">Ca.srichinmoyraces.org/SriChinmoyUltrasOttawa</a>
7/28/2018	MEX	Ultra Triathlon 9 hrs.		Trail	Courage is the Secret of Freedom.	90160	<a href="http://agreenproject.org/zapata_ironman/ZapataIronman/2017-zapata-ironman-2/every-second-to-rejoice-the-spirit-and-soul/">http://agreenproject.org/zapata_ironman/ZapataIronman/2017-zapata-ironman-2/every-second-to-rejoice-the-spirit-and-soul/</a>
7/29/2018	CHN	250 km	S	Mixed Surface	Gobi March (China) 2017	Hami	<a href="http://www.4deserts.com/gobimarch/">http://www.4deserts.com/gobimarch/</a>
7/31/2018	SWE	5 days 250 km	S	Trail	Bergslagsleden in 5 days	Kloten	<a href="http://bergslagsledenpa5dagar.wordpress.com">http://bergslagsledenpa5dagar.wordpress.com</a>
8/3/2018	USA	24/12/6 hour	U	Mixed surface	Holston River Challenge	Bristol	<a href="https://ultrasignup.com/register.aspx?did=43225">https://ultrasignup.com/register.aspx?did=43225</a>
8/4/2018	GBR	140 miles	M	Trail	Coast To Coast Ultra (C2C)	Whitehaven	<a href="http://www.c2cultra.com/">http://www.c2cultra.com/</a>

# Upcoming Races

8/10/2018	USA	200 miles	M	Trail	Bigfoot 200 Endurance Run	Marble Mountain Sno-Park	<a href="http://www.bigfoot200.com/">http://www.bigfoot200.com/</a>
8/10/2018	SWE	246 km	M	Trail	Trans Scania	Lund	<a href="http://www.transscania.se/">http://www.transscania.se/</a>
8/11/2018	GER	100 miles	U	Road	Berlin Wall Race	Friedrich-Ludwig-Jahn Stadium	<a href="http://100meilen.de">http://100meilen.de</a>
8/11/2018	GBR	100/50/25 km	U	Trail	Wye Valley Challenge	Chepstow	<a href="https://www.wyevallychallenge.com/">https://www.wyevallychallenge.com/</a>
8/11/2018	AUS	24/12/6/3 hours	U	Track	Track Ultra WA	Banbury	<a href="http://trackultrawa.com/">http://trackultrawa.com/</a>
8/11/2018	GBR	36 Hours		Trail	Wye Valley Challenge	NP16	<a href="https://www.wyevallychallenge.com/">https://www.wyevallychallenge.com/</a>
8/11/2018	RSA	50/36 km	U	Trail	Magaliesberg Challenge	Van Gaalen Restaurant	<a href="https://energyevents.co.za/event/crazy-store-magaliesberg-challenge-2018/">https://energyevents.co.za/event/crazy-store-magaliesberg-challenge-2018/</a>
8/11/2018	AUS	70 km plus options	U	Trail	Berry Long Run	Bacchus Marsh	<a href="http://berrylongrun.com/">http://berrylongrun.com/</a>
8/18/2018	DNK	100 km	U	Road	Viborg100K	Viborg	<a href="http://viborgam.dk/viborg-100km">http://viborgam.dk/viborg-100km</a>
8/18/2018	GBR	214 miles	M	Trail	Race Across Scotland	Portpatrick	<a href="http://www.gbulttras.com/ultra-great-britain-2018/">http://www.gbulttras.com/ultra-great-britain-2018/</a>
