

Ultrarunning World

ROAD, TRACK & TRAIL MULTIDAY & ULTRA DISTANCE NEWS

ISSUE 8

Berghaus Dragon's Back Race

The
Freedom
Leisure
British
Ultrafest
2017

Welsh
Castles
Relay





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The Monarch Way

The Monarch Way, a 615 mile ultra starting at Powick Bridge in Worcester and finishing at Shoreham-by-Sea still has no finishers after two editions in 2016 and 2017. This year's starters only lasted until day 10 before all DNF'd. The next race is scheduled for May 19th 2018.

A new trio of Canal races in the UK based on the Grand Union Canal race and which now include the Liverpool to Leeds Canal race and the Kennet and Avon Canal race from Bristol to London.

GUC: Sergey Ionov wins in 24:54 Cat Simpson 27:26

LLCR: Paul Ali and Paul Beechey tie: 22:24 Georgina Harrison 29:37

KAC Paul Beechey 25:48 Georgina Harrison 34:55

In the USA another new trio of 200 mile races kicked off this organised by Candace Burt and which include the Bigfoot 200, Tahoe 200 and Moab 240. Winners were:-

Bigfoot: Jason Kinsella 55:49:01 & Van Phan 72:22:09

Tahoe: Sean Nakamura 58:29:16 & Andrea Lopez 69:39:34

Moab: Courtney Dewalter & 57:55:13 Sean Nakamura 67:50:10

Courtney Dewalter set a new course record and finished 10 hours in front

of Sean Nakamura. She said she slept for 21 minutes! More on Moab in the next issue.

Ultra Corsica is a new 1000 km 17 day stage road race around Corsica. South African Johann van der Merwe dominated the event from the start finishing in 88:36. First female was Jannet Lange from The Netherlands in 122:05.

Emu 48 hour takes place on a purpose built 1km loop beside the lake in Balatonfured in Hungary. In May the organisers host what is arguably the best 6 day race in the world and the 48/24 hour closes out the season at the end of September. This year's 48 hour race was won by Julia Fatton from Germany with 378.0829 km – a new world road record. First man was Rex Brillantes (PHL) with 319.0021 km.

The 24 hour was won by Péter Molnár with 213.2673 km and first woman was Makai Viktória 207.6898, second place overall.

Two races across Wales took place within a few weeks of each other starting with King Offas Dyke Ultra - a 185 mile race on a National Trail starting in Chepstow in the South and finishing in Prestatyn in the North. The race was won by Gregory Crowley in a time of 54:54:04 and the sole female finisher was Victoria Owens in 85:17:59.

October 12th saw the inaugural 253 mile Lon Las Cymru Ultra begin in Holyhead in the Northwest of Wales and finish 89 hours later in Cardiff at the Taff Trail Head. Of the 28 starters Brian Clary crossed the line first in 75:04.

Big Dog Backyard Ultra Run is another difficult challenge created by Laz Lake which requires

runners to run a 4 mile loop every hour. The winner is the person who keeps going until all the others have dropped. Last weekend saw a new record set as the final two runners Guillaume Callmettes and Harvey Lewis battled on until Harvey stopped and Guillaume completed the 59th lap to become the last man standing – a total of 245.835 km completed.

Athens International Ultramarathon Festival 2018

The 13th Annual Athens international ultramarathon Festival 2018 takes place earlier than usual in 2018 starting January 25 - February 10, 2018 for the 1000 mile and the 6 day.

6 days 25/1 - 31/1

24 hr 27/1 - 28/1

48 hr 26/1 - 28/1

1000 miles* 25/1 - 10/2

1000 K* 31/1 - 10/2

These races will take place by a minimum number of 15 participants (for both races).

Deadline for registrations November 30, 2017.

Fees (1000E for the 1000 miles and 700E for the 1000K races) should be transferred to the indicated bank account (see main page) until December 15, 2017.

Restriction: a 80 km daily minimum required to participate throughout the entire 16-days period for the 1000 miles race and the 10 day period for the 1000 km race.

Race website: Dayrunners.gr

World & European - 24 Hour Championships

While the 2017 World and European 24 hour Championships took place in June in Belfast, it

was recently announced that the 2019 event will be held in Irdning, Austria probably in July.

No date is currently proposed for 2018 and it may be that the event will be held every other year.

September 24 Hour Races - Brief Notes

The Track Ultra WA held the 2017 Australian 24 Hour championships this year and the new champions are Dale-Lyn Russell with 184 km and Kevin Muller with 230+ km.

In Scotland at the Glenmore Trail 24 Hour Jeroen Renes won with a fraction under 200 miles and Mimi Anderson won the women's race with 180 miles. Mimi was preparing for her Trans America record attempt later this year.

In Germany at the 24 Hours

Von Gotha a big field saw Marcel Leuze take the win with 240 km and Antie Krause won the women's race with 219 km.

In the Self-Transcendence 24 Hour at Tooting Bec in London a new Norwegian Women's National Record was set by Therese Falk who smashed her own record with 236.8K, 147 miles. Norbert Mihalik record the 2nd best distance ever at the race, one of the longest running 24 hour races in the world, with 259.4K.

In the US 24 hour National Championships at North Coast in Ohio, Harvey Lewis prevailed with 228 km and Tara Langdon was the US women's Champion with 211 km. Harvey went on to win the Big Dog Backyard Ultra in Tennessee after the longest battle in the history

of the race.

At the Equinox 24 hour in the UK at Belvoir castle in Leicestershire Bryan Clary won with 210 km and later won the inaugural Lon Las Cymru Ultra in Wales. Women's winner was Emma Marshall Telfer with 180km.



