

Ultrarunning World

ROAD, TRACK & TRAIL ULTRA DISTANCE NEWS

ISSUE 5 FEBRUARY/MARCH 2011



William Sichel
Photo: Alan Young



The Druid
Challenge



4Deserts
Grand Slam



La
Transtica

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ULTRARUNNING WORLD

Issue: 5 February/March 2011

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Frederick Davis III , New York 2011

Photo by Prabhakar

Self-Transcendence

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

Sri Chinmoy

In The Next Issue

A major theme in the next issue of Ultrarunning World will be solo runs - Journeys across Wales, Canada and a project along the Silk Road will accompany articles on events nearer to the UK.

News of recent publications and new races as well as a look at some of the major events in the Ultrarunning calendar will mean a bigger issue for April May.

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

Welcome to the March/April 2011 edition of Ultrarunning World. This issue I am very grateful to be able to share personal experiences from some wonderful ultrarunners.

I would like to thank the contributors to this issue for their kind permission to use the material included here. Without material and generosity such as this, the magazine wouldnt exist.

Alan Young, athlete/manager/handler extraordinaire, has been extremely kind in giving me permission to use his photos again. Alan helps several runners and gets to see a lot of races around Europe and has a website: www.dionnetworks.com/

Thanks are due to Richard Meade for his story about the Druid Challenge and to the RD Neil Thubron for his support.

I am very grateful to Lucy Rivers Bulkeley for writing her article for me. She is a courageous and very impressive woman. I look forward to hearing more of her running adventures

Race director Bernard Marchal is helping hundreds of children through his solidarity work in Costa Rica as well as providing a running challenge in a beautiful part of the world.

Don Winkley runs all the time long or short, a man who is crossing the races off his bucket list. I love listening to Don's stories and I am grateful he lets me use his writings in this publication

Many thanks to Prabhakar and Alakananda for their photos.

Abichal Sherrington

Cover photo by Alan Young:

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

February News round up

We start off in Northern Europe with the Finland Endurance team who hosted the 4th Espoo 24 hour Endurance race. In an international field, Fins took the first three mens places with Jari Soikkeli taking top spot running 247.944 km. One of Japans leading ultrarunners, Sumie Inagaki, was first lady and second overall with 240.631 km. Second was Valerie Glavin from Ireland with 217 km and third was Marjukka Sinisalo from Finland with 204 km.
<http://endurance.fi/>

The first 24 hour in February in the USA was the Beast of Burden 24 hour/100 mile race in Lockport near Niagara in northern New York state. The course is a 25 mile "out and back" loop. 22 warriors signed up for this event. First man was Matthew Houtman completing 75 miles and the only lady was Eva Basehart completing 50 miles in 16:47:20.

The Long Haul 100 is an "extreme race with an extreme" cause with individual 100 & 50 mile ultramarathons and 5 or 10 runner team relays. Taking place on a 30 mile loop mostly on paved roads This event raises money for Praxis Haiti who support Haitians affected by the devastating 2010 earthquake. The inaugural Long Haul 100 miler was won by Gabriel Helmlinger in 15:32:38 and first lady was Amy Palmero Winters in 23:59:16 with 12 starters. The 50 miler was won by Julian Vincente in 7:48:21 and the womens winner was Eve Lane in 11:09:05 with 9 starters. Seven teams ran in the 10-person team relay. The 2012 event will take place at Wesley Chapel, FL and the tentative date is January 21-22.

The 2011 Coastal Challenge, a six-day stage race that covers over 200 kilometers of varied terrain in Costa Rica, was won by American runner Dave James 23:35:14 and Monica Aguilera was first lady in 28:48:05.

The Arrowhead 135 takes place on the Arrowhead State Snowmobile Trail from I-Falls to Tower, MN in the USA. Created in 2005 this race experiences some of the coldest temperatures in the US, this year dropping to around -37 degrees. The event has a ski and bike division as

well as a running category and this year first runner home was John Storkamp finishing in 44:32:00. There were 18 finishers from 57 starters and Barb Owen was the only female finisher in 57:38:00.

The Yukon Arctic Ultra is truly one of the toughest endurance races on the planet. Another human powered multiday endurance race with bike/ski/run categories, the YAU has marathon, 100/300 and 430 mile races starting at Whitehorse in February. The 2011 event is the 9th edition of the race which first took place in 2003 and follows the Yukon Quest dog sled race course. Runners are self-supported in the non-stop event dragging their food and gear on pulks. This year there were 77 starters in the four events from 14 countries mostly in the foot category with five xc skiers and three mountain bikers in the 430 mile race including British rowing champion James Cracknell, the double Olympic gold medalist. Cracknell took part in a race to the South Pole in 2009 so is familiar with extreme conditions. July 20th 2010, Cracknell was 400 miles into an attempt to set an endurance record crossing the US when he was knocked off his bike by a truck fracturing his skull in two places and suffering brain damage. It was only 5 months later that Cracknell arrived in Whitehorse to ride the 430 miles to Dawson City finishing in second place behind Alan Sheldon also from England.

The 430 mile Foot event was won by Canadian Greg McHale finishing in 8:16:15:00 a new race record.

Farther South in more ambient conditions, Serpentine club runner Ian Sharman stunned the ultrarunning community with a record breaking performance on February 5th at the **Rocky Raccoon 100 mile Endurance race** in Huntsville, Texas. In a field that included Anton Krupicka, Hal Koerner, Karl Meltzer and Scott Jurek, Sharman ran his own race and smashed the previous course record held by Eric Clifton who, in 1996, ran 13:16:02. Ian's time of 12:44:33 is the second fastest 100 mile trail time in the world behind Sweden's Jonas Buud who ran the TEC 100 mile race in 12:32:03 in 2010. iRunFar had good coverage of the race and interviewed Ian after the race. Ian also wrote about the event on his blog (<http://sharmanian.blogspot.com>) which is well worth reading. As if that was not a complete

demonstration of his capability as a runner several weeks later Ian set a new Guinness record as the fastest marathon dressed as a superhero, Spiderman. With a time of 2:40:06 at Napa Valley marathon, Ian finished 5th overall - however his record didn't last long as Michael Wardian ran under 2:35 the following week also dressed as Spiderman.

February 5th Belgian runner Stephan Engels completed 365 marathons in 365 days to set a new record of consecutive marathon's surpassing the old record which was 52 marathons.

World Runner **Jesper Olsen** is in Argentina just having completed 50,000 kms and at the same time engaging in philosophical realities.

Included here is the latest report lifted from his blog.

Turtle report

*An odd occurrence on today's run:
Halfway into the stage a big turtle was slowly crossing the highway! Where it came from in the arid terrain of the "Las Pampas" region which I ran into today no one knows! Jamie chose to film it - I ran past. At the next water-stop I learned that it hadn't been helped across the road afterwards. For my*



part I was most of all angry w. myself that I hadn't stopped and made sure it got safely across the tarmac. So: the gps was put at "pause", a marker put at the road and I got in the support car to drive back to lift it out of harms way (Else I NEVER get in the car from start to finish for whatever reason). But this animal was helpless w. the heavy trucks coming every few minutes !!

- He was gone. Either driven over or 'sprinted' across the road. An intense argument followed before I resumed the run where I had left it: Shall we leave nature to itself or try to prevent disaster, small or big, if we can? A dilemma. But sometimes one feels inside beyond any doubt what is right to do.. Later comes the doubts, reasons; excuses for our comfort!

Btw:

Just noticed that the 50 000km running barrier has been broken. Wr 1: 26 232km, wr 2: 23 879 = 50 111km :-)

But what does it all matter if I can't help 1 turtle across the road? Be KIND at each chance you get !

Jesper Olsen <http://www.worldrun.org/>

Tony Mangan, on his way around the world, is currently crossing Nevada in the US. Fascinating day by day adventures on his blog reveal another side of America and a reminder of how amazing and incredibly rich life is.

Also making the huge crossing of the United States is Dennis Yang who is helping promote literacy for kids. He is raising money for the Papa Didos Ideals Foundation. Dennis started his journey on Feb. 10, 2011 at Long Beach, CA. and will end in Coney Island, NY. You can follow Dennis at www.papadidos.org.

Dean Karnazes has teamed up with a popular US tv show that is supporting and publicizing his run across the US and are about three weeks into the project that is bringing the spirit of running to a lot of people.

An exciting new project will be taking place in April as Kevin Lin and friends undertake to run the Silk Road. Running The Silk Road is organised by <http://www.thehomeexpedition.org>. The Home Expedition (THE) is an institute devoted to promoting a sustainable earth, long term solutions for deprived peoples/regions and a sense of responsibility among privileged groups by means

of expeditions throughout the world. THE hopes to inspire everyone into taking action.

This is one of the most significant Asian running events this year raising awareness of the water well crisis along the route. A team has been formed to crew for the runners on their 10,000 km journey. Although the only physiotherapist, Dr Stephen McNally (Ireland) currently working in Kent will be part of a team of world wide experts that will assist the runners while they run approximately 70 Km per day for 150 days along the famous Silk Road.

Nobody has previously run the Silk Road and part of this expedition will not only raise awareness for the well-water crisis but will be life changing for all involved.

The expedition commences on April 20th and runs until September 17th, from Istanbul to China. For more information visit <http://www.thehomeexpedition.org>

The 4Deserts Atacama Crossing which began on March 6th in Chile is a 6 day stage race covering approximately 250 km. Anders Jensen (below) from Denmark won for the second year in a row and Nahila Hernandez San Juan won the womens division. There were 87 finishers.



Photo: Racing The Planet

Quick Links

Stephan Engels 365 marathons -

<http://www.marathonman365.be>

Tony Mangan theworldjog.com/blog/

Dean Karnazes - Run Across America

<http://tinyurl.com/6fjvfty>

Andy Murray - Scotland2Sahara

"I need 500,000 volunteers to build a pyramid for a dead King. Long hours, no wages, sleep on the ground. Can you get them for me son?
Can do! Can do!"

The Fugs

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I'VE GOT A LITTLE LIST

In the early 1980's I looked forward to Malcolm Campbell's annual I'VE GOT A LITTLE LIST.

To quote Malcolm "Here's the way it works. The list is an attempt to record the ten best performances of the year. A runner has only one place on the list and this is for one specific performance. I always stress that this list is a reflection of my own opinions and whilst I naturally respect the views of many others I am rather inclined to agree with Oscar Wilde who said "I dislike arguments of any kind. They are always vulgar, and often convincing". On the same theme I warm towards the Earl of Mansfield who suggested, "Give your decisions, never your reasons; your decisions may be right, your reasons are sure to be wrong". Right or wrong this gives me an opportunity to reflect upon some great achievements of xxxx. They were:"

So if I may be so bold I thought it would be a good idea to resurrect this theme, but with a slight change, in that I will base the list on more than one performance, and for 2010 "They were:"

1

SUMIE INAGAKI (JPN)

Her great performances started early, when in January, at the Helsinki Indoor 24 Hour, and with guidance from the famous Fin Seppo Leinonen her crew chief, she set a World Indoor 24 Hour Best of 241.426km.

Then in May she not only won the "des 48 heures pedestres de Surgeres", but set a new World 48 Hour Track Best of 397.103km, and with better crewing from her Japanese team, she surely would have broken 400km

2

SHINGO INOUE (JPN)

The World 24 Hour Championships were held in Brive, France, and in the men's race a great battle between Shingo and Scott Jurek, saw the Japanese athlete come out on top. But to win his deserved gold medal he had to record the best 24 hour distance of the year with 273.705km.

Rarely do Championships combine both great performances and distances, but Shingo managed both.

3

RYOICHI SEKIYO (JPN)

Although not competing at the World 24 Hour Championships, he won the 24 Hour event at the Athens Ultra Festival with 250.368km in April. Then he went on to win the Surgeres 48 Hour with 407.066km, and rounded off the year by winning the Soochow 24 Hour in 268.126km, the second best 24 hour distance of the year.

4

SCOTT JUREK (USA)

This great American Ultra athlete is world famous for all his off road performances, and wonderful victories at Sparthalon and Badwater, but could he deliver over the more traditional 24 Road Race and especially at a World Championship, round and round a small circuit.

Although he had to settle for silver, his new USA best of 266.677km provided the clear answer.



Sumie Inagaki



Shingo Inoue



Ryoichi Sekiyo



Scott Jurek

5

JULIA FATTON (SUI)

Julia runs many off road events, but had two outstanding runs on the roads. Firstly winning a bronze medal at the World 24 Hour Championships in a very hard race, with 230.258km. Then later in the year at Royan she broke the World's 48 Hour Road Best with 367.918km

6

ANNE-CECILE FONTAINE (FRA)

In a very competitive ladies 24 Hour race at the World 24 Hour Championships, held in her native France, she produced the goods and won the gold medal with 239.797km.

At the end of the year she went to Soochow 24 race and was a creditable 2nd with 223.639km

7

MAMI KUDO (JPN)

Although Mami was slightly in the shadow of her compatriot Sumie Inagaki at Surgeres she did come second with 362.704km.

However she won the Soochow 24 Hour with 239.325km.

8

WOLFGANG SCHWERK (GER)

The first 1000 mile race since 1999, was staged at the Athens Ultra Festival providing the ideal setting for Wolfgang. Since the heady days of Yiannis Kourous he has become the most dominant multiday athlete. He won well taking 11 days 23 hrs 18 mins and 32 secs.



9

WILLIAM SICHEL (SCO) (left)

Now in the M55 age group, he has become the strongest GBR multiday athlete, he also took part in the Athens 1000 Miles. Finishing a creditable second to Schwerk, and during the event broke World Age M55

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1000miles Road – 13days 20hrs 8mins 1sec



Julia Fatton



Anne-Cecile Fontaine



Mami Kudo



10

CHRISTIAN FATTON (SUI) (left)

Although not setting World Bests, and being upstaged by his new bride Julia, he produced many consistent performances throughout a busy year, 235.811km at World 24Hour Championships, 378.464km at 48Hour Royan and 842.254km at 6 Day Antibes.

ALAN YOUNG

Wolfgang Schwerk



Fancy A Challenge?



FELLSMAN

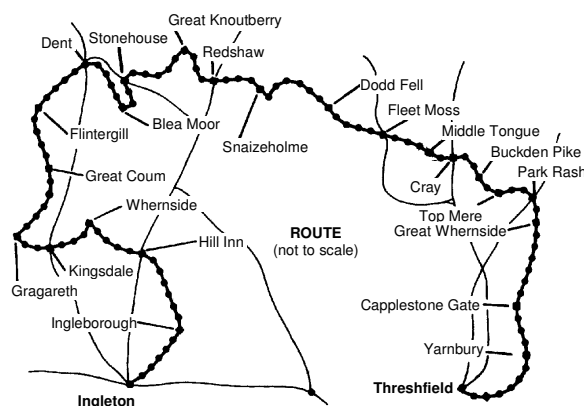


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The 10 Peaks is a charity event and open to anyone who is fit, healthy and mad enough to attempt it! For more information, to register for the event, or to donate please visit www.10peaks.com.

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1000 Km In 28 Days Across 4 Deserts

Lucy Rivers Bulkeley

"The second toughest endurance race in the world"

Time Magazine, May 2010

"The ultimate test of human endurance"

Men's Health, July 2010

In August 2007, my father lost his battle with Cancer at only 62. If I was going to raise much-needed funds for Macmillan Cancer Support in his memory, I had to find an extreme event. The 4 Desert Challenge fitted the bill! It is a series of 250km self supported races across the largest and most forbidding deserts on Earth (Atacama, Gobi, Sahara and Antarctica), carrying all our own equipment, food and clothes. The average rucksack weighs in at about 7.5kg.

To make it even tougher, and to become the first British woman to complete the Grand Slam, I had to complete all four in one calendar year. Only two men had achieved this before.

The first race was the Atacama Crossing in Chile. All the experts suggest arriving at least a couple of days beforehand, to allow the body to recover from flying and to acclimatise. Especially in this case, as we were going to be at an altitude of 3500m from the start. Unfortunately, the large earthquake struck and Santiago

airport was closed to all international flights. The only alternative was to fly into Buenos Aires, then up to Salta, before hiring a minibus and driver to take us across the Andes. Luckily the organisers had delayed the start of the race by 24hrs to allow us all time to arrive.

The drive was stunning but rather hair-raising at times as most of the journey was on rocky tracks with spectacular drops! Thankfully, I was with five other competitors, and after 13hrs and two flat tyres, we arrived in the sleepy town of San Pedro de Atacama. The race itself

in just under 24hrs, which was a new record. The rest of us were slightly slower!

After a couple of weeks of recovery, it was time to start thinking about the next one. Flights and hotels to book, visas to be sorted, dehydrated food to be ordered and the key dietary essentials - I would not have survived the year without crushed Pringles, Skittles and Haribo!

Flying into Urumqi, in the northwest corner of China at the end of June for the Gobi March was rather a shock to the system. We had been warned of

temperatures up to 50c but we arrived to torrential rain and threats of flash flooding. Luckily at the race check in where medical forms are signed, our equipment and kit is checked and we're given the race stage breakdowns, the course director informed us that it was a freak storm and the heat was following – he wasn't wrong!

The first couple of days of the race weren't too bad as we crossed dry riverbeds, climbed very steep hills and shuffled through deep ravines at the base of the

Flaming Mountains as we headed in to the Turpan Basin (known appropriately as "The Oven"). Stage 5 was 107km and looking back, it was one of the worst moments of the year. Every time you thought you were nearly at camp, there was yet another monster sand dune to climb, which in 50c, was energy zapping. Morale towards the end of the race was pretty low as a fellow competitor, Nick Kruse, had collapsed on stage 4 and was in a coma in hospital. Guttingly, after we'd all crossed the final finishing line, received our race medal and were safely back at the hotel, we were told that Nick had passed away. We all sign up to these



(photo courtesy of RacingthePlanet)

was luckily less eventful and the long stage on day 5 was 78km. We crossed endless salt flats, climbed huge dunes, waded through knee-deep water in the slot canyons and passed a couple of very remote tiny villages. I dread to think what the locals thought of us all as we shuffled past them, clad in lycra with rucksacks on our backs.

The finishing line after 250km over 6 days was a welcome sight – my knees had been strapped from day 2 onwards after slipping on some shingle at the top of a gorge and were looking like rugby balls. Ryan Sandes, the South African, managed to complete the whole race

races to test ourselves and know that there are risks involved but you never expect the worst to happen.

In the weeks that followed I did start questioning why I was attempting this challenge. At the start it was just a crazy idea as no woman had done it, but now that I was half way through, and had seen the risks first hand, it made me think. I was doing it for Daddy and that is what kept me going.

Once again it was back to the knee specialist to have my knee scanned before the trainers went back on in preparation for the Sahara Race at the beginning of October.

As soon as I landed in Cairo, the usual nerves kicked in. Theoretically, this was meant to be the easiest of all the races, but my body was beginning to feel the strain of the year. Two of my fellow grand slammers had dropped out by day 2, both of whom were normally very strong guys. Mentally it was the toughest due to the monotonous landscape..... Sand, sand and yet more sand! My knee was the worst it had been due to the endless soft sand. The long stage of 96km went through the Valley of the Whales which was stunning and helped keep my mind off the pain. As with the other races, I decided to kick on through the night as I knew that if I stopped at the optional overnight camp, I'd completely seize up and be in a whole world of

trouble. Thankfully, through a haze of strong painkillers, I hobbled over the finishing line in front of the Pyramids to finish the third desert.

Worryingly, we only had six weeks before we had to be in Ushuaia for The Last Desert. Very little exercise was done, it was more a case of trying to help the body recover before its final test of the year, and to finish finding all the specialist equipment that was needed.