8/18/2018	DNK	24/12 hours	U	Road	24/12 timers Løb Viborg	Viborg	<a href="http://www.24timersloeb.dk/">http://www.24timersloeb.dk/</a>
8/18/2018	TZA	260 km/8 days		Trail	Kilimanjaro Stage Run	Kilimanjaro	<a href="http://kilimanjarostagerun.com">http://kilimanjarostagerun.com</a>
8/18/2018	RSA	53 km	U	Trail	Merrell Whale of Trail	Cape Agulhas	<a href="http://whaleoftrail.co.za/">http://whaleoftrail.co.za/</a>
8/19/2018	AUS	57 km plus options	U	Trail	Run the Great Whitsunday Trail	Airlie Beach	<a href="http://www.runwhitsundays.com.au/">http://www.runwhitsundays.com.au/</a>
8/19/2018	FRA	6 days/72 hours	M	Road	6 Days of France	Privas	<a href="http://www.6jours-de-france.fr/">http://www.6jours-de-france.fr/</a>
8/23/2018	IND	333/222/111 km	M,U	Trail	La Ultra	Leh	<a href="http://www.laultra.in/">http://www.laultra.in/</a>
8/24/2018	GBR	184/100 miles	M,U	Trail	T184 / T100 Challenge	Thames Barrier	<a href="http://www.tseriesracing.com/t184/">http://www.tseriesracing.com/t184/</a>
8/24/2018	NZL	200/160/100 /80/50 km	M,U	Trail	Great Naseby Water 200 km Race	Naseby	<a href="http://www.greatnasebywaterrace.co.nz/">http://www.greatnasebywaterrace.co.nz/</a>
8/24/2018	GBR	235 miles	S	Trail	Deadwater Multi Stage Ultra	Deadwater	<a href="http://deadwater.run/">http://deadwater.run/</a>
8/25/2018	GBR	100 km	U	Trail	South Coast Challenge	Eastbourne	<a href="https://www.southcoastchallenge.com/">https://www.southcoastchallenge.com/</a>
8/25/2018	GBR	140 miles	M	Mixed Surface	The Coast To Coast (C2C) Ultra	Whitehaven	<a href="http://www.c2cultra.com/">http://www.c2cultra.com/</a>
8/25/2018	GBR	145 miles	U	Mixed Surface	Kennet and Avon Canal Race	Bristol Temple Meads	<a href="http://www.gucr.co.uk/">http://www.gucr.co.uk/</a>
8/25/2018	GBR	214 km	M	Trail	Chiltern Way Ultra	Hemel Hempstead	<a href="https://www.challenge-running.co.uk/races/chiltern-way-ultra-214k/">https://www.challenge-running.co.uk/races/chiltern-way-ultra-214k/</a>
8/25/2018	AUT	218 km	M,U	Road	Austria Race across Burgenland	Kittsee	<a href="http://www.laufestival.com/arab.htm">http://www.laufestival.com/arab.htm</a>
8/25/2018	BRA	24/12 hours	U	Road	Ultramarathon 24 Hour Campinas Run	Campinas	<a href="http://www.ultrarunnereventos.net/u24hs.html">http://www.ultrarunnereventos.net/u24hs.html</a>
8/25/2018	GBR	36 Hours		Trail	South Coast Challenge	BN22 7LL	<a href="https://www.southcoastchallenge.com/">https://www.southcoastchallenge.com/</a>



