

# Ultrarunning World

ROAD, TRACK & TRAIL MULTIDAY & ULTRA DISTANCE NEWS  
ISSUE 20





# 3 DIAS TRAIL IBIZA

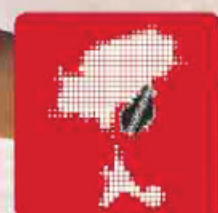
## ULTRA IBIZA

**VIERNES 29 NOV. 2019 NOCTURNA**

**SÁBADO 30 NOV. 2019**

**MEDIA MARATÓN / MARATÓN / ULTRA**

**DOMINGO 01 DIC. 2019 DIURNA**



**TRAILS**  
IBIZA - FORMENTERA



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

[www.trailibiza.com](http://www.trailibiza.com) / [info@trailibiza.com](mailto:info@trailibiza.com)



Ajuntament de  
**Sant Antoni de Portmany**

Consell  d'Eivissa

**Ports IB**



Ajuntament de  
**Sant Josep de sa Talaia**



Ports de Balears

Autoritat Portuària de Balears



**ajuntament d'eivissa**  
[www.eivissa.es](http://www.eivissa.es)

ITRA  
INTERNATIONAL  
**TRAILRUNNING**  
ASSOCIATION

  
Prueba puntuable Copa Ibiza Trail  
**4 ó 5 puntos**





We have so much great material coming from the ultrarunning community around the world. It's very inspiring being part of a collaborative project at this time.

This issue starts off with a new race in Poland during May this year, the 100 miles of Beskid Wyspowy. Poland hasn't really been on our radar apart from a few Superstars like Patrycja Berenowska and Joanna Biala. However there is a blossoming ultra scene developing with lots of races taking place over the next year.

We jump to New Zealand and the Alps2Ocean 7 day stage race that stretches from Mt Cook to the Pacific Ocean. This year was the second edition of the race and 5 hours was taken off the male and female course records, a healthy sign and the longest event currently taking place in New Zealand.

The Kokkola Ultra Run Nordic Trophy is a new 6 hour event and initiative to bring the Scandinavian countries together. Featuring 24/12 hour races, registration for the 2020 event in May opens in the first week of September. (Also taking place in Finland next summer is the Kauhajoki Ultra Running Festival with 6day/72/48/24/12/6h options). Things are happening in Scandinavia too.

We are very happy to introduce Andrea Lopez Barraza from Chile as a new correspondent. Andrea runs the Mujeres Extremas website which strives to create new media that considers a feminist narrative and critical perspectives in the sport. Andrea offers glimpses into her last years schedule which included Burning Man and the Moab and Tahoe 200's.

Also in the US, Needville, Texas is the location for Brazos Bend 50, the next article by Leah Brasher before we hear about Charlie Wartnaby running the crucial part of the Camino Way in Spain in a day.

Hayley White & Mark Whittle answer some questions about their 6633 Ultra and UK long distance queen Sharon Gayter still recovering from setting a new JOGLE record shares her thoughts from the Athens 6 Day Race earlier in the year. From South Africa we have two articles, Willemien van Zyl ran the Schaap River Canyon ultra and Andre Du Toit writes about the Ultra Trail Drackensberg.

Back in the UK, Naomi Moss (a trail lover) didn't fall in love with the track at the Crawley 24 Hour while Liam Mills UTS50 agrees that Snowdon is, "Beautiful Beyond Belief", and news from the Running Granny, Angela White, who has just finished her run in just over 18 days as we go to press and who was attempting an age group record on the JOGLE.

Next issue we feature another well known writer, Gary Dudney along with Ali Young and Alex Whearity's GUCR reports (Alex has just won the Canal Slam) and more from Sharon Gayter, the WHW, the WHW Challenge and the EMU 6 day by Joanna Biala amongst others.

Many thanks to all the contributors and to the thousands of subscribers who create a very special ultrarunning world.

## The House:

### • Editor

- Abichal Sherrington

### • Staff

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

### • Correspondents

- Sarah Cameron
- Leila Majewska
- Wendy Whearity
- Berit Jessen
- Tim Hardy
- Helen Pike
- Helen Hayes
- Amy Mower
- Sharon Gayter

### • Photos

- Front cover: Radka Churaňová after her victory at the Self-Transcendence 24 Hour Race Kladno in the Czech Republic, the best women's 24 hour performance of 2019 so far. Photo with kind permission of Apaguha Veselý and the Sri Chinmoy Marathon Team
- Back cover: Chris Moon MBE at the 2019 AdventureCORPS® Badwater 135. Photo by Ron Jones / Badwater.com

### Ultrarunning World Magazine

Address: 38 Shadwell Rd, Bristol, BS7 8EP

Phone Number: 07923833719

Website: [Ultrarunningworld.co.uk](http://Ultrarunningworld.co.uk)



Email: [mail@ultrarunningworld.co.uk](mailto:mail@ultrarunningworld.co.uk)

Send inquiries, original and previously unpublished race reports/articles to the above email address. Last dates for submissions: October 1<sup>st</sup>, November 1<sup>st</sup> and December 1<sup>st</sup>. Please include a 40-50 word bio, some accompanying photos (if you have any) and a headshot for the contributors page. More details on request. Thank you.

Copyright © Ultrarunning World 2007-2019. All Rights Reserved.

# Contents

- 6 News
- 8 Recent Races
- 16 Spartathlon Quest  
by Amy Mower (aka Cake Bandit)
- 18 100 Miles of Beskid Wyspowy  
by Agnieszka Faron & Michael Nowicki
- 22 The Anchor Milk Otago Alps 2 Ocean Ultra  
by John McKenzie
- 26 IAU Kokkola Ultra Run Nordic Trophy 2019  
by Terhi Martikainen
- 28 Scenes from a summer of running  
by Andrea Lopez
- 32 B is for Brazos Bend  
by Leah Brasher
- 36 The Camino in One Day  
by Charlie Wartnaby
- 40 Q and A with Hayley White and Mark Whittle
- 44 Athens 6 Day Race 28th January – 3rd February 2019  
by Sharon Gayter
- 50 Crawley 24 hour 2019  
by Naomi Moss
- 52 Ultra Trail Snowdonia 50 2019  
by Liam Mills
- 56 Schaap River Canyon, Northern Cape, South Africa 2018 - Find your WHY. Go back to your roots.  
by Willemien van Zyl
- 59 Contributors





# YORKSHIRE 3 PEAKS ULTRA

## PEAKS VALES MOORS & TRAILS SERIES

### 70km Sat 19 October 2019

**THE RACE:** Challenging trails through inspiring North Yorkshire scenery in autumn conditions. Intermediate level navigation providing adventure for racers stepping up to mountain trails as well as great racing for more experienced runners. Generous cut-off times. Perfect preparation for the Spine Race and other hilly ultra marathon events.

**START/FINISH:** Hawes Market House

**THE ROUTE:** Classic Yorkshire Three Peaks and historic Cam Road trail / Pennine Way



#### ITINERARY:

**Saturday 19th  
October**

07:00 Registration  
09:00 Race Start

**Sunday 20th  
October**

07:00 - 10:00 Breakfast  
03:00 Race cut off time

#### WHAT'S INCLUDED

- ✳ Ranger Team support at HQ, roadhead and hill top locations.
- ✳ Navigation roadbook
- ✳ Indoor hall accommodation on Saturday night for race finishers (bring your sleeping bag & mat).
- ✳ Pasta & pizza dinner, tea, coffee, soft drinks at finish
- ✳ Finishers medals
- ✳ Places for 1st Male, 1st Female, Fastest racer in age categories 20-25, 26-49, over 50



Entries now open: **£50**  
See website or email for more details.

**FURTHER SUPPORT:** Group and 1-to-1 *Complete Racer* courses in navigation training, hill skills, race finishing strategies



## RANGER ULTRAS<sup>TM</sup>

[www.rangerultras.co.uk](http://www.rangerultras.co.uk)

[rangerexped@hotmail.co.uk](mailto:rangerexped@hotmail.co.uk)

07890 620274





## Current News

**Sharon Gayter sets a new JOGLE record.** After losing her record to Mimi Anderson in 2008, Sharon set off on her journey from John O'Groats to Land's End on 21st July in an attempt to reclaim the Guinness World Record for the 822 mile route. Her goal was to break 12:15:46, averaging 70 miles a day. Sharon reached the south-west corner of Cornwall at 18:36 on 2nd August, setting a new record of 12:11:06. [Live.opentracking.co.uk/joglesharon](http://Live.opentracking.co.uk/joglesharon).



**Angela White**, the Running Granny, began running from John O' Groats to Lands End on September 10th attempting to set a new World Record as the oldest female to run from John O' Groats to Land's End whilst raising awareness of health and ageing matters. Hoping to raise £25,000 all money raised will be used to develop Going for Old CIC, GFO, a social enterprise, aiming to encourage, motivate and inspire people to make small, positive lifestyle choices to improve their physical and mental health throughout life. Follow and support Angela through the links on her website: <https://therunninggranny.co.uk/>

**The Athens Multiday Festival** scheduled for the Autumn of 2019 has been pushed back and will now form part of the 15th International Ultramarathon Festival in Athens starting January 16th 2020. The deadline for applications has also been pushed back to December 15, 2019. Website – [Dayrunners.gr](http://Dayrunners.gr)

**Jenny Hoffman** is running across the USA and has a website, [Run.Jenny.Run!](http://Run.Jenny.Run!) Jenny a quantum physicist, started running just after 4 am on September 11th from San Francisco to New York. Follow Jenny on her [Garmin live tracking](#).

### IAU News

**The 2019 IAU 100 km Asia and Oceania Championship**

will take place on 23th of November 2019 in Aqaba, Jordan.

The **IAU 100K World Championships 2020** has been scheduled for September 12th in Winschoten ( NED).

Two new podcasts have been published on the IAU website. An interview with World Runner Jesper Olsen, who is currently the National Coach for the Danish Ultra Running Team and an interview with Iraitz Arrospide – the 2019 IAU 50Km World Champion.

**A talk by Mick Farrar** (for beginners and intermediate runners) and presentation on ultra running, covering most aspects of the sport. Plus guest speakers. Funds raised will be donated to Alex Francis, supporting him stay at home as he fights MND.

Thursday, 17 October 2019 from 19:00-21:30.

Masonic Hall, Yerbury Street, Trowbridge BA14 8DP



## New Races

### The Last Annual Heart of The South Road Race

Partly due to the increasingly popular Last Annual Vol-State Race which sold out very quickly this year, Laz has proposed another event – The Last Annual Heart of The South Road Race starting from West Memphis, Arkansas to Castle Rock Georgia, 326 miles, scheduled for June 18 - 28th 2020. He wrote, “No ferry ride, we would cross the Mississippi on a footbridge. Five states (in order) Arkansas, Tennessee, Mississippi, Alabama and Georgia. Except for Memphis you would be in small rural southern towns... kind of like the Vol-State.” More info and registration on [UltraSignUp](http://UltraSignUp).

A new event has just been announced, the **South Carolina Ultra Running Festival** which is planned for February 3-9th 2020 and will feature a 6-Day, 72, 48, 24 Hour



and 100 mile options. The course has been certified and registration will open on UltraSignUp once USATF Sanctioning is finalised. There will be an announcement on the Facebook page once registration is open.

### The 6 Day Races 2019/20

<b>16.09.2019</b>	<b>ITA</b>	<a href="#">Italian UltraMarathon Festival</a>
29.09.2019	AUS	<a href="#">Adelaide 6 day - 6d,72h,48h</a>
16.11.2019	MON	<a href="#">No Finish Line 8d,24h</a>
18.11.2019	USA	<a href="#">Icarus Florida UltraFest - 6d,72h,48h,24h,12h</a>
12.12.2019	RSA	<a href="#">Running Festival Wychwood - 20/10/6 day 1000 mile</a>
28.12.2019	USA	<a href="#">Across The Years - 10d,6d,72h,48h,24h</a>
18.01.2020	GRE	<a href="#">Athens Ultramarathon Festival - 6d,72h,48h,24h</a>
03.02.2020	USA	<a href="#">South Carolina Ultra Running Festival 6d,72h,48h,24h</a>
21.04.2020	USA	<a href="#">Sri Chinmoy 10 &amp; 6 Day Races</a>

(TBC)

07.05.2020	HUN	<a href="#">EMU 6 Day Race 6 Day</a>
11.05.2020	USA	<a href="#">3 Days at the Fair 6d,72h,48h,24h,12h,6 h</a>
29.06.2020	FIN	<a href="#">Kauhajoki Ultra Running Festival 6d,72h,48h,24h,12h,6h</a>
23.07.2020	USA	<a href="#">Six Days in the Dome - The Redux 6d,48h,24h</a>
16.08.2020	FRA	<a href="#">6 Days of France 6d,48h</a>

**KAUHAJOKI  
ULTRA  
RUNNING  
FESTIVAL**



**29.06.–05.07.2020**

**ADVERTISE  
YOUR EVENT  
HERE**

If you have an  
upcoming event you  
want to advertise

**CONTACT US NOW**



# Recent Races

## Recent Races

**The Last Annual Vol-State Run**, a 314/500 km road race from Dorena Landing Missouri to Castle Rock, Georgia across Tennessee was won by Greg Armstrong (USA) in 3:14:11:31 a new screwed record, plus its Greg's fourth win. First woman to reach the Rock was Canadian Beverly Anderson-Abbs third place overall in 4:07:17:55, also a new women's screwed course record despite it being her debut at the race. 121 finishers. [Website](#).

**Badwater®** 135 one of the most iconic ultras in the world was won this year by Yoshihiko Ishikawa (JPN) in 21:33:01. First woman was Patrycja Bereznowska (POL), second overall by 2 hours, in 24:13:24. 79 finishers. [Full results](#). [Website](#).

The oldest 24 hour race currently taking place falls under the auspices of the **Sri Chinmoy Ultras** in Ottawa which features 24 Hour, 50k, 50mi, 100k, 100mi, 200k and 12/6 Hour races. The event takes place at the Asticou Centre in Gatineau, Quebec, on a 1.8 km Loop. First man in the 24 hour was Rainer Predl (AUT) with 219.8 km and first woman was Lydia Ouellette (CAN) with 150.3 km. [Results](#).



The **Skövde Ultra Festival** takes place on a 400m tartan track in Skövde, Sweden. The Festival includes 48/24/12/6/1 hour races plus a Backyard ultra and a 100k. In the 24 hour first man was Martin Scharp in 232.753 km. First woman was Kristina Paltén in 171.123 km. [Full results](#).



**16.06.2019 RSA Running Festival Wychwood 6 Day Race**  
The Wychwood Running Festival in Germiston, South Africa is a low key event that takes place several times throughout the year and despite the popularity of

Comrades and Two Oceans, the fixed time format has yet to catch on. Not for lack of trying though. Organised by Eric Wright, one of the most experienced multiday runners in South Africa the event features 72/48/24/12/6 hour options and other events. Winning the 6 day this summer was Pumla Mjoli (RSA) with 347.500km, Graham Hutchins (RSA) with 200.500km. The 72 hour was won by Galit Birenboim-Navon (ISR) with 333 km. First man, second overall was Perry Todd (RSA) with 250.5 km. [Results](#).

### 26.6.2019 GBR Thames Ring 2019

The Thames Ring 250 is one of the longest non-stop races in the UK. The course follows along the Thames Path Grand Union Canal and Oxfordshire Canal networks to form a circular route around London. There's a 100 hour time limit. This year's race was won by Henrik Lowemark (SWE) in 62:13:21 and first woman was Mandy Foyster (GBR) in 85:43:23. 41 starters, 14 finishers. [Facebook page](#). (Articles in issue 22). [Results](#).

### 6.7.2019 ITA Dolomites Ultra Trail

The Dolomites Ultra Trail is a two person team race starting and finishing together in Brixen. The 81 km course features 4,728m of ascent and the same descent. The race starts at 00.01am. in the Cathedral Square in Brixen and runners have 20 hours to complete the race. First men this year were Jimmy Pellegrini/Alexander Rabensteiner in 10:49.45,4 and first women's team was Natalia Florek/Malgorzata Tomik. [Results](#).

### 26.07.2019 BIH Jahorina Ultra Trail

The winner of the Bosnian 101 km Jahorina Ultra Trail in the men's category was Charlie Sharpe from the UK in 12:38:11. First woman was Francesca Canepa (ITA) in 14:07:08. [Website](#).



### 27.07.2019 AUS 100/50 km The Guzzler Ultra

The inaugural Guzzler took place in Brisbane, Australia this weekend, providing a challenging 100 km race from the heart of Brisbane and it also featured a Glass Half Full 50 km option. First woman - Naomi Mitchell (AUS) in 15:22:12. First man - Yun Phua (NZL) in 11:49:01. [Full results](#)



## 26.07.2019 AUT 110/75 km Grossglockner Trail

Grossglockner ULTRA-TRAIL® (GGUT) mainly follows the trails of the so-called "Glocknerrunde" around Austria's highest mountain, the Großglockner (3798 m). Through the scenic landscape of the National Park Hohe Tauern, the race crosses 3 provinces, 7 valleys, 6 municipalities. Runners cross the Alps twice, running along 14 glaciers, surrounded by around 300 mountains higher than 3000m. Start and finish is in Kaprun. First woman was Eva Sperger in 16:03:14. First man was Grasel Florian 14:40:14. [Full results](#)

## 26.07.2019 CZE 48/24H Self-Transcendence Race Kladno

The Self-Transcendence 48/24 hour races take place near the municipal stadium at the Kladno Aquapark. The course is a flat, shaded 1 km loop. Very strong performances by Vladimir Stavrev (BUL) with the 4th best 24 hour performance of the year for the men and the best women's performance of the year by Radka Churaňová (CZE) with 251.498 km.