24 Hour races September 2017 - top placings

Date	Ctry	Race	Winner F	Km	Winner M	Km	No.s
8/12/2017	AUS	Track Ultra WA	Dale-Lyn Russell	184.805	Kevin Muller	230.261	26
9/2/2017	USA	Badgerland F/X 24 Hour Run	Kelly Flynn	100.906	Daniel Robinson	176.03	16
9/2/2017	GBR	Glenmore 24 Hour Trail race	Mimi Anderson	180.246	Jeroen Renes	199.558	17
9/2/2017	GER	24h von Gotha	Antie Krause	219.171	Marcel Leuze	240.672	154
9/2/2017	FRA	24 heures de Villenave d'Ornon	Sophie Marteau	166.694	Fabrice Puaud	231.766	46
9/8/2017	GER	Rekener 24 Stunden-Laufes	Ulrike Ziegler	132	Alois Wimmer	146	95
9/8/2017	USA	American Heroes Races 24 H run	Helen Yang	131.805	Christopher Clausen	165.602	21
9/9/2017	USA	Hamster Endurance Runs 24 H	Elizabeth Rogers	87.87	Matthew Jones	144.84	4
9/9/2017	HUN	OptiVita 24h	Katalin Huszak	170.182	Peter Toldi	215.83	24
9/9/2017	POR	24 h Portugal – 24 Horas a Correr	Elena Iabanji	159.75	Janis Actins	213	63
9/9/2017	BEL	Les 24 heures de Liege	N. Celestine	126.59	Fausto Parigi	201.61	26
9/9/2017	GER	24 Stunden von Bernau	Claudia Bree	164.22	Herbert Hartl	194.913	30
9/9/2017	GER	24-Stunden-Solidarit�tslauf	Lisa Butz	124.581	Manfred Busche	152.877	158
9/16/2017	GBR	Self-Transcendence 24 H Race	Therese Falk	236.8	Norbert Mihalik	259.403	44
9/16/2017	CAN	That Dam Hill	Florentina Iofcea	161.487	David Wise	195.249	21
9/16/2017	USA	North Coast 24 H Endurance Run	Tara Langdon	211.545	Harvey Lewis	228.581	130
9/16/2017	FRA	24 heures de St Maixent l'Ecole	L. Kerbourc'H Tehel	160.572	Pierrick Vallee	207.641	39
9/22/2017	GBR	Equinox 24	Emma Marshall Telfer	180	Bryan Clary	210	387
9/22/2017	USA	Goosebumps Run 24 Hour	Keri Peterson	140.013	Paul Weberg	164.153	
9/23/2017	AUS	Brisbane Track Ultra	Isobel Ross	197.6	Matthew Fitzgerald	169.2	8
9/23/2017	SUI	24-Stundenlauf Aare-Insel Brugg	Saara Mikkonen	172,417	Simon Schmid	212,975	37
9/30/2017	USA	Hinson Lake 24 H Ultra Classic	Carissa Liebowitz	186.551	Mark Manz	221.829	329
9/30/2017	HUN	EMU 24 Hour	Vikt�ria Makai	207.689	Peter Molnar	213.267	15

Welsh Castles Relay

The Welsh Castles Relay is a 2 day, 20 stage, 211 mile relay road-race from Caernarfon to Cardiff with an overnight stay in Newtown. It is organised by Les Croupiers Running Club Cardiff and was founded in 1982. This year was the 35th edition of the race and took place 10-11 June.

Wirral AC Captain Phil Robertson writes:

On the weekend of 10th and 11th June Wirral AC's senior distance running team travelled to Wales to once again compete in the legendary Welsh Castles Relay.

The event, which is a huge highlight of the endurance running calendar, sees 66 teams running the 200+ miles from Caernarfon to Cardiff in 20 stages covering the stunning Welsh landscape.

The first day of this year's event was 'blessed' with classic Welsh weather, which saw Will Ferguson lead the team away from Cardiff castle in pouring rain and with those following the race knowing the were in for a very soggy day.

Team manager Nick Wilson took up the challenge on leg 2 putting in a very strong run, storming through the

field in the face of driving wind and rain. I won't put his exact words to describe the weather in this report, but it was less than complimentary!

Leg 3 saw the first of the mountain stages and a castles debut from Chris Morgan. Hopefully the huge hill and pouring rain won't put him off from making a return. Leg 4 saw Wirral take on marshalling duties and Dave Norman put in a fine performance to finish a minute quicker than he did on the same leg last year. Bonus points for spreading the Wirral message to onlookers in the car park afterwards.

Another debutant in the shape of Michael Hudson-Davies carried on the team's progress on leg 5. The unique atmosphere of the race meant that despite being soaked through

Michael had a big smile on his face throughout the race despite being soaked through. Safe to say the castles has another fan.

Pete Fraser was next up on leg 6 continuing his recent good form with another strong run. Another mountain stage faced Kelvin Dickenson with the day's weather (did I mention it rained a lot) meaning he was basically running up a river for the first half of the race and plummeting down a mountain with sponges on his feet for the second.

Leg 8 saw the return of Castles stalwart Alan Woods who despite his 'limited' training regime came in 5th, our highest finish of the first day. The castles allows for mixed teams and our first female athlete, Penny Thorn, ran on leg 9. Penny put in a

really good race, coming past a number of runners on the horribly steep finish to her leg.

The last leg of the day fell to another castles ever present, Mark Hulmston. Arguably the toughest of the 6 mountain stages

A wet Will





Mark showed all of his characteristic grit and determination to put in a great performance and ensure we ended the day on a high. As the convoy of runners arrived at the campsite in Newtown the sun finally came out and we pitched our tents ready to go again the next day.

The second day starts with a mountain leg at 7 o'clock in the morning with team captain Phil Robertson given the 'honour' of taking this on (apologies for writing about myself in the third person). Despite reservations over the time of the leg and the distance and the hills Phil soon found a mountain stage felt amazing.

It looked like Dave Brockway was going to make it two stage wins in a row on leg 12, but a very strong last 2 miles from the athlete from South Wales

Police meant he had to settle for second. Still a very good performance from the ever improving Dave.