# Upcoming Races

8/25/2018	MAS	444 km	M	Road	Coast 2 Coast	Lumut	<a href="http://endurancenature.com.my/index.php/coast-2-coast/">http://endurancenature.com.my/index.php/coast-2-coast/</a>
8/26/2018	AUS	64 km plus options	U	Trail	Kuranda to Port Douglas Ultra	Kuranda	<a href="http://www.dynamicrunning.com.au/k2pd/">http://www.dynamicrunning.com.au/k2pd/</a>
8/31/2018	GBR	135 Miles / 216 KM		Trail	Ring O' Fire 135 Mile Coastal Ultra Marathon	LL65 1YG	<a href="http://www.ringofire.co.uk">http://www.ringofire.co.uk</a>
8/31/2018	USA	72/48/24 hours	M,U		Lhotse 200	Owasso	<a href="https://www.eventbrite.com/e/2018-lhotse-200-tickets-40088405500">https://www.eventbrite.com/e/2018-lhotse-200-tickets-40088405500</a>
9/1/2018	GBR	24 hours	U	Trail	Dartmoor Highground	Okehampton, Devon	<a href="http://www.dartmoorhighground.com">http://www.dartmoorhighground.com</a>
9/1/2018	GBR	24 hours	U,T	Trail	The Buff Joust	Worcester WR6 6NH	<a href="http://www.ultrarunningltd.co.uk/thejoust24hr.html">http://www.ultrarunningltd.co.uk/thejoust24hr.html</a>
9/1/2018	GBR	24/12 hours	U	Trail	Glenmore 24/12 hour Trail Race	Aviemore	<a href="http://runyabam.com/glenmore-24/">http://runyabam.com/glenmore-24/</a>
9/1/2018	DNK	24/12/6 hours	U	Road	Asta Maries 24 Hour Run	Copenhagen	<a href="http://www.astamaries24.dk/">http://www.astamaries24.dk/</a>
9/1/2018	FRA	24/12/6 hours	U	Road	Villeneuve d'Ornon 24 Hour	Villeneuve d'Ornon	<a href="http://24hvillevave.fr/">http://24hvillevave.fr/</a>
9/1/2018	GER	24/12/6 hours	U	Road	Bottroper Ultralauf Festival 24h, DUV-DM	Bottrop	<a href="http://www.lg-ultralauf.de/bottroper-ultralauf-festival.html">http://www.lg-ultralauf.de/bottroper-ultralauf-festival.html</a>
9/1/2018	USA	24/12/6 hours	U	Mixed Surface	Badgerland Striders 24-12-6 Hour Runs	Lapham Peak State Park-Evergreen Lot	<a href="http://badgerlandstriders.org/">http://badgerlandstriders.org/</a>
9/1/2018	SRB	6 day	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
9/1/2018	SRB	5 day	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
9/2/2018	SUI	360/170/90/45 km	M	Trail	Swiss Peaks 360	Furkapass	<a href="http://swisspeaks.ch/index_en.html">http://swisspeaks.ch/index_en.html</a>
9/2/2018	RSA	44 km	U	Trail	Table Mountain Challenge	Garden Tech Rugby Club	<a href="https://energyevents.co.za/event/table-mountain-challenge-2018/">https://energyevents.co.za/event/table-mountain-challenge-2018/</a>
9/2/2018	USA	24 hours	U		Olander Ultra	Sylvania	<a href="http://runtoledo.com/daves-olander-relay-24-hour-endurance-challenge/">http://runtoledo.com/daves-olander-relay-24-hour-endurance-challenge/</a>
9/2/2018	SRB	72 hours	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
9/2/2018	SRB	48 hours	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
9/2/2018	SRB	24 hours	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
9/5/2018	SUI	170/100 km	U,S	Trail	Ultra Tour Monte Rosa	Grächen	<a href="https://www.ultratourmonterosa.com/">https://www.ultratourmonterosa.com/</a>
9/7/2018	IRL	190/58 km	M	Trail	The Kerry Way Ultra	Killarney	<a href="http://www.kerrywayultra.com/">http://www.kerrywayultra.com/</a>
9/7/2018	USA	200 miles	M	Trail	Tahoe 200 Endurance Run	Homewood	<a href="http://www.tahoe200.com/">http://www.tahoe200.com/</a>
9/7/2018	FRA	200/120/60 km	M	Trail	L'Infernal Trail Des Vosges	Saint-Nabord	<a href="http://www.linfernaltrail.com/">http://www.linfernaltrail.com/</a>
9/7/2018	GER	24 hours	U	Road	Rekener 24 Hour	Rekener	<a href="http://www.laufen-in-reken.de/">http://www.laufen-in-reken.de/</a>
9/7/2018	ALB	6d/220k	S	Trail	2nd GlobalLimits Albania - The Hidden Treasure -	Berat	<a href="http://global-limits.com/home.html">http://global-limits.com/home.html</a>