57 of us boarded the boat and set sail across the Drake Passage for Antarctica. The crossing was some of the roughest seas I have ever experienced. Serious cabin fever began to set in and we were all very relieved to finally see land – even though it meant we were about to start our toughest test. The start of the race was delayed due to bad weather but luckily a pod of orca's as well as a humpback whale and her calf kept us entertained beside the boat for an hour or two.

Stepping foot on Antarctica was very surreal – we were at the bottom of the world and only had penguins as company. The course varied from compacted snow and ice to knee deep soft snow. It was also very hard to differentiate between the ground and the skyline, even with our special polar glasses. Because there is very little darkness, we were out on the course for longer but over fewer days. The final

finishing line, at 9pm on Dorian Bay, was incredible. Complete and utter exhaustion combined with the realisation that I had finally finished the challenge – I have to confess that there were definitely tears!

Looking back on the last year, I still can't believe that I've done it – the first British woman to complete the 4 Desert Grand Slam.

I've pushed myself to the limit both physically and mentally. The camaraderie amongst my tent mates and fellow competitors was incredible and I'd never have finished without them.

There were definitely a couple of 'moments' along the way due to pain and I have since discovered that I've a badly strained left LCL and a hairline stress fracture in my right foot. Once I've fully recovered, I'll have to start looking for the next challenge!

Lucy Rivers Bulkeley
December 2010

<http://www.4desertchallenge>.



(photo courtesy of RacingthePlanet)

In 2011 Lucy was awarded the Endurance Fundraiser of the Year by Justgiving.com for a challenge that most professional athletes could only dream of achieving.

As a non-athlete, Lucy completed the famous 4 Desert Grand Slam Challenge, risking her life in the most extreme conditions, to become the first British woman to accomplish the 4,155 mile desert runs across the Gobi, Atacama, Sahara and Antarctic deserts in one calendar year.

Lucy raised in excess of £35,000 for Macmillan Cancer Support in memory of her father.

The judges commended her incredibly fearless attitude and enormous courage.



The Druid Challenge:

**a three day stage race along the 5000 year
old Ridgeway Trail hosted by
Extreme Energy.**



My First Ultra Marathon, My First Ever Race Win!

Richard Meade

Photos Courtesy Extreme Energy

Okay, so the title, like the film, Titanic, kind of gives away the ending. However, as with all good stories the fun is in the journey as much as the ending.

I had entered the Druid's Challenge an 82 mile 3-day trail race across the Ridgeway, earlier this year, long before I had entered the Amsterdam Marathon, as I saw it as an ideal way to see how my body would shape up to the rigours of ultra running and multi-day racing in preparation for the MDS next April. Once I entered it I promptly put it to the back of my mind, as I focused all my efforts on getting the PB I craved at Amsterdam.

It was only after I had finished the Amsterdam marathon and was still hobbling about the following Friday did it dawn on me that three weeks later I would be running this ultra race. Not much training or preparation time. In fact I had two hard weeks of 90-100 miles

each and then a four day taper.

On the Thursday before the race I sat in my Travelodge in Luton and it suddenly dawned on me that I had never done anything like this! 3 marathons in 3 days, all across hard trails, forest paths, ancient roads and tall grassy hills. I was actually scared. I sat there thinking about all the things that could go wrong.

Mostly I was worried about getting lost. I can get lost in a supermarket, even with numbered aisles and shop assistants eager to point me to the sweets section. This race wasn't marshalled. We simply had to follow the well marked trail paths.

I was always confident of getting through the first day. At 29 miles it would be the longest I have ever run in one go, but I felt with all the long 26 mile runs I had done and my high mileage training weeks I would be okay. I was more concerned about days two and three

and how my body might recover from day one. Especially, considering I have a propensity not to hold back. I knew there was every chance that I would go out hard on day one, run as fast as I could, shredding my legs and leaving nothing for the next two days.

I was honestly frightened of failure. I pin a lot of stuff on my running, with plenty of training and boring people to death with my endless chat about it, so I didn't want to come home having had to pull out or having had to walk the last couple of days due to ruining my body on the first day. So, Thursday was a restless night.

Friday and stage one came. The 150+ competitors were organised into three starts a slow group, medium group and fast group. The slow group were set off at 10am, the medium group at a 11am and the fast group, which included me, set off at 12pm.

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Stage One: Ultra Running Lesson One - the hard way!!

It was cold, very windy and heavy rain clouds hung over the horizon as we stood at the top of the hill at Ivinghoe Beacon waiting for our start. I felt surprisingly calm and in pretty good shape. My game plan was to stick with the main bunch of runners for the first 20 miles or so and then see how I was feeling and maybe push on from there or at least try and hang on to the leaders if they were faster.

Of course, this is me! So instead of doing what was sensible I blasted down the hill at an impressive pace opening up a 100m gap before we'd reached the end of the first field. I tried to tell myself to slow down and that 30 miles was a long way to go and that it was foolish, but none of it got through. I just went. It felt great and I felt as though I was skipping across the beaten mud and chalky paths through the green fields and into the

forest paths. After about 4 miles I glanced back over my shoulder and there was no one in sight, I was clear. There was no one about and no one in front of me, as it would be at least 9 or 10 miles before I got the first of the slow runners. The course was magnificent and although it was breezy and damp with light rain it wasn't too cold. I was having a great time.

At 6 miles I was following the little white acorns and finger signs that indicated the way to go and was starting to feel pretty good about myself. I was even patting myself on the back for following the course so well. I was about to learn my first lesson in trail running. Don't get complacent with the route. I came out of a forest and the finger sign said left on to a tarmac road, which I followed. I was still all on my own and apart from a tractor with a hedge trimmer there was no sign of life. I followed the road looking out for the next finger sign for

the Ridgeway, but nothing. The road kept going. There were a few footpaths, but we had been told explicitly that there would be either a white acorn or a finger sign saying Ridgeway and I couldn't see either of them. I started to panic, it didn't feel right.

Of course any sensible trail runner would have done some preparation before such a race and at least looked at a map of the Ridgeway. Shit, I am lost!, was all I could think! I ran back up the road and found an old lady getting into a car. I quickly sprinted up to her before she could drive away and asked if she knew where the path to the Ridgeway was.

"Ridgeway?" she answered confused and my heart sank. She pondered for a moment and then said she would ask her son. Moving agonisingly slowly she wondered from her car to another cottage buried behind a thick hedge. I looked at my watch as the minutes and seconds



Race Reports

ticked on. I felt for sure that any lead I had made would now be gone. I cursed myself and all the praise I had just given myself for not getting lost. Eventually her son appeared and was almost as confused. He thought it was back up the road I had just run from, so I had no choice but to turn back and head to the last clear sign I'd seen.

I headed back up the road quickly, and at the top saw a large bunch of runners who not long before I had been well ahead of. However, they too were lost and were looking for the sign. I told them it wasn't at the bottom of the road for sure, so as a group we searched and not too long after that we found a turnstile hidden behind some hedges. It had to be it. I was really annoyed, as I remembered running past it and dismissing it, as it wasn't obvious as I thought a turnstile for the Ridgeway would be. I was in too much haste to stop and check to make sure, which was what I should have done.

I was pretty angry with myself now, as I could see across the field that a dozen and more runners were now ahead of me. From my watch I reckoned that I had ran an extra 2 miles as a result of missing the gate. Instead of calming myself down I allowed my anger to dominate my thoughts and display itself in the only way I know how in a pair of running shoes. I dropped the hammer. Instead of doing the steady 7-7.30 minute per mile pace that I had done so far, I started doing sub 7 minute miles and then 6.30s and even some 6 minute miles. I raced past people, sprinted up hills without easing my stride.

The first checkpoint was due at 11 miles. My GPS read just short of 13 miles when I got there, confirming to me that I had added an extra 2 miles to my day's race. I was still angry, so instead of stopping for water and some food, I swiped my chip card and kept on running. By now I was catching the slower runners from the earlier groups. I wasn't sure how many from my fast group were ahead of me at this point, so I just kept banging out the fast miles.

The countryside was beautiful, but a blur, as I carried on in my rage. I reached the second check point, which was meant to beat 17 miles, but for me was 19 miles. Still annoyed I didn't stop for any food or drink, just to swipe the card. I asked the checkpoint guy how many more people

were in front of me and he told me about a dozen, I then asked how many from the late starters and he said none and that I was in the lead. For some reason, this didn't register at all. I simply didn't believe him, as I set off.

I continued at my frantic pace determined to catch everyone. In my head at this time I was thinking if I could just get within 10 or 15 minutes of the leaders then I could maybe make that time up on the next couple of stages. I passed a several runners and then another group of four runners not long after that, as we followed a path leading through some farm fields and up a hill. The next check point was due at 22 miles on the official course route, so 24 miles for me.

It was now I learnt my second important lesson about ultra racing and trail running - always refuel as you go!! I had a camelback on, but stupidly had only filled it with half a bottle of energy drink and the same again of water, so about 500ml of liquid. I had no food. Because I hadn't been stopping at the check points for water or food I had now drunk my camelback dry and was starting to feel a little uneasy on my feet. I began to suck at the mouthpiece to continually find nothing coming back.

I carried on through the fields, my legs getting less and less sure. I don't know if this was the reason for my next mistake, but I am sure it was a factor. I came up to a turnstile that led into another field, with a clear path leading away. It was quite dark now as it was approaching 3pm and the dark rainy clouds had made everything grey. Instead of slowing to look for the white acorn or any other signage I just carried on.

I was now on a path that went straight down and turned a sharp right keeping it inline with the sheep field that was fenced off to my right. I ran down the full length of the field and then turned another sharp right before heading back up the field, it was only when I reach the top of this path and made another sharp right did I realise that I was now heading back to toward the turnstile I had just declined. I had made another course mistake. Worst of all, was this hadn't been a small farm field, but a rather large one, so that by the time I got back to the turnstile I had been caught up by the group of four runners I had passed about a mile before.



Sure enough there on the turnstile was the white acorn that I would have clearly seen if I had been smart enough to slow down for just a few seconds and had a look. I passed the group of four again, and told them that I loved it so much I was doing it twice. They laughed and got the joke. I raced across the field. Again I was angry with myself and again I responded in the same way by upping my pace. This time, my body began to kick back. My watch read 24 miles at this point and I had guessed that my little excursion around the sheep field would have cost me another mile, so that meant I was still a mile away from the checkpoint. I tried sucking my camelback for any hint of water, but nothing. By now I was looking at the muddy puddles on the ground and seriously thinking about stopping to drink from them. My head was throbbing and I was very unsure on my feet. My pace dropped and I began to wobble a bit. I tried to keep going, begging for the check point to arrive.

At 25 miles there was still no check point and I simply couldn't go on..

For the first time in a very long time, I gave in. I simply had to stop. My body ground to a walk. I walked for a bit and then jogged for a bit. My head was all over the place. I didn't feel well. I was still angry and annoyed with myself for having gotten lost twice! All I could think about was how I had thrown away the

race on the first day through stupidity. I tried running again when I got to the top of a small hill, as the gentle decline allowed gravity to help me out. Then, in what can only be described as one of the greatest sights of my life, two men got out of a minibus and started clapping at me - it was the checkpoint. I ran to them and found a whole table full of fruit cakes, pasties, Jaffa Cakes, Jelly Babies, biscuits and cup after cup of orange juice and water. I swiped my card and then emptied about 6 cups straight off without stopping for air. I followed this up by filling my face with something from every plate on the table. The guys were full of sympathy for me and gave me a bottle of water for the rest of the stage. Later in the weekend when chatting with me, one of them said that when I arrived at the checkpoint that day I had looked ghostly and eaten as if I hadn't eaten in a month. It had felt like it. After about 5 minutes of pulling myself together I picked up some food for my pockets and

earlier on.

My watch beeped at 27 miles and again I found myself stopping and walking. I'd simply had enough. I've always considered myself mentally tough and strong, but at that point, in that muddy field slipping from one tree root to another, soaking wet from the rain and freezing cold from the wind, I had never felt mentally weaker. I wanted to sit down and cry. I wanted to lie down in the bushes and go to sleep. I would have given anything to have pulled out then, to get into a dry car and go somewhere warm. I started telling myself that it would be okay, I started to try and find excuses about why. I blamed inexperience, I blamed Amsterdam, I blamed anything I could think of and then from nowhere I got angry again and told myself how in reality it was all my fault. I thought of something my brother, Stephen, says, and had been told during his time in the Navy - Piss, poor preparation leads to piss poor

have to stop and walk for a bit, but I only allowed myself 10 seconds of walking whenever I did stop.

At 29 miles I looked at my watch and it read 3 hours 50 minutes. I should have been finished, but instead I had 3 more miles to run as a result of my stupidity. This somehow seemed to have a major affect on me, as I suddenly found some more pace and I was no longer stopping for walking breaks. Maybe the food and drink from the check point had started to refuel my body, but for whatever reason I was running again, at pace and not stopping. I went though mile 30 in 9 minutes, a marked improvement on the previous three or four miles. Not long after mile 30 I saw the yellow and black arrows we had been told would be there to lead us to the town and school we would be staying in that night. It felt great, mostly because I knew I wouldn't be getting lost anymore, but also because I knew it was only a mile and a half away. I turned off the Ridgeway and on to the road.

Oh, how I had missed the road! I am still a road runner at heart! I picked up the pace and fuelled by Jaffa Cakes, fruit loaf and a longing for a shower I banged out my last 2 miles in 15 minutes. Seeing the school gates and the final line I felt totally empty. I barely acknowledged the applause from the gathered organisers, helpers and volunteers as I crossed the line and swiped my card to mark the end of the stage. I'd finished in 4 hours and 14 minutes and my GPS read 32 miles, 3 miles more than I had meant to.

I asked the guy how many people were ahead of me. I could see four runners sitting inside drinking coffee, so didn't expect to be anywhere but at least fifth. It was then that I was told that I was the first of the late starters back and that the four in front of me had been from the early start meaning they had been given an hour's head start. I was told I had won. I had won the first stage. I simply couldn't believe it. I moved through into the building to get a coffee and collect my head.

Despite everything I had been through I had still won. It was hard to enjoy the moment, as I still felt a combination of anger, despair, and depression from everything that had happened. Not to mention the fact that I was utterly shattered!



wearily set off, knowing that there was still seven miles to go.

Within yards I felt sick. I had eaten too much, too quickly. My stomach started to spasm and cramp, as I struggled to hold everything in. I slowed to a real gentle jog to try and allow things to settle.

It was terribly slow and my legs began to cramp as well. Now, my body was paying for all those stupidly quick miles

performance. That's what I had done.

Yes, I'd trained well and I was in good physical shape, but I had done little by way of preparation for taking on this challenge, which was so different from anything else I have done. I should have studied a map. I should have taken more water and some food. I should have run at a better, more controlled pace and evenly. This anger made me pick up my pace and begin running again. I did

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We spent the evening sleeping in the gym and theatre halls on school gym mats. I went straight to my bed straight after eating. My legs felt pretty done in and I was really worried about how they would feel in the morning, as despite everything, I would have to get up the next day and do another 27 miles!

Stage two - learning from my mistakes!

I woke up at 6 am and had porridge and toast for breakfast. I also drank loads and filled my camelback to the brim with energy drink and water. I also stuffed my pockets with dried apricots and a croissant that I had left from breakfast. There was no way I was going to make that mistake again.

The start of stage two was the same as the first stage, the slower runners and some walkers set off first at 7 am, the middle group at 8 am, and then the top 25 at 9 am. It was nice to have a little bit more time to prepare and stretch. Despite the day before my legs felt pretty good. My body did feel like it had a hangover though, probably dehydration.

My winning time of 4 hours and 14 minutes from stage one had given me a 15 minute lead over my nearest rivals a group of 4 runners. There were a few further back from that, but I knew that all I had to do was sit with the pack and not let anyone get away and I would be still in the lead for the last day. A good sensible plan or so I thought.

We lined up on the start line and then after a quick briefing we were sent on our way back down the road we had come the night before and back on to the Ridgeway. One of the other runners took to the front so I quickly took in step next to him. My legs ached a bit, but felt fairly good. Surprisingly, it was my lungs that hurt most of all. I felt as though I had them punched repeatedly by David Haye. The harder I breathed the more it hurt. It dawned on me that this was the first time I had ever raced back-to-back, day after day and that my lungs were also like muscles and were probably stiff and sore in the same way. They just needed warming up.

Unlike the start the day before, I ran as part of a group of three, with two guys, Ben and Ivan, who like me had also got

lost the day before, so they were looking to make up time and get close to the top three. We were working at fairly good pace of around 7.30 per mile for the first few miles, which felt comfortable. I was happy with my plan. It was quite nice to have company and to chat as well.

However, after about 4 miles we hit a hill and Ben and Ivan slowed into a power walk. I decided that I would keep running and that they would catch me back up at the top of the hill. At the top of the hill I looked back and had opened up a gap of about 50m. I remember thinking at that point I had a choice of easing up and letting them catch me up or just going for it. My legs were now feeling good and my lungs only ached a little. It was a lovely fresh day and conditions for running were good.

It took me less than a second to decide. I turned and dropped the hammer. Flying down the other side of the hill we had come up and disappearing into the woods. It was another lovely route. Up to the first check point we ran through forest paths, by fields filled with horses, and even right through the middle of a golf course. We were told at the briefing we had right of way, so I took a little bit of pleasure running right through the middle of a game and waving at the golfers as I went. The club had been told we were coming, so I even got some cheers back.

I reached the first checkpoint at 8 miles, quickly swiped my card, grabbed a cup of water and a banana and was straight off. I wasn't going to make the refuelling mistake again.

The next 9 miles went incredibly smoothly. I couldn't believe how well I was running, how comfortable it was and how little effort it seemed to be taking. I was well clear of the faster group behind me and was making good inroads into the two other groups ahead of me. One of the great things about this race was there was a great camaraderie among the competitors and everyone I passed clapped and cheered me on. It felt great and really spurred me on to get to the next person.

The next check point was at 16.5 miles and again, I stopped briefly to grab juice and food before disappearing up the road.

The other lesson that I had learned from

yesterday was about being a lot more careful on the route to make sure that I didn't miss any signs, so at every point where I was on my own and had doubt, I slowed and made sure. Sometimes I even stopped for a second just to make sure the arrow was pointing down the path I was about to take.

By the time I reached 20 miles the number of people to pass had reduced considerably and I was really on my own. However, I was having a great time. I felt strong, fit and fast, and when I pulled into the final check point before the finish I met the guys who had helped me on the final checkpoint the day before. They were quick to tell me how much better I looked today and we shared a quick joke before I set off for the last stretch. The last 5 miles was undulating chalk and hard grass paths, which battered the feet as you went up and down them. I have to admit that at this point I could feel blisters on my toes and definite bruising, but that was it - they were my only concern.

The last two miles was all up hill, but at the top of that hill I could see the finishing flags. It was a great sight, as I knew two things for certain. I wasn't going to get lost and I was going to win the second stage. It was a brilliant feeling. The last two miles weren't a struggle at all, they were almost a pleasure, as unlike the day before I had done everything right and I felt like I deserved the win. I crossed the line in 3 hours and 32 minutes, not bad for 27 miles of hills, forest paths, trails and slippery mud.

I finished seven minutes ahead of Ben who I'd left at 4 miles, but had stayed strong and ran well. My nearest rivals from stage one finished 25 minutes behind me, giving me a forty minute advantage for the last day.

Later that night as we chatted, shared stories and listened to a talk about the MDS from Rory Coleman people kept telling me that I was sure thing to win the race. Friends from home were texting me too, saying how great a chance I had to win. This made me incredibly nervous. I had never won a race before, never crossed the line first and hadn't expected to be in this position in this race. My hope had been for a top 10 finish, maybe top 5 and my secret dream finish had been a podium.