### 48 Hour

First woman Vinati Docziová (SVK) 268,129 km. First man Daniel Trusca (FIN) 370,121 km

### 24 Hour

Radka Churaňová (CZE) 251,498 km. Vladimir Stavrev (BUL) 253,099 km

Full results



## 26.07.2019 GBR 145 m Kennet & Avon Canal Race 145 mile (KACR)

This 145 mile race starts at Temple Meads Railway Station in Bristol and follows the way-marked Kennet & Avon Canal towpath, Thames Path National Trail and Grand Union Canal towpath to Paddington Railway Station in London. First across the finish line for his second Canal win this year was Alex Whearity in 26:15. First woman was Laura Watts in 36:13, 8th overall. 66 starters and 24 finishers. [Full results](#)



## 26.07.2019 GBR 100/50 m Lakeland 100/50 Mile

The Lakeland 100, 'the Ultra Tour of the Lake District' is perhaps the most spectacular long distance trail race in the UK. The circular route encompasses the whole of the lakeland fells, with approximately 6300m of ascent and follows public bridleways and footpaths. The route starts and finishes in Conistown.

### 100 miles

First woman was Anna Troup in 26:20:06. First man was Rory Harris in 21:28:28.

### 50 miles

First woman was Bethan Male 9:26:55. First man was Jayson Cavill 7:58:38. [Final results](#)



## 27.07.2019 ITA 80 km Trans d'Havet

Taking place on the same trail which in 2013 saw Kilian Jornet and Louis Alberto Hernando break down the nine-hour wall. Starts at midnight from Piovene Rocchette and finishes in Valdagno in piazza Municipio. Length about 80 km with positive height difference about 5500 m. The race this year was the Italian long trail championships.

First woman was Francesca Pretto (ITA) 11:16:40

First man was Giovanni Tacchini (ITA) 9:58:55 [Full results](#)



## 27.07.2019 MAS 100/55 km Cameron 100 Km Ultra Trail

The 100 km and shorter events start at Cameron Highlands, Pahang, Malaysia. The 100 km has 4480 m of elevation. First woman Shindy Patricia Elisabeth (IDN) 19:02:49 First man Ryo Murata (JPN) 12:52:41

[Full results](#)



## Recent Races

### 26.07.2019 USA 100 m High Lonesome 100 Mile

The High Lonesome 100 starts and finishes at the base of Mount Princeton in the Sawatch range of the Colorado Rocky Mountains. Features 22,500' of vertical gain and reaches an elevation of 13,150'. The race runs in a loop and takes runners on the Continental Divide and Colorado Trail.

First woman was Silke Koester in 25:28:20

First man was Luke Jay in 22:22:43

125 starters, 86 finishers. [Full results.](#)

### 27.07.2019 USA 24 Hour Tally in the Valley Trail Race

A 7k loop on primarily groomed trails in the Dundas Valley Conservation Area, Hamilton, Ontario.

First woman was Charlotte Vasarhelyi with 171 km

First man was Coffee Umanetz with 175 km. 46 Starters. [Results.](#)



### 28.07.2019 MGL Gobi March

The 16th Gobi March hosted by RacingThePlanet took place starting 28th July in the Karakorum region of Mongolia. The race began amid the ruins of Khar Buhhiin Balgas Palace. Stage 1 winners were Kim Jisub of Korea in a time of 3:30:04 and Amanda de Kock of South Africa (for the women) in a time of 4:25:30. With two very strong days De Kock established a lead that she maintained to the end finishing with 30:49:34, 7th overall, while Stefan Zuber took control on Day 2 and won every other stage bar the 4th to win in 28:03:38. 100 starters, 96 finishers. [Full results.](#)



### 02.08.2019 AUT Pitz Alpine Glacier Trail 100/85 Km

The Pitz Alpine Glacier Trail 106/85 Km takes place in Mandarfen in the Pitztal mountains in Austria. P106 has ca. 6,100 elevation gain with the highest point the Mittagkogel peak at 3,100 m. First woman was Basilia Förster (ITA) 23:04:30. First man was Christian Stern (AUT) in 19:34:22. [Full results.](#)

### 02.08.2019 GER Chiemgauer 100

There are several distances that make up the Chiemgauer

100 including a 100 mile and 100 km races. Takes place in the Chiemgauer Alps located in Bavaria in south-eastern Germany. In the 100 miler there was one woman finisher, Lue Tornbo Baastrup (DEN) 30:00:56. First man was Florian Probst (GER) in 22:49:16 [Full results.](#)

### 03.08.2019 AUS HerberTonne 100/50km

Starting and Finishing in the Historic Village, Herberton, Atherton Tablelands in Northern Queensland, the event features 100 km solo and team events and a 50 km race. The 100 km was won by Sam Heames in 12:26:55. First woman was Lisa Hurring second overall in 12:37:55. [Full results.](#)

### 3.08.2019 GBR The Eddum

A 50 mile challenge around the Epynt Way the Eddum loops around the Sennybridge Training Area in the Brecon Beacons. The permissive bridle path follows interesting terrain with wooded valleys, high moorland and forest. First woman was Sanna Duthie in 8:27 and first man was Phillip Rutter in 8:56 46 finishers. [Results.](#)



### 3.08.2019 USA Angeles Crest 100

Now in its 32nd year, the Angeles Crest 100 Mile race starts at the Wrightwood Community Building in southern California and finishes in Altadena with a 33 hour cut-off. The 2019 race was won by Ruperto Romero (USA) in 19:39:09. First woman was Melissa Danehey (USA) in 25:26:25. 155 finishers. [Full results.](#)

### 03.08.2019 GBR North Downs Way 100 Mile Race

The North Downs Way 100 begins in Farnham at the Western end of the North Downs and finishes in Ashford at the Julie Rose Stadium, featuring approximately 10,000 feet of climb. This years race was won by Mark Darbyshire in 15:18:41 and first woman was Karen Hacker in 20:40:38. 283 starters, 188 finishers. [Full results.](#)

### 03.08.2019 GBR Devil o' the Highlands Footrace 42m

The Devil o' the Highlands Footrace is a 42 mile/69 km trail race on part of the West Highland Way. The race starts at Tyndrum and finishes at Fort William with a total ascent of 6500ft/1981m. The race starts at 6am and has a 12 hour cut-off. The race was won by John Hammond in 5:39:36. First woman was Alison McGill in 6:40:49. 359 finishers. [Full results](#).

## 03.08.2019 GBR 6th Peak Skyline

The 29.5 mile race is a single loop that starts in Buxton Community School, Derbyshire. Featuring 2000m of elevation and a cut-off of 8 hours make this a challenge for all. Also features a 14 mile version. The race was won by Jack Scott in 4:39:39 and first woman was Katie Boden in 5:01:59, 4th overall. [Full results](#).

## 8.8.2019 GBR Thames Challenge

The Thames Challenge is an event featuring 4 ultras in 4 days, the Cotswold Ultra, the Oxford Ultra, the Windsor Ultra and the Richmond Ultra. The four stages (47mi, 63mi, 43mi, 31mi) begin at the source of the Thames in the Cotswolds. Amounting to 184 miles over the four days, this years Male and Female Champions were Sophie Clarke and Mick Foy. 11 Starters 2 finishers. [Results](#).

## 9.8.2019 USA Bigfoot 200

The Bigfoot 200, part of the Grand Slam of 200's, takes place in the Cascade Mountains featuring 42,000 + feet (12,802 meters) of ascent. Sofi Cantilo set a new women's course record of 66:43:45. First man was Michael John McKnight also setting a new course record in 51:33:45. 99 finishers. [Live Tracking](#).



## 09.08.2019 SWE Trans Scania

Featuring one of the smallest fields on the calendar, 20 runners, the 246 km Trans Scania trail race starts in Långa Bryggan in Bjärred in the west of Sweden, across Skåne to Haväng in the east, and then returns the same way. The race first took place in 2010 and sold out this year in a few

minutes and only two runners made it off the waiting list – not an easy race to get into. This year the first man was Pål Andersson (SWE) in 34:15 and first woman tying for first place were Annika Askengren Berg (SWE) and Sofia Kay (SWE) in 42:58.15. There were 21 starters, 20 finishers. [Website](#). [Results](#).

## 9.8.2019 GBR Roseland August Trail (RAT)

The Roseland August Trail features four different events, The Black Route 32 miles, The Red Route 22 miles, The White Route 11 miles and The Plague (green) 100 km – 64 miles. All routes follow the same part of the Cornish coastline.

The Plague was won by Tom Carthey in 11:38:07 and Mary Nenon was first woman, third overall in 13:20:27. The Black was won by Damian Hall in 4:30:56. Hannah Howard was first woman in 6:05:22. The 22 mile Red route was won by Dan Lawson in 2:44:11 and Rebecca Morgan won the women's category in 3:30:17. [Full results](#)

## 11.08.2019 IRE The Connemara 100

A 100 mile tour of Connemara on the West Coast of Ireland on foot. The race starts and finishes in Clifden with a 30 hour cut-off time. First woman was Aoife Mundow in 18:20:06, 6th overall and first man was Fozzy Forsitall in 16:40:32. 24 finishers. [Connemara 100 website](#).



## 17.08.2019 USA Leadville Trail 100

The Leadville Trail 100 Run is one of the classic US 100 mile races. First run in 1983, the race takes place in Leadville, Colorado. The course features 15,600 feet of gain, with elevations ranging from 9,200 - 12,620 feet. First man was Ryan Smith in 16:33:25. First woman was Magdalena Boulet, 11th overall, in 20:18:07. [Results](#).

## 17.08.2019 DEN 12/24 timer Viborg

This road race takes place on a 5.71 km loop around Sønderlø, in Denmark. First man was Michael Rasmussen with 205.560 km and first woman was Lisbeth Billeskov Hansen with 199.850 km, second overall. 23 runners. Danish 100k championship winners were Katja Bjerre 9:07:24 Brian Arreborg Hansen 7:22:08. [Results](#).



## Recent Races



The **6 Jours de France** took place in Privas from the 18th-24th of August and also featured a 48 hour as well as a 6 day walkers category. The 6 day was won by Olivier Chaigne with 736.578 km. Second place was Eric Derouet with 711.369 km and Robert Miorin was third with 706.014km. In the women's race early leader Emma Johns (NZL) sustained an injury forcing her to stop paving the way for Claudie Bizard to take the win with 620.265 km. Second was Mimi Chevillon with 578.614 km and third was Chantal Pain with 564.505 km. 65 runners. The 48 hour was won by Denis Dupoirieux with 311.791 km and women's winner was Angeline Chaieb with 227.267 km. Catch the results at [www.6jours-de-france.fr](http://www.6jours-de-france.fr)

The **2019 Deutschlandlauf** also got underway on 18th of August starting in Sylt and finishing at Enge-Sande (Sunday, 08/18/2019). Bernhard Munz was the overall winner in 140.12 hours. Cornelia Rohwedder was first woman finishing with a time of 193:13 hours. 44 starters and daily results on the [Deutschlandlauf](http://Deutschlandlauf) website.

The inaugural **Holland Ultra Tour** took place for the first time this summer. Featuring 14 stages, runners averaged about 64 km a day covering a total of about 900 km altogether. The race started 21st of July and finished back in Amsterdam on August 3rd after looping the entire country. After leading for most of the race the final day saw Alex Swenson (USA) pipped at the post by Jean-Louis Vidal (FRA) who covered the distance in 95:22. First woman was Jannet Lange (NLD) in 118:44. 18 starters 13 finishers. [Results.](#)



The **Self-Transcendence 3100 Mile Race**, the longest certified footrace in the world drew to a close on August 6th and saw the race leader Ashprihanal Aalto (FIN) finish for the 15th time and win the race for the 9th time. Seven of the eight runners finished with Todor Dimitrov (pictured below) reaching the goal with 50 minutes to spare before the 52 day time limit expired. [Results.](#)

Photo by [srichinmoyultraphoto.com](http://srichinmoyultraphoto.com).



The **Ultra-Trail du Mont-Blanc** also known as the UTMB, is a week long festival of running that takes place each year at the end of August. First held in 2003 it now features seven events with a range of distances including the flagship Ultra-Trail du Mont-Blanc based in and around Chamonix in France..

OCC - Orsières-Champex-Chamonix covers 55k and over 3,500m of ascent. Cut-off is 14.5 hours.

CCC - Courmayeur-Champex-Chamonix features 101k with 6,100 m of ascent and a cut-off of 26:45.

TDS - Traces des Ducs de Savoie is a technical mountain race, covering 119k and 7,250m of ascent.

UTMB - Ultra-Trail du Mont-Blanc follows the original Trail du Mont-Blanc with 170k and over 10,000m of ascent. Cut-off time of 46.5 hours.

PTL - Petite Trotte à Léon is a team event of 2 or 3 runners. Covers 290k and 26,500m of ascent. Cut-off time of 151:30 hours.

The 171km race has a 46:30 hour cut-off and this year was won by Pau Capell (ESP) in 20:19:07. Women's winner was Courtney Dauwalter (USA) 24:34:26. 1556 finishers.

[Results.](#)

Luis Alberto Hernando Alzaga (ESP) won the 101km CCC in 10:28:49 and first woman was Amanda Basham (USA).

[Results.](#)

Up in North Wales the **Ring O' Fire - 135 Mile Run** took place August 31st. The Ring O' Fire is a coastal ultra around the Isle of Anglesey and staged over three consecutive days it follows the rugged and spectacular Isle of Anglesey Coastal Path. Time Limit: 40.5 hours. Sam Wilson led the field with 22:41:42 and first woman was Kimberley Cavill (GBR) in 29:06:46. 79 starters, 45 finishers. [Results.](#)

Iceland is the venue for the **Fire and Ice Ultra** which took place on 26th August. 250km over 6 stages starting at the foot of Europe's largest glacier, Vatnajökull Glacier. Runners have to be self-reliant and carry their own food, water and gear. Tents and hot water provided at the end of each stage. The race was won by (Tommy) Yen-Po Chen in 23:51:48 Maria Russell was first woman in 30:45:54.39 finishers.

[Results on the DUV.](#)



# PYRENEES

## STAGE RUN

The **Pyrenees Stage Run** is a seven day stage race beginning in Ribes de Freser and finishing in Salardu with two stages in Andorra. It offers runners the chance to cross the Pyrenees following the sections of GR11, the 750 km Gran Recorrido. Runners are in teams of two. First men's team home was Andre Purschke and Matthias Dippacher finishing in 30:43:22. First lady home was Emily Sullivan paired with Brent Mitchell in 41:14:36. First women's team was Samantha Rendall and Katie Henderson finishing in 44:19:16. the [Live Tracking](#)



**L'Etoile Verte D'Eguzon**, the Green Star of Éguzon is a new stage race taking place in France starting September 1st. Six stages in the shape of a star around a base camp (accommodation and meals provided) and located on the banks of the Creuse, Lake Chambon (Éguzon-Chantôme), in the heart of the green lung of Gaul and at the confluence of the Val de Creuse, Berry and Limousin. The picturesque route of this Green Star, which is almost 300 km, covers the inspiring landscapes of the "Valley of Painters". Organised by the same people who put on the legendary Transe-Gaule and the MiL'KiL and started September the 1st the fastest man was René Strosny (GER) covering the six stages in 25:16. Carmen Hildebrand (GER) was the first woman coming home in 30:06.

48 starters, 47 finishers. Results: [www.la-transegaule.fr](http://www.la-transegaule.fr)

### A Race For The Ages (ARFTA)

Competitors have an hour to run for each year of their age and the person with the most miles at the end of the event wins. Oldest starts first. The age handicap ends after the 41-year-olds start. The race was won by 74 year old Bob Becker who covered 230 miles in 73:45:13 hours. First woman was 66 year old Letha Cruthirds with 175 miles, 5th overall. Letha also set a new F65-69 48-hour record of 216,759 meters (134.68 miles). Full results.



Britain's Aly Dixon won the women's **IAU 50km World Championships** in Brasov, Romania, September 1st on her debut at the distance setting a new world record with 3:07:20. A GB one-two saw Helen Davies finish second in 3:09:16. Spain's Alicia Perez was third in 3:15:09. In the men's event Iraitz Arrospide (ESP) 02:47:42 crossed the finish line with a 43 second lead over Lungile Gongqa (RSA) and Daniel Nash (GBR) finished third with 2:49:01. Full results.

**The Lhotse 200** is a festival of ultrarunning that takes place on a 1.13 mile paved loop in Centennial Park in Owasso, Oklahoma with options to suit most folks - 200/100/50 Mile Run/72/48/24 Hour Run. The event kicked off Labor Day Weekend 2019 Aug 30-Sept 2. The 200 mile race was won by Jaclyn Long in 63:59:22. First man was Walter Handloser in 65:25:47. The 72 hour was won by Leon Leonard (USA) with 477.411km. First woman was Helen Yang (USA) with 299.479km. [Full results.](#)



The **Winschoten 100 km Road Race** has been held since 1976 on the second Saturday of September and since 1995 the solo race has also included the Dutch 100 km Championships. The course is a 10 km loop and several distance options are available. Men's winner was Joris Beaumon (BEL) in 7:18:25 and women's winner was Hinke Schokker (NLD) second overall setting a new 100k national record with 8:00:34. Men's champion was Cees van der Land (NLD) in 7:54:30. [Full results.](#)



**Tor des Géants** is one of the toughest trail multiday in Europe. Tor des Géants, meaning Tour of Giants in Valdôtain patois, is a 330 km trail race which takes place in the Aosta Valley in Italy. This year is the tenth anniversary of the race and to mark the anniversary the organisers have featured a 450 km, the **Tor des Glaciers**, starting and finishing in Courmayeur 6-15, September, featuring 32000m D+. Runners had 190 hours to complete the distance. First woman was Anouk Baars (RSA) 183:06. First man was Luca Papi (ITA) 134:10. There were 112 starters and 40 finishers. [Full Results.](#)

The Tor des Géants 330 km was won by Oliviero Bosatelli in 72:37. First woman was Jocelyne Pauly in 94:22. 565 finishers, 957 starters. [Full results.](#)

# 6 Days In The Dome

## The Redux 23-31 August 2019

The long awaited return of **6 Days in the Dome - The Redux** didn't fail to entertain. On paper there were some stellar athletes for the 6 day including Joe Fejes (USA), Budjargal Byambaa (MGN), Johnny Hällneby (SWE), Phil McCarthy (USA), Mick Thwaites (AUS), Bob Hearn (USA), Jean-Louis Vidal (FRA) and Ivo Majetic (USA). In the women's race Connie Gardner (USA) and Yolanda Holder (USA) were among the favourites.