# Upcoming Races

9/8/2018	AUS	100 km	U	Road	World 100km Championships	Sveti Martin na Muri	<a href="http://www.spa-sport.hr/">http://www.spa-sport.hr/</a>
9/8/2018	GBR	100 km	U	Trail	Thames Path Challenge	London	<a href="https://www.thamespathchallenge.com/">https://www.thamespathchallenge.com/</a>
9/8/2018	AUS	100 mi/100/50 km	U	Trail	Glasshouse Trail Series	Glasshouse Mountains	<a href="http://glasshousetrailseries.com/">http://glasshousetrailseries.com/</a>
9/8/2018	AUS	100/km/miles	U	Trail	The Great North Walk 100s	Teralba	<a href="http://www.terrigaltrotters.com.au/GNW100s.htm">http://www.terrigaltrotters.com.au/GNW100s.htm</a>
9/8/2018	BEL	24 hours	U	Road	24 heures de Liege	Lüttich	<a href="http://www.les24h.be/">http://www.les24h.be/</a>
9/8/2018	GER	24 hours	U	Track	24-Stunden-Solidaritätslauf	St. Ingbert	<a href="https://solilauf.org/">https://solilauf.org/</a>
9/8/2018	GBR	36 Hours		Trail	Thames Path Challenge	SW6 6EA	<a href="https://www.thamespathchallenge.com/">https://www.thamespathchallenge.com/</a>
9/8/2018	RSA	50 km	U	Trail	Mont-Aux-Sources 50km Challenge	Royal Natal Park	<a href="http://www.wildseries.co.za/events/mont-aux-sources-challenge/about/">http://www.wildseries.co.za/events/mont-aux-sources-challenge/about/</a>
9/8/2018	SVK	6 HOUR	U	Road	Sri Chinmoy 6h race Kosice	Kosice	<a href="https://cs.srichinmoyraces.org/beh-6h-kosice">https://cs.srichinmoyraces.org/beh-6h-kosice</a>
9/10/2018	ITA	6 day/48/12/6 Hrs,100 M/Km	M	Mixed Surface	Italia Ultramarathon Festival	Policoro (MT) 75010	<a href="http://www.6giornidelpantano.com/">http://www.6giornidelpantano.com/</a>
9/14/2018	ESP	200/105/45 km	M	Trail	Bocineros-Deiadar Xtreme	Gernika	<a href="http://www.bocinerosxtreme.com/">http://www.bocinerosxtreme.com/</a>
9/15/2018	AUS	100/50km	U	Trail	Surf Coast Century	Anglesea	<a href="http://rapidascent.com.au/SurfcoastCentury/">http://rapidascent.com.au/SurfcoastCentury/</a>
9/15/2018	FRA	24 hours	U	Road	24 heures de St Maixent l'Ecole	St Maixent l'Ecole	<a href="http://runchacunsafoulee.com/">http://runchacunsafoulee.com/</a>
9/15/2018	GER	24 hours	U	Trail	Benefizlauf 24 Std. Laufen für Wasser	Winterborn	<a href="http://www.vision-tansania.de/">http://www.vision-tansania.de/</a>
9/15/2018	SUI	24/12/6 hours	U	Road	24-Stundenlauf Aare-Insel Brugg	Brugg	<a href="https://www.24stundenlauf.ch/de/">https://www.24stundenlauf.ch/de/</a>
9/15/2018	USA	50 m	U	Mixed Surface	The North Face Endurance Challenge - Wisconsin	Ottawa Lake Recreation Area	<a href="https://endurancecui.active.com/event-reg/select-race?e=49283151">https://endurancecui.active.com/event-reg/select-race?e=49283151</a>
9/21/2018	ESP	6 day stage race	S	Road	Way of Legends	Burgos	<a href="http://burgosultrastagerace.com/">http://burgosultrastagerace.com/</a>
9/22/2018	GBR	24 hours	U	Track	Self Transcendence 24 Hour Track Race Tooting Bec	London, SW17 8BW	<a href="https://uk.srichinmoyraces.org/london-24">https://uk.srichinmoyraces.org/london-24</a>
9/22/2018	AUS	24/12/6 hour	U	Track	Brisbane Track Ultra	Brisbane	<a href="https://www.rivercityrunners.net/brisbane-track-ultra-2017">https://www.rivercityrunners.net/brisbane-track-ultra-2017</a>
9/22/2018	SRB	24/12/6 hours	U	Road	Self Transcendence Beogradski Ultramaraton 24 Hour	Belgrade	<a href="https://rs.srichinmoyraces.org/beograd_ultra">https://rs.srichinmoyraces.org/beograd_ultra</a>
9/22/2018	UKR	24/12/6 hours	U	Road	Self Transcendence 24 Hour Track Race Kiev	Kiev	<a href="http://races.org.ua/kiev/?lang=en">http://races.org.ua/kiev/?lang=en</a>
9/22/2018	RSA	48/24/12 +	M,U	Road	100 Capital Classic	Pietermaritzburg	<a href="http://www.100cc.co.za/">http://www.100cc.co.za/</a>
9/22/2018	USA	24 hours	U		North Coast 24	Cleveland	<a href="https://registration.verticalrunnerrm.com/events/northcoast-24-hour-endurance-run-nc24-12142016255">https://registration.verticalrunnerrm.com/events/northcoast-24-hour-endurance-run-nc24-12142016255</a>