Leg 13 saw the first of the Kearneys take to the stage with Ronan setting the bar for the rest of the family. The day's second mountain stage saw Steve Spence tackle the long climb up into the Brecon Beacons. Steve put in another fine performance to secure a top 20 finish on the stage. Caz Hall followed up and then Sarah Kearney tackled the final mountain stage of the competition. Sarah was just run out of the first lady position to come home third and well up in the overall stage.

Tony Devoy put in a strong run on leg 17 before Emily Kearney continued her form from the States with a very good run, only beaten to first women by a lady who finished fourth in the

overall stage, very unlucky to end up on the same leg.

Leg 19 saw the final Kearney of the day and a castles debut for Arran who got the better of many more experienced athletes to come home a very impressive third place.

The honour of finishing off the event fell to Simon Fox who after only coming home from holiday the day before put in a good performance, holding off a number of fast finishing athletes in the crowds outside Cardiff castle.

I'm sure I'm safe in saying that a fantastic

weekend was had by all who participated and we came away with 9th overall, a fantastic result which puts the icing on the cake. Well done and thank you to everyone that took part.

Before I finish this report I'd like to say a few special thank yous: to Mark Morris for organising accommodation at the beginning and end of the event and for moving cars around whenever required. Will and Kate Ferguson for staying to help Marshall on leg 4. Mark Hulmston and Alan Woods for marshalling, driving cars and always being available for selection and travelling the whole way with the team. Finally and most of all to Nick Wilson for the incredible amount of time he has put into organising the team, couldn't have happened without you!



Race Reports

Welsh Castles Relay 2017 – Final Results

19/06/2017

Leaderboard

18:13:18

Caernarfon to Cardiff Castle; Distance: 206.4 miles.

Pos	Team	Time	Behind Leader	Class Posn.	Behind Leader
1	32 Sale Harriers	20:07:28		1st Open	
2	33 Salford Harriers AC	20:38:31	+31:03	2nd Open	+31:03
3	40 Team Bath AC	21:00:52	+53:24	3rd Open	+53:24
4	20 Les Croupiers RC	21:02:37	+55:09	4th Open	+55:09
5	28 Pontypridd Roadents AC	21:21:45	+74:17	5th Open	+74:17
6	1 Aberdare Valley AAC	21:23:59	+76:31	6th Open	+76:31
7	24 Neath Harriers	21:37:11	+89:43	7th Open	+89:43
8	14 Ealing Eagles RC	22:19:59	+132:31	8th Open	+132:31
9	46 Wirral AC	22:32:21	+144:53	9th Open	+144:53
10	11 Clevedon AC	22:39:06	+151:38	10th Open	+151:38
11	34 San Domenico RC	22:40:08	+152:40	11th Open	+152:40
12	56 Les Croupiers RC (V)	22:54:50	+167:22	1st Vet.	
13	9 Bromsgrove & Redditch AC	23:05:15	+177:47	12th Open	+177:47
14	26 Parc Bryn Bach RC	23:13:35	+186:07	13th Open	+186:07
15	10 Buckley Runners	23:14:59	+187:31	14th Open	+187:31
16	30 Port Talbot Harriers	23:21:14	+193:46	15th Open	+193:46
17	12 Chorlton	23:27:56	+200:28	16th Open	+200:28
18	4 Altrincham & Dist AC	23:29:24	+201:56	17th Open	+201:56
19	35 Sarn Helen Club	23:33:21	+205:53	18th Open	+205:53
20	29 Pont-y-Pwl	23:35:48	+208:20	19th Open	+208:20
21	8 Bridgend AC	23:48:02	+220:34	20th Open	+220:34
22	60 Swansea Harriers (V)	23:58:26	+230:58	2nd Vet.	+63:36
23	21 Llswerry Runners	24:01:34	+234:06	21st Open	+234:06
24	42 Vale Royal AC	24:10:38	+243:10	22nd Open	+243:10
25	45 Winchester & District	24:15:54	+248:26	23rd Open	+248:26
26	16 Eryri Harriers	24:17:28	+250:00	24th Open	+250:00
27	5 Bitton RR	24:25:48	+258:20	25th Open	+258:20
28	18 Interval Madrid	24:27:54	+260:26	26th Open	+260:26
29	22 Lytham St Annes RR	24:37:51	+270:23	27th Open	+270:23
30	58 South West RR (V)	24:38:02	+270:34	3rd Vet.	+103:12
31	6 Brackla Harriers	24:42:06	+274:38	28th Open	+274:38
32	62 Burges Salmon LLP	24:43:18	+275:50	1st Bus.	
33	50 Les Croupiers RC (L)	24:43:56	+276:28	1st Lady	
34	36 Serpentine R.C.	24:45:27	+277:59	29th Open	+277:59
35	43 West Cheshire AC	24:52:03	+284:35	30th Open	+284:35
36	59 Stragglers (V)	24:53:05	+285:37	4th Vet.	+118:15
37	37 South West RR	25:03:04	+295:36	31st Open	+295:36
38	3 Aberystwyth AC	25:07:53	+300:25	32nd Open	+300:25
39	39 Stroud & District AC	25:09:22	+301:54	33rd Open	+301:54
40	31 Prestatyn RC	25:14:20	+306:52	34th Open	+306:52
41	25 Run4All	25:17:05	+309:37	35th Open	+309:37
42	17 Great Western Runners	25:24:20	+316:52	36th Open	+316:52
43	23 Meirionnedd RC	25:25:41	+318:13	37th Open	+318:13
44	41 T.R.O.T.s	25:30:38	+323:10	38th Open	+323:10
45	38 Stragglers	25:32:15	+324:47	39th Open	+324:47
46	55 Chorlton (V)	25:33:19	+325:51	5th Vet.	+158:29
47	2 Abergele Harriers	25:33:59	+326:31	40th Open	+326:31
48	19 Islwyn RC	25:34:12	+326:44	41st Open	+326:44
49	44 White Rock	25:36:59	+329:31	42nd Open	+329:31
50	27 Penarth & Dinas Runners	25:37:45	+330:17	43rd Open	+330:17
51	49 Ealing Eagles RC (L)	25:39:12	+331:44	2nd Lady	+55:16
52	57 Serpentine R.C. (V)	25:39:22	+331:54	6th Vet.	+164:32
53	63 Environment Agency	25:59:39	+352:11	2nd Bus.	+76:21
54	15 Ellesmere Port RC	26:03:43	+356:15	44th Open	+356:15
55	7 Brecon AC	26:20:42	+373:14	45th Open	+373:14
56	65 South Wales Police AC	26:25:22	+377:54	3rd Bus.	+102:04
57	13 Denbigh Harriers	26:52:13	+404:45	46th Open	+404:45
58	53 Sale Harriers (L)	26:59:12	+411:44	3rd Lady	+135:16
59	51 Llswerry Runners (L)	27:02:51	+415:23	4th Lady	+138:55
60	48 Chorlton (L)	27:14:25	+426:57	5th Lady	+150:29
61	61 Telford Harriers	27:19:34	+432:06	47th Open	+432:06
62	47 Bitton RR (L)	27:24:45	+437:17	6th Lady	+160:49
63	64 Natural Resources Wales	27:51:29	+464:01	4th Bus.	+188:11
64	52 Run4All (L)	28:45:23	+517:55	7th Lady	+241:27
65	54 Team Bath AC (L)	29:22:53	+555:25	8th Lady	+278:57
66	66 Turner Broadcasting	32:01:21	+713:53	5th Bus.	+438:03