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Race Reports

It felt odd to think about winning the whole thing, especially as I still had a whole marathon to run the next day. One thing was for certain though, I was desperate to win. I really wanted it, so after a massage I took myself off to bed - another mat and sleeping bag in another sports hall.

That was an experience in itself. 100+ people all lying on mats and blankets. It was like a refugee camp for runners, sponsored by Gore-tex. The smell wasn't much better than a refugee camp either, as high protein diets, sweaty sports kit and damp trainers filled the air. Add to that the loud snoring that seemed to come from all corners of the room sounding like a bad impression of Paul McCartney's frog orchestra and it was a wonder I got any sleep at all.

Stage Three: Feeling brilliant!

I did get some sleep, although not massive amounts. In the morning I tried to eat breakfast, but I don't know if it was my nerves or as a result of two days hard running, but my stomach wasn't enjoying eating.

I managed a small bowl of cereal and half a jam sandwich before trying a banana. I hate bananas. I hate the smell, the taste, the touch, everything about them I hate. However, if I can force myself to eat them before or during a run they always help me. I discovered that in Amsterdam 2008 during the marathon when I just had to eat something and all I could get my hands on was a banana. I tried the banana and after one mouthful I quickly brought it back up again, which I had to then force back down, not very nice at all. I stopped eating.

I'd thought the night before that my legs had felt better than after the first day and I wondered if that would hold out till the morning. They did. They felt really good. I looked about the refugee camp and saw that most other people were limping, hobbling and shuffling about, but I was feeling quite light and fit. It filled me with confidence and I started to believe that I was going to have a good race, as long as I didn't get lost!

My race plan was again the same as day two - to sit with the pack and not let anyone go. I had forty minutes on my nearest rival and so there was no way I

could lose it unless I got lost or injured, or took it so easy that someone took forty minutes out of me.

We were taken to day two's finish spot and set off. My race plan lasted a mile. I couldn't help it. I felt brilliant for my third day of marathon running. Okay, I had a few tight spots and aches and my lungs were a little tight again, but apart from that all was good. I dropped Ben who had stuck with me for the first mile and just pushed on.

The first 16.5 miles of this stage were simple and straight forward. Heavy grass paths littered with chalky rock, sometimes the chalky paths broke to make a proper road, but it was fairly straight with few direction changes. It was just what I wanted. It was undulating, with a few hills thrown in, but I was really enjoying myself. There was a stiff breeze and the rain was coming down in fits, but it didn't bother me. I stormed through both check points stopping briefly for refreshments and to swipe my card. I also began to pass the earlier groups, and again it was great to get their support. I'd got to know some of them by now and it was great to get their encouragement.

The last 10 miles was mainly through fields and farm fields across open country. By the time I had got to 22 miles I had passed most of the earlier groups and was very much on my own. After stage one I was still very paranoid about getting lost. I didn't allow myself to think about winning at all. In fact I kept thinking about losing, and how that would happen if I got lost. I thought about how I would have to tell people I didn't win, I thought about how I would feel about not winning. It was a strange negative image to pump through my mind, but it kept me focused.

We were due to finish on top of a hill at Barbury Castle. At mile 24 I moved into more open country and a farmer's fields with a path leading through the middle up the hill. I kept expecting to see a castle in the horizon, but nothing. I started to worry a bit when I got to 25 miles and all I could see across the open countryside was fields and no castle. I kept telling myself that it would appear at the top of the next brow, but at the top of every little bump and hill there was yet more countryside. My watch hit 25.75 and I still couldn't see anything. I was beginning to panic. I wondered, if I

should have taken a different path or if I'd missed a turn. There was no one about either, so I couldn't ask anyone. I could make out some signage at the end of the farmer's field and decided I would go as far as that and see if it would point me in the right direction. By now my watch beeped 26 miles.

Thankfully the sign said Ridgeway right and as I climbed the gate and turned two guys started clapping at me. It was the two guys from the last checkpoints from stages one and two. They cheered and called out to me, pointed me off the road and then I saw for the first time the finishing gate and the flags. It was only at this point did it really hit me, that I was going to win. I was going to win!

It was an awesome sensation. I picked up my pace for a home straight finish with a small crowd cheering me on. I couldn't help but smile, as I sprinted over the line to complete the 26.2 miles in 3 hours 18 minutes.

The organiser, Neil, shook my hand and handed my medal congratulating me on the stage and the race. Incidentally, I never did see the castle.

I have never won a race, ever, not even at school (well not that I can remember, there maybe an egg and spoon race way down the line, but I don't recall) and as most people know, I have really wanted to win a race since I started running back in 2007. I have to admit I never thought I would do it on my first ever multistage race or in an ultra-marathon.

I learnt loads during my first ultra - mainly that training hard isn't enough, preparation is just as important. I never, ever, want to go through what I did on stage one (well, apart from the winning bit!).

It felt brilliant collecting my winner's trophy in the tent in front of a lot of the people I had raced with over the weekend. I keep looking at it and pinching myself that it is mine and I did win it. It's now sitting on top of the mantelpiece in pride of place. Hopefully, it won't be too long before I can replace it with another winner's trophy.

Overall, this was an extremely well organised event and one that I would recommend to anyone curious to try an ultra marathon/multi-day event.

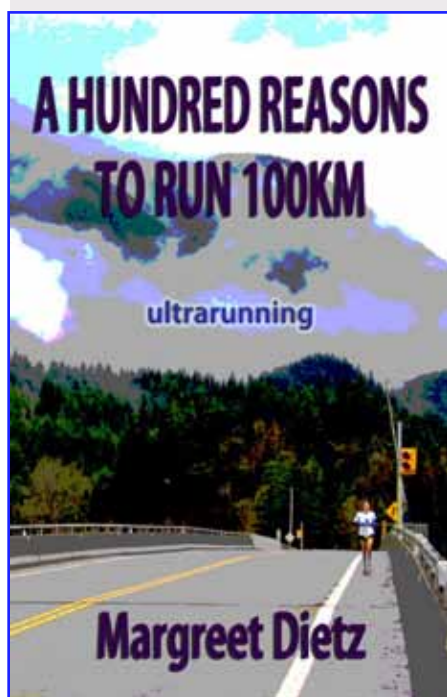
Well, like Titanic, this report has not only given the ending away in the title, but has probably taken you as long to read as it would have to watch it. Sorry about that, but hope you stuck with it.

Finishers List

Posn	Surname	First	Overall Time
1	Meade	Richard	11:04:00
2	Zeidan	Michael	12:04:00
3	Pearce	Ben	12:06:00
4	Lockett	Andrew	12:07:00
5	Finn	Julie	12:08:00
6	SADLIER	IVAN	12:34:00
7	Humphreys-Evans	Giles	12:45:00
8	McBurney	John	12:50:00
9	Treadwell	Robert	12:59:00
10	Hart	Matthew	13:04:00
11	Britt	Paul	13:13:00
12	Merrell	Andrew	13:19:00
13	Brightwell	Simon	13:33:00
14	Fox	Paul	13:34:00
15	Ferguson	John	13:36:00
16	MCDONAGH	LUKE	13:45:00
17	Green	Malcolm	13:46:00
18	Salter	Jenny	13:50:00
19	Haywood	Simon	13:54:00
20	Mitchell	David	13:54:00
21	Curtis	Anthony	14:04:00
22	Smith	Helen	14:20:00
23	Brackett	Paul	14:39:00
24	Afshar	Dan	15:04:00
25	MACKAY	HEATHER	15:08:00

26	Cuttle	Ben	15:24:00
27	TILLER	NICK	15:26:00
28	Gordon	Alexander	15:28:00
29	LIENERT	ROHAN	15:44:00
30	Calkins	Julie	15:50:00
31	Stout	Paul	15:53:00
32	Hall	Ian	15:54:00
33	Matkin	Penny	15:54:00
34	Allen	Paul	16:00:00
35	Meston	Niki	16:08:00
36	Goldthorp	Wendy	16:10:00
37	Conroy Harris	Michael	16:12:00
38	Adams	John	16:13:00
39	West	Stephen	16:13:00
40	Blackwood	Mark	16:13:00
41	LOADER	GAVIN	16:31:00
42	Darlow	Paul	16:46:00
43	Ali	Paul	16:52:00
44	MASTERS	LEE	16:52:00
45	Stevenson	Nicola	16:56:00
46	Shenton	Rob	17:00:00
47	Lundie	Ben	17:01:00
48	TAYLOR	PHILIP	17:02:00
49	Booth	Sarah	17:07:00
50	De Belder	Daniel	17:11:00
51	Charalambous	Charlie	17:12:00
52	GUERRERO	FERNANDO	17:14:00
53	Foster	Mark	17:17:00
54	MacDonald	Jay	17:21:00
55	Di Meo	Alfredo	17:26:00
56	Wakefield	John	17:39:00
57	Robbins	Phil	17:43:00
58	Diment	Daniel	17:43:00
59	Healey	Becky	17:46:00
60	Wilkinson	Nick	17:48:00
61	Hatton	Katie	17:51:00
62	Marchesi	Andrew	17:51:00
63	Smith	Lee	17:55:00
64	Barton	Paul	17:55:00
65	Hill	Janet	17:56:00

66	Baker	Dave	18:00:00
67	Sampson	Matt	18:05:00
68	Bailey	Howard	18:22:00
69	Davis	Maria	18:27:00
70	Helliwell	Annette	18:29:00
71	Staunton	Richard	18:32:00
72	Newton	Phil	18:37:00
73	Zeffer	Jonathan	18:37:00
74	Greenwood	Gemma	18:41:00
75	Adams	James	18:42:00
76	PRETORIUS	KAREN	18:43:00
77	Bowran	Steve	19:02:00
78	Chilvers	Sarah	19:02:00
79	Campbell	Bruce	19:03:00
80	Smith	Mal	19:57:00
81	Davies	Chris	20:09:00
82	Quant	Jacqueline	20:09:00
83	Pratt	Megan	20:13:00
84	Meade	Tom	20:16:00
85	Crocker	Philippa	21:12:00
86	Sloan	James	21:13:00
87	HOLLIDAY	JILL	21:38:00
88	JURY	TINA	21:38:00
89	Boulter	Neil	21:42:00
90	Speake	Justin	21:54:00
91	Venn	Kerry	22:08:00
92	Chrascina	Nicky	22:08:00
93	Miles	Phil	22:27:00
94	Patel	Nalin	22:39:00
95	Strange	Steve	22:58:00
96	Hersheson	Daniel	23:05:00
97	Roberts	Justin	23:51:00
98	Buckle	Ben	23:56:00
99	Mead	Christopher	15:48:00
100	Jenkins	Trevor	0:49:00
101	Tunna	Elizabeth	1:16:00
102	Yearley	Lesley	1:22:00
103	Marriott	Catherine	2:20:00
104	Doran	Susan	3:04:00
105	Lloyd	Philippa	5:41:00



As the popularity of endurance events including the marathon, Ironman and adventure racing has exploded, more athletes are venturing into ultrarunning.

Squamish author Margreet Dietz, a five-time Ironman finisher and a 3:07 marathoner, is

among them and has written a book to inspire and encourage those tempted to try it, with some practical advice too: A Hundred Reasons to Run 100km.

After finishing a 50-mile run on the trails in British Columbia in August 2010, Dietz decided to prepare for a 100-kilometre (62-mile) ultra three months later. The century distance is drawing an increasing number of runners worldwide. «It is the universal ultra distance,» Marathon & Beyond magazine editor Richard Benyo says in the introduction to A Hundred Reasons to Run 100km.

Vancouver's Lucy Ryan has run four 100km ultras, finished eight Ironman triathlons and Ultraman Canada in the past four years. In 2005, the mom with a fulltime job had never run farther than a half marathon. «Running 100km gives you a 'day off' from regular life. It's like a vacation of the mind—no thoughts of finances, work, what the kids are up to, etcetera—just pure survival. How often do you get to do that?» Ryan says in A Hundred Reasons to Run 100km.

There now are hundreds of 100km races around the world, on trails and roads. Some run from A to B, others on fixed circuits such as the Fast Trax 100km in Edmonton, Canada, which consists of 10km loops. Runners can participate on their own, or on a team.

In Oxfam Trailwalker events, which are point-

to-point races held in a dozen countries, teams of four also commit to raising money for development projects.

Jen Segger, professional endurance athlete and owner of Challenge by Choice Coaching, advises in A Hundred Reasons to Run 100km, «Choose to race your first 100km in an area that you have always wanted to see and experience. I select races based on location.»

As A Hundred Reasons to Run 100km author Margreet Dietz was finalizing her physical preparations for her century race, she started to ready herself mentally too. She knew that there would be moments during the day when she'd be asking herself why she had entered. An experienced endurance athlete, Dietz knew she'd better have at least one good answer, which turned into one for every kilometre. This book on ultrarunning offers plenty of inspiration, practical tips, and the key reason to run 100km—because you can.

«The book is a very good read—very intuitive for someone who is a veteran of ultramarathons or for those who are attempting their first century distance,» according to Nadeem Khan, director of communications, International Association of Ultrarunners.

A Hundred Reasons to Run 100km by Margreet Dietz is available in paperback (132 pages) through <https://www.createspace.com/3450183> and Amazon.com.



Run and Become Inspirational Talks present:
Three Marathon workshops to get you ready for the big day

Beginners' Night – with Sam Murphy

Tuesday 15 March | Start 6.30 pm

Open to all first time marathoners. Sam Murphy, author of the beginners guide 'Marathon and Half Marathon – From Start to Finish', sports scientist, running coach and sports journalist offers all the advice you need to get through this gruelling challenge.

Pick up those secret tips here and give yourself a major head start.

[Click here to find out more](#)



Asics Clinic

Tuesday 22 March | Start 6.30 pm

Whatever your experience, inspiration or ambition, the ASICS Running Clinics are helping runners to not only reach goals, but to enjoy running. Whether you want to find out how to help treat a recurring injury, find the right shoe type for your running style or learn about what you should eat in training, ASICS Running Clinics cover a multitude of topics to help runners of all levels.

Special treat! The team will include a top elite British Marathon runner - who will take YOU for a short, easy run - inspiring you for the big day.

[Click here to find out more](#)



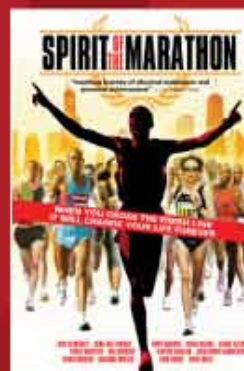
Spirit of the Marathon

Tuesday 29 March | Start 6.30 pm

Movie Night at Run and Become! From three-time Academy Award winning filmmaker and Executive Producer Mark Jonathan Harris comes the first ever non-fiction feature film to capture the drama and essence of the famed 26.2 mile running event. Filmed on four continents, "Spirit of the Marathon" brings together a diverse cast of amateur athletes and marathon luminaries.

As six unique stories unfold, each runner prepares for and ultimately faces the challenge of the Chicago Marathon. More than a sports movie, "Spirit of the Marathon" is an inspirational journey of perseverance and personal triumph; a spectacle that will be embraced by runners and non-runners alike.

[Click here to find out more](#)



All Events - Admission Free

Registration: Please phone 0207 222 1314 or send us an email

Venue: Run and Become, 42 Palmer Street, London SW1H 0PH



La Transtica 2010

Story & Images Bernard Marchal

On November 12th the first team from the organization left San José to carry out the last reconnaissance on the areas affected by the heavy rains of the end of October.

The situation on the ground was not brilliant but solutions were found, and alternatives were validated in order to be able to cover the 5 stages in total safety.

In San Jose, the rest of the organization focused on the final preparations before the race, on the clearance of our donation through customs and on the validation of the solidarity projects.

November 18th, 9 AM:

A Press conference followed by a briefing between organization and runners - 48 participants (including 8 women) representing 7 different nations, USA, Sweden, Germany, France, Belgium, Netherlands and of course Costa Rica.

The organization team, from France and Costa Rica was composed of 20 members, including two doctors, two French physiotherapists and 7 firemen and were reinforced as in 2009, by a dozen Firemen from the "Cuerpo de Bomberos de Costa Rica" with their vehicles and logistics. One of our doctors ran the race with the runners to take care of their safety.

On the solidarity aspect of the race, the container with the donation from Monoprix, 1,300 kg of school stationery arrived at Puerto Limon and we worked actively on its custom clearance with the assistance and the support of the French Embassy in San José, the ministry of Tourism (ICT) and the ministry for the Sports (ICODER) in Costa Rica.

In addition, the 1st Challenge Technip Humania, organized by the Company Technip France and its employees to finance the solidarity projects carried out by the association El Niño during La Transtica 2010, was an exceptional success as they collected nearly 9.000 Euros.



An extra 2.000 € will be added from benefit collected by associations El Nino and CG Sport Vent, at races they organized in France, "La Free Ride Classic Mandelieu", "Le Trail des Illuminés" and "Le Trail des Balcons d'Azur" as well as a donation of \$940, from profits of the sale of T-shirt,s carried out by a couple of runners - Amalric and Lejosne.

In the afternoon, the first donation of educational and exercises books to the library of the School "Finca la Caja", which takes care of 1,800 children from the disadvantaged district of La Carpio. This donation was financed with more than \$7,000 from funds collected by the 1st Challenge Technip Humania.

3 Laptops, a donation of the Company Thales Alenia Space, was also given to this school, including one for the association Voz of Carpio which works for the rehabilitation of this district.

November 19th: Prologue

After a transfer to Manuel Antonio, it was time for the prologue - 2 loops of 3 km on the beach of Manuel Antonio.

The sun was shining on the beautiful setting where some watched and others ran, ending with a victory on the Extreme course by Roini Villegas (CR), winner in 2009, in 23'34", before Vincent Rivoire (FR) and Richard Finot (FR).

On the Adventure course, David Loutzenheiser (USA), finished 1st in 26'09" in front of 5 runners within a minute!

The competitors had a swim in the warm water of the Pacific Ocean, before benefitting from a last night of comfort at the Parador hotel.

During the dinner, an electro cardiogram (Hospital of Cannes) and a laptop (Thales Alenia Space) was given to the representatives of the dispensary of Londres, in prolongation of our 2008 and 2009 aid.

November 20th: Stage 1: Paquita - Selvita - Napoles

The departure of the Extremes was at 9:18, for 38 km and 1,740 m of positive altitude gain.

A small group formed at the head of the race with Vincent, Roini and Richard. The course followed tracks along plantations of palm trees, long interminable straight lines under a white sun, the heat was suffocating, the organisms suffering terribly and the gaps started to widen. The part which followed became more undulating with the first ascents and gradually brought us into the tropical jungle.

The Adventure departure was at the PC2, at 10:21, for 19 km and 1,375 m of

positive altitude gain. The serious things started, with a slope of 1,600 meters. The weather was changing quickly and the rain made its appearance, refreshing the organisms. The rain intensified and the end of the course alternated with soft and severe slopes.

Vincent Rivoire (France) won the Extreme stage in 4h05, followed by Roini Villegas (CR) in 4h14 and by Christophe Traina (BEL) in 4:39, the 1st woman, Isabelle Moes, finishing in 5h39.

In the Adventure race, the gaps were tightened, Anthony Didion was 1st in 2h34, in front of David Loutzenheiser (USA) in 2h37 and Bernie Sandoval (CR) in 2h42, the 1st woman, Francoise Leroi, finishing in 3h02.

In Rancho Guayabal, our camp in Santa Maria de Dota, a fire and a good soup welcomed us. It was true that the transition with the Hotel from the day before was huge!

November 21st: Stage 2: Santa Maria de Dota - Ojo de Agua

The Extremes started at 8 a.m., from the village of Santa Maria de Dota for the stage considered to be most difficult considering its impressive 2,720 m of positive difference in level and 1,310 m of negative difference in level.