With shorter 24 and 48 hour events warming the venue up over the weekend, Zach Bitter drew a lot of attention to the event by setting a new 100 mile record of 11:19:13 at the 445.119 meter indoor track in Milwaukee's Pettit National Ice Center and kept running to beat his own 12 hour world record by running 104.8 miles.

The Day 1 24 hour was won by Tor Gudmundsen with 215.5192 km and first woman was Shannon Johnstone who covered 182.7035 km.

The second 24 hour was won by Jason Ledoyen with 196.4507 km and first woman was Pamela Chapman-Markle with 190.6857.

The 48 hour was won by Olivier Leblond with 368.0678 km and first woman was Jasmine Chiaramonte with 298.0019 km.

The 6 day began on August 25th with Dave Proctor (CAN) leading at the end of the first 24 hours but by the end of the second day Joe Fejes had assumed control and maintained that grip to take the win with 532.6387 miles (857.1989 km). Second placed Bob Hearn (530.1587 miles/853.2078 km) was forced to work hard on the final day as David Johnston emptied the tank in the final hours to come up a little short - 524.0967 miles (843.4518 km).

The women's race was dominated by Connie Gardner who had a slim margin at the end of 144 hours covering 420.2142 miles (676.2692 km) ahead of Yolanda Holder

who finished with 413.3254 miles (665.1750 km). Close by Yolanda was Sandra Villines and the two were evenly matched throughout the event with Sandra finishing with 400.3799 miles (644.3489 km)

Yolanda writes, "Hello, I'm Yolanda Holder aka "The Walking Diva" a walker that competes with runners in multiday races.

My first six-day race was five years ago at Six Days in the Dome in Alaska. I knew nothing about multiday racing. I went into the race blind I came out 3rd woman and 10th overall with 400 miles. I have power walked five six-day races and podiumed on all. I'm the American Woman record holder of the 10 Day Race with 622 miles.

At Six Days in the Dome - The Redux, I became a US Centurion, placed 2nd woman, 14th place overall, broke a World AG Record, set an American AG Record, broke Amy Howard's over 100-year record, set a PR and had a negative split. The Dome was my best six-day race.

I walk multiday races because I want to change the way society sees walkers and to continue to inspire people to get healthy and fit through walking. I'm a strong competitor and it takes staying power, focus and determination to walk or run a multiday race. It also takes mental toughness and believing in yourself. I visualize seeing myself finishing six days later with a big smile on my face.

Being a veteran of six day racing I've learned a lot over the years and my strategy for Six Days in the Dome - The Redux was to live in the moment, smile more, and enjoy it. "Six Days in the Dome III" will be July 23 - August 1, 2020 hope to see you there!

[Yolanda "Walking Diva"](#)

Race website: [www.run6days.com/](http://www.run6days.com/) [6 Day Results](#)

# Ultrarunning World

## ADVERTISE YOUR EVENT HERE >>



---

---

WAYOUTSIDE INVITES YOU TO TAKE ON  
THE

# TYNDRUM 24

18.01.2020 - 19.01.2020

TICKETS ON SALE VIA SI ENTRIES  
BY THE WAY HOSTEL • SCOTLAND

---

---

---

---

# Spartathlon Quest

Amy Mower (aka Cake Bandit)



**S**partathlon countdown: 84 days (12 weeks from today). Four months have passed since I learned I was selected for the team. Since my last update, a lot has happened from a training perspective. I've continued to put in my big mileage weeks. In fact, the mileage has increased. My typical morning run before work has increased to 18 miles up from last year's 14, and my last 4 training weeks ending with TGNV 100 were 144, 150, 150, and 184 respectively (one including a 100 mile race). There are those that say the bigger miles detract from my goal of becoming faster for Spartathlon, but so far I'm not sure I buy that. (We will, certainly, soon find out). I've found that as I've increased

the miles and built in some hills, interval runs, and moderate intensity runs with my fast (and young!) pal Katie, the speed has increased. How do I know?

At the end of April, I ran the C&O canal race. I PR'd my 50 mile split by 30 minutes at 8:41, and both PR'd my 100 mile time by 40 minutes or so, and won the women's field with a finish time of 20:31. This is huge for me as a confidence booster for the tough early cutoffs at Spartathlon. I have to hit 50 miles by 9 hours. So... I know I can do that. The bad news? At C&O after 50 miles, my performance deteriorated quite a bit due to some major stomach issues – either caused by going out too fast (bad news for a

race with tough early cutoffs), or by too much Tailwind early on (this is a problem I can fix). I had been on pace for a 19 hour finish and ended with 20:31 – a pretty significant slowdown. I typically perform best when I start out super slow and easy. A fast start is, in my mind, the best way to kill a race. Still... I now know I can hit the 50 mile cutoff. A few weeks later, I got another confidence booster at my 48 hour race at 3 Days at the Fair, where I finished with 202 miles – 113 on day 1 and 89 on day 2. More significantly, I hit 153 miles in 34 hours or so, and the cutoff for the Spartathlon 153.4 miles is 36 hours. So, I know I can do the distance in the time required. Now we just need to add some heat and hills.

Throw in... my current training. I'm fortunate to live in DC – AKA “the Swamp”. My run this morning at 3:30 am started out in the mid-70's with what I would guess was about 90% humidity. It was like a steam bath. Today followed yesterday's trail adventure with the Virginia Happy Trails Running Club in Shenandoah Park where I got in close to 4,000 feet of elevation in 21 miles (and saw a bear!!) My next push at speed will occur at the Ethan Allen 12 hour race next Saturday in Bennington, Vermont, courtesy of RD's extraordinary Adam Schalit and Eliza Hamm (timing provided by Melton & company – so I'll get to throw in some dancing). I intend to push as hard as I can for 12 hours and treat it like a long speed work out. We will see how that goes.

Finally – I've been searching for (and finding) joy in my runs. With 18 miles a day generally on the same route day after day, it has been easy to get a little bored and get into a





## SPARTATHLON ΕΠΑΡΤΑΘΛΟΝ

**ΔΙΕΘΝΗΣ ΑΓΩΝΑΣ ΥΠΕΡΑΠΟΣΤΑΣΕΩΝ**  
Στα βήματα του Φειδιππίδη / Following the steps of Pheidippides  
**INTERNATIONAL ULTRA DISTANCE RACE**



**27-28** 2019  
Σεπτεμβρίου / September

**ΑΘΗΝΑ - ΣΠΑΡΤΗ / ATHENS - SPARTA 246** χλμ  
km

ΥΠΟ ΤΗΝ ΑΙΓΙΔΑ  
ΥΠΟΥΡΓΕΙΟ ΕΘΝΙΚΗΣ ΑΜΥΝΑΣ  
ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ  
ΥΠΟΥΡΓΕΙΟ ΤΟΥΡΙΣΜΟΥ  
IAU GOLDEN LABEL 2019  
www.spartathlon.gr  
ΜΕ ΤΗΝ ΥΠΟΣΤΗΡΙΞΗ  
ΙΣΝ/SNF  
ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ  
STAVROS NIARCHOS  
FOUNDATION

Bridge, among other treats, and saw friend after friend after friend at the incredible aid stations. (Anyone interested in the full write-up can check out my blog post at <https://amyvkrunningaddiction.blogspot.com/2019/06/tgny-100.html> ....)

So, there is that. Finally, I have just started injecting run commuting into my training schedule. It has both given me variety in my running sights – crossing over the Key Bridge into Georgetown at dawn, as well as allowing me up to 45 minutes more sleep in the mornings as I'm able to avoid the metro into work. Oh – and my neighborhood hill runs – there are those too. Each of those offers variety and discovery.

All in all, it's been a pretty special couple of months.

So – 12 weeks before the race, I know that there is still a decent chance I will not be able to make the cut-offs – but I'd say I'm feeling good about the work I'm doing, and at the very least, if I'm going to DNF a race (which, believe me, I hope I will not be doing), there will at least be the consolation that I will be getting a 10 day Grecian vacation out of the deal, along with some amazing memories. BJ has his passport, we have our plane tickets in order, and I have a bib number.

Onward....

rut. I've started to combat that by injecting diversity into my training. Sundays have become trail day for this road girl. I've always been incredibly intimidated by trails (I hate falling). But after all my big paved miles, my Sunday run, often with my buddy Larry Huffman – a trail guy – have become a breath of fresh air, and a vacation in my week of pavement pounding. I take Sundays easy – still generally putting in 13-16, but stopping to take pictures of the beauty, and walking whenever we hit a hill. It is lovely. After the run vacation, I come home and I bake my

bread and I know that life is good.

I also found more joy than I've found in just about any race by running The Greater New York Running Exhibition (TGNY) 100 – 2 weeks ago in New York City. RD'd by Phil McCarthy and Trishul Cherns, this race to me was a 24 hour vacation journey through parts of NY City I had never seen before – even as someone who grew up in the NY burbs and spend a few years living in Brooklyn out of college. I got to dance on the Rockaway Beach boardwalk and run over the Brooklyn

*US Spartathlon Team logo Design by Raul Engle*



# 100 Miles of Beskid Wyspowy

Agnieszka Faron & Michael Nowicki



**B**eskid Wyspowy Mountains are mostly unknown and quiet mountains situated within the Małopolska region of southern Poland.

The mountains are not too high, they look like islands in the sea which are great for trail running and cycling. This is the area in which the Olympic and World Champion in cross country skiing, Justyna Kowalczyk learned her trade and grew up.

Within the Beskid Wyspowy mountains not only will you find beautiful trails, you will find

picturesque views which will simply take your breath away.

On May 3rd 2019 we organised the first edition of 100 miles of Beskid Wyspowy.

In the 100 mile race, 47 runners started even though everyone expected the challenging weather conditions, after 3 hours from the start, it started to rain heavily with breaks of sunshine in between until Friday evening. Luckily, Saturday was a lot better, 33 completed the race, which is a success for the first edition.

The 100 mile route calculates to 160 km, 90 km and up to 6440 metres in height.

### Winners of the 100 mile race:

#### Men:

1. ZIELIŃSKI Andrzej - 22h 10m, 22 sec
2. SIKORA Zbigniew - 25h 09 min 33 sec
3. LACHERA Marek - 25h 57 min 19 sec

#### Women:

1. WARDAK Ewa - 33h 56min 45sec
2. JĘDRZEJOWSKA-DEC Anna - 36h 51min 31 sec

3. KRÓL Joanna - 36h 52min 32 sec

Apart from the 100 mile race, runners also competed in 10 mile, 40 mile and 60 mile races.

### Summary of the course:

The route of 100 miles is divided into two parts, which clearly stand out from each other.

First part (it is also a 40-mile loop), this is a route that leads through the region of the Beskid wyspowy, which is famous for the fruit orchards, beautifully blooming in the May.





In around the 18 mile section the route of our race will run through an unusual mountain, which hides the secrets of the past, Mount Zyndram. The archaeological discovery of the settlement at Mount Zyndrama indicates that it was inhabited by a population who probably arrived from Hungary and lived there from around 1750 BC. Polish Mycenae.

mountains for 6 years. In April 2018 we set off on a long training run along the lesser known trails, we saw beautiful spring flowers and the trees had started to bloom, the sun added to the beautiful colours of the mountains. Mogielica, Łopień and Ćwilin looked simply stunning and colourful. We decided to show the world how beautiful this region is

by organising a long race. We analyzed a challenging route which is about 150-170 km ( according to the map). We decided to name this race 100 miles of Beskid Wyspowy. From April to the end of August 2018 we spent every second weekend in the Beskid Wyspowy mountains finding the best trails and linked them all together. In September 2018 we had the

route ready and just needed to do minor adjustments of the route.

In October 2018 we started to take entries for the first edition...

About us:

Agnieszka Faron - I've been running since 2009, before this I used to compete in volleyball competitions, I also cycled and hiked frequently in the mountains. I started to race ultra marathons in 2013. I have been racing in distances covering 170 km (2nd place in the mix Bieg Rzeznika, 3rd place amongst ladies in the Dalmacija Ultra Trail, also I ran Trans Gran Canaria, 100 miles of Istria and some Slovak races). In 2016 I started to train for the Ultrabalaton race



**100 mile (first part of the route is the same as the 40 mile race).**

The second section is 60 miles which forms the 60 mile race, this section is much tougher which includes hard forestry trails and it's more mountainous.

The runners used trails and paths along mountains such as Łopień, Ćwilin and Jasień, then the queen mountain Mogielica.

Race organiser history: We have been organising the Noraftail race situated within Beskid Wyspowy



# Race Reports

in Hungary, which was supposed to be the race which would see me do Spartathlon (This didn't quite work out).

I run for pure pleasure, most importantly to meet like minded people along the trails and new friends.

Michael Nowicki – I have been competing in endurance races for nearly 20 years, most notably I have completed crazy challenges such as London to Edinburgh in 2012 and Run Wisła 2017 (1200km in 12 days along the length of the Vistula river). I have completed over 100 marathons/ultra marathons. I simply love to compete and to meet new people all over the world.



Website: [www.100milesbeskidwyspowy.com](http://www.100milesbeskidwyspowy.com)

Facebook: [Beskid Wyspowy](https://www.facebook.com/BeskidWyspowy)

**ADVERTISE  
YOUR EVENT  
HERE**

If you have an  
upcoming event you  
want to advertise

**CONTACT US NOW**

## THE 15th INTERNATIONAL ULTRAMARATHON FESTIVAL Athens-Hellinikon, January-March, 2020

5000K	Jan 16 - Mar 16 at 15.00 (2300€)
4000K	Jan 16 - Mar 06 at 15.00 (1800€)
3000K	Jan 16 - Feb 25 at 15.00 (1500€)
2000K	Jan 16 - Feb 15 at 15.00 (1100€)
1000K	Jan 16 - Jan 26 at 15.00 (700€)
1000M	Jan 16 - Feb 01 at 15.00 (1000€)
48H	Jan 17 - Jan 19 at 18.00 (80€)
24H	Jan 18 - Jan 19 at 14.00 (60€)
6D	Jan 26 - Feb 01 at 18.00 (350€)
72H	Jan 30 - Feb 01 at 16.00 (100€)

Venue: Athens 2004 Olympic Games Installations at  
Hellinikon the former National Airport

Contact: John Chortis (Race Director) [chortislodge@gmail.com](mailto:chortislodge@gmail.com)  
Dr. C. N. Baxevanis (Race Director) [costas.baxevanis@gmail.com](mailto:costas.baxevanis@gmail.com)

Website: [www.dayrunners.gr](http://www.dayrunners.gr)

Mobile : 0030-6944-567-315

Organized By: The Association Of Greek Dayrunners





# Recycle your Medals for Charity

Post to  
Sports Medal Recycling  
2 Westbury  
Sherborne  
Dorset DT9 3EH

[facebook/sportsmedalrecyclinguk](https://www.facebook.com/sportsmedalrecyclinguk)



# The Anchor Milk Otago Alps 2 Ocean Ultra

John McKenzie

Photo credit: Alps 2 Ocean Ultra



New Zealand's highest mountain, magnificent alpine glacier fed lakes, high country farms, hydro power stations, rolling green pastures, 19th century historic towns and the Pacific Ocean are just part of the picture, they paint an outstanding backdrop for New Zealand's only ultra-running stage race.

The Anchor Milk Otago Alps 2 Ocean Ultra was held for the second time in late February and early March 2019.

Starting at the base of New Zealand's highest mountain, Mt Cook and extending 323 kilometres to the regional town of Oamaru in New Zealand's South Island following the off road Alps 2 Ocean cycle trail for much of the journey.

The route traversed through some of the most stunning scenery in the world and interest was so high it quickly sold out with almost two thirds of the 120 competitors coming from 14 overseas countries with Australia providing 34, the largest number of offshore athletes.

New Zealanders were well represented with 46 on the start line and there were competitors from the United States, Canada, England, Scotland, Ireland,

Brazil, Estonia, France, Germany, Italy, Switzerland and Tonga.

"Just like last year we had amazing competitors from all over the world along with 30 volunteers that spent seven days together, sharing some moments, emotions and experiences that will last forever." Says Race director Mike Sandri.

"It's was so inspiring to see so many people going through the many emotions during the week. If you have never experienced the finish line of an ultra, then you need to. The excitement, the satisfaction, the relief, just every emotion you go through during the week floods back as you reach that finish line. Is it worth it?"

"Absolutely, just ask anyone that has done it."

Kiwi Ange Parker is just one of the competitors who says she finds it hard to describe her week with just so much to take in, "The beauty I saw, the heartache of people dropping out for different reasons, the tears I shed, the laughter I had, the pains I felt, the sense of fulfilment and joy at completing each stage as I travelled 323 kilometres in 68 hours and 51

minutes meant it was just one of the best weeks of my life."

Experienced ultra-runner Jamie Stevenson who was the third unsupported female home says the Alps 2 Ocean Ultra can be summed up in two words, "Brutally beautiful."

"It was a week full of so many incredible highs and some of the darkest lows I was forced to face and overcome," she says. "The helicopter ride, ice capped mountains, the bluest lakes I've ever seen, beautiful flat runnable trails, finishing on the side of the most magnificent lakes, the laughs with the volunteers. One of the biggest highs of my life, the jet boat and finally a view of the ocean, so close I stopped and cried and cried and cried."

Stevenson says she had a lot of time in her head during the event and a lot of hours to think about her life. I questioned why I continue to push? "Why continue to face the highs and lows, why go hungry, why keep thinking that cliff bars are going to be a good running fuel? Why?"

She believes she finally found her answer somewhere amongst the rivers, lakes and mountains of New Zealand's





South Island. “When you are stripped of everything, when you have only the basics for survival on your back, when you already hurt, but know it’s not over yet, when you always have just a little bit more, you finally feel alive.”

There were so many people running in the event to support causes, including Jim Raffone from the United States who has sold his construction business to dedicate his life to competing in events around the world to raise awareness and funds for Duchenne muscular dystrophy, a fatal muscle wasting disease for which there is no known cure.

“It was all about finishing and making a statement to the world that a guy who’s not a runner could come and do a seven day event of 200 miles for boys who are dying,” Raffone says. “It’s how determined I am, it’s how bad this disease is and the world needs to know about it.”