Results © 2017 Welsh Castles Results Service / Les Croupiers Running Club

The Freedom Leisure British Ultrafest 2017

By Abichal Sherrington

The Freedom Leisure British Ultrafest 2017 took place April 1st at the K2 Stadium in Crawley. This year's event featured 24, 12 and 6 hour options with staggered starts. This event replaced the annual Crawley AIM 6 & 12 hour races this year. (All photos courtesy of Jon Lavis)

With perfect conditions the 24 hour race started at 12 noon at the Crawley track along with the 6 hour runners.

Sean Smith set the early pace for the men and Chloe Sellwood led for the first few hours when Nuala Smith took the lead which she maintained until the end. Tim Boone took the lead in the mens 6 hour only to be pipped in the final stages by Sam Butler in a close finish with the top three men less than 2 km apart.

The 8 o'clock evening start for the 12 hour brought new energy to the track just as it was getting dark and the warm afternoon temperatures were declining. Michael Masnik began strongly and drew the field along behind him and by the end of the first hour there was a lap separating each of the top runners. By the second hour however the top three were pulling away with Dan Lawson in second and Anders Frank in third.

Things remained like this until shortly before the 5 hour mark when Dan, who had entered nursing an injury decided it was wiser to stop and so Helen James slipped into third place overall. Fourth placed Tamas Szikszay began picking up the pace putting increasing pressure on Helen until



he squeezed passed just before the 11 hour point to take the third spot, Michal Masnik mens 12 hour winner. (Photo by Jon Lavis)

The 24 hour event began with Brian Robb of Bitton Road Runners taking a slight lead and over the first few hours the lead changed several times with Paul Beechey, Ian Thomas and Andy Jordan all heading the leaderboard. Paul Beechey began to settle down and pull away, wresting the lead from Andy Jordan until the 9 hour point when Italian Antonio Tallarita made an impression in the leading group – catching and assuming the lead in the 11th hour.

While Charlotte Smith took an early lead in the Women's race, it was Lotta Thorn and Wendy Shaw who began to assert themselves and it was Wendy who began following Antonio's progress up the leaderboard making it to third place overall by hour 10. By the midway point Wendy had

surged into second place overall. That earlier drive began to take its toll and gradually both Antonio and Wendy began to slow giving Andy Jordan who had been 4th and then third for hours, began to make ground on the two in front until just before 21.5 hours, Andy moved into second place.

With two hours to go and 5 laps behind Antonio, he dug deep covering some 23 laps in the 23rd hour blasting into a 4 lap lead with an hour to go. Wendy hung on for third place overall and Andy finished the job with just over 202 km, 125.72 miles.

With 14 runners hitting the 100 mile mark in the 24 hour, Race Director Pam Storey had every right to be happy with the overall performances in all the races. With great conditions, (though it did get very cool and misty at one point during the night) the dawn brought a fresh energy that lifted everyone until the final whistle.

Top Places in the Freedom Leisure British Ultrafest 2017



Gratitude

The organisers would like to thank all the volunteers who so generously offered their time including Sharon Herbert, the Timekeeper. Glyn Raymen set the tone at the Aid table and Simon Shaylor helped out through the night after running the 6 hour!! Gil did a wonderful job on the scoreboard after setting up and of course the takedown – well done Gil. Many thanks to Alan Young, co-founder of the British Ultra Fest who is the course measurement official amongst other things. Thanks too to Wendy Edwards for her support.

Chris Brownlee the Groundsman was a great help and we offer our thanks to our sponsors, Freedom Leisure for making sure things went well and that the venue was made available to us on very helpful terms. Morrisons helped with the supplies for the Aid table – thank you. We also would like to thank again the RRC for their invaluable support and Howlett Design for their great design.

It was great to have Lindley Chambers and Maxine from www.challenge-running.co.uk who provided wisdom

and advice and a healing hand in the First Aid tent.

Keith Godden at Ultramarathon Running Store has been very generous again and he continues to be an excellent source of gear for ultrarunners and we are very grateful for his continued support.

Julie Burrows and Graham Hahn from Whats My Time did a fantastic job. Keeping track of the runners laps is a big part of the event and the organisers were impressed by their efficiency – many thanks.

Many thanks to Will Roberts who stayed for the whole race and who put together a great Podcast for Beyond The Ultimate called A Day In The Life – The British Ultrafest 24hr.

Thanks to the all helpers and well wishers who contributed in some way and to the crews, the runners and of course to Pam Storey who dedicated a large part of the last 6 months to making sure the Freedom Leisure British Ultrafest 2017 event would be a success – these things are never guaranteed.