As a starter, a first 15 % slope makes the difference, Vincent is testing Roini all along the 15 km covered to reach the first pass and the PC 2 from where, at 9:40, the start of the Adventure race took place.

An interminable descent to the village of Providencia, to arrive at the PC 3, before tackling the last difficulty of the day: 12 km and 1,140 m of positive difference in climb which brought all the runners to the altitude of 2,950 meters.

The rain made its appearance, the more we climbed the more the weather became colder, and the more the rain and the wind intensified, the air rarefied...

The competitors were quickly transferred on their arrival to the village of Esperanza, our bivouac place for the night.

Vincent Rivoire won the stage on the Extreme course in 4h47 and increased the gap with Roini Villegas (CR) in 4h56 and Christophe Traina (BEL) in 5h23.

On the Adventure course, Bernie Sandoval (CR) in 2h25 took again 1 min to Antony Didion (FR) in 2h26 and David Loutzenheiser (USA) in 2h29.

After a collation and a hot soup, a donation of 40 school kits was made to the school of Purisil. The dinner was prepared by the local community. The weather was cold and wet, it was very difficult to be dry and to dry our clothes.





La Transtica 2010 & Solidarity

During La Transtica 2010, and for the third consecutive year, El Niño has been able to complete a large number of solidarity actions in Costa Rica and far exceeded its original goals.

In addition to the school supplies (worth € 10 000) carried by sea to Costa Rica were added over 11 000 Euros spent locally to buy school and educational books, additional school supplies and materials to cover the school playground in La Esperanza.

In continuation of our work in 2009 and based on the needs identified by Elena Arias, we were able to perform throughout La Transtica 2010 many donations.

We have been able to distribute to a dozen communities, 6 laptops, an electrocardiogram, 182 school kits, 1,400 kg of school supplies (over 1,500 books, 1,000 reams of paper), materials for the rehabilitation of the school of La Esperanza.

In total 850 children were helped through this donation through the support and the contribution of the Companies Technip, Thales Alenia Space and Monoprix.

This latest donation closes Transtica 2010 which has been outstanding, both athletically and in humanitarian terms.

November 22nd: Stage 3: Esperanza - Kiri Lodge - El Humo

The first difficulty of the day was to get dressed, because of our cold and wet clothes...

Right before the departure, we were warmed by the songs of the children of the school to which we had just given the school kits as well as materials for the restoration of the dilapidated buildings of this school.

The profile of this stage looked easier, but did not reflect the difficulties that we had to face. During the briefing, the organization warned us that it would be necessary to manage de-escalation on a single track full of traps: mud, roots, thorny vegetation, and steep slopes.

We started with a steep climbing slope of 3 km, to reach 2,850 m, before facing a first downward portion, then in the 6th km, we entered the famous single track, the vegetation changed, we were penetrating to the real heart of the "Tapanti", and to add more pain, it started to rain. The slopes were very steep, the ground was an extremely slippery spread of mud and roots, and it was necessary to be very careful before clinging to the branches because some were strewn with spines....

Down again to a river crossing secured by a rope before a small but heavy rise through the jungle... really hard... Another descent, through the plantations

of coffee-trees to reach PC 3, which was the finish line for the adventure race.

For the Extreme runners another slope before the last long and interminable 11 km descent, to reach the arrival at El Humo...

Providing an exceptional effort, in the last descent, Roini Villegas (CR) filled the gap he had on PC 3 and crossed the finishing line 1st, covering the 42,1 km of the day in 4h06, 1min before Vincent Rivoire (FR) in 4:07 and more than 30 minutes on the other runners, ensuring 2nd place on the scratch.

In the adventure race, Bernie Sandoval in 2h25 took 11min off Antony Didion (FR) in 2h36 and was now 1min below Antony Didion, still leader on the scratch.

We were lodged cordially by the villagers: smiles, good meal and local dances afterward. We went to sleep relatively early because the next day was a night stage, the alarm clocks were programmed for 2:30 AM for a departure at 3:45 AM...

November 23rd: Stage 4: El Humo - San Pablo

3:45 AM, everybody looked tired whilst we were leaving - a short walk to the real departure which was at the exit of the village. The pace was good, first slope, a muddy descent followed a little road section to join the PC1. A few kilometers later, three Adventure runners were leading the race in the heavy night, fighting for first place on the scratch.

It was on the beginning of a slope towards the top of the Cerro Atirro, through a sugar cane plantation, that the sun rose, revealing a sublime campaign. Arriving in Pueblo Nuevo, we crossed a suspended bridge before starting a long slope towards the village of El Silencio, PC3, km 23,7 and finish for the Adventurers... It started to rain once again, a last pass for the Extremes, before going down to the village of Pacayitas, to the PC4, then the last 9.5 km up and down to reach El Humo.

Vincent Rivoire (FR) managed this 4th stage, covering the 41.2 km in 4h04 taking another 10 minutes to Roini Villegas (CR) in 4h14 and 23 minutes to Richard Finot and Christophe Traina in 4h27.

On the Adventure, Bernie Sandoval in 2h19 took 1mn to Antony Didion (FR) in 2h20 and was now 1st on the scratch. We slept in the classrooms of the school of San Pablo and during the meal a donation of school kits was organized.

November 24th: Rafting

Adrenaline was guaranteed today during the rafting on the Pacuare River with rapids class III to IV! We embarked on rafts of 6 with a coxswain guide, who explained the safety instructions and the 4 basic moves: Forward, backward, hold the strings, and protect ourselves in the boat ... He also explained the attitude to have if we fell into the water.

The scenery while rafting was simply unique - impressive waterfalls, lush tropical vegetation and the power of the water transported us into a fantastic and magical world.

November 25th: Stage 5 Playa Negro – Manzanillo

After breakfast another donation of books (financed by the 1st Challenge Technip Humania) and of a laptop (Thales Alenia Space) for the library of the community of El Yüe who lodged us.

The day before, in the evening, the container of 1.300 kg of school stationeries shipped from France, was delivered. After the moments of emotion shared with certain competitors during the unloading of the container at the end of the evening, Sylvain, Max and Elena spent the day sorting and preparing the donations of the evening for the schools of Panama.

The runners joined Playa Negro at 4 km, for the last stage of the race.

First withdrawal, on medical advice; everybody was sad for Eric Martinez who would not be able to make it.

The sun was shining and even before starting running, we were suffering from the heavy heat.

The departure was given at 8h38 on the beach, and everybody realized immediately how difficult the day was going to be, as it was necessary to make a considerable effort for each stride.

The first kilometers were really hard,

trying to find the best path on a beach, cut by a refreshing river crossing.

At the 9 km point, the first check-point and 4 km of macadam before going back on the beach, another river to cross, a few more kilometers on the beach until PC3 in Manzanillo before starting a last loop of 3.3 km for the Adventures and 11.6 km for the Extremes in the muddy jungle around Manzanillo, marshy part, sticky mud up to the knees ... then back to the beach of Manzanillo, to finally reach the finish line...

Last moment of emotion for the organizers and runners who waited and encouraged all the runners until the last of them crossed the finish line.

In the evening, the French ambassador, invited us for dinner, where the awards ceremony took place, as well as a last donation for schools of communities living in Panama.

Vincent Rivoire (FR) finished 1st on the Extreme race, covering the 196 km and 6,855m of positive difference in level in 20h00 in front of Roini Villegas (CR) in 20h27 and Christophe Traina (BEL) in 20h42.

The 1st woman, Isabelle Moes 5BEL) finished 14th in 29h58 in front of Naiti Del Sante (SWE), 18th in 32h41.

Bernie Sandoval (CR) finished 1st in the Adventure race, covering the 116 km and the 3,950 m of positive difference in level in 12h11'19", 53 seconds in front of Anthony Didion (FR) in 12h12'12" and David Loutzenheiser (USA) in 12h49.

The 1st women Francoise Leroi (FR) finished 10th in 14h33 in front of Odile Lejosne (FR), 18th in 15h27 and Dominique Garcia (FR), 20th in 14h36, the last runners finishing in 19h00.

Conclusion:

The 48 runners entered in La Transtica 2010 discovered, through the stages

proposed, a varied course which brought them from the Pacific coast to the Caribbean coast.

They were faced with numerous changes of weather conditions, often rainy, alternating heavy and moist heat of the plains, refreshing tropical rains, wind and icy rain of the high forests. They were involved in the solidarity aspect of La Transtica through the various donations, lots of emotional moments that we shared together. They were welcomed, lodged and celebrated by the local communities, sharing time and privileged to meet the lifestyle of different communities living in Costa Rica.

The 2010 organization, building on the experience of previous editions, has been particularly effective, responsive and allowed all riders to fully live this adventure within conviviality and in full safety.

Our objective "The discovery of a country and its way of life through a sporting event with humanitarian goals" was largely achieved, at the price of the enormous and effective work of each member of the organization.

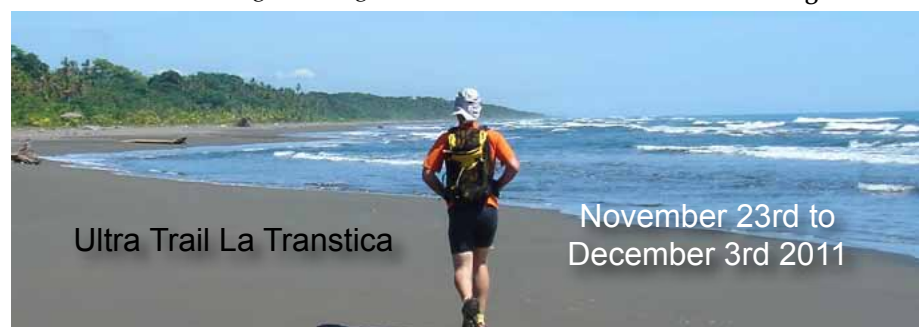
The group of the 48 runners of 7 different nations was also largely involved, each one bringing their own touch, carrying out their challenge and thus contributing to the total success of this Transtica 2010.

The good and friendly feedback which we received, during and after the race, gave us the daily motivation and energy necessary to build this success.

We, the 80 runners and organizers were happy to have had the privilege of sharing this huge edition of La Transtica.

La Transtica 2011 will be held from November 23rd, 2011 to December 3rd, 2011 and will be limited to 60 participants.

www.latranstica.org



From: Don Winkley Subject: Spartathlon 2005 Race Report

This was perhaps my best race ever but I can't find that I ever wrote a race report. So very belatedly I want to share the story of how once the planets were in alignment.

Spartathlon It all starts with the ancient Greek messenger Pheidippides who ran from Athens to Sparta a distance of 150 miles and arrived the next day. The race named Spartathlon has been organized since 1983 and has attracted athletes from many nations to attempt to run from Athens to Sparta in 36 hrs.

I entered Spartathlon a number of times and must have started in about 1999 to 2000. In my first attempt I made it to the 100k mark and was timed out. Each 5k aid station is a cut off and there are fifty 5k aid stations. The next year I came close to 100 miles before being sum-

moned into the bus. I was really unhappy and protested I wanted to make it to 100 miles.

The scene was of the ugly American who refused to get into the bus and I was not invited back for a couple of years. After my cool off period I received an race invite and returned to make it to the base of the mountain about mile 98. Finally the next year I actually got the see the mountain.

This 1200 ft climb up Mount Parthenio in the dead of night after running 98 miles is simply cruel. There is no pathway up the mountain only glow sticks to guide you. The footing on loose rocks is slippery and only by grabbing and pulling on bushes was I able to summit the mountain.

Upon summiting a race official meet me

to announce I was out of time. So into the packman bus. Now the packman bus follows behind the runners picking them off one by one as they fail to meet the cut-offs. You are required to surrender your numbers and sign a paper that you voluntarily withdrew.

Riding in the packman bus to Sparta, how we all hated it.

Finally we come to 2005. I have had a good Transe Gaule race running 42 miles per day at about 5 miles/hr for 18 days in a row. Then immediately to Font-Romeu to train at altitude in the Pyrenees and recover from Transe Gaule. Arrived in Athens for my 5th or 6th attempt.

I remember putting more effort into what I wanted in my drop bags. You could leave a drop bag at any 5k aid station



Luis Rios and Don Winkley (right) at the Self-Transcendence 6 day race 2010 Photo by Alakananda

but I chose one about every 10 to 15 k. I found it humorous to prepare drop bags for the last 50 miles. I suspected I would never see them. But we dream on so my drop bags for aid stations all the way to Sparta were put into the bins.

The race starts in the shadow of the Acropolis and I immediately team up with Mark Williams the English/American. Mark had a number of Spartathlon finishes and was a master at skimming the early cut-offs saving energy for later in the race when he would open it up. I had witnessed Mark's first ever Barkley marathons finish and my photo of his finish made it into Ultrarunning magazine. When Spartathlon finished Mark would travel to Athens with me to see the sights, then he had a girl friend, then he married the girl friend and finally brought his daughter to Spartathlon. That tells you how many years passed as I time after time was a loser.

So now fast forward to 05, Mark leads me skimming cut-offs until about 100k when he takes off. I now am on my own. There are tell-tale symptoms of cramps but I carry on. Suddenly my toes point like a ballet dancer and I actually go backwards falling on my butt. I lie on the ground in pain, both ankles are like rocks, muscles locked. Many runners pass asking if I need help. With my hands I squeeze both ankles as hard as I can. I know it is over, less than half way only 1 minute ahead of cut-off. Some-

how I get up, arrive at the next aid station and eat potato chips, anything with salt, and carry on.

It's a miracle. Somehow the ankles gradually recover and I can run again. Eventually I get back that 1 minute advantage over cut-off. Second disaster occurs when I leave an aid station at about 80 miles. I go straight instead of turning right. An official noticed my error and chased me down with a car. Returning to the aid station, taking the proper turn I am again just at cut-off.

The packman bus has been busy eating runners behind me. The bus will pass me on my journey to each aid station and await. It was maddening.

Finally I arrive at the base of the mountain, I run around the bus, make eye contact with no one. Standing at the base of the mountain is a German who gives me a great torch. Some runners who arrived just minutes before me said later that they were pulled. I was not about to get into that packman bus - it would have to chase me up the mountain.

So learning from the previous year I had gloves to grasp the bushes and literally pull myself up the mountain. Otherwise my feet would slide down just about the same distance as I stepped. I was last to start up the mountain. Ahead were flashlights; below me only darkness. Somehow I arrived at the

top. There was no official to time me out and the aid person offered nothing only yelled "RUN". I got rid of my jacket and now the run down the mountain on a dirt trail.

When I emerged onto the highway I swear a cold front came in. The temperature dropped into the 40's and rain. Huge drops of driving rain right into our faces. After 10k or so on the highway I had joined the back of the pack. Runners who always barely make it to Sparta within the time limit. We passed and re-passed each other repeatedly barely making cut-off times. Actually we had no choice, either run to Sparta or freeze to death.

Strange how it was never over. Disaster seemed to loom each minute.

Finally on the outskirts of Sparta there were no course markings. A young boy on a bicycle became my guide. He seemed totally unconcerned, talking to people leaning out of second story windows. Finally the run to the statue of Leonidas and touch the foot of Leonidas symbolic of the finish. The olive wreath on my head and a drink of water from the Evrotas river commemorate my finish.

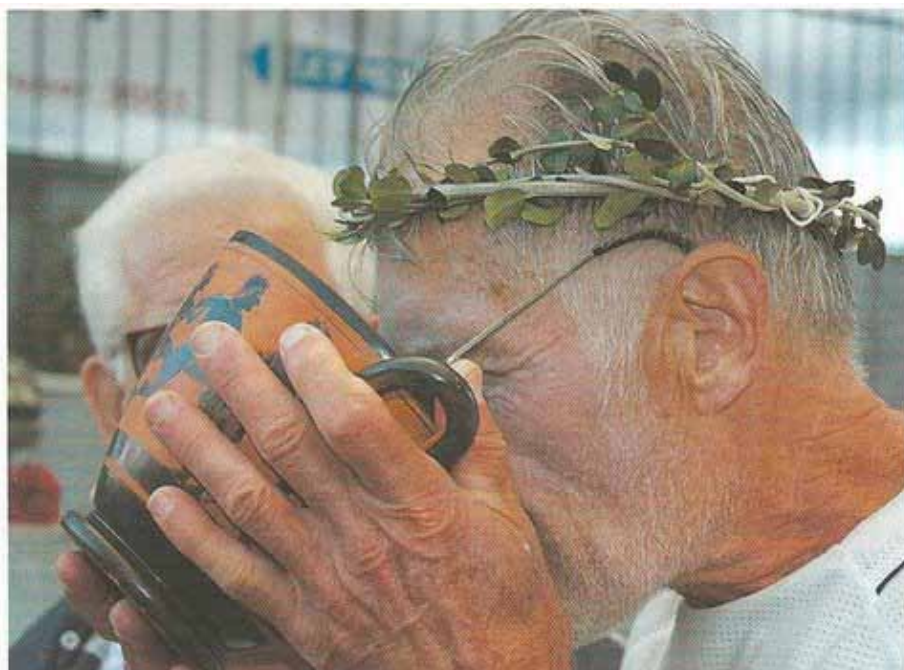
I am led into the medical tent. My feet are washed, I don't remember any blisters but I got the little plastic booties and was taken to the hotel. I remember as I watched in prior years how jealous I was of those with plastic booties. I told myself I would never take them off if I should ever be so lucky. Actually my feet were swimming in sweat in just a few minutes so the booties were taken off and the sweat poured into the sink.

At dinners I had always sat with the English speaking group and after the finish there was always the losers table.

When I had finished in 2005, the only change was I sat at the head of the losers table. These were the runners I so identified with.

When I reviewed finish results 1983 to 2005, I found I was 3rd oldest to ever finish Spartathlon. I was a young 68 year's old.

It was simply a miracle, a gift from God.



Autobiography of Guisborough's Ultra Distance Runner

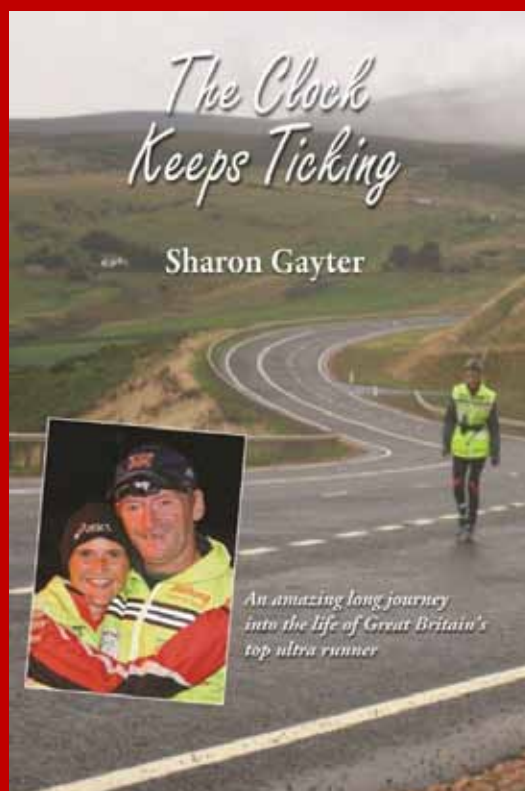
**OUT
NOW**

On 15th September 2006, Sharon Gayter's long standing dream to break the Guinness World Record by running from Land's End to John O'Groats came true; 837 miles in 12 days, 16 hours and 22 minutes.

Sharon describes living life to the full, by setting and achieving goals, from a bus driver to a university lecturer, from barely running a mile without collapsing exhausted to running the length of the country, from remoteness in Libya to the heat across Death Valley, from the mountains of the Alps to the flatness of the track. In 2009 Sharon became the Commonwealth Champion, running 140 miles in 24 hours. Only three women in the world ran better that year.