Raffone believes the event could also be called “Amazing 2 Outstanding”

saying there was a surprise at every turn.

Maik Becker from Switzerland completed his sixth ultra-stage race in six months at the Alps 2 Ocean, as part of his mission to run seven multi-stage runs on seven continents that started in September last year. He is raising funds for the project Run For Children to support the development of a school and education project in Baiteshwor, Nepal. The goal is to raise a donation of at least 30,000 Swiss Francs.

“It is one of the very special multi stage races in the world,” Becker says. “Long distances every day, but not too technical. It’s very well organized with an amazing team behind Alps 2 Ocean and offers the best chance to see the variety of the South Island.”

After knocking off four of the world’s most treacherous deserts, 24 year old ultramarathon runner Jacqui Bell from Brisbane Australia was in New Zealand with her sights set on being the youngest person in history

to run an ultra-marathon on every continent in the world. After last year being crowned the youngest female ever to undertake the four desert ultra-running event challenge in one calendar year Bell admits the Alps 2 Ocean almost broke her and was overwhelmed with emotions at the finish line.

“I was beyond stoked to finish, she says. “I felt really proud of myself and grateful for the amazing week and the people I had met. I was dreaming of a pizza and after a few minutes of finishing I was really sad it was over.”

Bells says she loved finishing each day by a beautiful lake and the Alps 2 Ocean provided so many experiences wrapped into one. “I didn’t just get to run 323 kilometres but I also abseiled, had a jet boat ride and the highlight for me was the helicopter ride, not to mention the kindness of all the kiwi’s, every single person involved in the organising and volunteering were the best humans ever.”





Her top moment was running towards Oamaru at the finish with about eight kilometres to go when a complete stranger wound down her car window and yelled out, “You are \*\*\*\*\* awesome.”

“That was the best; it really made me laugh and amped me up to keep pushing on.”

Sandri says he gets overwhelmed by the positive messages and feedback he gets about the event and its scenery, but stresses at the end of the day it’s all about the people and the incredibly supportive environment that ultra-running inspires.

“There so much genuine support for each other,” he says. “It’s not like ironman and triathlon where it can be highly competitive. They’re all doing something pretty tough and they all get to know each other pretty well as they’re all together for a week surviving on limited sleep and food and if someone else cries you cry too.”

The Anchor Milk Otago Alps 2 Ocean Ultra is run by a very committed team who all contribute their time at no cost to the event with a real focus on raising as much money as possible to put back into the local community with a focus on youth.

“We’ve set up the Alps 2 Ocean Ultra Community Trust charitable trust with the objective of benefiting the people of North Otago and the Mackenzie Country, with a particular emphasis on our youth,” he says. “Every single person volunteers and gives their time. They all love the sport, love hosting people from around the world and love showing off this beautiful part of the world we are lucky to live in.”

Englishman Keith Burrows was the fastest home, winning the men’s supported event in 30 hours and 44 minutes, 50 minutes ahead of second placed Paul Hewitson from Wellington in New Zealand.

In a close battle in the women’s unsupported event where runners had to carry their clothing, food and sleeping bags, Emily Kratz from the United States won with a time of 37 hours and two minutes, 18 minutes clear of Australian Sarah Foster.

With a combined time of 35 hours Australian Katy Anderson won the women’s supported event by one hour and seven minutes from New Zealander Kelly Sutherland, and was an impressive fourth overall while Sutherland was seventh.

The men’s unsupported race was won by former US Special Operations Ranger Seth Campbell who now lives in New Zealand with a time of 35 hours and 18 minutes, 46 minutes ahead of Tim Franklin from Australia.

Entries for next year’s event being held between February 23rd and 29th 2020 opened on 1 April and are quickly filling up.

Website: [www.alps2oceanultra.com](http://www.alps2oceanultra.com)



# Wendy Whearity (nee Shaw) BSc

GB team bronze medallist, experienced ultra-runner and coach. Specialising in customised remote run and general fitness coaching. From beginner's to experienced ultra-marathoners. All goals, abilities and experience welcome.



## Ultra-marathon and fitness coaching



- ◆ UK athletics qualified coach
- ◆ BSc sport, coaching & fitness
- ◆ Level 3 Personal trainer
- ◆ 1-to-1 sessions available

Email: [wendy.whearity@gmail.com](mailto:wendy.whearity@gmail.com)

*Helping ordinary people do extraordinary things*



## Love trails. Love running.

Why not join the TRA?

### Annual Membership Fees:

- £10 for individuals
- £15 for family

### Membership Benefits:

- Eligibility for TRA runner grants
- Prizes and medals at championship races
- A voice in how trail running is shaped in the UK
- Grants for race organisers



We hold and run the UK trail running championships, and we are authorised by England Athletics to issue trail race permits on their behalf.

[www.tra-uk.org](http://www.tra-uk.org) | [public\\_relations@tra-uk.org](mailto:public_relations@tra-uk.org)





# IAU Kokkola Ultra Run Nordic Trophy 2019

Terhi Martikainen



Team Denmark photo by Kristoffer Olaussen

The 6h Nordic Challenge was held at Kokkola Ultra Run on the 18.5.2019. It was the inaugural edition of the IAU inspired race where ultra-runners from the Nordic countries were competing for the IAU Nordic Challenge Trophy. Kokkola Ultra Run is an ultra-run race on the West Coast of Finland in the town of Kokkola. The first race was held in May 2014 and since then it has been a sure sign of spring in the town. Late May has proved to be a good time for an ultra-run event. This year the day was warm but not too warm and

the nights in May are very short. Natural light followed the runners almost all night. The race weekend has always included 6h, 12h and 24h races and this year also a 100km event.

The 864,1 metre long race course in the city centre around the city river is very flat and fast, evidence for that are several national records done in the 6h, 12h and 24h races. Before the race the IAU President Nadeem Khan stated that the IAU designed the event on the premise of initiating a friendly competition

amongst the neighboring countries in the Nordic region. According to Khan the Nordic region was chosen due to the already existing camaraderie amongst the runners and nationalities in the region. Ultra-running is known for its sportsmanship: respecting, encouraging and helping others when needed even during the race. That sportsmanship and camaraderie was observable in the Nordic Challenge between the runners from different nationalities.

The female category

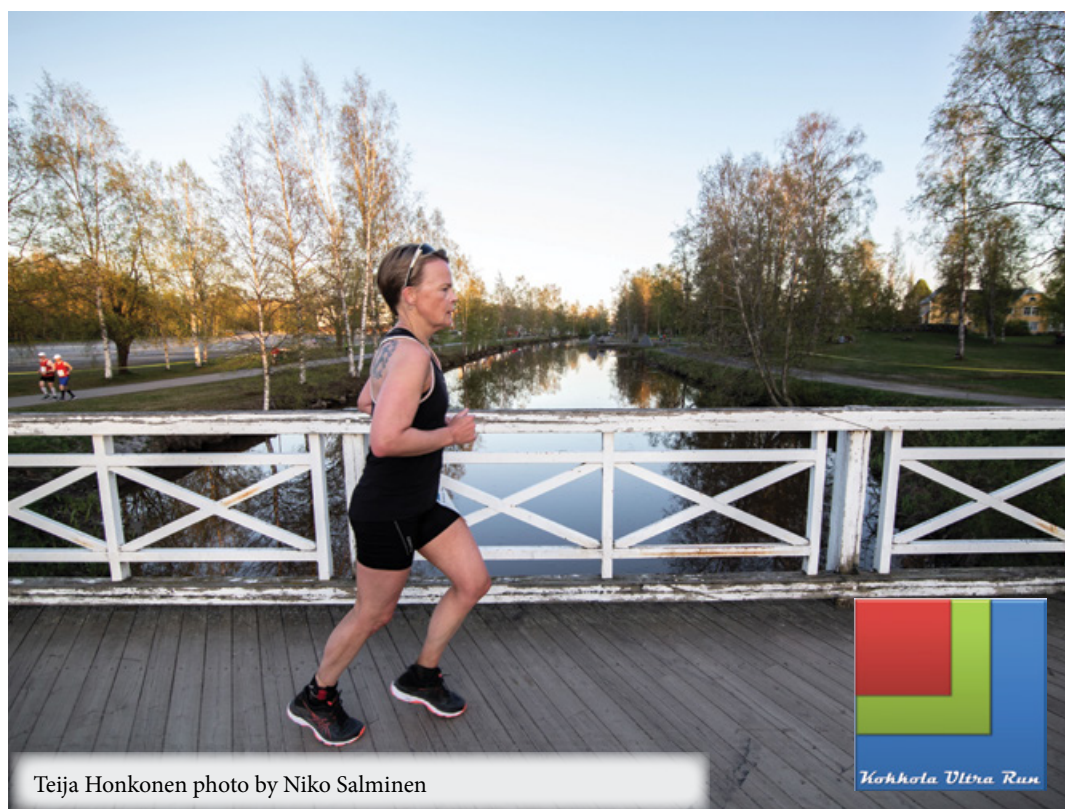
was won by the Danish athlete Bouchra Lundgren Eriksen with a great result of 75,403km. Merja Honkonen-Pohjonen (FIN) and Christina Aarestrup Shifris (DEN) had a close race for the remaining spots on the podium, with their respective results of 67,808km and 65,875km. In the male category the Nordic Challenge Trophy also went to a Danish runner, Heine Kaersgaard Laursen, who ran 75,997km. Finnish Peter Blomster and Anssi Tilli rounded the podium. Team competitions were won by Denmark in



the female category and by Finland in the male category.

The facilities, the locations, the track and the organiser's aid station stocked with different kinds of drinks and treats which helped the runners to achieve the best possible result. Again, the feedback from the race was positive. All this means that the runners can concentrate solely on enjoying the ride without any extra hassle. We hope to see more runners from the Nordic regions in Kokkola Ultra Run next year.

Website: [kokkolaultrarun.fi](http://kokkolaultrarun.fi)



Teija Honkonen photo by Niko Salminen

# 2019

## 19<sup>th</sup> 100km del Sahara

3 STAGES 8 - 13 OCTOBER  
[www.100kmdelsahara.com](http://www.100kmdelsahara.com)

## 14<sup>th</sup> 100km of Namib Desert

4 STAGES 29 NOV - 6 DECEMBER  
[www.100kmofnamibdesert.com](http://www.100kmofnamibdesert.com)



**ZITOWAY®**  
SPORT & ADVENTURE

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



# Scenes from a summer of running (Burning Man 50K, Tahoe 200 & Moab 200)

Andrea Lopez



“To live on a day-to-day basis is insufficient for human beings; we need to transcend, transport, escape; we need meaning, understanding, and explanation; we need to see overall patterns in our lives. We need hope, the sense of a future. And we need freedom (or, at least, the illusion of freedom) to get beyond ourselves, whether with telescopes and microscopes and our ever burgeoning technology, or in states of mind that allow us to travel to other worlds, to rise above our immediate surroundings. We may seek, too, a relaxing of inhibitions that makes it easier to bond with each other, or transports that make our consciousness of time and mortality easier to bear.” (Oliver Sacks)

They say the first casualty at Burning Man (BM) is expectation. If you’ve heard something about BM, it’s probably along the lines of it being a week-long arts festival, a dusty but transformative experience, and a collective temporary utopia. Or how it has become a commodified party full of insufferable Instagram obsessed influencers. You can enter this thing being a believer or a cynic, and I was the latter. But once you are there, with the other 70,000 human beings representing every quirky and obscure subculture you can think of, if there is just an ounce of communitarian idealism in you, you are screwed. If you are an ultrarunner, and you happen to meet the group of misfits gathered at Pink Lightning Camp, you will inevitably find yourself embracing the sense of community that made you fall in love with trail running in the first place. Nothing like being the queerest of the queer and the strangest of the strange, to build a strong common identity. Nothing like being the ones running while everybody else is partying to become the weirdos.

When I arrived at BM, the person receiving newcomers excused themselves because they were going to start

with the “express welcome” instead of the complete one including rolling in the sand and hugging them. My relief was infinite, and I asked myself what I was doing there and, to make matters worse, alone. The next day, I had to wake up at 4 AM to get to the start line of the 50k, at 6 AM and C (BM is organized in a series of circular streets with letters, each one standing for an elevated concept around the playa or big central space where Mutant Vehicles roam free, crossed by radial streets named by their clock position). At BM, you can find hundreds of themed camps, where food and drinks are offered for free, and a number of organized as well as informal activities take place in which you are always invited to join and participate. Upon entering BM, you receive a Bible detailing all planned activities for the week, from orgies to making necklaces. I really tried making it to many of them, but never succeeded. Distances at BM are long, and it is very easy to get sidetracked. The party at BM is never-ending, you could say the festival is an endurance event in and of itself, requiring a lot of energy and survival skills.

Back to the running part of the story. We would circle this massive fleeting city four times, plus a final out and back section to complete the 50k. This race was free, because nothing is sold at BM (except for coffee and ice, that is). You just need to pay for your festival pass, but to even get hold of one of these has become increasingly difficult. This had delayed my plans to attend for 4 years, with the festival’s popularity rising together with my reticence to attend. After my first stroll through the playa to see the artworks the day before, that reticence was gone.

OK, really back to the running part now. Runners’ outfits for the race included complete nakedness, wacky costumes, and boring running outfits like mine. We would run one loop in the dark, allowing us to see the lit up artworks; one during the most beautiful sunrise I’ve ever seen; one under a forgiving sun, allowing us to enjoy more of the artworks and inviting more spectators to cheer or heckle us, or offer us drinks, not the most recommended choice for a desert race. A final loop under a scorching sun, which brought the sufferfest, with sand already doing its thing to mess up my feet. That’s how I saw my second place become an eighth place, but no one really cared about places here. With Tahoe 200, the race I had diligently trained for being only 10 days away, running this race was borderline stupid but I wasn’t going to miss the chance to run an ultra at BM if I was already there.



After the race, while we were being fed by the camp volunteers, I met Venk, an Indian runner taking the year off to travel the world and ride his motorbike across the United States. He told me he was camping with some Germans who had brought beer to offer everyone the next day, and invited me to camp with them. The offer was too good to pass, and I ended up spending the rest of the week with such an exotic group I could not even begin to describe. On the third day at BM, though, I decided that to keep drinking was not a good idea hydration wise. Of course, I would have to make an exception for the beer mile. To complement the main event, Pink Lightning Camp offered a series of activities during the week, including a beer mile. How could I not go back to Pink Lightning for a little more running community. After two beers and two laps (out of 4), it was clear it had not been a wise choice and I DNF'd. While chatting with the volunteers, I drank my third beer, and after seeing that two girls were struggling to drink their third beer in the race, I decided to join them. That final beer was a struggle and my stomach made me pay for it with a week of pain (at least I lost some weight for Tahoe and got a bumper sticker). Regardless, I was able to experience that it can be possible to live more freely, authentically, empathetically and transcendently, if we bring a little bit of the ritual and the utopia to our daily lives and selves. When I left Black Rock City, I would've happily hugged everyone.



Kane Creek Camp, around the bonfire, the day after Moab 200, a 240 mile race in the Utah desert

A runner mentions his Déjà vu experience during the race: the feeling of already knowing that trail and what was coming next, despite the fact that he had never been there before. I tell him the same thing happened to me during the final hours of Colorado 200 the year before; and Mika adds that she was also experienced this, even anticipating what people she would find on the route were going to say. "What do you think it is?" another runner asks in a philosophical tone. "Lack of sleep", we answer in unison. "Yes, he says, but that is from a materialistic perspective". "Maybe we access another dimension where we have already run this", I propose, after four beers. The beer-free version of me also believes this; at least, I believe that these races, the longer and harder they are, allow you the chance to get close to a realm of transcendence from which a daily routine pushes us away from. In the absence of the epics of yesteryears, we modern humans have to come up with new forms of the hero's journey to learn what we insist on unlearning over and over again through history: the threads that connect us to others and to nature, the cycles of renovation of life, and the need to face our shadow.



© Scott Rökis Photography

Tahoe 200, a 205 mile race around Lake Tahoe, five weeks before Moab 200

# Race Reports

“Whatever pain achieves, it achieves in part through its unsharability, and it ensures this unsharability through its resistance to language.” (Elaine Scarry, *The body in pain*)

Mile 50. I already know my leg is injured, and that this is the worst injury I’ve managed to sustain in my 10 years running.

Mile 90. I pass the Argentinean female runner and now I am in second place. I had started slow, letting everyone pass me on the first uphill, then, things started to flow (except for this weird, throbbing pain in my shin area).

Mile 103. I try to sleep for an hour, unsuccessfully. A very loud runner feeling chatty doesn’t make it any easier. I get out of the aid station determined to catch the first woman. In most races, I’m usually trying to beat the cut-off times, way in the back of the pack, so this feels new and exciting, but I am also very scared about what is going on with my leg. Not that I would consider stopping or slowing down. This was the first time I had trained more seriously for a race. With three months dedicated exclusively to running, putting on hold getting a job and having paid a lot for this race, I had to show something for it. Maybe I was being stubborn and arrogant, it was my moment and I wasn’t going to let it go. Not far from the aid station, I catch up to Kaz and pass her. While running has paradoxically moderated my competitive approach to life, this race made me feel like I do when taking a test or playing a game of Scrabble, a version of me that I am ashamed of, but that is effective.

Mile 140. I feel very dizzy at the aid station. After eating and having some coffee, I get up from the chair, walk a few steps, and I can feel that I’m going to pass out. The next thing I know, I’m on the floor, trying to open my eyes, and a volunteer is asking me if I’m OK. Luckily, I think my ponytail softened the fall. I try to play it cool so I don’t get pulled from the race. I get to the bathroom and I realize the most likely explanation for my passing out: I just got my period. Oh so timely, of course I am not prepared for it. I calculate I will need a lot of pads and tampons for so many hours left and that I will lose time asking for them, so I make what feels like the obvious choice: to free bleed until the finish line, even though I only have one outfit. I was in first place and now I had to pretend to rest/sleep for 20 minutes in order to not seem so crazy, so I wasn’t going to give the Argentinean runner, who I could see was only a mile back on the tracking app, any more advantages.