Race website: Britishultrafest.com

Pos	Name	Km
Men		
	24 Hour	
1	Andy Jordan	202.338
2	Antonio Tallarita	198.673
3	Brian Robb	188.008
Women		
	24 Hour	
1	Wendy Shaw	191.665
2	Sandra Brown	174.346
3	Georgina Townsend	166.465
Men		
	12 Hour	
1	Michal Masnik	135.637
2	Anders Frank	124.477
3	Tamas Szikszay	120.877
Women		
	12 Hour	
1	Helen James	117.481
2	Brenda O'Keefe-Mier	83.106
3	Joyce Crawford	79.85
Men		
	6 Hour	
1	Sam Butler	68.074
2	Timothy Boone	68
3	John Knapp	66.165
Women		
	6 Hour	
1	Nuala Smyth	53.244
2	Chloe Sellwood	49.706
3	Ria Trundle	33.899
Timing by Whats My Time		
Photos by Mark Easton & Jon Lavis		



Emu 6 Day Ultramarathon 2017

The EMU 6 day Race 2017 started at 12 noon, on a new course at the traditional venue in Balatonfüred in Hungary.

This was the seventh edition of the event and with a brand new 1 km looped, paved, traffic free course, the organisers were hoping the improvements would be reflected in performances.

With a star studded field the event was an exciting multiday prospect.

The start list featured

95 runners from 28 countries contesting the World Trophy - the unofficial World 6 day Championships including women's favourite, last year's winner from Japan, Sumie Inagaki. Canadienne Charlotte Vasarhelyi returned as did Australian Sarah Barnett and Silke Gielen from Germany.

In the men's race German Wolfgang Madhupran Schwerk the top German multiday runner was back after setting records in

the 2016 event. He was up against the South African Johann Van Der Merwe who was determined to put in a good performance. Frenchman Olivier Chaigne who had a best of 920 km was a contender as was Australian Martin Fryer who, along with Schwerk, both run for the Sri Chinmoy Marathon Team.

Yudith Hernandez Melgar from Sweden who ran 234 km in Skovde 24 in 2013 was also venturing into her first 6 day.

Early leaders after 20 hours showed Johan van der Merwe on course to reach his goal of 1028 km, however Johan wasn't able to maintain the effort. Sumie Inagaki led the 20 women taking part in this race.

After 72 hours, Oliver Chaigne had a small lead over Sweden's Johan Steene and close behind Johan, Wolfgang Schwerk methodically covered the miles. Aidas Ardzijauskas from Lithuania lay in fourth.

Race Reports



Seven runners over 800 km and a bunch of World and National records make the final results a credit to

the organizers of this high quality race.

www.emusport.hu

The 6-day emu world trophy final result:

Men

1. Johan Steene (Sweden) 870,915 km
2. Miller Peter (Hungary) 842,745 km
3. Olivier Chai Gne (France) 834,827 km

Women

1. Silke Gielen (Germany) 782,336 km
2. Tina Andersen (Denmark) 741,112 km
3. Kristina Pal (Sweden) 667,939 km

Johan Steene (SWE)

Photo by Szilvia Ószi

Silke Gielen (GER)

Photo by Szilvia Ószi



Space opened up between the top women. Silke Gielen topped the leaderboard ahead of Tina Andersen, Sumi Inagaki in third and Kristina Paltén in fourth place.

The race drew to an exciting close on May 10th, but with 24 hours to go Olivier Chaigne had a 12 km lead on Johan Steene who in turn led Aidas Ardzijauskas from Lithuania by some 32 km. Back in fifth place, Hungarian Peter Molnar was revving up and increasing the pressure on those runners in front of him throughout the night and by 6 in the morning

had passed Italian Michele Notarangelo and Olivier Chaigne and closing fast on the Lithuanian Aidas Ardzijauskas. Covering some 154km on the final day, 95 miles, Molnar blasted into second place pushing Olivier Chaigne into third.

The women's race was a more settled affair after Silke Gielen and Tina Andersen set up shop in first and second places and it was only in the final hour of the 5th day that Kristina Paltén went past Sumie Inagaki to secure third place on her debut at the 6 day distance.

Trans-Ireland Run 2017

Two runners have recently broken Mimi Anderson's record for the fastest crossing of Ireland - Mizen Head to Malin Head in Donegal.

Tom Garrod, a London-based ultrarunner and cancer survivor started his 344-mile attempt from Mizen Head in County Cork, Ireland's most southern point, at 3.15pm Thursday 11 May 2017 – his 40th birthday.

Tom aimed to get to Malin Head in County Donegal, Ireland's most northern point, in under 3 days, 15

hours and 36 minutes (87 hours and 36 minutes) in order to beat Mimi's current official Guinness World Record and he was successful in the attempt.

"My sole motivation in attempting this Guinness World Record - to be the fastest person to run the length of Ireland - is to raise awareness for testicular cancer and its early detection," said Tom, who founded Bustin' Your Balls (BYB) to help grow this awareness.

However, just days before Tom was

due to begin his run, starting on April 29th, Eoin Keith completed the 344 miles in 3 days, 3 hours and 47 minutes. Eoin is the current Irish record holder at 24 hours, 48 hours and 6 days.

Congratulations to both athletes on their inspiring performances.

Visit his website:

<http://www.bustinyourballs.org>

Email him: tom@bustinyourballs.org

Eoin Keith's blog -

<https://eoinkeith.wordpress.com>

3100 Run & Become Documentary



Sanjay Rawal launched a Kickstarter campaign to raise \$75,000 to fund the final stages of production of the 3100 Run & Become documentary, spanning the Self-Transcendence 3100 Mile race, the Navajo, Bushmen and Japanese Marathon Monks.

Sanjay wrote "The most elusive, elite multi-day race in the world, the Self-Transcendence 3100 Mile Race, takes place in Queens, New York City each

summer and demands at least 59 miles a day for 52 straight days.