This is an incredibly inspiring journey. You will feel you have run every step and have blisters on your toes, whether you are a runner or not! Having represented her country for 17 years at what has to be the toughest sport in UK Athletics', she will take you on an amazing journey like no other while the clock continues to tick, tick, tick.....

"Sharon is a good friend and an amazing athlete, with an incredible dedication and strength of spirit. Her story is a truly inspiring read."
Baroness Grey-Thompson DBE,
Paralympian



Book Signings:

Wednesday April 20th from 7-10pm at the David Lloyd centre in York

Sunday June 12th from 1pm onwards at the Guisborough Town Fair.

"If I could run as well as you can write, then I'd be breaking records too."
Sharon Griffiths, *The Northern Echo*

Further information on availability at www.sharongayter.com

The 2011 Ultrarunning Calendar



Photo by Alan Young



VOTWO EVENTS AND ADVENTURE CHALLENGES

TAKE UP THE CHALLENGE IN 2011!



THE VOTWO JURASSIC COAST CHALLENGE: 25th – 27th MARCH 2011

A new twist has been added for the 2011 event. The course will be held in reverse to previous years. It's still the great same challenging ups and downs of the Jurassic Coast but starting from Studland Bay and finishing in Lyme Regis. This 3 day marathon running epic is suitable for those that require a serious life challenge



THE VOTWO SOUTH DOWNS WAY CHALLENGE: 24th – 26th JUNE 2011

33 miles running a day over the exceptionally arduous South Downs Way. Self navigation on a famous and renowned trail. The South Downs Way is characterised by rolling chalk grassland, deep dry valleys, and extensive views over the Weald to the north and the sea to the south.



THE VOTWO ATLANTIC COAST CHALLENGE: 30th SEPTEMBER – 2nd OCTOBER 2011

Some might say this event is the interesting younger sibling of the Jurassic Coast Challenge. The route starts near Padstow and finishes at Lands End. Complete up to 78.6 miles (3 marathons) over 3 days by walking, running or crawling, pitting your mental and physical prowess against some of the wildest coastline in Britain. Dare to complete 1, 2 or 3 days and brag about it for much, much longer.



THE VOTWO PEMBROKESHIRE COAST CHALLENGE: 18th – 20th NOVEMBER 2011

The classic self navigation marathon a day for 3 days over coastal terrain is rolled out again and as ever you can trust Votwo to have found the most challenging terrain for your running pleasure. Not up for all 3 days? Then join us for just one or two days.

ENTER AT [WWW.VOTWO.CO.UK](http://www.votwo.co.uk)

COST FOR ALL EVENTS IS £155 FOR THE 3 DAYS (DAY ENTRIES ALSO AVAILABLE, SEE WEBSITE)

ACCOMMODATION AND CATERING AVAILABLE AT AN EXTRA COST, SEE WEBSITE FOR FULL DETAILS

The Ultra Calendar

This is a list of all the major ultras and multadays taking place this year. There are a few new dates not included here that will be in the next edition. Also appearing in the next edition will be a new section that will feature extended details of new races being planned for this year.

Things change faster than I can keep up so **check the event website for the correct dates** and if there are any discrepancies it would be kind of you to let me know so I can make the necessary changes.#

If you would like to see a race added here please send email to: mail@ultrarunningworld.co.uk . If you would like to advertise an event let me know and we can discuss it.

2/5/2011	SWE	6 hours	6 hours Karlstad		http://www.ifgota.se/arr.jsp#
2/5/2011	USA	77 m	Foothill Trails Ultra	North Carolina	http://www.foothillstrailultras.com/index.html
2/5/2011	USA	8 hours	ICY Trail Run	Lake Anna State Park, VA	http://athletic-equation.com/ICY-8_HR_ATR.html
2/5/2011	BRA	81 KM	TTT - Travessia Torres Tramandai		http://www.clubedaendorfina.com.br/
2/6/2011	CAN	100 km	Foolish Gerbil	Vancouver, BC	http://www.clubfatass.com/events/flash-foolish-gerbil-100k-trail-run
2/6/2011	CAN	430,300,100 m	Yukon Arctic Ultra	Non-Stop	Arcticultra.de
2/7/2011	ZAF	270 km	Wild Coast Ultra	Stage	www.davestrailrunning.co.za/
2/12/2011	USA	24 hours	Beast of Burden 24/100 mile		www.winter100.com
2/12/2011	USA	50 Km	Pemberton Trail	Fountain Hills, AZ	http://pembertontrail50k.blogspot.com/
2/12/2011	USA	50 km	Steep Ravine Trail Run	Stinson Beach, CA	http://www.coastaltrailruns.com/sr_steep_ravine.html
2/12/2011	USA	50 m/50 km/100km	DWD Green swamp relay	Dade, FL	http://www.dwdgreenswamp.com/
2/13/2011	SEN	220 km	Saint- Louis Dakar	Non-Stop	www.extreme-runner.com
2/13/2011	ENG	30 miles	Punchbowl Marathon	Witley	LWDA.surrey.co.uk/
2/13/2011	USA	50 Km	Montaña de Oro	Los Osos, CA	http://www.pctrailruns.com/event.aspx?dtid=955
2/13/2011	USA	50 km	Overgrown Fatass		
2/13/2011	USA	50/25 km	Fishline	Port Gamble	www.rootsrockrun.com/
2/17/2011	BRA	50 KM	Super Maratona do Rio Grande		http://www.acorrg.com.br/
2/19/2011	USA	100 miles/50 k	Susitna	Big Lake, AK	http://www.susitna100.com/
2/19/2011	USA	100m/100km/50m	Iron Horse	Orange Park,FL	www.ironhorse100kmclub.com/
2/19/2011	NZL	155/100/50k	Great Lake Relay	Taupo	http://www.relay.co.nz/
2/19/2011	LIB	190 km	The Libyan Challenge	Stage	Libyan Challenge
2/19/2011	GUF	270 km	La Transaharianna	Stage	Raid Sahara.com
2/19/2011	ENG	32miles	Moonlight Challenge	Marshside,Kent	www.50milechallenge.co.uk
2/19/2011	ENG	34 miles	CTS South Devon	Prawle Point	http://endurancelife.com
2/19/2011	USA	50 Km	Black Warrior 50K	Moulton, AL	http://www.blackwarrior50k.com/
2/19/2011	USA	50 km	Sylamore Trail	Allison, AK	http://www.sylamore50k.com/default.aspx
2/19/2011	USA	50 m	Cross Timbers Trail Runs	N.Whitesboro, TX	http://crosstimerstrailruns.com/
2/19/2011	USA	50 miles/50 km	Febapple Frozen Fifty	Millburn, NJ	https://sites.google.com/site/njtrailseries/febapple
2/20/2011	ENG	50 km	London 50 km	Streatham	www.ultrarace.co.uk/
2/20/2011	USA	50 km	Bandit Ultra Trail Run	Simi Valley,CA	http://bandittrailrun.com/
2/20/2011	USA	50 Km	Chabot Trail Run	Castro Valley, CA	http://www.pctrailruns.com/event.aspx?dtid=9900
2/20/2011	USA	50 km	Bandit 50K	Corriganville Park	http://www.bandittrailrun.com/index.html
2/25/2011	GER	100 miles	Run2kill	Hildesheim	http://www.run2kill.de/
2/25/2011	RZA	106 km	Three Cranes Challenge	Karkloof	http://www.3craneschallenge.co.za/
2/25/2011	USA	202 m	Ragnar Relay Del Sol	Relay	Ragnar Relay.com
2/26/2011	NOR	12 hours/100 km	Bislett 12-hours	Bislett Stadium	http://www.spiridon.no/
2/26/2011	PHL	160 km	Bataan Death March	Mariveles, Bataan	http://baldrunner.com/2011-bdm-151/
2/26/2011	USA	50 Km	Redwood Park	Oakland, CA	http://www.pctrailruns.com/event.aspx?dtid=4646
2/26/2011	USA	50 Km	Mount Cheaha	Oxford, AL	http://www.pinhoti100.com/mountcheaha50k/index.html
2/26/2011	USA	50 km	Crazy Hard	Surfside Beach, TX	http://surfsidemarathon.sports.officelive.com/default.aspx
2/26/2011	ZAF	50 km	Algoa Bus Bay to Bay Ultra	Summerstrand	http://www.bayultrarelay.co.za/
2/26/2011	ENG	51miles	Winter Poppyline	Cromer, Norfolk	www.ldwa.org.uk
2/27/2011	EGY	100 km	Le Dsert Blanc	Stage	La.piste.des.oasis.info
2/27/2011	CHI	250 km	Atacama Crossing	Stage	4deserts.com/atacamacrossing

The Ultra Calendar

2/27/2011	WAL	40 miles	Barry 40	Barry	Les Croupiers
2/27/2011	NLD	50 km	Yours Truly 50K		http://www.dfwrunners.nl
3/2/2011	NPL	50/40/20 km	Kanchenjunga	Kanchenjunga Region	http://www.reachsummit.com/
3/4/2011	ESP	123 km	TransGranCanaria	Stage	http://www.transgrancanaria.net/
3/4/2011	USA	24 hours	Rouge-Orleans 126 miles		www.rougeorleans.com
3/4/2011	ENG	40+	High Peak Marathon (Team)	Edale	The High Peak
3/4/2011	ESP	96 km	TransGranCanaria Sur-Norte	Stage	http://www.transgrancanaria.net/
3/5/2011	USA	100M/50M/50k	GUTS Reactor Run	Dawsonville,GA	http://www.getguts.com/e-grr.shtml
3/5/2011	PHL	102 km	Bataan Death March	Mariveles, Bataan	http://baldrunner.com/2011-bdm-102/
3/5/2011	ENG	29.3 miles	ULTRArace Grantham	Cotgrave	www.runnersworld.co.uk
3/5/2011	USA	50 m/50 km	Mississippi Trail	Laurel, MS	http://www.ms50.com/
3/6/2011	TUN	100 km	100km del Sahara	Stage	100kmdelsahara.com
3/6/2011	ENG	30 miles	Giants Daughter	Broadwey, Weymouth	www.btinternet.com/~hardy.annual/
3/6/2011	USA	50 Km	Malibu Creek	Calabasas, CA	http://www.pctrailruns.com/event.aspx?dtid=4619
3/6/2011	ITA	58 km	Strasimeno	Castiglione del Lago (PG)	http://www.podismo.com/
3/11/2011	USA	150 km	3 days of Syllamo	Stage	Syllamo.org
3/12/2011	ENG	33	Wuthering Hike	Ingleton	KCAC.co.uk
3/12/2011	ARG	350 km	Raid Patagonie Antarctic	Stage	www.raidsahara.com
3/12/2011	AUS	45 km	Six Foot Track Marathon	Blue Mountains, NSW	http://www.sixfoot.com/
3/12/2011	USA	50 km	Way Too Cool	Cool, CA	http://www.wtc50k.com/
3/12/2011	USA	50 miles/60 Km	Land Between the Lakes	Grand Rivers, KY	http://66.49.143.155/phpnuke/index.php
3/12/2011	WAL	50miles	Wye Valley	Plynlimon	www.mightcontainnuts.com
3/12/2011	SWE	6 hours	6 hours Skvde		http://www.w4.idrottonline.s
3/13/2011	ENG	33	Deeside Way D33	Aberdeen	Deesidewayultra.com
3/13/2011	GUY	150 km	Raid Amazonie	Stage	Extreme-runner.com
3/13/2011	NLD	6 hours	International Six Hours Ultrarace		http://www.ultraalopstein.nl/
3/17/2011	HUN	195 km	Balaton Szupermarathon	Stage	http://www.budapestmarathon.com
3/18/2011	USA	100m/100k	Coyote 2 Moons	Ojai, CA	http://coyotetwomoon.com/
3/18/2011	USA	24/12 hours	Howard Aslinger 24/12/1		Howardaslingerfoundation.org/
3/18/2011	USA	24 hours	Run4kids	Corona, CA	http://www.r4k24.org/
3/18/2011	CAN	350/120 m	6633 Ultra	Non-Stop	6633Ultra.com
3/18/2011	USA	50 km	Diablo Trails Challenge	Brentwood, CA	http://brazenracing.com/diablo.html
3/19/2011	AUS	100 m & relay	Mind Alpine Sky Run	Bogong Nat. Pk, Vic	http://www.mindaustalia.org.au
3/19/2011	USA	100m/100 km +	New Jersey Ultra Festival	Long Valley NJ	sites.google.com/site/njtrailseries
3/19/2011	USA	24 hours	Pacific Rim One Day	Longview, WA	Fred (360)749-4372
3/19/2011	USA	35 miles	Jetty-2-Jetty & Team Relay	Atlantic Beach	http://www.performancemultisports.com/Jetty2JUltra.htm
3/19/2011	USA	50 km	The Hat Run	Susquehanna State Park	http://www.hatrun.com/
3/19/2011	USA	50 Km	Pirates Cove	Rodeo Beach, CA	http://www.pctrailruns.com/event.aspx?dtid=3903
3/19/2011	BRA	50 m	Ultra Desafio 50 Milhas		http://www.ultrarunnereventos.net/
3/19/2011	ENG	55 miles	Hardmoors 55	Helmsley, North Yorks	hardmoors110.org.uk/
3/20/2011	ENG	12 Hour	Wiggle Lightning 12	Eastnor Castle, Ledbury	www.provelosupportuk.co.uk
3/25/2011	USA	100/50M/50/25k	Buffalo Run	Antelope Island, UT	http://www.buffalorun.org/
3/25/2011	ENG	78 miles	Jurassic Coast	Weymouth	www.votwo.co.uk
3/26/2011	NZL	100 miles	Northburn Station	Cromwell, C. Otago	http://northburn100.co.nz/
3/26/2011	USA	100 miles	Moab	Moab, Utah	http://geminriadventures.com
3/26/2011	USA	24 hours	24 Hours of Moab		Geminriadventures.com
3/26/2011	USA	50 Km	Woodside	Woodside, CA	http://www.pctrailruns.com/event.aspx?dtid=5622
3/26/2011	ENG	50 miles	Challenge4Charity	Sheffield	www.will4adventure.com
3/26/2011	IRE	51 km	Wicklow Way Ultra	Glencullen	www.imra.ie
3/26/2011	SWE	75 km	Ursvik Ultra		http://www.ursvikultra.se/
3/26/2011	USA	50 km	Terrapin Mountain	Sedalia, VA	http://www.eco-xsports.com/events.php
3/27/2011	SCO	100km	UKA 100km Champs.	Perth	www.beyondthelimitations.co.uk/
3/27/2011	NAM	220 km	Namib Desert Challenge	Stage	http://www.kineticerevents.net/ndc/

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3/27/2011	ENG	27miles	Brighton Trail Marathon	Brighton	www.extremerrunning.org
3/27/2011	ENG	30 miles	Chagford Challenge	Chagford, Devon	beehive.thisisexeter.co.uk/
3/27/2011	ITA	6 hour	Erice corre in 6 ore	Erice (TP)	http://www.asdmol.it/index.asp
4/1/2011	MOR	243 km	Marathon Des Sables	Stage	www.darbaroud.com
4/2/2011	ENG	45	The Four Inns Walk	Holmbridge, Pk District	Four Inns Walk.org
4/2/2011	USA	100 m/50 m	Umstead	Raleigh, NC	http://www.umstead100.org/
4/2/2011	USA	100 miles	Philadelphia 100 (Fat Ass)	Schuylkill Loop	http://philly100.webs.com/
4/2/2011	NLD	100/80/60 km	Limburg Zwaarste		http://www.funrunner-heerlen.nl
4/2/2011	PHL	50 m	Mayon 360°	Peñaranda Park, Albay	http://www.takbo.ph/running-events/mayon-360-50-mile-run-in-legaspi
4/2/2011	USA	50 miles/50 km	Hells Hills	Smithville, TX	http://www.tejatrails.com/HellsHills.html
4/2/2011	ENG	6 & 12 Hr	Crawley A.I.M 6 & 12 hour	K2 Leisure Centre	Pam Storey.co.uk
4/3/2011	ITA	100 km	100 km di Seregno	Seregno (MI)	http://www.marciacaratesi.it/100km.html
4/3/2011	GRE	1000 km	Athens Ultra Fest	Non-Stop	http://dayrunners.gr/
4/3/2011	USA	50 Km	Tilden Trail Run	Berkeley, CA	http://www.pctrailruns.com/event.aspx?dtid=9901
4/3/2011	USA	6 hour	Vista View 360	Vista View Park	http://www.runnersdepot.com/event-calendar/icalrepeat.detail/2011/04/03/2000/-/vista-view-360
4/3/2011	GRE	7 day	Athens Ultra Fest	Non-Stop	http://dayrunners.gr/
4/6/2011	USA	24 hours	The Cape Relay		http://13relay.com/
4/7/2011	GRE	72 hour	Athens Ultra Fest	Non-Stop	http://dayrunners.gr/
4/8/2011	GRE	48 hour	Athens Ultra Fest	Non-Stop	http://dayrunners.gr/
4/9/2011	ENG	37	Calderdale Hike	runfurther Ultra Champs	http://www.calderdalehike.org.uk/
4/9/2011	USA	100 m +	McNaughtonPark Ultra	Pekin, IL	http://www.potawatomitrailruns.com/
4/9/2011	NOR	100/63 km	Bergen Ultra		Maratonkarusellen,Bergen Ultra
4/9/2011	SWE	100/75/50 miles +	Taby Extreme Challenge	Taby	http://www.colibri.se/TEC/
4/9/2011	USA	100m/100k	Zumbro	Wabasha, MN	http://www.zumbro100.com/
4/9/2011	USA	100m/50m/50k+	Labor of Love	Las Vegas, NV	calicoracing.squarespace.com
4/9/2011	GRE	24 hour	Athens Ultra Fest	Non-Stop	http://dayrunners.gr/
4/9/2011	FRA	24 hour	24 hr de Saint-Fons		http://www.sportnat.com/cosfathle/index2.htm
4/9/2011	ITA	24 hour	24 ore di Torino	Torino	http://www.giroitaliarun.it/
4/9/2011	FRA	24 hour	24 hr du Confluent		http://www.24heuresduconfluent.fr/
4/9/2011	USA	50 miles	Bull Run Run	Clifton, VA	http://www.vhtrc.org/brr/
4/9/2011	USA	50 miles	American River	Sacramento, CA	http://www.ar50mile.com/default.aspx
4/9/2011	SCO	56 miles	Glasgow-Edinburgh GDEM	Glasgow	www.resoluteevents.co.uk
4/9/2011	NLD	60 km	Castricum Ultraloop		http://www.funrunner-heerlen.nl
4/10/2011	ENG	45	Three Towers Hike	Tilehurst, Reading	www.ldwa.org.uk
4/10/2011	ENG	26/35	Pewsey Downsaround	Alton, East Hamps	www.wiltsldwa.co.uk/
4/10/2011	IRE	39 miles	Connemara International	Connemara	Connemarathon.com
4/10/2011	USA	50 Km	Skyline to the Sea	Los Gatos, CA	http://www.pctrailruns.com/event.aspx?dtid=5591
4/13/2011	DZA	100 km	Ultramarathon des Ziban	Biskra	http://www.as-bac.com/ultramarathon/index.html
4/15/2011	USA	200 m	Ragnar Relay So Cal	Relay	Ragnar Relay.com
4/15/2011	GER	320 km	Rheinstieg Erlebnislauf	Stage	http://www.laufendhelfen.de
4/16/2011	ENG	50	The Woldsman	Driffield E. Yorks	http://www.ldwa.org.uk/
4/16/2011	USA	100 m/100 k/50 m	Lumberjack	Pt. Gamble, WA	http://www.rootsrockrun.com/
4/16/2011	AUS	24 hours	Coburg 24 hour Carnival	Coburg	Coburg Harriers
4/16/2011	GER	24 hours	Seilersee 24-Stundenlauf		Seilersee 24-Stundenlauf
4/16/2011	USA	24 hours	Virginia Cancer Relay	Hampton, VA	Peninsula track club info
4/16/2011	HUN	24 hours	Sarvari		fussunkgportal.hu/
4/16/2011	USA	24/12 hours	Fool Moon 24/12		www.trailrunevents.com/
4/16/2011	ENG	33 miles	CTS Exmoor	Exmoor	Endurancelife.com
4/16/2011	USA	50 km	Sybil Ludington 50K	Carmel, NY	http://www.runner.org/schedule2011
4/16/2011	ZAF	50 km	Loskop Ultra	Middelburg	http://www.loskopmarathon.co.za/
4/16/2011	ENG	78 miles	Votwo Oner	Studland Bay	www.votwo.co.uk
4/17/2011	USA	24 hours	Lynchs Woods 24 Hour		ultrasontrails.com/
4/17/2011	ENG	40 miles	Coventry Way	Meriden, Coventry	www.acoventryway.org.uk/