The pain in my leg and the added inconveniences made me dig deep and conjure powerful images, going back through my family tree to acknowledge the strength of those who came before me. I had to bring meaning to the fact that I would have to run in pain for many hours and miles. I wanted to see how much I could endure, and prove myself wrong about not being able to give it my all when it comes to sports.

“I ask myself, are these kids who— to borrow from the Trent Reznor song— need to hurt themselves to see if they can feel? Are they so feeling-deprived that any sensation, including pain, will do?” (David Byrne, *Bicycle Diaries*)

Maybe this is borderline cynical again, but sometimes I think about long distances as a way for those of us who live comfortable lives, to experience the pain and suffering that are supposed to develop and demonstrate resilience. It’s a sort of a simulacra of need and danger, under the blanket of protection given by aid stations and the ever-present choice of DNF’ing and putting an end to it all. Maybe, we all aspire to live the minimalist ideal, since we cannot practice it given the dominant consumerist lifestyle, we try to get closer to it in these events. The longer they are, the less they feel like simulacra, and the more they test us and activate our motivation for challenge and adventure in ways that feel authentic.

“Let them take risks, for God Sake, let them get lost, sunburnt, stranded, drowned, eaten by bears, buried alive under avalanches (...) You’ve got to get out of the goddamned contraption and walk, better yet crawl, on hands and knees, over the sandstone and through the thornbush and cactus. When traces of blood begin to mark your trail you’ll see something, maybe. Probably not.” (Edward Abbey, *Desert Solitaire*)



Moab 200, halfway through the race

“I think I damaged a nerve in Tahoe, because I don’t feel a part of my foot”, I tell Sylvia, whom I had met the year before, in Colorado 200. “I had an issue with my neck after the race, I couldn’t move it”, she tells me. “Why do we do this, again?” We ask ourselves laughing. She had, to make matters worse, run a third 200 miler three weeks before Tahoe 200 (there is some solace in knowing there is always someone out there who is crazier than you). Although we start talking about how these races accelerate the aging process, and how we can rationally accept they are a bad idea, we know they are an addiction. After 50 miles, your



body usually refuses to continue running through pain signals. After 100 miles, you need to sleep. That is why the second half of a 200 miler is the interesting one. This is where you discover something about yourself, you can find a meaning for pain and, as ridiculous as it sounds, become a hero, who can learn from the adventure, bring it back to normal life, and share those lessons with others.

“How do you calculate upon the unforeseen? It seems to be an art of recognizing the role of the unforeseen, of keeping your balance amid surprises, of collaborating with chance, of recognizing that there are some essential mysteries in the world and thereby a limit to calculation, to plan, to control”. (Rebecca Solnit, A field guide to getting lost)

Sylvia had won Colorado 200; I had won Tahoe 200, but Moab 200 was kicking our butts. You just never know what will happen in an ultra, this is something we anticipated and accepted as part of the path we had chosen. Running 200s isn't really about training for the race (yes, you have to do that nonetheless), about winning or not, walking or not. It's about putting yourself together after you are broken, about overcoming the difficulties, you can never train that much for the specific difficulties because you cannot predict that you will hallucinate for a whole day monsters from “Where the wild things are” or Kara Walker's cut out figures. You just have to dance with them when they appear.

The typical question is “Why?” Why run 200 miles, why run one so close to the other? The answer is a little bit of Abbey's, “Because we like the taste of freedom; because



we like the smell of danger”, and a little bit of Mallory's, “Because it's there”. It also means that you are in a privileged position to do so, you better enjoy it and be grateful about it.

Sometimes finishing an ultra is extolled as a big feat, and linked to personal abilities and effort from the runners. Being able to train, travel, sign up for races and finish them is not the result of exceptional qualities, it is revealing of the inequality of our society in terms of having the right to leisure and to practice sports, and not being affected by the many entry barriers. We love the stories that make us believe in sports as the ultimate meritocratic arena, the truth is we need to work on making the sport more inclusive and accessible; otherwise, running 200 miles will only be a selfish and shallow endeavor.





# B is for Brazos Bend

Leah Brasher



Leah Hill Brasher

**B**razos Bend State Park is a 4,897 acre park along the Brazos River in Needville, Texas. Not only is the park home to a diverse mix of wildlife, including deer, birds, alligators and snakes, since 2014, it has been home to TROT's (Trail Racing Over Texas) semi-annual race. Brazos Bend 100 is held in December and Brazos Bend 50 is held in April. The trail is mostly flat and non-technical, which is a perfect setting for PR's. The USATF Trail Championship will now be Brazos Bend 100 in December 2019.

Like the rest of the country, Texas has received record amounts of precipitation this winter. Instead of

Jeremiah Justis/Trail Racing Over Texas





Jeremiah Justis/Trail Racing Over Texas



snow, precipitation has been in the form of rain. The estimated rainfall for Fort Bend County since September 2018 was 28 inches. Unfortunately, due to the large amounts of rain, the race could have easily been canceled. The main road to the start/finish line was deemed unsafe and was unable to be crossed with vehicles. However, the park staff and TROT Race Director, Rob Goyen, were determined to put on the best race under any circumstances. The start/finish line had to be relocated, the parking areas were changed, carpooling was a must and the race start times were adjusted to ensure everyone had ample time to make it into the park. With all of these changes, one can only imagine the anxieties beginning to set in for the registered runners.

I was registered for the 100K distance with a start time of 5:30am. Having to leave the hotel by 4am made for an early morning. The humidity at race start was 90% and we were all sweating before we even set out. The

temperature at the race start was 70F degrees and rose throughout the day to whopping 87F degrees with periods of intense sun and minimal breeze. The conditions were less than ideal for an April race, but again this is Texas and you just never know what the weather will be. In April last year the temperature dropped to the low

40Fs throughout the day; the complete opposite was in store for us this day.

The warm spring day was a guarantee to see the park's wildlife in full force. The alligators, snakes, bees and caterpillars were all out. I have run this race for the past 4 years, and I have never seen so much wildlife

Jeremiah Justis/Trail Racing Over Texas





# Race Reports

activity as I did this year. The gators were crossing the trails with runners, growling from the lakes and even posing for pictures. The snakes didn't mind coiling up in the middle of the route, either. Each time I approached a gator or snake, my heart would pound and I would have to stop and just admire the beauty of my surroundings. I was not about to speed up and cross paths with any of the animals I came across. I definitely did not want to be the first alligator victim at Brazos Bend State Park.

Last year, I ran the 100k in 13:11, with the weather becoming colder. As with any race, this year I wanted to PR. However, with the heat and humidity, I was certain from the start that would not be the case. The 100k consisted of 4 loops of 15.8 miles, totaling 63.2 miles. As RD, Rob Goyen, always says you get more mileage for your money. My strategy with all races is to start slow and finish strong. I run in intervals of 9 minutes running and 2 minutes walking. This keeps my endurance up throughout the distance and provides for a healthy finish. I am typically the first racer to be walking and one of the last runners to finish the first loops. With my 9:2 intervals I slowly start to move ahead in the ranks. When approaching each aid station, I already know exactly what I need, and I grab and go. With each loop, passing through the start finish/line, I again know what I need to grab and go, a headlamp, more batteries, socks, nutrition, etc. The more time I spend lingering the more time I am losing, making it harder to set back out. The TROT volunteers at each aid station are so helpful, encouraging and attentive to the runners' needs and getting us taken care of before heading back out on the course.

One of the most rewarding parts of any race is meeting new people. It is always an honor to talk to other runners and learn about their lives, training, running history and motivations. I did not have a pacer for this race, and I connected with another runner and her pacer for



Jeremiah Justis/Trail Racing Over Texas

approximately the last 5 miles. The pacer and runner made the last few miles fun and entertaining. The pacer had enough energy to sing and even dance for us. The trail racing community is a family with runners encouraging others and truly wanting each other to achieve our goals.

I finished the race in 13:24:31, #7 out of 21 females. It was no PR but under all the circumstances, I will take it. With the completion of all that training and racing for Brazos Bend, I am already registered for my next 3 races. No matter the amount of chafing and soreness, I am always looking forward to my next challenge and adventure.



Leah Hill Brasher



[www.severnvalleyevents.co.uk](http://www.severnvalleyevents.co.uk)



**GRIMLEY**

**RACEWAY**

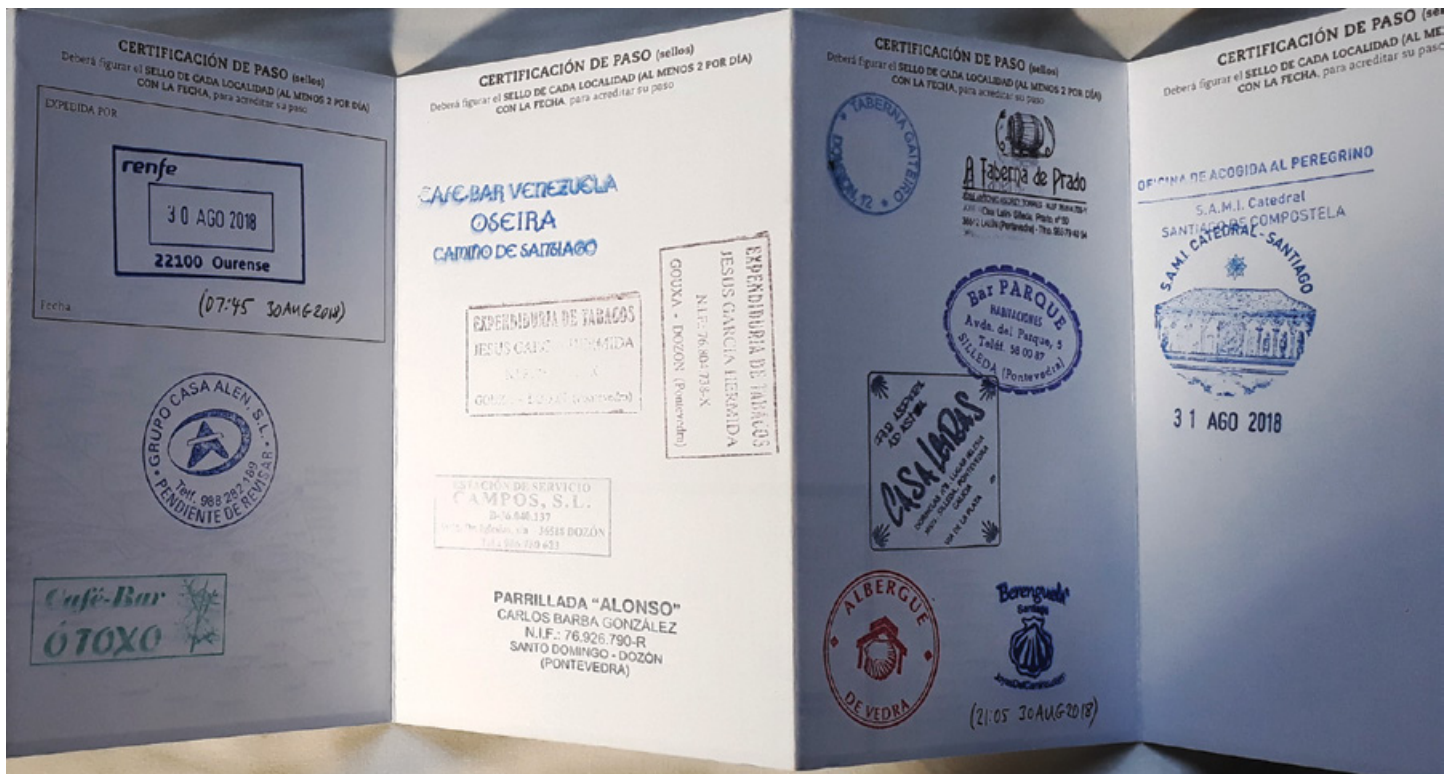
**6 HOURS**

28th September 2019



## The Camino in One Day

Photos and Text by Charlie Wartnaby



It was 07:00 as my express train rolled into Santiago de Compostela station, in darkness. I had an 8-litre rucksack on my back and a one-way ticket to Ourense in my hand, some 40 minutes and 90 km to the South East by rail. I'd left my family sleeping in our holiday apartment, but planned to eat supper with them there that night. Just as soon as I'd run the last 108 km of the Camino pilgrimage route to get back again, that is.

The Camino is not one, but a whole collection of waymarked tracks followed by thousands of pilgrims each year, all converging on the cathedral at Santiago de Compostela. Some start from far across Europe, dedicating weeks or months to what is often a deeply spiritual journey, staying overnight at dedicated hostels (albergues). So popular has this become that a system has evolved by which walkers may have a "pilgrim's passport" or credencial stamped at obliging businesses along the way, which they present as evidence of their journey at the bustling Pilgrims' Office in Santiago. Those completing at least the last 100 km on foot can obtain the religious compostela certificate, or a non-religious certificate of the distance. A waymarked challenge of 100km+ with a certificate at the end will make a pretty obvious one day ultramarathon to readers of this magazine, yet if anyone had done it before, they didn't seem to have made a fuss about it on the internet, and that's what counts, right? Clearly I had no choice but to do it.

At 07:45 I had my first stamp (sello) from Ourense station, and started running home. I expected a 108 km

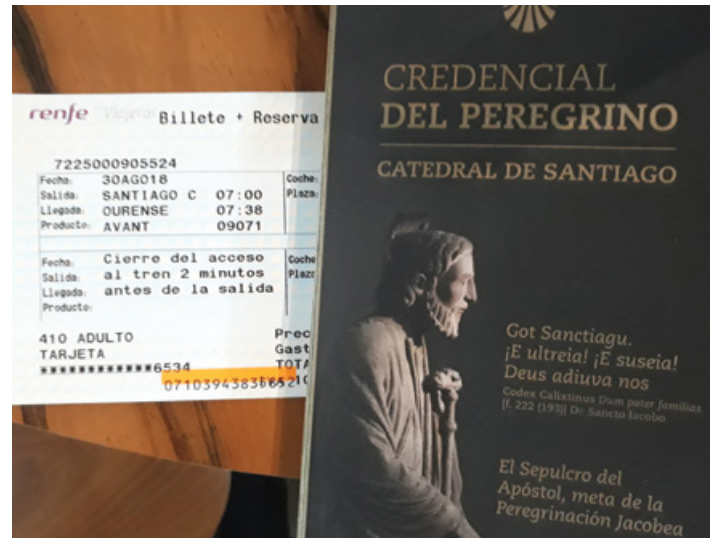
journey from there along the Via de la Plata or Silver Way, unfortunately a little further than the far more popular French Way from Lugo, but working so much better with public transport.

Climbing out of the town I was immediately struck by the welcoming signs, plaques and little sculptures and statues in people's gardens, pointing me on my way. Turns were shown by painted yellow arrows on walls and lampposts, but it's easy to miss one and carry on obliviously; so I would be repeatedly glad to be following a GPS track as a wiggly line on my watch, making any diversion quickly apparent before it became too costly. I also had towns and cafes marked as waypoints.

I quickly fell into a pattern of running around 10 km before diving into a shop or bar to ask for a stamp in my passport, and buying a bottle of water for their trouble, though there were quite a few taps with drinking water along the way. Packed for self-sufficiency, as well as emergency items I had lots of Snickers and cereal bars in my bag, and several big bags of sweets. Really I was carrying too much, as I could have bought such food en route, and I ended up carrying an excess home. The weather was very warm, the ground mercifully dry underfoot, but I had to douse my top in water whenever I could to keep cool as the day wore on.

I found mainly surfaced minor roads to start with, and I made good progress. I ran variously through oak forest, past vineyards and melon fields, over open hillside,





and through small towns. Everywhere I saw traditional crop stores perched on stone legs, and picked up smiles from people going about their rural lives. I was worried in advance about dogs, but being a well-trodden route they were nearly always secured; in the whole day I only encountered one nuisance animal. Sometimes I ran through eucalyptus woods, the piles of dry sabre like leaves oddly slippery underfoot, producing the most tremendous aroma.

The monastery at Oseira was a key landmark, appearing





# Race Reports



more like a vast medieval factory, utterly peaceful, with house martens swarming in and out of its towers. A smiling old lady in a bar there stamped my passport and gave me a glass of tap water; she wanted no money, I left her a small sum, not wanting to exploit any of these places who obliged me with stamps. Climbing out of the village it became a rocky path, and what had been mainly a road run suddenly felt like a mild fell run. The roughening terrain and relentless hills would soon take their toll on my progress and my Fenland quadriceps; though I had done hill training back in Cambridge, a few dozen repeats of a pedestrian bridge twice a week didn't really cut it. The last 30 miles were going to be painful.

On this route I encountered only a dozen or so walking pilgrims through the day, a small group of cyclists who would pull ahead of me only to be caught when they rested; and one walker who ran alongside me for a spell, who proved to be an ultrarunner in training for an Alpine event. Perhaps being less popular made the path less obvious, and I had two big problems following the GPS track I had found in advance; firstly, it was now cut by the same high-speed railway I had used that morning, boxed in by high fences. I had to detour a kilometre or two to pass under a



viaduct. Secondly, on an increasingly overgrown path that was clearly no longer the main route, I ran to the top of a road cutting so steep that to have tried the descent with my trashed quads would surely have resulted in a broken leg; I had to crash through woods to get round this, in preference to back-tracking. Both times the yellow waymarks would have showed me the right way, but following the GPS had already saved me from errors and I was loath to give it up, not expecting it to be outdated by new infrastructure, and the arrows were sometimes confusing.

A trio of impressive bridges at Ponte Ulla marked just a half marathon to go, but my legs were wrecked. By this time I had stopped for a double espresso at a couple of bars, hoping the caffeine would give me a boost. I took to eating sweets slowly, taking one at a time from a bag, which helped a mile or two pass. My pace was terrible and my legs desperate, finally the hilltop City of Culture buildings appeared marking the outskirts of Santiago, and then the towers of the cathedral itself.

Just one more agonising climb and I found myself back in the beautiful narrow stone streets of the city, dodging crowds of rucksack and stick-toting pilgrims out looking for restaurants. As the 9pm bells tolled I touched, then kissed, the cathedral door and stopped my watch: 13 hours and 16 minutes elapsed for the 114 km I'd finally covered, including all those stops for passport stamps, photos and refreshments. I hobbled back to our mercifully nearby flat





for supper, albeit reheated in the microwave.