We followed Ashprihanal Aalto, a diminutive Finnish paperboy and a 13 time (!) finisher of this colossal race as he returned for a record 14th attempt. We also follow Shamita Achenbach-Konig, an Austrian cellist as she attempts the Race for the first time.

While the participants of that Race are for the most part Western, the Race

was founded by the Indian spiritual teacher Sri Chinmoy. In a sense, the race requires runners to tap into an ancient energy found in the most remote cultures of the world."

The campaign was successful and work continues to bring this fascinating project to the ultrarunning community and runners everywhere.

Promo video on Vimeo <https://vimeo.com/212678272>

Berghaus Dragon's Back 2017

The Dragon's Back 2017, a five-day mountain race across Wales got underway at 7:00am 21st May. 223 competitors from 24 countries set out on the Berghaus Dragon's Back Race from Conwy Castle to Carreg Cennen Castle. Over the next five days, the participants were to attempt to complete a course of 315 km, including 15,500 m of ascent .



Maxim Kazitov leads Berghaus Dragon's Back Race competitors out of Conwy early on day one of the race - photo Ciancorless

Day 1

Start – Conwy Castle

Finish– Hafod y Llan Campsite

Distance covered – 52km

Height climbed – 3,800m

Key features – Carneddau, Glyderau and Snowdon massif

Number of starters – 223

Number who completed the day –198

Number of runners who didn't complete the full day – 25

Day one of the 2017 Berghaus Dragon's Back Race featured 52km, with 3,800m of climbing, including Tryfan, the Glyders and Snowdon via Crib Goch, 25 competitors didn't make it to Day 2

2015 winner Jim Mann built a big lead through the day - by the Pen Y Pass checkpoint, Mann was almost half an hour ahead of the field and finished the day in an impressive time of 7:12 however missing a checkpoint incurred a 15 minute time penalty. Neil Talbott reached Hafod y Llan Campsite second in 7:54, with Marcus Scotney third in 8:14.

First over the line in the lady's race was Sabrina Verjee in 9:27 Carol Morgan took second in 9:46 and Caroline McIlroy third in 10:07.

Day 2

Start – Hafod y Llan Campsite

Finish– Vanner Farm Campsite

Distance covered – 58km

Height climbed – 3,600m

Key features – Moelwynion and Rhinogydd

Number of runners still in the full race after day two –170

28 Warriors fell or were wounded in some way throughout the day. Jim Mann stretched his lead over the 58km route across the Moelwynion and Rhinogydd hills in 7:52. Marcus Scotney lost 23 minutes to the leader on the day but wasn't too disappointed. "I know Jim is so much faster than me over the rougher terrain," he said, "so today was really about surviving the Rhinogs and reducing my losses. The plan worked and when the ground was runnable - I was going really well so I hope in the later stages of the race to be able pull time back. There are still three days to go."

Jez Bragg was happy to take third spot on the day, cutting into Neil Talbott's lead.

The day's winner in the womens racey was Caroline McIlroy in 10:14. Caroline is British and has lived



Carol Morgan on day two of the Berghaus
Dragon's Back Race
photo Ciancorless.com

in Newfoundland for many years. Today she had an advantage of familiarity with the hills.

"When I was growing up we had a family cottage in the area," she said, "and we often walked over Cnicht, the Moelwyns and the Rhinogs, so today was all very much like home ground to me." Caroline finished just ahead of women's race leader Sabrina Verjee, who is also familiar with the terrain having finished in 14th place overall in the 2015 race.

Verjee has a 26 minute lead, but McIlroy has moved ahead of Carol Morgan, by 35 seconds, to make it very close race at this point.

Race director Shane Ohly said: "Today has been tough for the team. We have had to make some hard decisions and some competitors have found those really difficult to accept. As race director, I always have to think about the integrity and credibility of the race. We have rules and it's essential that we apply those consistently and with parity. This doesn't always tally with what our runners want from their experience at the Berghaus Dragon's Back Race, but we have to take this approach. This means that some competitors have been agonisingly timed out or disqualified for major rule infractions. We always give them the chance to explain their position, but remain consistent in our application of the rules, and that doesn't

always go down well with those affected. What kind of business kicks out its customers? Well, this one has to sometimes, or it won't survive in the long term. It's been that kind of day."

Day 3

Start – Vanner Farm Campsite

Finish– Fagwyr Fawr Farm

Distance covered – 71km

Height climbed – 3,500m

Key features – Cadair Idris and Pumlumon Fawr

Number of runners still in the full race after day three –138

Day three saw the cumulative effect of days of mountain running. Statistically, those who finish day three stand a good chance of completing the race, and at 71 km, it was a long one.

Jim Mann took a wrong turn made after reaching the summit of Cadair Idris and lost an hour and a half before realizing his mistake and ending up finishing behind Marcus Scotney who had a good day - he said, "It was nice to get off the rocks and be able to run some more today" finishing in 7.54.33.

Neil Talbott finished third for the day and third overall. Jez Bragg finished 33 minutes behind Talbott for fourth

place.

Sabrina Verjee had a tough day with asthma problems but was first woman across the line. Caroline McIlroy in second and Carol Morgan are a mere 89 seconds apart.

It was a day of two halves in terms of the weather. For much of the first half of the day, dense cloud settled over the mountains, but it was still mild and humid. As the afternoon wore on, the sun took over and runners had to deal with very warm conditions. The forecast for the next two days is even hotter, something else for the remaining racers to contend with as they continue on their way. Tomorrow is another 71km, though with less climbing.

Day 4

Start – Fagwyr Fawr Farm

Finish – Rhandirmwyn

Distance covered – 71km

Height climbed – 2,400m

Key features – Elan Valley and Drygarn Fawr

Number of runners remaining after day four – 130

5 more runners lost the battle, the final day. Marcus Scotney led Jim Mann by 12 minutes who made a massive effort to claw back the lost time. Two hours behind the leaders in third place, Neil Talbot extended his lead over Jez Bragg to 1:20, while Jez was followed by Ken Sutor,

just 14 minutes behind.