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4/17/2011	NLD	65 km	Ultrarun Gilze		http://www.delotgenoten.nl
4/20/2011	USA	10 days	Self-Transcendence 10 day	New York	Sri Chinmoy Races.org
4/22/2011	SCO	860 miles	JOGLE	John O Groats	www.ultrarace.co.uk/
4/23/2011	ENG	30	Manx Mountain Marathon	runfurther Ultra Champs	Manx Fell Runners.org
4/23/2011	USA	100 km	Ruth Anderson		http://www.run100s.com/ra.htm
4/23/2011	USA	100/50 km/50 m	Lake Waramaug	New Preston, CT.	http://lakewaramaugultra.com/
4/23/2011	CAN	100m	Jerseyville Fat Ass	Jerseyville,ON	ultrasignup.com
4/23/2011	FRA	24/12/6 hrs	6/12/ 24 heures de Rennes		www.coureursextrême.free.fr
4/23/2011	ENG	40 miles	Compton Challenge	Compton	Compton Harriers
4/23/2011	USA	50 Km	Sycamore Canyon	Malibu, CA	http://www.pctrailruns.com/event.aspx?dtid=5126
4/23/2011	USA	50 km	Cheyenne Mountain	Colorado Springs, CO	http://www.epicenduranceevents.com/
4/23/2011	ENG	50 miles	Peatlands Way	Thorne DN8 4AE	www.ldwa.org.uk/
4/24/2011	ITA	100 km	Volcano Trail	Stage	Volcanotrail.it/
4/24/2011	FRA	24 hours	Les 24 heures de Brive		www.24h-brive.fr/
4/24/2011	FRA	24 hours	24 Heures de Sene		24hsene.free.fr/
4/24/2011	USA	6 days	Self-Transcendence 6 day	Non-Stop	Sri Chinmoy Races.org
4/25/2011	NLD	120/60 km	De Zestig van Texel		http://www.dezestigvantexel.nl
4/25/2011	ITA	50 km	50km di Romagna	Castelbolognese (RA)	http://www.50kmdiromagna.com/
4/28/2011	USA	100m + others	DRTE	Santa Barbara,CA	http://sber.co/
4/30/2011	NOR	12/6 hr/100 km	Ringerike Ultrafestival		www.ringerikeultra.doodlekit.com
4/30/2011	SEN	180 km	La Piste des Aventuriers	Stage	http://www.raidsahara.com
4/30/2011	USA	24 hours	Cornbelt 24 hour		Cornbelt.org
4/30/2011	FRA	50 km	La Bouillonnante	Bouillon	http://www.la-bouillonnante.org
4/30/2011	USA	50 m/50 km	Quicksilver		http://www.quicksilver-running.com/
4/30/2011	USA	50 m/50 km	Frisco Railroad Run	Willard, MO	http://www.active.com/running/willard-mo/frisco-railroad-run50-mile-50k-50k-relay-marathon-10-miler-2011
4/30/2011	SCO	53 miles	Highland Fling	Milngavie	Highland Fling
4/30/2011	AUT	60 km	Abenteuerlauf	Tirol	http://www.abenteuerlauf.at
4/30/2011	ENG	60 m	Pony Express	Brockenhurst, Hampshire	http://www.xnrg.co.uk/events_ponyexpress2011.htm
4/30/2011	USA	12 hour	Ultra Miles for Moffitt	Tampa, FL	http://www.milesformoffitt.com/
4/30/2011	GER	51 km	Harzquerung	Wernigerode	http://www.harzquerung.de/hauptseite.htm
4/30/2011	USA	500 m	McNaughton Park Trail Runs	Non-Stop	http://www.peakraces.com/mcnaughton/
5/1/2011	USA	50 Km	Diablo Marathon 60k	Clayton, CA	http://www.pctrailruns.com/event.aspx?dtid=6135
5/4/2011	HUN	6 days	UNIX 6 Day/48 hour	Non-Stop	www.unixsport.hu
5/4/2011	SCO	6 days	Scottish Ultra	Islay & Jura	www.scottishultra.com/
5/5/2011	USA	200 m	McNaughton Park Trail Runs	Non-Stop	http://www.peakraces.com/mcnaughton/
5/6/2011	USA	150 m	McNaughton Park Trail Runs	Non-Stop	http://www.peakraces.com/mcnaughton/
5/6/2011	DEN	100/50miles	The Hammer Trail	Bornholm	tejnif-lob.dk/www/index.php
5/6/2011	USA	175 m	The Cape Relay 175 miles	Relay	www.13relay.com
5/7/2011	USA	100/30 m	McNaughton Park Trail Runs	Non-Stop	http://www.peakraces.com/mcnaughton/
5/7/2011	MDG	120 km	UTOP	Non-Stop	www.utop.mg
5/7/2011	BRA	24 hours	II Ultramaratona 24hs De Resistncia		www.ucrsm.com/
5/7/2011	CHE	24 hours	Self-Transcendence 24 Basle		http://ch.srichinmoyraces.org/
5/7/2011	USA	24 hours	Adventure Trail Run	Triangle, VA	http://athletic-equation.com/24-HR_ATR.html
5/7/2011	FRA	24 hours	24 Heures Deppeville		gerard.froidure@cegetel.net
5/7/2011	ENG	40 miles	Ridgeway 40	Overton Hill	Ridgeway40.org.uk
5/7/2011	SWE	50 km	Liding Ultra		http://www.ultra50k.se/start/index.cfm
5/7/2011	ITA	6 hour	6 ore dei Templari	Banzi (PZ)	http://6oredeitemplari.blogspot.com/
5/7/2011	NLD	60 km	Ultrarun Hank		http://www.stichtingh2o.nl
5/7/2011	SCO	66 miles	Kintyre Way & Relay	Tarbert	www.kintyrewayrelay.co.uk/
5/7/2011	ENG	82/52miles	Malvern Hills Ultra		Ultrarunning.uk.com
5/8/2011	ENG	34miles	1066 Relay	Pevensey	www.spanglefish.com
5/8/2011	USA	50 Km	Sequoia	Oakland, CA	http://www.pctrailruns.com/event.aspx?dtid=4640
5/10/2011	AUS	320 km	The Short Track	Stage	www.thetrack-outbackrace.com



23rd International Edition



124 *Self-Transcendence* Hour Race Basel

7th/8th May 2011

Sportsground St. Jakob

www.srichinmoyraces.org/ch



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5/10/2011	AUS	590 km	The Track	Stage	www.thetrack-outbackrace.com
5/12/2011	BRA	190/60 km	Brazil Running Adventure Race	Stage	http://web.me.com/tendao
5/13/2011	ESP	135 km	Costa Brava Extreme	Blanes	Costabravaxtremrunning.com
5/13/2011	USA	200 m	Ragnar Relay New York	Relay	Ragnar relay.com
5/13/2011	USA	24 hours	Three Days at the Fair		http://sites.google.com/site/xxctrailseries/fair
5/13/2011	USA	72/48/24/12/6	3 Days at the Fair	Non-Stop	http://sites.google.com/site/xxctrailseries/fair
5/14/2011	ENG	61	Fellsman	Keighley	Fellsman.org
5/14/2011	USA	100 m/100 m	Born to Run Ultra Marathons	Los Olivos, CA	http://www.allwedoisrun.com/
5/14/2011	USA	100 miles	Massanutten	VA	http://www.vhtrc.org/mmt/
5/14/2011	USA	100/50miles	Keys100	FL	http://www.keys100.com/
5/14/2011	FRA	120 km	Bretagne Ultra Trail	Guern	http://trailarmorargoat.canalblog.com/
5/14/2011	GBR	24 hours	Kent 24 Hour Challenge	Marshside, Kent	www.50milechallenge.co.uk/
5/14/2011	RUS	24 hours	24H championship of Russia		www.parsec-club.ru /
5/14/2011	NLD	24/6 hours	24 hours of Steenbergen		http://www.ultraoopsteenbergen.nl
5/14/2011	SCO	29 miles	Hearts & Heroes Challenge	SHW St Marys Loch	www.heartsandheroes.co.uk
5/14/2011	ENG	33 miles	Marlborough Downs	Marlborough	www.marlboroughrunningclub.co.uk
5/14/2011	ENG	45km	Stanwick Ultra		www.ultramarathon.org.uk
5/14/2011	USA	50 m/50 km	DWD Gnaw Bone	Gnaw Bone, IN	http://www.dwdgnawbone.com/
5/14/2011	USA	50 miles	Keys 50	Marathon, FL	http://www.keys100.com
5/15/2011	ENG	33	Forest of Dean Challenge	Coleford	www.beyondthelimitations.co.uk
5/15/2011	FRA	325 km	Grande Traverse du Jura	Stage	http://www.couriretdecouvrier.com
5/15/2011	AUS	45 km	Great Ocean Road	Lorne, VIC	http://www.greatoceanroadmarathon.com.au/
5/15/2011	USA	50 Km	Big Basin Redwoods	Boulder Creek, CA	http://www.pctrailruns.com/event.aspx?dtid=5185
5/20/2011	USA	200	Ragnar Relay New England	Relay	Ragnar relay.com
5/21/2011	USA	100/50 km 50 m	Bishop High Sierra Ultra-Marathon	Bishop, CA	http://bhs50.com/
5/21/2011	ENG	210 miles	Green Belt Relay	Hampton Court	Green Belt Relay
5/21/2011	FRA	24 hours	24h De LINSa Villeurbanne		www.24heures.org
5/21/2011	FRA	24 hours	24 heures de Villenes		www.1fohelp.net/ultrapassion/
5/21/2011	WAL	40 miles	Brecon 40 (TBC)	Brecon	www.mightcontainnuts.com
5/21/2011	NLD	50 km	Eemlake Run		http://www.quovadisbunschoten.nl
5/21/2011	USA	50 m	Hawk Trail Runs	Lawrence, KS	http://www.lawrencetrailhawks.com/races/
5/21/2011	ENG	55 miles	Cateran Trail	Glenshee	Cateran55ultra.webnode.com
5/21/2011	ITA	84 km	Nove Colli Running (Barbotto)	Cesenatico (FC)	http://www.novecollirunning.it/
5/22/2011	BRA	100 KM	100km Volta do Lago		http://www.voltadolagocaixa.com.br/
5/22/2011	WAL	50 miles	Cardiff Ultra	Brecon	www.ultrarace.co.uk/
5/22/2011	USA	50 m/50 km	Dirty German Endurance Fest	Philadelphia, PA	http://www.uberendurancesports.com/Dirtygerman.html
5/22/2011	ENG	100 km	Wessex Ridgeway Relay	Tollard Royal, Dorset	http://www.gillinghamtrotters.talktalk.net/wessexentry11.htm
5/25/2011	ENG	131 miles	Forces March	Ilfracombe	www.forcesmarch.org.uk/
5/27/2011	BEL	160 km	La Transardennaise	Stage	http://www.europaventure.be
5/28/2011	ITA	100 km	100 km del Passatore	Firenze-Faenza	http://www.100kmdelpassatore.it
5/28/2011	ENG	100 miles	Housman 100	Ludlow	www.housmanhundred.co.uk/
5/28/2011	CAN	100M/50M/50K	Sulphur Springs	Burlington, ON	http://ouser.org/races/sulp.htm
5/28/2011	ENG	145 miles	Grand Union Canal	Birmingham	http://www.gucr.co.uk/
5/28/2011	FRA	24 hours	24 Heures De Peynier		24 Heures De Peynier
5/28/2011	FRA	24 hours	Roche la Molliere		clips-rlm.com
5/28/2011	USA	24 hours	Nanny Goat 24-Hour Trail		Oldgoatrunters.com
5/28/2011	NLD	350 km	Pieter-ROG-pad		http://www.pieterrogpad.nl
5/28/2011	NOR	51 km	Ulvdalen Ultra		http://www.kondis.no
5/28/2011	NLD	6 hours	Six Hours Race Haarlemmermeer		http://www.avhaarlemmermeer.nl
5/28/2011	CAN	100/50 km/50m	Blackfoot Ultramarathon	Cooking Lake-Blackfoot	http://www.blackfootultra.com/
5/29/2011	USA	200/100/50 m	Wickham Park	Non-Stop	MattMahoney.net
5/29/2011	CAN	24 hours	Easter Seals 24 Hour Relay	Vancouver Island	www.24hourrelay.com/
5/29/2011	USA	50 Km	Forest Park	Upshur Street, Portland, OR	http://www.pctrailruns.com/event.aspx?dtid=4632

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The Ultra Calendar

5/30/2011	FRA	230 km	La Trans-Aq,	Stage	www.transaq.fr/
5/31/2011	GER	300 km	Bergisch Land	Stage	www.lg-duv.de
6/1/2011	BEL	1005 km	Tour de Belgique de Jogging	Brussels	http://joggans.objectis.net
6/2/2011	USA	200 m	Toms Run relay/solo	Relay	tomsrunrelay.org/
6/2/2011	SCO	64 km	Kinlochleven Ultra	Kinlochleven	www.ultramarathon.org.uk
6/3/2011	ENG	110 miles	Hardmoors 110	Helmsley, N.Yorks	Hardmoors Ultra 110
6/3/2011	FRA	130 km	Euskal Trails – Endurance Trail	Urepele	http://www.euskalraid.fr/
6/3/2011	FRA	50 km	Trail Gourmand	Urepele	http://www.euskalraid.fr/
6/3/2011	FRA	90 km	Trail des Villages	Urepele	http://www.euskalraid.fr/
6/4/2011	USA	100 miles	Old Dominion	Woodstock, VA	http://www.olddominionrun.org/
6/4/2011	USA	100 miles	Kettle Moraine	La Grange, WI	http://www.kettle100.com/
6/4/2011	NLD	100/50 km	Self Transcendence Amsterdam		http://www.srichinmoyraces.org/nl
6/4/2011	LKA	150 m	Si Lankha Extreme Raid	Stage	www.raidsahara.com
6/4/2011	CAN	24 hours	Vancouver Island		24hourrelay.com/
6/4/2011	GER	24 hours	Hoyerswerda 24h Europalauf		www.hoyerswerda-marathon.de
6/4/2011	ENG	32 miles	Dartmoor Discovery	Princetown	http://www.teignbridgetrotters.co.uk/
6/4/2011	NOR	6x12 km terreng	Malm Ultraintervall		http://malmultraintervall.webs.com/
6/5/2011	ENG	35	Northants Spires and Shires	Lampton Hall	http://gobeyondultra.co.uk
6/5/2011	GBR	110 miles	Hardmoors 110	Helmsley	http://www.hardmoors110.org.uk/cms/
6/5/2011	USA	24 hours	FANS 24 hour		http://www.fans24hour.org/
6/5/2011	FRA	24 hour	Antibes	Juan-les-Pins	http://www.6jours-antibes.fr/
6/5/2011	FRA	48 hour	Antibes	Non-Stop	6jours-antibes.fr
6/5/2011	USA	50 km	California Running Festival	Vacaville, CA	http://www.supportoursociety.org/
6/5/2011	USA	50 m/50 Km	Sierra Foothills 50K & 50 Mile Trail Run		http://www.pctrailruns.com/event.aspx?dtid=9904
6/5/2011	FRA	6 days	Antibes	Non-Stop	6jours-antibes.fr
6/5/2011	FRA	72 hour	Antibes	Non-Stop	6jours-antibes.fr
6/10/2011	USA	200	Ragnar Relay Chicago	Relay	Ragnarrelay.com
6/11/2011	SCO	30	Lochalsh Dirty 30	Glenelg	www.lochalsh-trails.co.uk
6/11/2011	GER	313	Eifelsteig	Stage	www.eifelsteig.de
6/11/2011	USA	10 hour	Run Under The Stars	Paducah, KY	http://www.facebook.com/wkrunners
6/11/2011	ISL	100 km	Iceland 100 km	Fossvogur, Reykjavik	http://iceland100k.wordpress.com/
6/11/2011	ENG	100 miles	Enduroman 100	Avon Tryrrel,Hants	www.enduroman.com/
6/11/2011	GBR	100 miles	Enduroman	Bransgore, Hants	Enduroman.com/ultratrichamps.html
6/11/2011	USA	100 miles	San Diego	Campo CA	http://www.sandiego100.com/
6/11/2011	USA	12 hours	Crissy Field Half Day Solo & Relay	San Francisco, CA	http://www.pctrailruns.com/event.aspx?dtid=9905
6/11/2011	DEN	24 hours	Puma 24h Run Holte		www.24run.dk/
6/11/2011	CAN	24 hours	Easter Seals 24 Hour Relay, Okanagan		www.24hourrelay.com/
6/11/2011	GER	24 hours	Burginsellauf Delmenhorst		www.24-lauf.de
6/11/2011	SRB	24/12/6 hour 100 km	Palic Ultramarathons	Palic	http://www.usspalic.org/default/index.php
6/11/2011	DNK	24/12/6 hours	24RUN	Rudegrd Stadion, Holte	http://www.24run.dk/
6/11/2011	SWE	68 km	Jttelngt		http://www.ifgota.se/
6/11/2011	IRE	85 km	Mourne Way Ultramarathon	Rostrevor, Co Down	Mournewaymarathon.com
6/12/2011	USA	148 m	Desert R.A.T.S.	Stage	Geminiadventures.com/
6/12/2011	USA	3100 m	Self-Transcendence 3100	Non-Stop	http://3100.srichinmoyraces.org/
6/13/2011	NOR	50 km	KickMaster Ultra I		http://www.kondis.no
6/17/2011	USA	100 miles	Bighorn	Sheridan, WY	http://www.bighorntrailrun.com/
6/17/2011	ENG	165 miles	London-Cardiff 24 Relay	London	www.londoncardiff24.co.uk/
6/17/2011	USA	188 m	Ragnar Relay Wasatch Back	Relay	Ragnar relay.com
6/17/2011	ITA	62 m	Magraid (3 day stage race)	Stage	www.magraid.it
6/18/2011	ENG	100 km	Three Rings of Shap	Shap	www.ldwa.org.uk
6/18/2011	USA	100 miles	Mohican	Loudonville, OH	http://www.mohican100.org/
6/18/2011	CAN	100/50 km/50 m	Fast Trax Ultras	Edmonton	Ultra.fasttraxkishop.com
6/18/2011	USA	200 m	Green Mountain Relay	Relay	Green mountain relay.com/