I was too late for the pilgrims' office that night, but went and joined the substantial queue of ripe-smelling walkers the next morning (I had an unfair advantage of a shower and fresh clothes). I am not religious and was acutely aware that the Camino system was set up for spiritual purposes, not sporting stunts. I was anxious not to undermine that, and definitely didn't want the religious compostela. I did however expect to pay my three euro for a non-religious certificate of distance; while my journey was secular, there was certainly self discovery in terms of the mounting physical hardship, and I had so appreciated seeing the varied sights, sounds and smells of rural Galicia as I ran. I had invested time in collecting 13 stamps along the way to claim this souvenir. The lady at the desk seemed bemused by what I'd done, just smiling into space for a while, before erasing my name from the register I'd filled in. Completing the Camino in one day was not a proper peregrination, she said, it wasn't the way. Yes, if I'd done it in five days, that would be fine, she confirmed. I was at a loss to argue otherwise, but did at least get a "certificate of welcome" to record my endeavour, beautifully inscribed with one final element of self-discovery, my name in Latin: Carolum.

There is a video at <https://youtu.be/mvalU5JUmus>.



## 2<sup>e</sup> ETOILE VERTE D'EGUZON

*Val de Creuse - Berry - Limousin*

**300 km**  
**6 étapes**



**30 AOÛT**  
**04 SEPT.**  
**2020**

- ◆ 1 Val de Creuse Nord 49 km
- ◆ 2 Val de Creuse Sud 45 km
- ◆ 3 La Gauloise Verte 51 km
- ◆ 4 La Limousine 65 km
- ◆ 5 La Berrichonne 55 km
- ◆ 6 Le Tour du Lac 29 km (GR)

*Au pays de l'arbre et de l'eau*



Infos : [transegaule@wanadoo.fr](mailto:transegaule@wanadoo.fr)





# Q and A with Hayley White and Mark Whittle

Running partners Hayley White and Mark Whittle took on the 6633 Arctic Ultra in March 2019.

The non-stop self-sufficient 380 mile foot race starts at Eagle Plains Hotel, Whitehorse, Yukon and finishes on the banks of the Arctic Ocean at Tuktoyaktuk in the Northwest Territories, Canada. After they returned to the UK they kindly answered some questions about the experience.

### Q Were you ready for the Race mentally and physically?

H – I think you have to believe and prep so that you are ready for a race such as the 6633. Personally, if I had not been ready mentally and physically, then I would have been very disappointed in my preparation, training and myself, to be anything less than ready. You invest so much time and money that has a domino effect on all parts of your personal and family life, to be less than ready is ridiculous.

M – I believe I was. I spent a lot of time physically and mentally preparing for the 6633 Arctic Ultra and visualising the event in my mind, over and over. With such a high DNF race and the extreme conditions, you simply can't 'wing' this event, you have to put in the hard graft long before you arrive in the Yukon.

### Q What were you most concerned about before you left the UK for Whitehorse?

H – I didn't know just how my asthma would be in conditions that could range from -25 to potentially -60 (in the history of the race, it had dropped to such crazy temperatures and has seen no one finish it that year). Unfortunately, I didn't have the resources to be able to go into a cold chamber to experiment at those temperatures. The concerns were the unknowns I couldn't prepare for.

M – The extreme temperatures were the biggest concerns for me. In my military career I'd spent some time in hot climates, but never in the cold, so I was unsure how my body would cope with the very cold temperatures. You can practise at home in the UK, but you can't replicate those conditions, so I hoped that my preparation and stubbornness would be enough to keep me in the race.

### Q How were those concerns met/resolved?

H – When we arrived and more so at Eagles Plain. We had been closely watching the weather forecast from Whitehorse for the previous 3 days and this year it was looking as if it was (for the time being) going to be relatively



mild in accordance with Arctic Conditions. It was -4 I think at the start of the race. Tropical. This causes issues of its own. You know you are potentially going to overheat/sweat very easily. Sweating in the Arctic is an absolute no, no. Temperatures and conditions did deteriorate and we experienced temperatures as low as -37 however, my asthma was brilliant in the dry cold conditions. It's been worse since arriving back in the Northwest, UK!

M – We had a few days at a town called Whitehorse to acclimatise and practise setting up our sleeping system and our cooking system (to boil snow), the temperature was -25 degrees celsius which was perfect practise for us. This gave me a lot of confidence that I could set up camp quickly during the race and have all my systems dialled in, without which you could get into serious trouble when out on the ice.

### Q Did any unforeseen issues arise during the Race? How did you deal with them?

H – Oh yes! Without going into too much we had a few heart in mouth moments, which on paper should have seen us out of the race (they certainly had with other fellow athletes in previous years). Martin Like, Race Director of the 6633 Arctic Ultra, had made it very clear at the Training Weekend in Nov 2018 that things would regularly go "tits up." It was up to us, to be prepared mentally and physically to be able to adapt, and adapt very quickly in



those kind of extreme conditions and environment. He wasn't wrong. Things did go wrong, Mark and I did adapt, and as both Mark and I have reiterated so many times now, our preparation physically and mentally was good. We knew our kit inside out and kept organised. We followed our systems we had practised for several months and more. It all paid off. I don't believe (even if I were to be on my own), I would have dealt with the situations differently. Yes, it would have been harder but I think had we been on our own, both Mark and I were more than capable of upping our game, to make sure we completed the race.

M – I'd planned really well for this race, but it wasn't the tiredness, hallucinations or the aching muscles that nearly finished my race; I had stomach issues about two thirds through the race which really drained me. I had no energy, I was slowing down and at that point I thought my whole race might be over. But with the help of some Imodium and some sleep (at one of the checkpoints) I managed to come good and continued on for the remaining 100 or so miles.

## **Q Would you prepare differently if you were to run the Race again?**

H – No I'm certainly not doing it again! Hypothetically, the only way I would mentally and physically prepare differently would be because I would be returning to race. To win. My focus was to complete the race. That quite frankly was good enough. 75% DNF this race. So, I am in the minority and especially as a female too.

M – As hardly anyone finishes this race, especially as first timers like Hayley and I, I went into this race to finish and I didn't even know if that would be possible. As I managed to finish, I believe my preparations were correct, for me. If I were to return, and that's highly unlikely, I would want to race it and I think my preparations would be different, I would have more experience and take more risks on the ground.

## **Q If you were to take this challenge again would you be able to do it without a running partner, alone?**

H – Yes. You learn by mistakes, you take on board what you learned about the race and where possible weaknesses could arise if you were alone, so therefore I would practice any circumstances that may arise by being alone. Hope that makes sense?

M – It was great having company this year, the support Hayley and I gave each other was enormous but I think if I were to return for another crack at the race I would be capable of completing it on my own. It certainly wouldn't be easy, but I would be happy to give it a go.

## **Q What worked for you, was there anything that made you realise you had got it right?**

H – That the time spent diligently (and at times obsessively) practising with kit, the systems (getting in and out of the bivvy, the layering system with clothing), was right. It was worth the 16 months prior to the race training and prepping I did. I probably drove close friends and my family bonkers with my slightly obsessive prep, but it paid off, so there is nothing anyone can say. Ha ha!

M – Preparing for a race that has such extremes of temperature and very high DNF rates, means that preparation is absolutely vital. I spent a huge amount of time training; planning and practising with my equipment, over and over again until it became second nature. It was this attention to detail and the planning that allowed me to complete the race.

## **Q What is the most abiding memory you have?**

H – There are so many. Like really so many, that in fact the book, Mark and I are writing is actually incredibly cathartic for me. We had made many notes once we had finished the race, on our return back to Whitehorse and in the day's we spent before flying back to the UK. I made the mistake of not doing so when I competed in the MdS and Deadwater and I think the post-race blues were far greater. Not sure if writing about the 6633 and or the fact it was beyond anything mentally challenging I have and probably ever will take part in, that I have absolutely no post-race blues this time.

If I had to name the biggest three memories, it would be meeting all the athletes and crew at the hotel on the first morning. That was incredible to be amongst other aspiring and like-minded athletes. You lose count of how many people on the outside say you are "crazy" and "I don't know how you can do this", you almost think that you actually might be mad. You can start to believe them.

Digging deeper whilst hallucinating like hell from around Day 4. I have never had so many strangers 'whisper in my ear' nor seen so many 'weird objects' before.

Finally, knowing that I now have a unique group of very special friends that, if and when, you need to ask, be reassured or just speak to, that they know exactly where you are coming from and know how you feel. I feel truly blessed to know them.

M – There are too many good memories to recall them all. There are the obvious ones of the pure beauty of the Yukon and Northwest Territories, with the Northern Lights showing themselves most nights, to the close friends you make during the trip. What will probably stand out for me, as I'd never experienced them before, were the vivid hallucinations that I encountered. I was seeing very 'real' people and objects, from Bruce Lee to Elvis, and for your UK audience, I even saw Mr Blobby.

# Interview

## Q What did you learn from the Race?

H – That climate change is real, and we really, really need to get our shit together. When I put my mind to something then I can prepare and see it through, no matter how scared or crazy on the surface it may all seem. I am one tough cookie. That having our time on this earth is incredibly special and precious, we need to respect our environment and other people way more. Be kind. Let's think more about our actions. It has changed me, I believe for the best.

M – I learnt lots. Mainly about myself, but one thing that keeps coming to mind is the simplicity of what we were doing and what we had to do it with. Whilst on the ice I was only able to fill my pulk (sled) with the absolute bare essentials. I only had food, water, clothing, bivvy, cooking equipment and emergency/medical supplies. It had to be simple. I had to be streamlined. I had no room for creature

**Mark Whittle** is a runner, triathlete and an endurance coach based in Cardiff. He has over twenty years experience in competitive sport within the military, multiple Ironman triathlon finishes and has represented Great Britain at World and European Age Group Triathlon Championships.  
[WhittleFit.com](http://WhittleFit.com)

comforts. Now I am back home, I do wonder how much 'stuff' I actually need. I'm not saying I'm going to ditch all the luxuries and just live on the bare essentials, but I do wonder if I can streamline things. I mean, how much 'stuff' do we actually need?

## Q Do you feel that the entire experience has changed you? In what way?

H – Yes. That life and our time flashes before our eyes, and I am going to make sure that every day, I learn and or do something different. Never to take anything for granted.

M – I didn't think it would change me to be honest, but I think it has. I knew this race would take me out of my comfort zone, it certainly did that and more. It has made me realise that when the chips are down I can go deeper than I ever thought possible.

**Hayley Robinson** has been a Medical Exercise & Physiotherapist for over 15 years and designs programmes for medical conditions, postural correction, endurance training (triathlon/ultra races) and fat loss. An experienced endurance athlete, Hayley has recently completed the Marathon des Sables (11th GB Female) and Deadwater placing second female and can be found at [PureGym.com](http://PureGym.com).



**STOP!**

THROWING OUT  
UNWANTED SHOES  
IS LUDICROUS  
**WE REHOME THEM**  
WE NEED THEM  
**WE WANT THEM**

[WWW.JUSTRUNLYSS.CO.UK/RECYCLE](http://WWW.JUSTRUNLYSS.CO.UK/RECYCLE)





## **2020 Running Festival Wychwood**

A 20 Day Non-Stop Ultramarathon  
The longest footrace in the Southern Hemisphere  
Start 12:00pm 11th December 2019  
Finish 12:00pm 1st January 2020  
480 hours of continuous challenge  
Wychwood, Germiston, Gauteng, South Africa

# Athens 6 Day Race

## 28th January – 3rd February 2019

Sharon Gayter



Set up and ready to go in the basketball arena.

My plans in 2018 went to pot after a major hamstring early in the year. I was now ready to attempt my next stage of learning, how lack of sleep may affect my pace and performance.

I had been to Athens in 2011 where I had run 750km, in April during hot weather. This event being earlier in the year should have been much cooler but was to bring other interfering weather conditions.

The journey to the venue was perfect. We travelled to Heathrow on the Friday evening as there were no direct flights from the North East. The BA flight was 7:55am and with the two hours difference we arrived in Athens around 1:30pm. The X96 service was every 20 minutes or so and for 6 Euros we could go either to the venue or the London Hotel which was a couple of miles away from to the venue.

We had stayed at the London Hotel

previously and after arriving around 3:30pm took a stroll into the main square, returning via the coast.

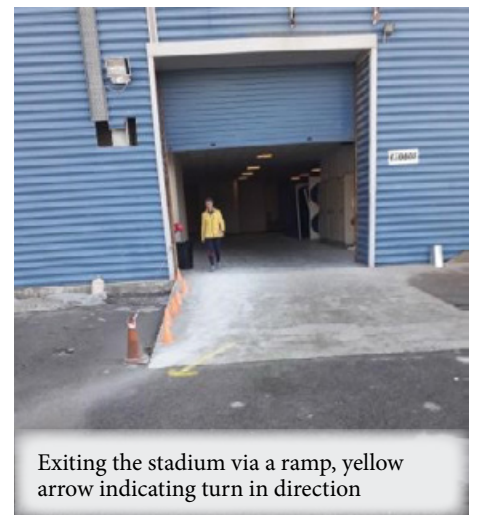
The following day (Sunday 27th January) we travelled a few stops on the tram to the venue. I was unaware of changes to the entire route. The loop was still 1km but instead of being all outside there was now a stadium to run through. This was one of the basketball stadiums that had been used for the Athens Olympics. A large arena surrounded by banked seating and a flat chalk surface to run on. Inside of the coned running route were large tables on which to place provisions along with seating. One corner had the feed station and the next corner the Championship timing and two large screens for the athletes to see the laps they accumulated.

We immediately bumped into one of the two organisers, Costas, whom I recognised from when I ran there previously. He showed us many of the

very large rooms that we could use for sleeping in. There were toilets and showers a few metres off the course that supplied hot water for 24 hours a day. We set up our tent in the arena and used one of the tables for our supplies. The tent gave us privacy to change and somewhere to store spare clothes and food without running back to a room, which again was only a few metres off the route. Having prepared for the race starting the following day we then took a walk around the route.

This is a description of the 1km route:

Over the championship mat, sharp left turn, next corner of stadium, left turn and pass my table, right turn with uneven ramp being careful not to bump into runners returning in the opposite direction (who should really be on the other side), flat kind of marble/lino surface, out via a large roller door and down a concrete ramp to veer right again. The next 400m or so was a small gradient uphill, hardly noticeable at the start but was to have an effect later on. The route needed to avoid a couple of manhole covers that had an uneven concrete surrounding but the run was on tarmac. At the end of the tarmac



Exiting the stadium via a ramp, yellow arrow indicating turn in direction



Some obstacles were coned off to avoid tripping.



after the second manhole cover there was a small chicane, veering left to avoid tripping on a kerb and right to join a block paved path (all coned with tape between). This paving had a pipe running across the path that had a very small concrete ramp to avoid tripping on it and then it was pretty even running to the top of the course. A u-turn here with a second championship mat and back down the block paving, that you kind of scuffed your feet on occasionally with slight rises and dip. Between the out and back block paving were some bushes. This was downhill all the way back. At the end of the block paving there was a downward ramp back to the tarmac, through a gap in the fence and try to stay on the right side of some taped cones separating outgoing from incoming runners, left hand curve up the concrete ramp and into the building. On the right hand side before entering the building were portaloos. Stay on the right to avoid runners leaving the stadium (about 10 steps off route to the right were the fixed toilets and showers). Then a right bend down a cambered ramp to the chalk surface. The next left bend was where the food table was and then a return to the Championship mat.

Satisfied with our set up and the route ingrained in my head we took a slow run back to the hotel, around 2.5 miles away.

Race day arrived and we checked

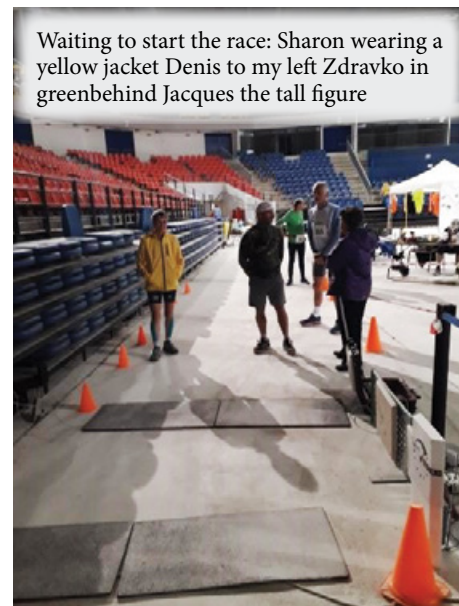
out at 11am for the short tram ride and registered by collecting my race number and two chips, one for each shoe. These were like a paper strip to be pinned on shoes and very lightweight. The 6 day race was to start at 2pm. Already finished were the 24 and 48 hour races that had run concurrently with the 1,000 mile race, which athletes had 16 days to complete (around 100km per day). The 1,000 mile race had now been running for 10 days and the 1,000km race running for 4 days, they were allowed 10 days to complete this. The shorter races had large fields of runners but the longer races of 1,000 miles, 1,000km and the 6 days had fewer runners, much less than when I ran in this race previously. Despite there being more runners entered online, as is often the case, there must have been withdrawals and only 4 started the 6 day race.

I actually love the low key events, where there are little distractions and I can simply get on with the job of running and so this was absolutely ideal for me. A quick photo shoot and we were set on our way. The weather outside was blustery, it was around 15 degrees most of the time inside the stadium, with good lighting. Having sat around in the stadium with my running kit on (shorts and t-shirt) I had to put another thicker jacket on to keep warm prior to starting and decided to keep this on for the first couple of laps. Usually runners of this distance set off quite sedately but Denis went speeding off into the distance with Zdravko not far behind.



The small ramp that avoided a pipe and loose block paving, often stumbled on this.

Waiting to start the race: Sharon wearing a yellow jacket Denis to my left Zdravko in green behind Jacques the tall figure



Jacques was next with me trailing. It was a 6 day race and I remarked at the end of the first lap, "I may be last but I don't think it will finish that way!" After a couple of laps I had warmed up enough to remove my jacket and was keeping an eye on my pace hoping to run a very slow 9km an hour.