In the women's race, 15 minutes separated the top three with positions being maintained and Michelle Bowen 4 hours behind in 4th place.

Day 5

The final day challenged runners with 63 km and 2,200m of climbing, with a significant distance on trackless terrain. The route included a climb to the summit of Fan Brycheiniog and Carreg Yr Ogof on the Black Mountain

Marcus Scotney put aside injury concerns to lead from the front on the final day and win the 2017 Berghaus Dragon's Back Race, ahead of defending champion Jim Mann. In the women's race, Ireland's Carol Morgan caught and passed overnight leader Sabrina Verjee to claim the title. It was another hot day of competition in the Welsh mountains and at the end of 315km and 15,500m of climbing, 127 of Monday's 223 starters completed the full race.

After day four, Marcus Scotney was concerned about a knee injury and there were doubts that he would start the final stage at all. However, there was no sign of Scotney being hampered by the injury as he stretched his overnight lead over Jim Mann, crossing Black



Marcus Scotney strides out on day five of the Berghaus Dragon's Back Race - photo Ciancorless.com

Race Reports

Mountain and finishing on the outskirts of Llandeilo. Scotney completed the race in 37 hours 58 minutes (6:12 on the day), over an hour and a half ahead of Mann (39:38). Third place was claimed by Neil Talbott (41:53), completing a top three for Great Britain.

Commenting afterwards, Marcus Scotney said: "It's not really sunk in. I thought it was over last night and that I wouldn't be able to run, but today I decided that I had come here to complete the race and to win, and that I had to give it a go. I knew too that this was potentially my fastest day and that I could run most of it if the knee held out, and it did, though I didn't have a full range of movement. In the end, I was well inside my 40 hour target as well, so I'm delighted with the result."

It was a tense finale in the ladies' race, with the three leading runners separated by only 15 minutes at the start of the day. In the end, it was Carol Morgan of Ireland who crossed the finish line in Llandeilo first in an overall time of 48:43, and 7:57 on the day. During the day, she overhauled Sabrina Verjee's lead and then built a winning margin of 45 minutes. Verjee completed the race in 49:28, and Caroline McIlroy was third in 50:23. In winning the event, Morgan became the first international winner of the Berghaus Dragon's Back Race.

Like the men's winner, Morgan is struggling to come to terms with her victory. "I'm really not sure how I feel right now," she said. "I was so nervous this morning. I get nervous before a 5k race and have never done anything this hard so there was more to be worried about. I didn't know what would happen or how I'd cope on a fifth day, and the other two runners are very strong."

"I didn't see either of them all day! I did contour around one hillside and had been told that Sabrina was only just in front. Maybe I saw her on the top, I don't really know, but after that I kept thinking she was behind and would



Sabrina Verjee in action on day two of the Berghaus Dragon's Back Race - photo Ciancorless.com



Jim Mann enjoys day two of the Berghaus Dragon's Back Race
photo guillemcasanova.com

come back at me. Then the road at the end was so brutally hot it was hard to keep going."

Elsewhere in the field, competitors worked hard in the heat to ensure that they made the cut-off times and completed the full race to earn their much-coveted dragon trophies. Among them was Joe Faulkner, who became the only person to complete all four editions of the Dragon's Back Race since it was first held in 1992.

Berghaus Dragon's Back Race director Shane Ohly reflected on a week of Welsh mountain running:

"It's been an incredibly exciting Berghaus Dragon's Back Race and a really amazing week. The event had its first chasing starts since 1992 and the women's race was fantastically close, with three competitors within 15 minutes of each other at the start of today. Each of them suffered in the heat, but Carol had a very strong final day and that proved to be crucial."

"In the men's race, it was fascinating to watch the lead swap between Marcus and Jim. Ultimately, Marcus was faster and made fewer mistakes and fully deserves his brilliant win. I have huge respect for Jim for coming back and defending his title. He had nothing to prove and made some big navigational errors, yet still pushed Marcus all the way."

"And as for Joe Faulkner, he is characteristically relaxed about completing his fourth Dragon's Back Race, but it is a brilliant achievement and unlikely to be equalled any time soon."

The next edition of the Berghaus Dragon's Back Race will take place 20-24th May 2019 - entries open May 2018.

Full results on the race website @ www.berghausdragonsbackrace.com

The Multiday & Ultrarunning Calendar 2017/18

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PIETERSBURG ROAD RUNNERS

100 Mile & 24 Hour Track Race

PRE-ENTRY ONLY
(Pre-Entry Closing date: 30 November 2017 @ 16:00)

100 MILE MEN - 11:56:56, Derek Kay, Durban, 07 Oct 1972
100 MILE WOMEN - 16:20:01, Cheryl Torr, Durban, 11 Oct 1986
24 HOUR MEN - 259,063km, Johan van der Merwe, Tzafel, 08 Dec 2013
24 HOUR WOMEN - 190,400km, Hazel Muller, Pietermaritzburg, 29 Sep 2014

Date: Saturday 14 April 2018
Time: 09:00
Venue: Peter Mokaba Stadium
Dorp Street, Polokwane
(South: 23°55'28.56" & East: 29°22'52.48")

- The race will be held under UAF, ASA and IMA rules and is an IAU Bronze Label Accredited event.
- The race will be held on a 409 meter Synthetic track at the Peter Mokaba Stadium, Polokwane, Limpopo, South Africa.
- The laps completed by the athletes will be electronically recorded. Running direction will be alternated every six (6) hours.

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Upcoming Races

The Multiday & Ultrarunning Calendar 2017/18

Please check the race website for event details as they may have changed since this information was compiled.
Ultrarunning World is not responsible for mismatches in varying versions of reality.