# Upcoming Races

9/23/2018	AUS	100/50 miles	U	Trail	Waterous Trail on Foot	Dwellingup	<a href="http://wtfultra.com/wtf/">http://wtfultra.com/wtf/</a>
9/23/2018	AUS	105 km	U	Trail	Sri Chinmoy Canberra Trail Ultra	Acton	<a href="http://au.srichinmoyraces.org/canberratrailultra">http://au.srichinmoyraces.org/canberratrailultra</a>
9/23/2018	GBR	12 hours		Trail	Surrey Hills Challenge	Denbies Wine Estate, RH5 6AA	<a href="http://www.surreyhillschallenge.com">http://www.surreyhillschallenge.com</a>
9/23/2018	AUS	56 km	U	Trail	Yurrebilla Trail	Adelaide	<a href="http://www.y56k.com/">http://www.y56k.com/</a>
9/23/2018	USA	170 miles	S	Trail	Grand2Grand Ultra	Kanab	<a href="http://g2gultra.com/home">http://g2gultra.com/home</a>
9/24/2018	RSA	68/21 km	U	Road	The Legends Marathon	Bhisho	<a href="http://www.legendsmarathon.co.za/">http://www.legendsmarathon.co.za/</a>
9/26/2018	CHN	400 km	M	Trail	Ultra Trail Gobi Race	Guazhou County	<a href="http://utg.xuanzang.com.cn/lc/index.jsf">http://utg.xuanzang.com.cn/lc/index.jsf</a>
9/27/2018	NOR	200 km	M	Trail	Nordmarka Ultra Challenge	Grua	<a href="http://nordmarka-ultra-challenge.blogspot.com/">http://nordmarka-ultra-challenge.blogspot.com/</a>
9/27/2018	HUN	48.24 hours	M,U	Road	Emu 48/24 Hour Races	Balatonfured	<a href="http://www.emusport.hu/en/node/191">http://www.emusport.hu/en/node/191</a>
9/27/2018	GRE	50/48/24 hours	M,U	Road	No Finish Run	Thessalonika	<a href="http://nofinishrun.org/">http://nofinishrun.org/</a>
9/28/2018	NOR	100 km	U	Trail	Nordmarka Ultra Challenge	Grua	<a href="http://nordmarka-ultra-challenge.blogspot.com/">http://nordmarka-ultra-challenge.blogspot.com/</a>
9/28/2018	GRE	246 km	M	Road	Spartathlon	Athens	<a href="http://www.spartathlon.gr/">http://www.spartathlon.gr/</a>
9/29/2018	AUS	100 mile/100/50 km plus options	U		Nerang 100 Miler	Nerang	<a href="http://www.nerang100miler.com/">http://www.nerang100miler.com/</a>
9/29/2018	USA	24 hours	U	Road	Hinson Lake 24 Hour Ultra Classic	Rockingham	<a href="http://www.etinternet.net/~runbike/hinsoninfo.htm">http://www.etinternet.net/~runbike/hinsoninfo.htm</a>
9/29/2018	IRI	250 km	S	Desert	Iranian Silk Road Ultramarathon	Kerman	<a href="http://www.worldrunningacademy.com/wraextremerraces/en/">http://www.worldrunningacademy.com/wraextremerraces/en/</a>
9/29/2018	NOR	54 km	U	Trail	Nordmarka Ultra Challenge	Grua	<a href="http://nordmarka-ultra-challenge.blogspot.com/">http://nordmarka-ultra-challenge.blogspot.com/</a>
9/30/2018	CHL	250 km	S	Mixed Surface	Atacama Crossing	San Pedro	<a href="http://www.4deserts.com/atacamacrossing/">http://www.4deserts.com/atacamacrossing/</a>
9/30/2018	AUS	6 day/72/48 hour	M	Road	Adelaide 6 Day Race	Thorndon Park, Campbelltown	<a href="http://yumigo.com.au/adelaide-6-day/">http://yumigo.com.au/adelaide-6-day/</a>
10/1/2018	NOR	400 km	S	Trail	Gaea Norvegica Trail	Vaterlandsparken (Stargate pub) Oslo	<a href="http://berghemultra.com/">http://berghemultra.com/</a>
10/6/2018	GER	100m /100/71/50 km	U	Road	Taubertal 100	Rothenburg	<a href="http://www.taubertal100.com/">http://www.taubertal100.com/</a>
10/6/2018	FRA	24 hours	U	Road	24 Heures du Quai du Cher	Ville-de-Vierzon	<a href="https://sites.google.com/site/24heuresduquaiduchervierzon/">https://sites.google.com/site/24heuresduquaiduchervierzon/</a>
10/6/2018	NZL	24/12/6 hours	U,T	Track	Self-Transcendence 24 Hour Track Race, Auckland	Auckland	<a href="https://nz.srichinmoyraces.org/races/auck/24hr">https://nz.srichinmoyraces.org/races/auck/24hr</a>
10/6/2018	JOR	5 days	S	Desert	Wadi Rum Ultra	Rum Village	<a href="http://www.wadirumultra.com">http://www.wadirumultra.com</a>
10/6/2018	USA	24/12 hours	U		Allison Woods Halloween	Turnersburg	<a href="https://ultrasignup.com/results_event.aspx?did=45665">https://ultrasignup.com/results_event.aspx?did=45665</a>
10/6/2018	GER	100 m/km 71/50 km	U	Road	Taubertal 100	Rothenburg	<a href="http://www.taubertal100.com/">http://www.taubertal100.com/</a>
10/12/2018	USA	238 miles	M	Trail	Moab 240	Moab	<a href="http://www.moab200.com/">http://www.moab200.com/</a>
10/13/2018	RSA	100 km	U	Trail	The Cederberg Traverse	Pakhuis Pass	<a href="https://energyevents.co.za/event/cederberg-traverse-2018/">https://energyevents.co.za/event/cederberg-traverse-2018/</a>
10/13/2018	AUS	100 km/55/45 2-person relay	U,T		The Great Ocean Walk GOW100s	Apollo Bay	<a href="http://www.gow100s.com/">http://www.gow100s.com/</a>