The Ultra Calendar

6/18/2011	AUS	24 hours	Sri Chinmoy 24/12/6 Hour		au.srichinmoyraces.org/
6/18/2011	CAN	24 hours	Easter Seals 24 Hour Relay, Vancouver		www.24hourrelay.com/
6/18/2011	DNK	24 hours	Ultramarathon Bornholm		Ultramarathon.dk
6/18/2011	USA	34 m	Rachel Carson Trail Challenge	Pittsburgh, PA	http://www.rachelcarsontrails.org/rct
6/18/2011	USA	50 Km	Pacifica Trail Run	Pacifica, CA	http://www.pctrailruns.com/Pacifica_Wntr.htm
6/18/2011	USA	50 Km	Pacifica	Pacifica, CA	http://www.pctrailruns.com/event.aspx?dtid=3897
6/18/2011	USA	50 km	Niagara Ultra	Niagara-on-the-lake	http://www.welovetorun.com/newsite/Niagara_Ultra/ultra_index_7.html
6/18/2011	DEN	6 days	Bornholm 6 Day 48/24/6	Non-Stop	http://6-24-48-timer.dk
6/18/2011	SCO	92 miles	West Highland Way	Milngavie, Glasgow	West Highland Way Race.org
6/18/2011	USA	50 km	Vashon Island Ultra & Trail Run	Paradise Ridge, WA	http://www.vashonultra.com/index.html
6/19/2011	ENG	86.5	The Ridgeway Relay	Ivinghoe Beacon	Marlborough Running Club
6/19/2011	USA	3220 m	LA to New York	Stage	www.sergegirard.com
6/22/2011	ENG	250 miles	Thames Ring	Streatley	www.tra-uk.org/thames_ring.php
6/24/2011	ENG	100 miles	Cotswold Ultra 100/50	Stratford-upon-Avon	www.ultrarace.co.uk/
6/24/2011	GBR	100 miles	Cotswold Ultra	Stratford-upon-Avon	http://www.ultrarace.co.uk
6/24/2011	ENG	106 miles	South Downs Way	Washington, W.Sussex	www.votwo.co.uk
6/25/2011	SGP	100 km	Sundown Ultra		http://www.sundownmarathon.com/index.php?page=race-details-ultramarathon
6/25/2011	CAN	100 mile relay	Kananaskis	Longview, Alberta	Hihostels.ca/westerncanada
6/25/2011	USA	100 miles	Laramie	Laramie, Wyoming	Geminiadventures.com
6/25/2011	USA	100 miles	Western States Endurance Run	Sqaw Valley, CA	http://www.ws100.com/home.html
6/25/2011	USA	100/50 m/100 k	Black Hills	Sturgis, SD	www.blackhills100.com
6/25/2011	HUN	212 km	Ultrabalon 212	Non-Stop	Ultrabalon.hu/
6/25/2011	GER	24 hours	Stadtoldendorfer 24		24-stunden-lauf.de
6/25/2011	USA	24 hours	24 Hours of Laramie		Geminiadventures.com/
6/25/2011	FRA	24 hours	24 hr de l'Echo-du Pas-de-Calais		http://www.echo62.com/course
6/25/2011	FRA	24 hours	24 heures de Puttelange		http://www.pour-quentin.com/
6/25/2011	ENG	33 miles	Greensand Ridge & Relay	Leighton Buzzard	www.smoc.info
6/25/2011	ENG	46 miles	Pathfinder March	RAF Wyton	www.pathfinder-march.co.uk/
6/25/2011	ENG	69 miles	Round The Island	East Cowes	www.xnrg.co.uk
6/25/2011	NOR	82 km	Kristins Runde		http://www.kondis.no/
6/26/2011	CHN	250 km	Gobi March	Stage	4deserts.com/gobimarch/
6/26/2011	ENG	50 km	Boddington 50k Champs	Cheltenham	www.beyondthelimitations.co.uk/
6/26/2011	NLD	50 km	Veluwezoom Trail		http://www.veluwezoomtrail.nl
6/26/2011	ITA	50 km	Pistoia-Abetone	Pistoia-Abetone	http://www.pistoia-abetone.net/
6/26/2011	GER	81 km	Frankenweg-Lauf	Stage	http://www.frankenweg-lauf.de
7/1/2011	SWE	100 km	Lapland Ultra		http://uu.stockholmmultisport.se/
7/2/2011	ENG	33	Osmotherley Phoenix		osmotherleyphoenix.wikidot.com/home
7/2/2011	NOR	100 km	St Olav Ultra		www.st-olavsloppet.com/
7/2/2011	NOR	100 km	St. Olav Ultra	stersund	www.st-olavsloppet.com
7/2/2011	CHE	200 km	Swiss Jura Nature Trail	Stage	swissjurarathon.com
7/2/2011	ENG	50 km	SLMM (2 man team)	Lake District	www.slmm.org.uk/
7/2/2011	NLD	60 km	Round of Amsterdam		http://www.funrunner-heerlen.nl
7/2/2011	ENG	73 km	10 Peaks Challenge	Helvellyn	www.10peaks.com
7/3/2011	USA	50 Km	Angel Island	Tiburon, CA	http://www.pctrailruns.com/event.aspx?dtid=4813
7/6/2011	<>	163 km	Salomon 4 Trails	Garmisch	http://www.4-trails.com
7/7/2011	NOR	170 km	Le Raid des Trolls	Stage	http://www.raids-aventure.com/
7/8/2011	USA	100 miles	Hardrock	Silverton, CO	http://hardrock100.com/
7/8/2011	AUT	24 hours	24 hr Worschach		www.24stundenlauf.at/
7/9/2011	USA	100 miles	Viaduct Trail	Lanesboro, PA	google.com/site/viaducttrailultramarathon
7/9/2011	NOR	105 km	Merker Mountain Challenge		www.merakertiltopps.com
7/9/2011	SWE	24/12 hours	Trollhattan 12/24		www.marathon.se
7/9/2011	ENG	44 miles	Lyke Wake	Osmotherly, N. Yorks	Llyke wake walk.co.uk
7/9/2011	USA	50 Km	Run Toto Run	Kansas City, Kansas	http://www.psychowycoco.com/id75.html

The Ultra Calendar

7/9/2011	USA	50 Km	Headlands 50 & Marathon	Rodeo Beach, CA	http://www.pctrailruns.com/event.aspx?dtid=5654
7/9/2011	USA	50 m/50 km	DWD Devil's Lake	Baraboo, WI	http://www.dwddevilslake.com/
7/9/2011	FRA	60 km	Le Dfi d'Alinor	Prayssas	www.weekendtrail.fr
7/9/2011	NOR	70 km	Hornindal Rundt		http://www.hornindalrundt.no/
7/9/2011	USA	6/12 hour	Sunburn 6/12 Hour Fat Ass	Bartlett, IL	http://www.chicagoultrarunners.com
7/11/2011	ESP	223 km	Al Andalus Ultra Trail	Stage	Trailrunspain.com/
7/15/2011	ZAF	100 miles	Washie100	East London	www.buffclub.co.za
7/15/2011	IND	135 m	The High	Non-Stop	web.me.com/drrajatchauhan
7/15/2011	ESP	168 km	Ehunmilak	Beasain	http://www.ehunmilak.com
7/16/2011	ITA	100 km	Sicilia in ... 100 km	Ibla-Ortigia (RG)	http://www.asdmol.it/index.asp
7/16/2011	USA	100m/50m/50k	Tahoe Rim Trail	Lake Tahoe	http://www.tahoemtnmilers.org
7/16/2011	FRA	103 km	Ultra Tour du Beaufortain	Queige	http://www.ultratour-beaufortain.fr/
7/16/2011	FRA	2,500 km	La France En Courant Relay	Relay	La France Encourant.org/
7/16/2011	USA	24/12 hour	Cool Moon		http://www.ultrarunner.net/raceseries/coolmoon24hr.html
7/16/2011	USA	24 hours	Lone Ranger 24 hr		www.20in24.com/
7/16/2011	GER	24/12 hours	Self-Transcendence 24/12 hour	Berlin	Sri Chinmoy Races.org
7/16/2011	ENG	40 miles	Clyde Stride	Partick Train Station	Clydestride.webnode.com/
7/16/2011	USA	50 km	Great Cranberry Island Ultra	Cranberry Island, ME	http://www.gciultra.crowathletics.com/
7/16/2011	USA	50 Km	Stinson Beach	Stinson Beach, CA	http://www.pctrailruns.com/event.aspx?dtid=9915
7/17/2011	USA	100 miles	Vermont	West Windsor, VT	www.vermont100.com/
7/17/2011	FRA	245 km	Gerard Denis	Non-Stop	www.yanoo.net
7/17/2011	ENG	50 km	Fairlands Valley	Stevenage	www.races.fvspartans.org.uk
7/17/2011	ENG	50 miles	50 Mile Challenge	Marshside, Canterbury	www.50milechallenge.co.uk/
7/22/2011	USA	187 m	Ragnar Relay Northwest Passage	Relay	Ragnar relay.com
7/22/2011	IRE	24/12 hour	Energia Belfast 24 Hour	Mary Peters Track	http://www.ultrarunningireland.com/live/news/862.html
7/23/2011	USA	100 m/100 k/relay	Fat Dog		www.mountainmadness.ca/fatdog.php
7/23/2011	USA	100 miles	Angeles Crest	Wrightwood, CA	www.ac100.com/
7/23/2011	USA	100m/50m/37.5m	Grand Mesa	Grand Junct.CO	http://www.grandmesa100.com/
7/23/2011	GER	24 hours	24-Stundenlauf Reichenbach		24-stundenlauf.de
7/23/2011	NOR	81 km	Rallarvegslpet (2 days)		www.kondis.no
7/24/2011	GER	324 km	Baltic Run	Stage	http://www.baltic-run.de/
7/24/2011	MNG	7 day	Gobi Challenge	Stage	Sand-baggers.com
7/27/2011	FRA	100 km	la 6D Treck	La Plagne	http://www.la6000d.com/
7/27/2011	FRA	180 km	Tour de l'Oisans et des Ecrins	Les 2 Alpes	Smag.over-blog.com
7/27/2011	FRA	200 km	19th Dfi de l'Oisans	Stage	Raidlight.com
7/28/2011	USA	100 m	Mountain R.A.T.S.	Stage	Gemini adventures.com
7/29/2011	USA	100 miles	Swan Crest	Swan Lake, MT	http://swancrest100.com/
7/29/2011	ENG	100/50 miles	Lakeland 100 & Lakeland 50	Coniston	Lakeland 100.com
7/29/2011	GBR	100/50 miles	Lakeland 100	Coniston, Cumbria	http://www.lakeland100.com/
7/29/2011	AUS	24 hours	Caboolture 6/12/24/48 hour		www.aura.asn.au/
7/29/2011	CZR	24 hours	Self Transcendence 24/48		http://cs.srichinmoyraces.org/
7/29/2011	USA	24/12 hours	24 Hour Around The Lake		Somerville R.R.
7/29/2011	SWE	246 km	The gax trans scania	Lund, Sweden	http://www.teamcreate.se/
7/29/2011	SWE	246 km	Trans Scania	Non-Stop	http://www.teamcreate.se/
7/29/2011	USA	100 m	Swan Crest	Swan Lake, MO	http://swancrest100.com
7/30/2011	MNG	100 km	Mongolia Sunrise to Sunset	Camp Toilogt	http://www.ultramongolia.com/
7/30/2011	USA	100 miles	Burning River	Willoughby Hills, OH	http://www.burningriver100.org/
7/30/2011	GER	100 miles/100 k	Chiemgauer	Ruhpolding	www.chiemgauer100.de
7/30/2011	USA	100/50 miles	Headlands Hundred	Golden Gate , CA	pctrailruns.com/
7/30/2011	ENG	24 Hour	Adidas Thunder Run	Catton Park	www.tr24.co.uk
7/30/2011	ITA	6 hour	6 ore per le vie di Curinga	Curinga (CZ)	http://www.curingamarathon.it/
8/5/2011	USA	100m/50m/50k	Wild Idaho	Crouch, ID	http://www.runwildidaho.com/100-mile/
8/6/2011	CAN	24/12/6 hrs	Dirty girls 6/12/24 Hr Trail	Mansfield, ON	www.dirtygirlsrun.com



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www.gelindo.it

The Ultra Calendar

8/6/2011	ENG	31 miles	The Long Tour of Bradwell	Hope Valley	www.darkandwhite.co.uk
8/6/2011	ENG	43 miles	Devil o the Highlands	Tyndrum	Devilthehighlandsfootrace.co.uk/
8/6/2011	ENG	48 miles	Greenlight Round the Rock	St.Helier, Jersey	www.roundtherock.co.uk
8/6/2011	USA	50 km	Grand Ridge Trail Run	Issaquah, WA	http://www.evergreentrailruns.com/
8/7/2011	CAN	100/50/50 mile	Stormy	Squamish.	http://stormytrailrace.ca/
8/9/2011	KEN	75 km	Kenya Highlands Race	Nanyuki	www.runandtravel.it
8/10/2011	FRA	1150 km	La Transe Gaule	Stage	http://www.yanoo.net/
8/10/2011	FRA	24 hours	Les 24 heures du Quai du Cher		http://www.couc100km.free.fr/
8/11/2011	USA	51 km	Extraterrestrial Full Moon	Rachel, NV	http://www.calicoracing.com/
8/12/2011	ENG	105/70 miles	Grimsthorpe Ultra 105 & 70m	Grimsthorpe Castle	www.fat-feet.co.uk
8/12/2011	USA	200 m	Wild West Relay	Relay	http://www.wildwestrelay.com/
8/13/2011	GBR	100 miles	North Downs Way	Farnham, Surrey	www.centurionrunning.com
8/13/2011	GER	100 miles	Stunt 100	Sibbesse	Stunt100.de
8/13/2011	IRE	100 miles	Connemara	Clifden, Galway	http://www.connemara100.com/
8/13/2011	ENG	100/50 miles	North Downs Way	Farnham	www.centurionrunning.com//
8/13/2011	NOR	100km+	Topp mli-lpet		www.visitnature.no
8/13/2011	USA	12/6 hours	Hotter than Hell	Cameron Park,CA	http://www.sntrailruns.com/hotter_hell.html
8/13/2011	CAN	50 miles	Iron Legs	Calgary	http://www.ironlegs.ca/
8/14/2011	USA	12 hour	Transcendence Ultra	Olympia, WA	http://www.guerillarunning.com/Transcendence_12-Hour_Run.html
8/14/2011	USA	12/6 hours	Crazy Magic Ultra Trail Runs	Schenectady, NY	http://www.bikereg.com/events/register.asp?eventid=12555
8/14/2011	ENG	50 km	5-4-3-2-1	Salisbury Fire Station	www.salisburyfirestation.info
8/19/2011	USA	191 m	Ragnar Relay Great River	Relay	Ragnar relay.com
8/19/2011	SWE	70/50/30 km	Bjrkleden Arctic Mountain Marathon	Bjrkleden	www.bamm.nu/index.php?lang=en
8/20/2011	USA	100 miles	LeadvilleTrail	Leadville, CO	www.leadvilletrail100.com
8/20/2011	NLD	50 km	Ultrarun Assen		http://www.de50vanassen.nl
8/20/2011	NOR	6 hours	Romerike 6-hours +NM ultra		http://db.kondis.no
8/20/2011	ENG	12 hours	Hell On The Humber	Humer Bridge, Hull	www.torocsc.com/
8/21/2011	USA	120 m	TransRockies Run	Stage	http://transrockies.com/
8/21/2011	ENG	40 miles	ULTRArace.Peaks	Cromford Meadows	www.ultrarace.co.uk/
8/21/2011	USA	50 Km	Squaw to Donner 50k	Tahoe City, CA	http://www.pctrailruns.com/event.aspx?dtid=9908
8/26/2011	USA	197	Hood To Coast Relay	Relay	Hood to Coast.com
8/26/2011	FRA	103 miles	Ultra Trail du Mont Blanc	Chamonix	www.ultratrailmb.com/
8/26/2011	USA	170 m	Colorado Relay	Relay	Coloradorelay.com
8/26/2011	USA	24 hours	Colorado Outward Bound 24		http://www.thecoloradorelay.com/
8/26/2011	CHE	79 km	Erlebnisauf	Stage	http://www.alpinrunner.ch/
8/27/2011	ENG	35	Speyside Way Race	Ballindalloch	Speysidewayrace.webnode.com
8/27/2011	USA	100 miles	Cascade Crest Classic	Easton, WA	www.cascadecrest100.com/
8/27/2011	USA	100m/50m/50k	Lean Horse	Hot Springs, SD	http://www.leanhorsehundred.com/
8/27/2011	GER	24 hours	Runinger 24-Stundenlauf		Lauftreff-rueninger-roadrunner.de/
8/27/2011	USA	50 m	Baker Trail Ultrachallenge	Brookville, PA	http://www.rachelcarsontails.org/bt/ultrachallenge
8/27/2011	USA	50 miles	North Country	Manistee, MI	http://www.northcountrytrailrun.mirunning.com/
8/27/2011	ENG	85 miles	Ridgeway Challenge	Ivinghoe Beacon	www.tra-uk.org/ridgeway_challenge
8/28/2011	NLD	50 km	The Fifty of Gouda		http://www.avgouda.nl
8/28/2011	NOR	50 km	Styrkeproven Rett Vest		www.styrkeproven-rettvest.org/
9/1/2011	ENG	35 miles	Round Ripon	Studley Roger	gobeyondultra.co.uk
9/2/2011	ITA	6 hour	6 ore nella Città di Angizia	Luco dei Marsi (LAquila)	http://www.ultraluco.it/
9/2/2011	ENG	90m/3day	Toad Challenge	Oxford	www.xnrg.co.uk
9/3/2011	USA	100 miles	Grand Teton	Alta, WY	www.dreamchaserevents.com
9/3/2011	GER	120 km	Erft-Spendenlauf	Stage	www.erft-spendenlauf.de/
9/3/2011	GER	24 hours	24 Hr Lauf Wolfenbttel		www.sporttrend.net/
9/3/2011	GER	24 hours	24-Stundenlauf Fleested		www.24stundenlauf.info/
9/3/2011	RUS	24 hours	St.Petersburg 24 Hour		www.spb-la.ru/index.php
9/3/2011	USA	24 hours	Woods Ferry		Ultrasontrails.com