My goals were simple:

- 1: To complete 3 hour blocks of running throughout the entire race.
- 2: To have 30 minute breaks to eat and digest food between running blocks.
- 3: To have no sleep on day 1, 90 mins sleep on day 2 and assess from that point, leading up to a maximum of 3 hours sleep on other days.
- 4: To practice a 20 minute nap when tiredness takes over, incorporating this into a 30 minute break that I may have to extend to 40 minutes.
- 5: To listen and learn from my body about the effects of reducing my overnight rest period on pace and general well-being. Some of this would come from analysing pace post event along with sleep taken.
- 6: To break some British V55 records, namely 48 hours (192km) and 6 days (524km).

The first block of running was from 2pm-5pm and as expected, it went

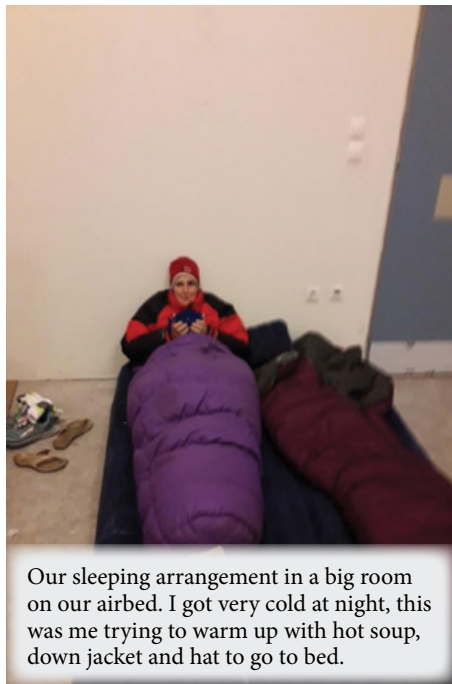
# Race Reports



One table had a kettle and microwave for supporters or runners to use to prepare food and drinks. This was me taking a food break in our tent.

very easily. The organisers provided cooked meals (mainly pasta or rice based around 1:30pm and 8:30pm daily, breakfast around 5:30am with hard boiled eggs, egg bread and cheese). A snack table was stocked with bread sticks, bread and jam, peanuts, raisins and a few other bits. A kettle was provided with tea/coffee facilities and a microwave was available for use. I had a plan for simple foods for Bill to prepare between meals which were a rotation of pasta (mugshot), rice, baked beans and mash (or Matteson's sausage), soups (with either bread or rice noodles), porridge and couscous with tuna.

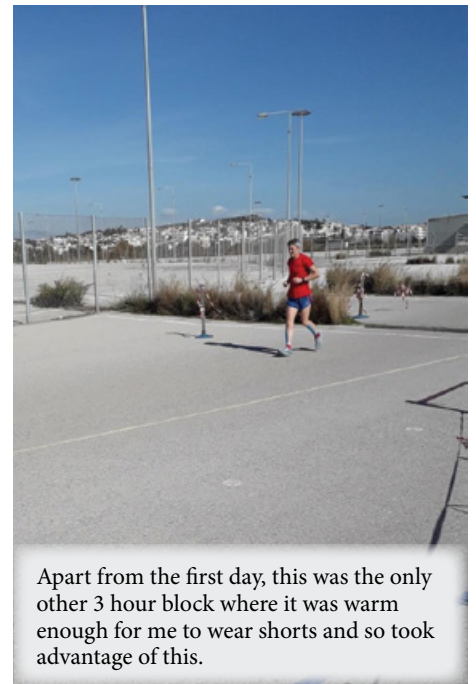
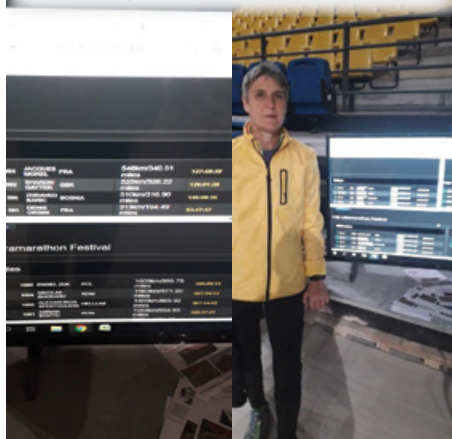
The first break is trying to get organised and settle in the routine for both Bill and myself. We have done this many times, but different venues, different set-ups need practice to settle in. I had run 28km, a km further than planned, nothing drastic in the scheme of things. I was wearing a watch that measured time, distance and elevation. My watch was reading 17 miles with 423 feet of elevation and an average heart rate at 129 beats per minute. My resting heart rate the previous night had been 38 beats per minute (normal for me). It was evident that although this may not seem like a big elevation, it certainly was not as flat as a track circuit.



Our sleeping arrangement in a big room on our airbed. I got very cold at night, this was me trying to warm up with hot soup, down jacket and hat to go to bed.

After some food it was time to dress up for the evening. It was cool in the shade and there had been a strong breeze blowing continuously. Time for tights and long tops and off for another 3 hour run. With darkness and watching my footing in places of unevenness the pace dropped while the wind continued to buffet me around and looking at the times Bill called me in after 2 hours 50 minutes of running. Bill was working via a clock and the set time whereas I was looking at the block of running and had not anticipated a break for another lap or two. The result was only 24km for the block of running. I suppose it didn't really matter but I felt we should be working by the

The big screens with displays were easy to read for the events in progress. This was when I broke the British V55 6 day record with plenty of time to spare.



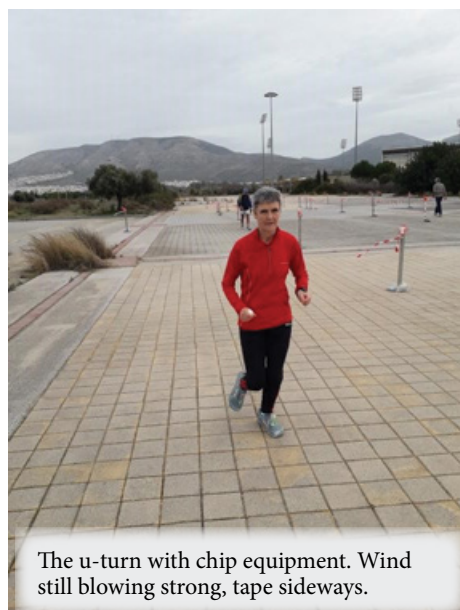
Apart from the first day, this was the only other 3 hour block where it was warm enough for me to wear shorts and so took advantage of this.

same time frame.

The night continued this way, with Bill taking some sleep between my breaks as I needed very little while running and his support was better used during my breaks so that I could rest better without reaching and moving for my supplies. Our sleeping area was on airbeds we brought with us and sleeping bags which we set up in one of the massive rooms a few metres off the route.

The wind never seemed to ease off and by morning I was feeling tired and the pace had already dropped. It was becoming evident that some rest overnight would probably have kept me running at a better pace. Slow pace for me usually does result in more tiredness and so this seemed to be having a knock on effect. We decided to have a practice run at a 20 minute nap. This seemed to work and afforded a slightly better pace, there was certainly a "feel good" factor when some of the tiredness had been lifted. Daylight of course always helps too. My pace never seemed to be good and this was partly to do with a much shorter build up than normal and my fitness was not as good as it had been previously. My plan had always been to practice my blocks of running rather than run maximum distance and I suppose in some





The u-turn with chip equipment. Wind still blowing strong, tape sideways.

ways I was not putting full effort in knowing I was not attempting to break the course record I had set here.

The continuous running without sleep was also affecting my ability to eat. I am never good at eating and running anyway, by taking a break from running I was able to eat more food than if I ate while still moving. I was eating only a few mouthfuls of food on each break now and beginning to realise how important a bigger rest overnight was crucial for my personal performance. I rarely sleep on the first few nights even though I feel tired. I usually toss and turn waiting for the alarm to trigger, consequently this was the reason for staying out and trying a different strategy.

The routine continued with the wind gaining in strength all the time. I remained clad in tights and long sleeves for the entire day.

By the end of the first 24 hours I was disappointed with a poor distance of 129 km (80 miles). But again, this was all about practicing a strategy and learning and so it was onwards to learn more. The 3 hours on, 30 mins break continued into the evening. I asked Costas about the weather as the wind was relentless. It was then that I heard a storm was on its way, heavy rain and 40 mph winds for

most of the night. He wasn't wrong as the thunder and lightning arrived with darkness. Distant to start with and very colourful and it seemed to take a good couple of hours before the bangs of thunder were closing in on us. A few big spots of rain arrived and then an absolute deluge. It was around 11:15pm and I decided that it was futile battling the weather and getting soaked before bed, so came in early and as it was to rain all night I would take a 3 hour rest to try to play catch up.

Back out again before 3am and the storm was still in full force. The cones had blown over and the tape had tangled, I was clad in full waterproofs. Rather than fight the weather trying to run in the storm I walked and kept to my schedule of being out for 3 hours. The rain eventually eased at dawn but not the strong winds.

By the end of 48 hours I knew the distance would be much worse than expected but 221km, 137 miles was enough to achieve a British F55 48 hour record (previous was 203.996km). From this point on I knew I would take 3 hours rest/sleep per night and it was just a case of groundhog day and repeating this routine.



Running down the block paving on a cool and windy day, tape was always blowing sideways.



Jacques was leaning forward very bent.

I was focussed on my own performance and not racing with others. It was fascinating to watch the others though, trying to be aware of what strategies both the 100km and 1,000 mile runners were using. The leading 1000 mile runner always seemed to have a good pace, whether walking or mainly running and then take long breaks. Others seemed to really shuffle along and all were out at different hours of the day and night. As for the 6 day runners, the leading man Denis Orsini from France was going at a good pace but was to hit problems and retire around the end of the third day. He suffered very red and swollen ankles and then left the stadium. By contrast Jacques Morel was incredible, he was in his late 60's and continuously walked, he rarely took a break. I heard he had just one hour's sleep in the first 3 days. His pace was at 5km per hour consistently and he always looked incredibly tired.

My routine simply continued, stacking up the days of running and accumulating miles. Bill would go for a run each day. He ran around the vast space here visiting the other stadiums on this site. Most were derelict with the homeless sleeping in them. By the end of the third day

# Race Reports



The presentation with Sharon Gayter and Zdravko Baric, 1st lady and 1st man in the Athens 6 day race.



my distance was 292km (181 miles). I knew that continuing at this same slow pace would achieve a new British F55 record. I did not have to fight hard, only stick to 3 hours on

my feet, 30 minute break and eat food and 3 hours sleep per night. It was the fourth night when my head hit the pillow it felt like it was 5 minutes later and the alarm sounded. This was me finally hitting deep sleep in a flash.

The fourth day was to bring the strongest winds yet. The course was blown away several times and the even the championship mat was taken away by the weather. The men looking after the championship system were always on duty. One of them was a large man who regularly ran with us. He lost several kg over the course of the 1000 miles and he racked up many miles. The championship system at the top of the course no longer beeped as you crossed it. I was told that this was interfering with local buildings and so the sound had been turned down. That last night I also had a big decision to make. I knew I could win the event outright if I continued and took no sleep. It was a debate with Bill. If I took 90 min I could still probably win this, but Bill was insistent on sticking to the routine as also at the back of my mind was the fact that we needed to leave immediately after the finish of the event. We were flying home that evening as we both had work the next day. If I took sleep and Zdravko had the same rest time I would win. If Zdravko knew I was taking time out and he stayed out, there was every chance he could win. Zdravko had taken a good few hours every night and Bill assumed he would that last night. I was around 14km in front of Zdravko but took my usual 3 hour break. Zdravko did not take any rest. On heading back out I was now 7km in arrears.

Initially I tried to take advantage of my rest and picked up the pace knowing Zdravko was tired. This did work for a while but I began wearing down. It was the last day, I had already taken the 6 day record I wanted and there was little to fight for and I had to think of work the next

day. When I slowed so did Zdravko. He was doing enough to stay ahead, so I slowed down and continued the routine. Jacques had reappeared, I must admire his determination and will power to continue as it was so painful to watch he must have been in incredible pain to continue.

The weather was kind to us on the last day as the wind eased and the sun came out. With one hour remaining on the clock there was a few km between Zdravko and I. Zdravko stopped, he knew I was walking and could not catch him. I walked into the last hour, stopping with around 45 minutes remaining to have a shower and clean up before the finish while Bill packed away the tent. The presentation was held shortly after 2pm and we were already packed and ready to take the bus to the airport immediately after, our flight was 6:30pm that night.

We arrived back at Heathrow on time around 8.30pm, at the car for 9.30pm and home for bed at 2.30am. Bill was as work for 7am and had to pick me up when I finished my late teaching from 6-9pm.

My distance was 580km (360 miles). The previous British V55 record was 524km. Zdravko finished with 590km. On reflection, in relation to my goals:

Goal 1 I did exactly as planned and ran in 3 hour blocks, there was the odd interruption such as the storm and a few other minor pitstops but I stuck to this throughout. The plan worked, it was not massively difficult and the distance accumulated very slowly, I stayed out for the 6 days.

Goal 2 I had 30 minute breaks, only once I went longer than this when I practised a 20 minute lap and was out by 40 minutes incorporating this, so I know I can comfortably take a break and feel recovered to go again with my stomach generally comfortable.

Goal 3 I took 3 hours sleep on day 2 due to the storm, but irrespective of this I had already become aware





and learnt that continuous running was having a detrimental effect on my pace, mood, general feeling and lack of appetite. In future the rest on day 1 is important to me. I usually do not sleep but the impact on pace and eating ability was against me. Another lesson learned happily the hard way in a practice race.

**Goal 4** Twice, early on in the first two days of this event I had a practice nap when I felt sleepy tired. On the first occasion this worked better than the second. On each occasion I managed to incorporate this into a 40 minute break rather than 30 minutes to cut down on losing time. This strategy worked well and it is worth listening to my body and watching the pace to understand when such a break is needed in future races.

**Goal 5** Some of this learning is already detailed. I have precise information from my garmin watch on heart rate, rest times, running times and distances for each block of running along with cadence and

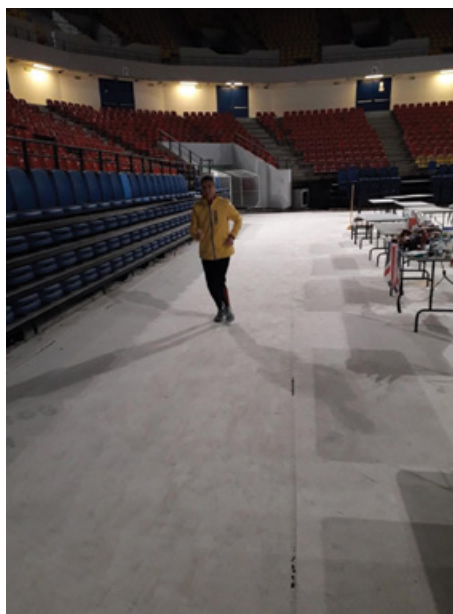


elevation gain. This will have to wait until I have time off work to analyse this in greater detail. In general I have worked at a far harder intensity in other races and have arrived much fitter. I was satisfied with my performance and have something to work off for future races.

**Goal 6** to break the British V55 48 hour record, that was achieved with 221km. To break the British V55 6 day record, that was achieved with 580km.

To conclude: I ran for 6 days, achieved all 6 goals and have much more knowledge on how not sleeping on that first day effects my performance. I think for 6 days 3 hours sleep is adequate for this time scale, on a longer event I will have to balance taking possibly longer sleep breaks of up to 6 hours to maintain my pace and performance.

The event is one of the cheapest 6 day races with a fee of 350 euros for 6 days. Costas and John were always



on duty and repeatedly walked the course at all times of the day and night to ensure the safety of runners and to continually put the course back together after being blown away (perhaps more solid dividers are needed for future). The weather was poor at times and very windy, this was unseasonal for Athens and probably unfortunate with the week chosen. There was background music constantly playing in the stadium, quiet enough for you to talk to one another but not quiet enough to sleep with. There are lots of rooms for sleeping in and the bathrooms were kept clean. This event is easily and cheaply accessed from the airport and the local hotel excellent and again inexpensive at this time of the year. The shops are a short tram ride away if needed. It is a low key event, this is what I like. I must admit I preferred the old route with less turns and cambers, but on this occasion the new route was preferable with shelter from the weather.

On a side note, I took 3 pairs of shoes with me, I used just one. They were a pair of AltraTimp pictured here. These shoes had already run over 400 miles prior to this event and here they have now accumulated around 800 miles and still have some life left in them. The foot shaped toe-box is excellent to adapt to swollen feet with no squashed, blistered toes or lost toenails. This shoe is well cushioned too and retains its shape well. These shoes are reviewed on Northern Runner ([www.northernrunner.com](http://www.northernrunner.com)) and I am currently wearing the newer model of these, the AltraTimp 1.5, which again are suiting me pretty well. These are excellent ultra-running shoes and I feel at present these are improved in comfort so far from my first version. The AltraTimp work well on roads and I had no issues on wet tarmac and the chalk surface (reflected with the white tinge!). I have worn these on a couple of 50 mile trail races off-road, but they do not have a good grip in wet mud.

# Crawley 24 Hour 2019

Naomi Moss



I am an Ultra runner. I love to run in fields, up and down hills, on mountains and the muddier the better. I use it as my time to be 'just me' and to go wherever I choose.

That's why I decided to sign up for Crawley 24hr track race, lol. The idea was suggested to me by my coach and sponsor and general go-to man of everything ultra, Lindley Chambers aka 'The Boss' who also owns Challenge Running Ltd.

He thought it may play to my strengths and would be an out of my comfort zone sort of race of which I like to do one every year. Last year I choose to do an event run by GB Ultra called Snowdon 50 which would be my first mountain race with a bit of navigation thrown in of which I am shockingly rubbish but learning slowly. I came

home 4th lady which I was quietly chuffed with.