# Upcoming Races

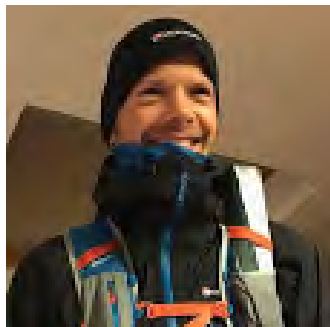
10/13/2018	AUS	100 mi/100/50 km	U		Hume & Hovell 50/100	Tumbarumba	<a href="http://humehovellultra.com/">http://humehovellultra.com/</a>
10/13/2018	GER	24 hours	U	Trail	TrailDorado - 24h Trailrunning Party	Arnsberg	<a href="http://www.traildorado.com/">http://www.traildorado.com/</a>
10/13/2018	POL	24 hours	U	Trail	Leśna Doba 24 Hour Ultramarathon	Pabianice	<a href="http://www.lesnadoba.pl/">http://www.lesnadoba.pl/</a>
10/13/2018	AUS	50 km	U	Trail	Washpool Trails 50km	Washpool NP	<a href="http://www.traq.org.au/articles/events/washpool">http://www.traq.org.au/articles/events/washpool</a>
10/13/2018	PRT	8 DAYS		Trail	Foz Coa Douro Trail Adventure 8 days	Porto	<a href="https://carlossanatureevents.com/fcdta.html">https://carlossanatureevents.com/fcdta.html</a>
10/16/2018	NOR	400 km	M	Trail	Bèrghem Ultra Gaea Norvegica Trail	Oslo	<a href="http://berghemultra.com/races.html#2017_GaeaNorvegica">http://berghemultra.com/races.html#2017_GaeaNorvegica</a>
10/18/2018	RSA	250 km	S	Trail	Kalahari Augrabies Extreme Marathon (KAEM)	Augrabies Falls National Park	<a href="http://www.kaem.co.za/">http://www.kaem.co.za/</a>
10/19/2018	USA	112/28 miles	M	Trail	The Hot Wild Oak Trail 113 mile & 28 mile	Bridgewater,	<a href="http://www.vhtrc.org/events/twot100.htm">http://www.vhtrc.org/events/twot100.htm</a>
10/19/2018	USA	48/24/12/6 hours	M,U	Road	Endless Mile	Alabaster	<a href="https://www.southeastertrailruns.com/endless-mile.html">https://www.southeastertrailruns.com/endless-mile.html</a>
10/20/2018	AUS	100/50km	U	Trail	Blackall 100	Sunshine Coast Hinterland	<a href="http://www.blackall100.com/">http://www.blackall100.com/</a>
10/20/2018	FRA	24 hours	U	Road	24 heures d'Albi ( National Championships)	Albi	<a href="http://www.albi24h.fr/">http://www.albi24h.fr/</a>
10/20/2018	MYS	24/12/6 hours	U	Track	Universiti Malaya 24 hours Ultra Marathon	Kuala Lumpur	<a href="http://endurancenature.com.my/">http://endurancenature.com.my/</a>
10/20/2018	ITA	24/6 hours	U	Road	Sri Chinmoy Trofeo 24 ore di Cesano Boscone	Cesano Boscone	<a href="https://it.srichinmoyraces.org/main-it">https://it.srichinmoyraces.org/main-it</a>
10/20/2018	USA	24/12/6 hours	U	Trail/Road	24 The Hard Way	Oklahoma City	<a href="https://friendsofmultisport.com/event/24-the-hard-way">https://friendsofmultisport.com/event/24-the-hard-way</a>
10/22/2018	MEX	Ultra Marathon 145 hrs.		Trail	Warrior Spirit "Tlahuicole Spirit"	90160	<a href="http://agreenproject.org/UltraSports/warrior-spirit/">http://agreenproject.org/UltraSports/warrior-spirit/</a>
10/26/2018	IND	100 miles	S	Trail	Himalayan 100 Mile Stage Race	Daejeeling	<a href="http://www.himalayan.com/">http://www.himalayan.com/</a>
10/27/2018	AUS	105 km	U	Trail	Heysen 105	Newland Hill	<a href="http://www.yumigo.com.au/heysen/">http://www.yumigo.com.au/heysen/</a>
10/27/2018	CZE	24 hours	U	Track	Pilsen 24 Hour	Pilsen	<a href="https://www.behna24hodin.cz/">https://www.behna24hodin.cz/</a>
10/27/2018	USA	24/12/6/3 hours Plus	U	Trail	Mosquito Hill	New London	<a href="https://www.facebook.com/events/119932015314492/">https://www.facebook.com/events/119932015314492/</a>
10/27/2018	AUS	50/25 km	U	Trail	RunningWorks Ultra	Bibra Lake	<a href="http://www.squashworks.com.au/">http://www.squashworks.com.au/</a>
10/28/2018	AUS	100/50km	U	Road	Ned Kelly Chase	Wangaratta	<a href="http://www.nedkellychase.com.au/">http://www.nedkellychase.com.au/</a>
11/2/2018	USA	48/24/12 hours	M,U		Save The Daylight	Englewood	<a href="https://ultrasignup.com/register.aspx?did=44774">https://ultrasignup.com/register.aspx?did=44774</a>
11/3/2018	NLD	200 km	M	Trail	LEO180	Goirle	<a href="http://www.acceptnolimits.eu/leo/">http://www.acceptnolimits.eu/leo/</a>
11/10/2018	AUS	100/50 mile/50 km	U	Trail	Feral Pig Ultra	Perth	<a href="http://feralpigultra.com.au/">http://feralpigultra.com.au/</a>
11/17/2018	USA	24 hours	U		Crooked Road 24	Rocky Mount	<a href="http://ultrasignup.com/register.aspx?did=44512">http://ultrasignup.com/register.aspx?did=44512</a>