The Ultra Calendar

9/3/2011	USA	24 hours	Badgerland F/x 24 Hour		Badgerlandstriders.org/
9/3/2011	SCO	24/12 hr	Glenmore 24/12 Hour Trail	Aviemore	www.glenmore24.com
9/3/2011	<>	260 m	Transalpine-Run	Stage	http://www.transalpine-run.com
9/3/2011	WAL	45 miles	Across Wales Walk	Anchor to Clarach	Whereitsat.pwp.blueyonder.co.uk
9/3/2011	NLD	50 km	The Monks Trail		http://www.monnikentocht.nl
9/3/2011	IRE	50 miles	Dingle Ultra Marathon	Glentenassig Woods	www.dinglemarathon.ie
9/3/2011	ENG	56 miles	Bullock Smithy Hike/Run	Hazel Grove,Stockport	www.bullocksmithy.com/
9/4/2011	USA	100 m/100 k/50 m	Buckeye Endurance Runs	Nardini Manor,AZ	http://www.aravaiparunning.com
9/4/2011	USA	50/25 km	Roots Rock	Port Gamble	www.rootsrockrun.com/
9/4/2011	GER	790 km	Horb-run Berlin HBL	Stage	www.deutschlandlauf.com
9/7/2011	BOL	159 km	Inca Run	Stage	www.andesadventures.com
9/9/2011	USA	100 m/100 k/	Hallucination	Pinckney, MI	www.runwoodstock.com/
9/9/2011	CAN	100 m/100k/50k	Lost Soul	Lethbridge, Alberta	www.lostsoulultra.com/
9/9/2011	USA	100 miles	Wasatch Front	Kaysville, UT	www.wasatch100.com/
9/9/2011	USA	100/50 miles	Superior Sawtooth	Gooseberry Falls ,MN	www.superiortrailrace.com/
9/9/2011	USA	208 m	Blue Ridge Relay	Relay	www.blueridgerelay.com/
9/10/2011	POL	100 km	Bieg 7 dolin	Beskid Sadecki Mountains	http://www.runningfestival.pl/910,7-valleys-run--ultramarathon
9/10/2011	USA	100 m	Hawk Trail Runs	Lawrence, KS	http://www.lawrencetrailhawks.com/races/
9/10/2011	AUS	100 m/100 k/	Glasshouse	Beerburum,Queensland	www.glasshousetrails.com.au/
9/10/2011	USA	100 m/100k/	Pine Creek Challenge	Tioga,PA	www.pinecreekchallenge.com/
9/10/2011	CAN	100 miles	Haliburton	Haliburton For., ONT	www.ouser.org/races/hali.htm
9/10/2011	DEN	100 miles	Mors	Island of Mors	www.100miles.dk/
9/10/2011	USA	100 miles	Plain	Plain, WA	www.cascaderunningclub.com/
9/10/2011	NLD	100/50 km	RUN 2011 Winschoten		http://www.runwinschoten.nl
9/10/2011	USA	100m/50k	Rio del Lago	Granite Bay, CA	www.desertskyadventures.com
9/10/2011	<>	180 km	Andean Triangle Running Adventure	Stage	www.andesadventures.com
9/10/2011	GER	24 hours	24 Stunden von Bernau		www.24-stunden-von-bernau.de/
9/10/2011	USA	50 Km	Lake Tahoe Summit to Meadow 50k	Tahoe City, CA	http://www.pctrailruns.com/event.aspx?dtid=9910
9/10/2011	USA	50/40 miles 50 km	Bartlett Park Ultras	Nesbitt Park	http://www.runacrossamericaontrail.com/Bartlett_Park_Ultras.html
9/10/2011	ENG	51 km	Honeystreet Ultra		www.ultramarathon.org.uk
9/10/2011	ENG	6 day	Trans Britain	Gretna Green	Go Beyond Ultra
9/10/2011	CAN	100/50 m/50 km	Haliburton Forest Trail Race	Haliburton For., ONT	http://www.ouser.org/races/hali.htm
9/11/2011	ITA	330 km	Tor des Gants	Non-Stop	www.Tordesgeants.it
9/11/2011	ENG	50+ miles	London to Brighton	Blackheath	www.extremesrunning.org
9/11/2011	USA	9:11 hours	9/11 American Heroes Run	Longmont, CO	http://www.facebook.com/pages/American-Heroes-Run/142929562405528
9/11/2011	USA	9:11 hours	Patriots' Run	Olathe, KS	http://www.patriotsrun.us/
9/13/2011	IRE	344 miles	M2M Ultra	Malin Head	www.ultrarace.co.uk/
9/16/2011	USA	187 m	Ragnar Relay Napa Valley	Relay	Ragnarrelay.com
9/16/2011	ENG	80 miles	Kent Ultra Challenge	Canterbury, Kent	www.kentultrachallenge.co.uk
9/17/2011	USA	12 hours	Adventure Trail Run	Triangle, VA	http://athletic-equation.com/12-HR_ATR.html
9/17/2011	ENG	24 Hour	Self-Transcendence 24 hour	Tooting Bec	Sri Chinmoy .A.C.
9/17/2011	BEL	24 hour	Les 24 heures de Liege		http://www.les24h.be/
9/17/2011	FRA	24 hours	24 Hr de St Maixent l'Ecole		Spiridon.pagesperso-orange.fr
9/17/2011	USA	24 hours	North Coast 24		North Coast 24
9/17/2011	USA	24 hours	San Francisco One Day		pctrailruns.com
9/17/2011	ENG	40 miles	High Peak 40	Derbyshire	www.highpeak40.co.uk/
9/17/2011	USA	50 Km	San Francisco One Day	San Francisco, CA	http://www.pctrailruns.com/event.aspx?dtid=4013
9/17/2011	ENG	50 miles	Surrey Tops Challenge	Witley GR SU948394	www.ldwasurrey.co.uk
9/17/2011	ITA	6 hour	6 ore di Seregno	Seregno (MI)	http://www.marciacaratesi.it/100km.html
9/17/2011	NOR	73 km terreng	UltraBirken		www.birkebeiner.no
9/19/2011	USA	126 km	Adventure Race Grand Canyon 24 hour Ultra	Grand Canyon, AZ	http://www.acrossthedivide.com/index.php/products/event/p-0082.html
9/23/2011	USA	100 miles	The Bear	Preston, Idaho	www.bear100.com/
9/23/2011	USA	100/50 miles/relay	Virgil Crest	Virgil, N.Y.	www.virgilcrestultras.com/

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9/23/2011	USA	193 m	Ragnar Relay Washington DC	Relay	Ragnar relay.com
9/23/2011	WAL	24 hr/50 km	Commonwealth Ultras	North Wales	www.beyondthelimitations.co.uk/
9/24/2011	USA	100 km	Sierra Nevada Endurance Runs	Granite Bay, CA	http://www.snerultras.com/
9/24/2011	CAN	24 hours	Self-Transcendence 24		Sri Chinmoy Races
9/24/2011	CHE	24/12 hours	24/12 Stundenlauf Aare-Insel Brugg		www.24stundenlauf.ch/
9/24/2011	SCO	44 miles	River Ayr Way	Glenbuck	www.theriverayrway.org
9/24/2011	USA	50 m/50 km	DWD Hell	Hell, MI	http://www.dwdhell.com/
9/24/2011	ENG	60 miles	Hardmoors 60	Saltburn	Hardmoors110.org.uk
9/24/2011	ZAF	63 km	Bain's Kloof Pass Ultra Marathon	Wellington	http://www.bainskloofultra.co.za/
9/25/2011	USA	24 hours	Hinson Lake 24 Hr		Hinson Lake 24
9/25/2011	NLD	50 km	Around Voorne		http://www.rondjevoorne.nl
9/25/2011	USA	50 Km	Santa Cruz Mountains	Santa Cruz, CA	http://www.pctrailruns.com/event.aspx?dtid=7580
9/30/2011	USA	188 m	New York Relay	Relay	13relay.com
9/30/2011	GRE	246 km	Spartathlon	Non-Stop	Spartathlon
9/30/2011	ENG	26m X3	Atlantic Coast	Padstow	www.votwo.co.uk
9/30/2011	GBR	78 miles	Atlantic Coast Challenge	Padstow	www.votwo.co.uk/
10/1/2011	USA	100 miles	Arkansas Traveller	Ouachita Nat For. AK	www.runarkansas.com
10/1/2011	FRA	150 km	Grand Trail du Nord	Non-Stop	www.raidsahara.com
10/1/2011	FRA	24 hours	24 Heures De Grenoble		http://guc.athle.com
10/1/2011	ENG	39 miles	Causeway Coast Ultra	Portstewart	Causewaycoastmarathon.com
10/1/2011	USA	50 m/50 km	Devil Mountain Ultra	Pagosa Springs, CO	http://www.joingecko.org/folders.aspx?uid=1
10/1/2011	NLD	6 hours	Self Transcendence 6 hrs,		http://www.srichinmoyraces.org/nl
10/2/2011	EGY	250 km	Sahara Race	Stage	www.4deserts.com/sahararace
10/2/2011	USA	50 m/50 km	Twin Peaks Ultra 50/50		http://trailrunning.dirtyfeet.us/twinpeaksindex.html
10/3/2011	GER	184 km	Lulluspfad	Stage	Waldhessenlauf.de/
10/6/2011	BRA	200 km	Jungle Marathon	Stage	Junglemarathon.com/
10/6/2011	ZAF	250 km	10th Kalahari Extreme Marathon	Stage	Extrememarathons.com
10/7/2011	USA	197 m	Ragnar Relay Pennsylvania	Relay	Ragnarrelay.com
10/7/2011	USA	200 m	The Bourbon Chase	Relay	Bourbon Chase.com
10/7/2011	AUS	76 m	Tour de Tirol	Stage	Tourdetirol.com
10/7/2011	ITA	100 m/60 km	Magredi Mountain Trail	Piancavallo	http://www.magredimountaintrail.com/
10/8/2011	GBR	100/50/30 miles	Caesars Camp	Aldershot,Hants	Caesarscampenduranceruns.co.uk/
10/8/2011	USA	100m/50m/50k	Oilcreek	Titusville PA	www.oilcreek100.org/
10/8/2011	EGY	333 km	333	Non-Stop	www.extreme-runner.com
10/8/2011	USA	50 m	Le Grizz	Colombia Falls, MO	http://www.cheetahherders.com/LeGrizz.html
10/8/2011	NLD	60 km	Ultra-Fall-run Berg en Dal		http://www.funrunner-heerlen.nl
10/8/2011	ENG	60/30 miles	Norfolk Ultra	Kelling Heath	www.adventurehub.com
10/8/2011	USA	100/50 m	Heartland	Cassoday, KS	http://www.ksultrarunners.org/
10/9/2011	ENG	50 km	Nottingham Ultra	Blidworth	www.ultrarace.co.uk
10/9/2011	USA	50 Km	Montaña de Oro	Los Osos, CA	http://www.pctrailruns.com/event.aspx?dtid=9912
10/10/2011	USA	2,450 m	Ironrunner Challenge	Chicago-Santa Monica	http://www.ccrunningteam.blogspot.com/
10/13/2011	IDN	210 km	Indo Ultra	Stage	www.indoultra.co.uk
10/15/2011	ITA	100 km	100 km delle Alpi	Torino-St. Vincent	http://alturl.com/mbdbcc
10/15/2011	NAM	126 km	Adventure Race Namibia 24 hour Ultra	http://www.acrossthedivide.com/index.php/products/event/p-00225.html	
10/15/2011	FRA	24 hours	24 Hours of Royan		100km.iroyan.com/
10/15/2011	USA	24 hours	St. Pats		www.stpats24hour.com/
10/15/2011	USA	50 Km	Redwood Park	Oakland, CA	http://www.pctrailruns.com/event.aspx?dtid=9913
10/15/2011	ENG	50 miles	Round Rotherham	Brampton Leisure Cent.	Henry Marston.co.uk
10/15/2011	USA	50/60/70 km 50 m	Nashville Ultras	Two Rivers Parkway	http://www.nashvilleultra.com/
10/15/2011	USA	12 hour	Javelina 12 Hour	Fountain Hills, AZ	http://www.javelinajundred.com/page.php?5
10/16/2011	IND	100 miles	Himalayan 100 Stage Race	Darjeeling	www.himalayan.com
10/16/2011	USA	100 miles	Boulder	Boulder, Colorado	Geminiadventures.com/
10/16/2011	ITA	50 km	Città di Sanremo	Sanremo (IM)	http://www.sanremorunners.it/

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10/17/2011	USA	24 hours	24 Hours of Boulder		Gemini Adventures
10/21/2011	USA	195	Ragnar Relay Las Vegas	Relay	Ragnar relay.com
10/21/2011	USA	100/50 miles	Pony Express	Faust, UT	Ponyexpress100.org/
10/21/2011	CRI	84 km	XTrail Race Costa Rica	Arenal	Costaricarace.com/
10/22/2011	USA	24 hours	24 Hours the Hard Way		24thehardway.com/
10/23/2011	FRA	180 km	Corsica Coast	Stage	CorsicaCoast Race
10/23/2011	ITA	60 km	Sardinia Ultramarathon 2^ tappa	Macomer (NU)	http://sardiniaultramarathon.blogspot.com/
10/29/2011	USA	100 miles/50m	Cactus Rose	Bandera, TX	www.tejatrails.com
10/30/2011	USA	50 miles/50 km	Blue Springs		http://bsrun.com/tracks/?page_id=31
11/1/2011	ITA	50 km	Skampagnata marathon	Puntarazzi (RG)	http://www.hyblamarathon.it/
11/4/2011	OMN	162 km	Desert Oman Raid	Stage	Raidsahara.com
11/4/2011	USA	195 m	Ragnar Relay Tennessee	Relay	Ragnarrelay.com
11/5/2011	USA	100 m	Ozark Trail 100 Mile Endurance Run	Bass River Resort, MO	http://www.ozarktrail100.com/
11/6/2011	ENG	36 miles	Marriotts Way	Norwich	www.tri-anglia.co.uk
11/6/2011	NOR	6 hours	Undheim 6-hours		www.undheimil.no/
11/9/2011	FRA	24 hours	24 Heures d'Aulnat		www.capaulnat.fr/
11/11/2011	ENG	82m/3 day	Druids Challenge	Ivinghoe Beacon	www.xnrg.co.uk
11/12/2011	AUS	100 m/100 km	Great North Walks	Teralba, NSW	www.terrigaltrotters.com.au
11/12/2011	USA	50 Km	Stinson Beach	Stinson Beach, CA	http://www.pctrailruns.com/event.aspx?dtid=9915
11/12/2011	USA	100 m	Javelina Hundred	Pemberton Trailhead, AZ	http://www.javelinajundred.com/page.php?2
11/13/2011	NLD	100/50 km	Centennial, Deventer		http://www.marathonplus.nl
11/15/2011	IND	346 km	Sur La Piste des Maharajahs	Stage	N.E.D .
11/18/2011	WAL	78 m	Pembrokeshire Challenge	Stage	www.votwo.co.uk
11/19/2011	USA	100 m/100 km	Chimera	Santa Ana, CA	http://www.oldgoatrunners.com/old_goat_50_home_page_014.htm
11/19/2011	USA	50 miles/50 km	Wild Hare	Warda TX	https://tejatrails.edsregistration.com/events/8
11/20/2011	NEP	250 km	Racing The Planet Nepal	Stage	4Deserts.com
11/20/2011	USA	50 km	Doppler	Port Gamble	http://www.rootsrockrun.com/
11/20/2011	USA	50 Km	Santa Monica Mountians	La Jolla Canyon, CA	http://www.pctrailruns.com/event.aspx?dtid=9916
11/23/2011	CRI	190 km	La Transtica	Paquita	http://www.latranstica.or
11/26/2011	ITA	24 hour	24 ore del sole	Palermo stadio delle palme	http://www.asdmol.it/24ore/24ore_regolamentoUK.asp
11/26/2011	BRA	24 hour	24 horas campinas run	PARQUE TAQUARAL - CAMPI-NAS SP	http://www.ultrarunnereventos.net/
11/26/2011	GER	24 hours	Eis Age Bad Berleberg		www.lg-wittgenstein.com/
11/26/2011	NOR	24 hours	Bislett 24-hours		www.spiridon.no/
11/27/2011	USA	50 Km	Dude, Wheres The Trail?		http://bsrun.com/tracks/?page_id=31
12/3/2011	USA	50 Km	Woodside	Woodside, CA	http://www.pctrailruns.com/event.aspx?dtid=9917
12/4/2011	FRA	68 km	La SainteLyon	Saint-Etienne	http://www.saintelyon.com/
12/10/2011	USA	50 Km	Auburn 50	Stinson Beach, CA	http://www.pctrailruns.com/event.aspx?dtid=9922
12/10/2011	USA	50 km	Coyote Ridge Trail Run	Muir Beach, CA	http://www.coastaltrailruns.com/cr_coyote_ridge.html
12/11/2011	NZL	100/50/25 km	Self-Transcendence Races	Christchurch	nz.srichinmoyraces.org
12/18/2011	USA	50 Km	Rodeo Beach	Rodeo Beach, CA	http://www.pctrailruns.com/event.aspx?dtid=9918
12/26/2011	DZA	45 km	Marathon des dunes	Timimoun	www.marathondunes.com/
12/30/2011	NLD	6 hours	Six Hours Epe		http://www.avcialfo.nl
12/31/2011	USA	24/12/6 hours	New Years One Day	Crissy Field, SF CA	http://www.coastaltrailruns.com/nyod_new_year_one_day.html
1/1/2012	NPL	100 km	Annapurna	Pokhara	http://annapurna100.com/
1/1/2012	USA	50 Km	Fat Ass 50K	Wallace State Park	http://bsrun.com/tracks/?page_id=31
1/7/2012	USA	50 km	Harbison Forest	Columbia, SC	http://www.carolinaultras.com/
1/7/2012	USA	50 m	Running from an Angel	Boulder City, NV	http://calicoracing.squarespace.com/running-from-an-angel-marathon/
1/14/2012	USA	100 miles	H.U.R.T.	Dillingham Airport	http://www.hurt100trailrace.com/
1/15/2012	USA	50 km	SwampStomper	Memphis, TN	http://www.runacrossamericaontrail.com/SwampStomper.html
1/21/2012	USA	50 km	Mountain Mist	Huntsville, AL	http://www.huntsvilletrackclub.org/HTC_Races/MM11/index.html
5/30/2012	USA		Run Across America on Trail	Twin Harbors Beach, WA	http://www.runacrossamericaontrail.com/Welcome.html
6/16/2012	ZAF	80 Km	Odyssey Ultra Trail	Hibberdene	http://www.walkingraces.co.za/wmenu.php



SRI CHINMOY marathon team
INTERNATIONAL

SELF-TRANSCENDENCE ULTRA RACES																								
DAY 5 10 DAY RACE						6 DAY RACE																		
MEN			WOMEN			MEN			WOMEN															
6	Yuri Trostenyuk	297	9	Mark Dorian	230	25	Karenika Janakova	293	33	Zuzana Deczova	228	41	John Goosler	2	52	Allan Harman	2	63	Dipali Cunningham	2	74	Divyata Kryuchkova	1	
10	Vladymir Hlushchuk	293	5	Andrey Andreev	217	27	Jayasani Boppreddy	275	31	Syiva Stradelova	226	42	Markus Mueller	2	53	Chanahya Jakovic	1	65	Lydia Flacher	2	75	Barbara Szeprenyi	1	
3	Igor Mudryk	282	7	Michel Goulin	218	39	Manjula Boehler	262	29	Prabshuti Khosla	210	43	Smarsh Puntiam	1	54	Ales Dine	1	68	Svitlana Samarina	1	76	Tania Ryali	1	
17	Frederick Davis III	250	15	Don Winkulu	216	30	Elena Kuzmina	245	36	Kushali Tarantova	179	44	Vladimir Rafalovich	1	55	Baridhi Yonzhev	1	66	Regma Piyemakaya	1	77	Marianna Csillag	1	
21	Mykhailo Ukrainaky	245	13	Pradeep Hoogakker	210	34	Nishima Knowsley	243	37	Bigalita Egoer	163	45	Stutisheel Labedev	1	56	Andrey Bundarchuk	1	67	Lubov Stebneva	1	78	Prasasta Armstrong	1	
14	Shoshanka Karlen	244	20	Andrey Samov	197	28	Nataliya Hlushchuk	241	38	Gudrun Froese	163	46	Bob Othekahr	2	57	Nikolai Duzhko	1	1	Kate Condon	1				
19	Alexander Harko	238	12	Padyatra Komak	198							47	Dharbasna Lynn	1	4	Anissa Zuscov	1		Nirbibi Tila	1				
11	Barney McBryde	240	8	Syobe Ionov	190							48	Alex Swenson	2	59	V Dodon	1		0	Abhaya Fialri	1	35	Uliana Pavlovskaya	1
16	Luis Rine	231										49	David Holt	2	60	Vladimir Lunev	1		71	Sandra Tribulin	1			
												50	Pete Strinzer	1	61	Oskar Gant	1		72	Rageshi Marichew	1			
												51	Marvin Skagerberg	1	22	Oleksandr Nihalchuk	1		73	Sophie Anderson	1			WOMEN

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16th Annual Self-Transcendence Ten Day Race
18th - 28th April 2011

14th Annual Self-Transcendence Six Day Race
22nd - 28th April 2011

1 mile loop in Flushing Meadow Park, Flushing, Queens, New York

www.srichinmoyraces.org