Why did I enter a track event? The thought of running round a track for 24 hours was sooooo out of my comfort zone and that's exactly why!! I wanted the mental more than physical challenge. During the weeks leading up to Crawley many questions popped into my head, like which trainers shall I wear (I always run in trail shoes as I rarely road run unless doing a progressive or tempo run), how should I prep my supplies, how many calories per hour do I need, what's my race strategy, how will I cope with the 'boredom' factor????

At registration I received my race number, chip, advice and the race blurb about all participants. Each runner from the 6hr/12hr and 24hr

event wrote a piece about themselves and their history or expectations. It was interesting to read about fellow runners past race history or reasons for taking part. There were professional athletes, visually impaired athletes, walkers, short distance speed junkies, sponsored athletes and first timers like myself. The variety of participants was calming to me. Knowing that it takes all sorts to create a unique event like this and that it was open to anyone.

I had the perfect trackside set up next to the First Aid tent which was supplied/run by Lindley Chambers and Maxine Lock. This gave me an opportunity to catch up with familiar faces and even a few runners that I have never met but follow on social media. The Ultra community are



always such a friendly and welcoming bunch.

The race start was brief and it gave runners an opportunity to ask last minute questions. I was now curious and excited to see and feel what lay ahead.

My race strategy was to run 10 laps and walk one lap while eating and drinking. After mindfully fumbling with a method of how I was going to keep track of my lap number while chatting to people I began to relax and enjoy listening to fellow runners and their stories, and plans for the race.

A few laps went by, I was surrounded and included in the chitter-chattering of voices.

I was soon to understand the appeal of this event for runners. Fellow runners explained the appeal of the race was in its simplicity... crew were not necessarily needed, company was always close by, how convenient to have trackside set up, no time wasting, a flat running surface and no need to carry compulsory kit or a backpack. Some even said it was to see how many miles they could complete in their allocated time. Others said it was to see if they could stay on the track for the duration whether they walked or ran.



I have run enough ultras to know that it's not about the distance, it's about how you can cope/manage yourself.

It was lovely to catch up with a runner that I had previously met a year ago at the GUCR. His plan was to finish the 24 hours which would mean he had achieved something none of his fellow running buddies had done before which made it worth the while for him.

One lady had a similar race to me on her bucket list and we even suggested running together in 2020. All this chatting was lovely but I knew in my head it couldn't last 24 hours... and it didn't.

After the change of direction at four hours, I was totally convinced the far side of the track had an incline. I needed something visual to stimulate me instead of this massive box which contained this track... never-ending track... boring track... round and round... ekkkk. What was I thinking?!?!?!?!?!?!?!?

Next I played my music, I tried listening to my ebooks, I analysed peoples running forms and food choices. None of my thought processes or distractions were cutting the mustard and I came to the realisation I wasn't going to be able to run for another 17 hours. My head just wasn't in it.



My race was over after only 6hrs 47mins.

I sat for a bit contemplating my decision and realised I was okay with it. I waved and encouraged participants for the next 2 hours and I can honestly say I had no regrets DNFing. What I did discover was a huge admiration for the runners I left out there on the track. What made them carry on when I couldn't?

Those are seriously focused and committed individuals.

It was good to see a positive side to this track event.

To conclude many people love track events and thrive on its simple format and I understand that now but for me I need visual stimulation and a point to motivate me when I run, whether that be in the form of nature, a checkpoint or a cut-off time. This is just what works for me.

Photos with kind permission of Jon Lavis see more at: [Crawley AIM 24 Hour Race 2019](#)



# Ultra Trail Snowdonia 50 2019

Liam Mills



It's 4:30 am on Saturday 11th May 2019 and approximately 200 nervous runners from all over the world gathered in a little gazebo in the town of Llanberis, Wales listening to course director Michael Jones' race and safety brief. It was at this point that the mention of scrambling and slight climbing caught the attention of some of the more nervous runners. Having lived in the area for the past 2 years, this was not a surprise to myself or the team of runners I had taken on a recce the month prior to the event.

As the silhouette of Mt Snowdon starts to appear, it's off to the start line we go for a 5:00 am start. Despite the early start the first few hundred metres are packed with family and friends enthusiastically cheering all the runners on, with a 10 second countdown from Michael and everybody in attendance we are off... Michael sets off on his bike to lead the start of the race with what sounded like a group of excited school kids in a chase.

### Lead from The Front

Straight from the off and knowing that I had trained and prepared myself better for this race than I had any other, I

decided to hit the front of the pack from the start. As I set off only 2 metres behind Michael, I remember him turning around and saying, "How're you feeling? Remember not to blow out too soon." I felt amazing so didn't even think about slowing down at this point, I wanted to hit that first climb which was 4km into the race. As I looked over to my right and through the early morning haze, I saw that myself and 5 other runners had already made a massive gap between us and the other competitors, now it was time to climb, concentrate and get into a nice racing pace. After a quick ascent and descent of the Moel Eilio horseshoe, it was down to Waunfawr we went. After 11 miles we ran into checkpoint 1 which saw me, Josh Wade and Etienne Pillonel get in at exact same time with no other runners anywhere in sight.

### Three's a Crowd

As Josh and Etienne set off from the checkpoint before me and not a word muttered between us, I knew this was a race and got my game head on! I caught up with them not long after and popped past them as we approached our next





climb up Mynydd Mawr. After a little run through a bog and with soaked feet now 13 miles in, we started climbing. Just before the summit, Josh took a little shuffle to the summit and I said to myself, “I will catch him after I eat this banana.” Boy was I wrong... As I hit the summit Josh was gone, flying down the hill like he had just stole something and not a care in the world for his ankles or quads, I was in awe as I started running at what I thought was a fast pace, but he just kept going all the way into the next checkpoint.

## Snowdon Massif

As I got into checkpoint 2 I was informed Josh was 1min 30 seconds ahead which with 34 miles left in a race is nothing, I thought I would close the gap during the climb of Snowdon. I set off in pursuit of him with Etienne about 2 minutes behind me. We cut through a few boggy fields before picking up the rocky Snowdon Ranger path, it was at this point I lost sight of Josh in the Clag and pushed myself to get out of Etienne’s view. As I hit the Summit of Snowdon which would usually be ram packed with tourists, it was very eerie with the cold northerly winds and still very cloudy. From here we headed south to pick up the RhydDdu path which is one of my favoured descents from the summit, so I went for it to try and catch the leader but to no avail, he was gone. Coming in to checkpoint 3 I felt comfortable and had found a good rhythm, whilst





# Race Reports



restocking and drinking I was informed Josh was just over 5 minutes ahead. It was at this point I had to stop chasing Josh and focus on my own race otherwise I could quite easily have blown up.

## Is this the end?

As I leave the checkpoint, Etienne has just arrived which gives me a few minutes gap which felt good. After a few hundred metres we are on the up again, this time up Y Garn and the start of the famous Nantlle Ridge. This was the technical section mentioned by Michael at the start which had certain individuals quaking in their boots (well trainers). As I start to climb steadily, my right quad starts to cramp rapidly, I had to get my hands on my thigh and dig my thumb deep into the muscle and self-massage it out. At this point I thought it could have been the end of my race if it didn't ease off. After a few hard and deep digs of the thumb it was gone, relief and off to the climbing we go. As I hit the first summit I am greeted with, from a distance, what looks like a steep climbing wall with a massive drop at the side. As I get closer, that's exactly what it was. So full concentration was needed here and I was glad I didn't have running poles as both hands and feet were required for a small 500 metre scrambling section. Once over this hurdle is was a nice rolling section East to the foot of Moel Hebog. After ascending this summit, it was down a horrible loose section which I felt was unrunnable (Josh probably ran it) and into checkpoint 4 in the beautiful village of Beddgelert.

As I left with Coca Cola in hand and a camera man by my side chatting away, I looked at my watch which said 43 miles, this left me confused as to how far I had left. The camera man had the pleasure of breaking the news to me that I didn't have 10 miles left, I had 20 miles left (Cheers mate). Never mind I thought, I am now a good distance in front of Etienne but 35 minutes behind Josh. This section

up to the Pen-Y-Pass YHA was a nice runnable section which made for good steady running and a rest for the ever-burning quads. This was my favourite checkpoint as the guys were full of beans and asking stupid questions like what emoji would you describe yourself as at this moment in time? I didn't know whether to laugh or cry and as always, they would tell me how fresh Josh looked and how far ahead he was before informing me of the exact ascent in feet left to go.

## Final Push

As I leave the checkpoint and head up the Miners Path, I see Etienne approaching the checkpoint and feel the pressure to keep pushing and not lose this second place that I have worked hard to keep. Head down I break into a jog before hitting the next climb/scramble up and over Y Lliwedd. After this very technical ascent and descent, I picked up the Watkins path which would be the path for the final ascent of Snowdon. There were a hundred, maybe even thousands of people on Snowdon now which made running very interesting as people's ability to move out of the way seemed non-existent. Despite the 'excuse me' and a shouting of 'move to the left/right' it was a game of dodge the walker. This was a long descent down the Llanberis path and a quad burner at its best, a slight detour off the path and onto the section of the route we had ran up 12 hours earlier, I knew I was nearly home. This was when I put all the pain to one side and this ensured I could run the last 1/2 miles into the finish line hopefully looking strong. I crossed the finish line where I was greeted by a small crowd and race director Michael Jones, I finished this amazing and brutal race in 2nd place in a time of 12 hours 17 mins and 48 secs. It is safe to say the title of 'Beautiful Beyond Belief, Savage Beyond Reason' by Michael sums this race up perfectly. See you again next year Ultra Trail Snowdonia 50 (Josh stay at home please).



# SUNDAY 3rd MAY 2020

# CONQUER

## WALES' HIDDEN TRAIL

# STILLTIPS ULTRA

50KM  
Through Excellent Terrain

only **£37**

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"*



Great for a 1st Ultra whilst also offering a true challenge for seasoned ultra runners! With amazing support from 5 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.

# 70% ENTRIES SOLD



# Schaap River Canyon, Northern Cape, South Africa 2018

## Find your WHY. Go back to your roots.

Willemien van Zyl



“August 2018 - It was the most unfit and unconditioned I had felt in years. My confidence was low and my anxiety was high. I had to find the reason why I started running in the first place and my mind-body-connection had to be recalibrated. Like every other human being, I was at a pinnacle turning point in my life. The world I once lived in turned into a wilderness and I was questioning the root of all known frameworks and mind-sets.”

The journey into the unknown started with three strangers, who soon became like brothers to me. Dirk Immelman, Ryan Cloete, Rosca de Waal and I were engaged in a road trip from Stellenbosch to Springbok.

Springbok, home to the Schaap River Canyon, is the kind of place where





you can hear the silence. The vast nothingness forms part of the charm and every single flower is illuminated against the reddish brown or grey rocks and sand.

The morning of the race, 30 odd wide-eyed amateur runners stared into the darkness with nothing but headlamps and a naïve sense of adventure guiding the way. Dirk was leading the pack and I quickly made friends with Wynand Mouton. After a couple of hopeful kilometres we were joined by Alewyn Burger. These two guardians kept my mind busy with their jokes, singing, video-making and gracious fatherly caring.

Shuffling along, we finally hit the start of the Schaap River Canyon with about 38km in the legs.

Grateful for their navigational skills, I was fighting just to hold onto their heels. The Schaap River Canyon is in my opinion, one of South Africa's best kept secrets and exactly what makes this race so unique. The weathered Canyon walls envelop the soft sinking sand and rocky, leg-biting, obstacle course that lead us to clear blue skies, and the most incredible natural beauty untouched by humans.

"I saw myself in every single wildflower.



Yellow and orange flowers were birthed in the most inconceivable places – in cracks of sheer rocks, in the middle of a dried-up riverbed, surrounded by nothing but sand. They became the ultimate symbol of strength and perseverance throughout the race."

The main checkpoint was at 56/58km into the race and we made it well within the cut-off time. It was there that I was informed that I was the leading female and later heard that I was the only woman that made the cut-off. The Canyon was wild and relentless and split into two sections, the organisers wanted us to be out



# Race Reports

of the canyon before dark, because there were big stretches which were very remote and difficult to get to in a vehicle.

My two trusted companions helped me for 68km, out of the canyon, they picked up a pace that I could not maintain, again I was just so grateful for all the help up to that point.

I carried on into the wilderness on my own as the landscape changed to moon-like grey matter but I was warmed up by all the friendly faces at the water tables. These locals from the area are not used to people running this far and one lady even told me: “Ek het nog net sulkemense op tv gesien”.

I remember at about 80km into the race, my watch showed a checkpoint but when I got to that point there was no one there. I was on my way to a nearby house, when I heard Hanno's bakkie hooting and he appeared once

again like a genie in a bottle. This was testimony to how involved Hanno and Sonja and the rest of the team were, they were driving up and down making sure athletes were looked after at every dodgy turning point.

Just before the last checkpoint of the race, in the dark, I heard two voices behind me. “Dis ons bakkie”, Rosca and Ryan yelled. We shuffled along to the last checkpoint, which was stocked with enough food for days. We braved the cold and rain for the last 14km of the race.

Once again the guys put the hammer down and I could not keep up, but there were turn-offs where Hanno followed us and made sure we took the right route.

I saw Hanno four times in the last 14km of the race and that says a lot about a race organiser and the heart they have for these events.

I finished and won my first 100km trail race with the grace and strength from above, the help of five gentlemen, and the support of the incredibly nurturing and encouraging team behind Namakwa Quest. I felt like the leading lady in a movie written for me... the rose amongst the thorns.

The fully stocked checkpoints, great food, the down-to-earth locals, the landscape and raw beauty of the canyon coupled with long stretches of runnable terrain makes this the ultimate ultra to find your “WHY”. Go back to your roots and allow the stripped-down and untamed nature of this event to inspire you, and help you discover the real and raw, you.

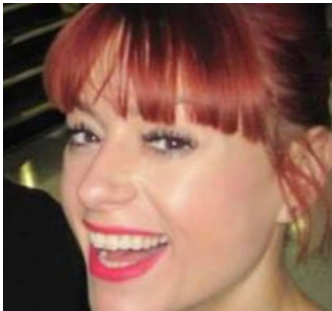
This year on 7<sup>th</sup> September the distances of the Schaap river Canyon Ultra will be 82 and 58 km. See <http://namaquaquest.co.za/schaap-river-canyon-ultra/> for more details of the event.







**Andre du Toit**, 47 yrs, born KwaZulu Natal, South Africa married to Danielle, we have two sons Luc (13) and Dom (11). A career in tourism and risk management has meant working and traveling in remote wilderness areas. Love trails, fun times, cooking on an open fire, sleeping under stars, wine, laughter and being a Dad. Strive to fill my life with purpose, adventure and romance.



**Helen Etherington** is an amateur runner who likes to run lots of miles for the sheer hell of it! She's run over 70 marathons and ultras and her next big challenge is the Race Across Scotland. Her favourite thing about ultra running is the sense of community and the new people that you meet - each event is an adventure and it's a great way of exploring the world!



**Leah Brasher** is a 41 year old Registered Hospice Nurse. She started running eight years ago using the Couch to 5k app with a goal to run five miles without stopping. Leah has now run several ultra-marathons and is currently training for her fifth 100 mile race, Brazos Bend 100.



**Amy Mower** is part of the 2019 Spartathlon team and is currently running 100-130 miles a week. Over the past twelve years she had completed twenty-nine ultras and many other distance races. Not bad for a woman who started running after quitting a two pack a day smoking habit. Amy's website: [www.amyvkrunningaddiction.blogspot.com/](http://www.amyvkrunningaddiction.blogspot.com/)



**Willemien van Zyl**: I am a personal and group fitness trainer, trail runner and founder of *Mix It up with Miena* - a farm-based functional training studio on Nietegund farm in Stellenbosch. I'm passionate about the great outdoors and helping people unlock their potential through the joy of movement. [mixitup.co.za](http://mixitup.co.za)



**Sharon Gayter** is a member of North York Moors AC and in 1994 completed her first 100km and 24 hour race, winning gold in the National Championships at both events. Between 1994 and 2011, Sharon represented her country on 27 occasions. In 2011 she took part in the world's highest race, La Ultra-The High and later set the 7 day treadmill record. Sharon wrote a book, *The Clock Keeps ticking*. Visit her website [www.sharongayter.com](http://www.sharongayter.com)



**Andrea Lopez Barraza**  
A psychologist and Doctor in Education from Santiago, Chile, I spent some years studying in New York. I work as a professor at Universidad Bernardo O'Higgins. I love running very long distances in challenging terrains.  
Website: [www.mujiexextremas.cl](http://www.mujiexextremas.cl)



**Leila Majewska** only started running in 2018 running her first ultra 5 months after her first mile. She has run Durham Dales and Rosedale Ultra and will soon be launching her own blog.



**Naomi Moss**: I have been running ultras over the last 9 years to a monthly training plan with my two dogs as my run buddies and have a keen interest in nutrition, strength and conditioning. Ultra-runners blogs and write ups continue to inspire me and give me a huge incentive to want to push myself to achieve more and run further. I am NOT the fastest or the slowest runner but I am probably one of the most stubborn.

Instagram [naomimossruns](https://www.instagram.com/naomimossruns)



**Charlie Wartnaby**: I am a 49-year old runner from Cambridge, UK. Knocking out sub-2:45 road marathons has been my speciality, but ultras include an unsupported Bob Graham Round (with "mountain" training on the multi-storey stairs), Country to Capital, the Meridian 100K, the Peddars Way Ultra and two good cracks at Wings for Life. I ran the Camino in Aug 2018 during a family holiday. Checkout Charlie's website: [www.wartnaby.org/running](http://www.wartnaby.org/running)



**Liam Mills**: I am a Staff Sergeant in the British Army and took up Ultra Running 2 years ago and have since managed a podium finish on the Pen Llyn Ultra 50 miler (2<sup>nd</sup>), Pen Llyn 35mile winter Edition (2<sup>nd</sup>), Maverick Inov 8 Snowdonia Ultra (1<sup>st</sup>), Welsh 1000s Peak race, Pairs category (1<sup>st</sup>). My goal is to become a sponsored running athlete and get a top 5 finish on the CCC.





Chris Moon - Photo by  
Ron Jones / Badwater.com