# Upcoming Races

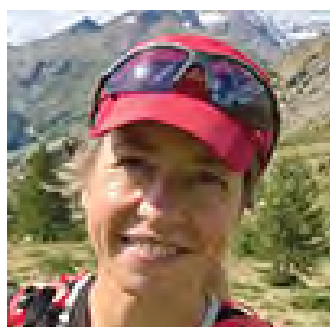
11/17/2018	USA	50 m	U	Mixed Surface	The North Face Endurance Challenge - California	Marin City	<a href="https://endurancecui.active.com/event-reg/select-race?e=50137951">https://endurancecui.active.com/event-reg/select-race?e=50137951</a>
11/18/2018	RSA	73 km	U	Trail	Oyster Catcher Ultra Trail Run	Mosselbay	<a href="http://trisport.co.za/trievent/oyster-catcher-ultra/">http://trisport.co.za/trievent/oyster-catcher-ultra/</a>
11/21/2018	CRI	6 days	S	Trail	Costa Rica Ultra Trail - La Transtica	San Jose	<a href="http://www.lastranstica.org/en/index.php">http://www.lastranstica.org/en/index.php</a>
11/23/2018	ATA	250 km	S	Ice	Last Desert	Ushuaia, Argentina	<a href="https://www.4deserts.com/thelastdesert/">https://www.4deserts.com/thelastdesert/</a>
11/24/2018	NOR	24/12/6 hours	U	Indoor	Bislett 24h Hour indoor challenge	Oslo	<a href="http://www.romerikeultra.no/p/24681/info-in-english">http://www.romerikeultra.no/p/24681/info-in-english</a>
11/30/2018	KHM	200 km	S	Trail	7th GlobalLimits Cambodia - The Ancient Khmer Path -	Phnom Penh	<a href="http://www.global-limits.com">http://www.global-limits.com</a>
12/1/2018	USA	24/12/6 hours	Ultra-up to 24h/100miles	Road	Perpetual Motion	Silver Lake Marina in Grapevine, TX	<a href="https://runsignup.com/Race/TX/Grapevine/PerpetualMotion">https://runsignup.com/Race/TX/Grapevine/PerpetualMotion</a>
12/1/2018	TWN	24 hours	U	Track	Soochow International Ultra-Marathon	Soochow University Wai Shuang Hsi Campus Track	<a href="http://www.ctau.org.tw/en/soochow-international-ultra-marathon/">http://www.ctau.org.tw/en/soochow-international-ultra-marathon/</a>
12/1/2018	USA	24 hours	U	Road	One Epic Run 24 Hour Race	Spartanburg	<a href="https://ultrasignup.com/register.aspx?did=42912">https://ultrasignup.com/register.aspx?did=42912</a>
12/8/2018	TUR	24/12 hours	M,U		Cekmekoy Ultra Winter Marathon 12/24/48 Hours	Taşdelen Picnic Area, Çekmeköy	<a href="http://www.teamultratrailrunner.com/index.php/website/content/65">http://www.teamultratrailrunner.com/index.php/website/content/65</a>
12/8/2018	FRA	24/12/6 hours	U	Road	Les 24/12/6 heures de Ploeren	Ploeren	<a href="http://www.ploeren-endurance.fr/">http://www.ploeren-endurance.fr/</a>
12/8/2018	AUS	240 km	M	Road	Coast to Kosciuszko	Boydton	<a href="http://www.coast2kosci.com/">http://www.coast2kosci.com/</a>
12/9/2018	AUS	50 km (& shorter options)	U		Gold Coast 50km	Gold Coast	<a href="https://www.gc50runfestival.com.au/">https://www.gc50runfestival.com.au/</a>
12/10/2018	USA	12 hours	U	Mixed Surface	Pilot Mountain to Hanging Rock Ultra	1110 Flinchum Rd, Danbury, NC 27016	<a href="http://pm2hrultras.com/details/">http://pm2hrultras.com/details/</a>
12/15/2018	ESP	24/12/6 hours	U	Track	Barcelona 24 Hour	Barcelona	<a href="http://www.corredors.cat/24hores/">http://www.corredors.cat/24hores/</a>
12/16/2018	AUS	46 km	U	Trail	6 Inch Trail Marathon	North Dandalup	<a href="http://www.6inchtrailmarathon.com/">http://www.6inchtrailmarathon.com/</a>
12/28/2018	USA	6 Days, 24/48/72 hrs	M	Mixed Surface	Across The Years	Camelbak Ranch	<a href="https://www.acrosstheyears.com/">https://www.acrosstheyears.com/</a>
2/16/2019	USA	24 hour/100/50 m 50 km /	U	Sand/ Beach	Destin 24 hour Beach Ultra	Destin Beach	<a href="http://www.destin50.com/">http://www.destin50.com/</a>
6/26/2019	GBR	250 miles	M	Mixed Surface	Thames Ring	Streatley-on-Thames	<a href="http://www.thamesring250.moonfruit.com/">http://www.thamesring250.moonfruit.com/</a>
10/10/2019	RSA	250 km	S	Trail	Kalahari Augrabies Extreme Marathon (KAEM)	Augrabies Falls National Park	<a href="http://www.kaem.co.za/">http://www.kaem.co.za/</a>
5/1/2020	NPL	850 km	S	Trail	Himal Race	Everest Base Camp	<a href="http://trailrunningnepal.org/trail-races/himal-race-2020-sagarmatha-annapurna/">http://trailrunningnepal.org/trail-races/himal-race-2020-sagarmatha-annapurna/</a>
7/11/2021	EST	4,600 km	S	Road	Trans-Europe	Tallinn	<a href="https://transeuropefootrace2021.wordpress.com/">https://transeuropefootrace2021.wordpress.com/</a>
00/00/2019	USA	500 miles	M	Road	Race Across Nebraska	Wyoming border	<a href="http://www.nebraskarace.com/">http://www.nebraskarace.com/</a>
7/6/2018	RSA	6 day 48/24/12/	M	Road	Winter Running Festival	Wychwood Germiston	<a href="http://www.wrightracetiming.co.za/entryforms/">http://www.wrightracetiming.co.za/entryforms/</a>

# Correspondents

## CORRESPONDENTS



**Arctic John Parkin**, the head teacher at Oxenhope Primary School, won the inaugural Deadwater 235 mile stage race from Scotland to Wales in 2017. Visit John's blog for his interesting race reports at: [showboater-daily100words.blogspot.co.uk](http://showboater-daily100words.blogspot.co.uk)



**Maria Elisabetta Bellini** is the founder of [www.italyontrail.com](http://www.italyontrail.com) a trail race calendar & magazine aimed at all who want to enjoy the trails in Italy. Originally from the UK, she lives and runs in Italy and has been working in sports promotion for over ten years.



**Karen Jackson** from South Carolina is a Mom, Ultra runner, Pizza Expert, 49ers Faithful, small business owner and an Ambassador for Luna Sandals. Karen runs a lot of races and has run in four Vol-States. She maintains a blog at: [Smilingsandalrunner.com](http://Smilingsandalrunner.com)

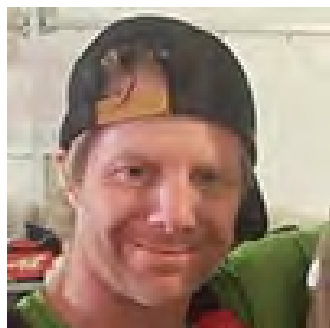


**Sarah Cameron** is an ultra-running vegan who lives on a vineyard in the south of France with her husband, two children and far too many pets. She juggles family life with looking after said pets, making wine and indulging in her many hobbies, most of which involve either consuming things or attempting to burn them off. <http://cakewinerunning.blogspot.fr>

## CONTRIBUTORS



**Hayley White**, 42 and a Medical Exercise PT. A runner for the last 22 yrs. Started and fell in love with Ultra Running in 2016 whilst training for Mds. Since then on average 3 a year and my favourite to date was Deadwater. Currently in training for 6633 March 2019.



**Henrik Lowemark** is a Swedish ultrarunner that likes to run really far. Started running pretty late in life, and hasn't stopped since. Greatest accomplishment so far is running Thames Ring 250 miles without any sleep at all. Occasionally posts running pictures at [www.instagram.com/hlowemark](http://www.instagram.com/hlowemark)



**Anna Gilmore** is an Insolvency Lawyer from Edinburgh and has been running ultras since 2008 when she ran the Compton 40. In 20016 Anna won the White Rose 100 and in 2017 she was second at Jedburgh, won Glentress marathon, and won both Deadwater and the Tweed Valley Ultra.



**Helen Pickford** is a swim teacher and sports massage therapist living in Sheffield, UK where she joined Sheffield Running Club after getting into off-road running. Has an impressive record on the DUV with 10 podium finishes out of 13 events and 2 fourth place finishes to her credit. Has run Druids and the Ring o Fire. Helen has a blog at: [Runallthemiles.co.uk](http://Runallthemiles.co.uk) & [Ultrativesportsmassage.co.uk](http://Ultrativesportsmassage.co.uk)

# ITALIAN ULTRAMARATHON FESTIVAL

Dal 10 al 16 SETTEMBRE  
POLICORO VILLAGE - Policoro



6 giorni  
100 miglia  
100 chilometri  
6/24/48 ore

Procedura migliorata  
fibra e più marcatore al giorno

ISCRIZIONI  
pasquale.brandi@esca.it - cell +39 3477240811  
www.giornideipartano.com  
www.facebook.com/pasquale.brandi.6

INFORMAZIONI  
policoro.villaggio@libero.it  
tel. 0935 910160 - cell. 330 25075201 - fax 0935 910494







# SUNDAY 6TH MAY 2018

## CONQUER

WALES' HIDDEN TRAIL

# STILL TYDS

100KM or 50KM  
through excellent terrain.

£35 for 50KM  
£55 for 100KM  
Until 1st January 2018

Professionally run event  
Fully marked course  
Fully stocked Checkpoints / Picnics  
Bespoke Medal for All Finishers  
Finishers T-Shirt  
First Aid Cover

"A TRAIL RUN NOT TO BE MISSED"  
100% FINISH RATE 2017  
★★★★★

Great for a 1st Ultra whilst also offering a true challenge for seasoned ultra runners! With amazing support from 6 fully stocked aid stations, more like picnics than aid stations! Fully marked course making navigation as easy as it can be. This is an amazing route that really showcases rural wales at its best.

# IT'S BACK & BIGGER!



# LAKES IN A DAY

50 MILE ULTRA RUN FROM CALDBECK TO CARTMEL

Saturday 13 October 2018

A journey on foot from the very top of the Lake District at Caldbeck to the very bottom, at Cartmel, taking in the stunning Helvellyn ridge and the western shoreline of Windermere. It might not be the easiest traverse but it will be the most spectacular!



www.lakesinaday.co.uk 07.10.17

# ATR EVENTS 2018

APRIL 7TH  
THE TESTWAY ULTRA

MAY 19-20TH  
LINKENHOLT 24

SEPTEMBER 2ND  
ANDOVER TRAIL MARATHON  
HALF MARATHON  
LITTLE LONDON 10KM



book your place today...  
www.andovertrailrunners.co.uk/events  
...or call us on 07783475379

ANDOVER TRAIL RUNNERS  
trail running as it should be



Don Winkley and Fred Davis courtesy  
Athens International Ultrafestival