11/3/2017	GBR		135 miles	M	Mixed Surface	Rebellion
11/3/2017	USA	FL	48/24/12/6	M,U	Trail	Save The Daylight
11/3/2017	USA	NC	24 hour	U	Trail	Tideland 24
11/11/2017	USA	GA	24/12/6 hours		Track	The Stinger
11/12/2017	ARG		250 km	M	Mixed Surface	4Deserts Roving Race Patagonia 2017
13/11/2017	USA	FL	144/72/48/24/12 hours	M	Road	Icarus Florida UltraFest
19/11/2017	RSA	EC	100/65/42 km	U	Trail	Salomon Sky Run
11/24/2017	CRI		200/116 km	M	Trail	Costa Rica Trail - La Transtica Extreme
11/24/2017	KHM		220k	M	Trail	6 th GlobalLimits Cambodia - The Ancient Khmer Path
11/24/2017	TWN		100m/km 50 km	U		Yilan Dongshan River Ultra-Marathon
12/2/2017	TWN		24 hours	U	Track	Soochow International Ultra-Marathon
12/2/2017	USA	SC	10 hours	U	Trail	King Of The Mountain Ultra 50k
12/2/2017	RSA	WC	100/62/17 km	U	Trail	Ultra-Trail® Cape Town
12/9/2017	USA	AZ	24 hours	M	Track	Desert Solstice
27/12/2017	RSA	GT	6 Day / 72/48/24/12/6 Hour	M	Road	Running Festival Hillside
12/28/2017	USA	AZ	6 Days,24/48/72 hrs	M	Mixed Surface	Across The Years
12/30/2017	USA	TX	55 Hours	U	Mixed Surface	Snowdrop ULTRA 55 Hour Race & Relay
1/13/2018	TWN		66/50/42/20/10/5 km	U	Road	Yangmingshan Ultra-Marathon
1/14/2018	AUS		56km	U	Mixed Surface	Two Bays Trail Run
1/25/2018	GRC		1000 miles	M	Road	Athens International Ultramarathon Festival
1/25/2018	GRC		6 day	M	Road	Athens International Ultramarathon Festival
1/26/2018	GRC		48 hours	M	Road	Athens International Ultramarathon Festival
1/27/2018	GRC		24 hours	M	Road	Athens International Ultramarathon Festival
1/28/2018	USA	TN	24/12 hours	U	Trail	Black Toe Run
1/31/2018	GRC		1000 km	M	Road	Athens International Ultramarathon Festival
2/1/2018	CAN	YT	100/300 miles	M	Trail	Yukon Arctic Ultra
2/3/2018	GBR	ENG	66 miles	M	Trail	Pilgrim Challenge
2/3/2018	USA	FL	118 miles	U	Trail	LOST
2/3/2018	USA	SC	24/12/6 hours	U	Trail	Hallucination
2/9/2018	GBR	ENG	100 miles	U	Trail	The Arc of Attrition
2/9/2018	TWN		48/24/12/6 hours	M,U	Road	6 th Taipei International 6/12/24/48 Hour Marathon Festival
2/9/2018	TWN		48/24 hours	M,U	Road	Taipei Ultra-Marathon
2/16/2018	AUS	ACT	48/24/12/6 hour 100 km	M,U	Track	CBR.48hr
2/16/2018	FIN		300/150/66 km	M,U	Mixed Surface	Rovaniemi Artic Winter Races
2/16/2018	USA	NV	48/24/12/6 hours/100m	U	Road	Jackpot Ultra Running Festival
2/17/2018	USA	GA	24/12/6 hours	U		Farmdaze 24
2/22/2018	USA	TX	72/48/24/12/6 hours	U	Road	Jackalope Jam
2/24/2018	USA	CA	24/12/6 hour	U	Track	Riverbank One Day
3/2/2018	USA	CA	24/12/ hours	U	Trail	San Diego Pirate's Cove 12/24 Hr Run/Walk
3/2/2018	RSA	EC	100 m /76/44 km	U	Trail	South African Addo Elephant Trail Run
3/10/2018	SWE		6/3/1 hours	U	Road	Skövde
3/30/2018	GBR	NI	173 km	U		Belfast2Dublin Ultra



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Venue: Balatonfüred, Füred Camping. 926,82 meter long certified ROAD loop with 100% asphalt surface surrounded by trees, with left and right turns, without direction change, fully confined from the traffic.

Date: 3 May 2018 (Thursday) 12:00 – 09 May 2018 (Wednesday) 12:00

Supply: non-stop service table during the entire 144h.

Warm meals: 6:00 - 12:00 - 18:00 – 24:00

Timekeeping: Championship – Hunrun.com

Prizes: Participant who wins the race with new track record gets free entry for 2019 race.

The first 3 male and female finalists and the top 3 teams of the race of the nations will be awarded by trophy, medal and top quality vitamin products.

All finishers receive a medal, a certificate a T-shirt with the race logo and a finish package.

Further information and application: <http://www.emusport.hu>

Upcoming Races

3/31/2018	USA	CA	50K Ultra	U	Trail	VALENCIA Trail Race
3/31/2018	RSA	WC	56 km	U	Road	Old Mutual Two Oceans
4/7/2018	GBR	ENG	24/12/6 hour	U	Track	Crawley A.I.M 24/12/6 hour
4/13/2018	TWN		246/165/110 km	M,U	Road	Run Across Taiwan
4/13/2018	TWN		246 km	M	Road	Run Across Taiwan Ultra-Marathon
4/14/2018	RSA	LP	24 hour/100 miles	U	Track	Pietersburg Road Runners 100 mile & 24 H Track Race
4/21/2018	RSA	MP	50/21 km	U	Road	Loskop Ultra Marathon
4/28/2018	RSA	MP	100 km	U	Trail	Recce Mission
4/29/2018	RSA	EC	108/49 km	U	Trail	Outeniqua Quest
5/3/2018	HUN		6 Day	M	Road	EMU 6 Day Race
5/5/2018	GBR	ENG	97 miles	M	Trail	The South Downs Way Devil's Challenge
5/12/2018	USA	PA	24/12 hour 50 km	U		Dawn To Dusk To Dawn Ultras
5/12/2018	GBR	ENG	190 miles	M	Trail	Northern Traverse
5/15/2018	USA	NJ	6 days/72/48/24/12/6 hours	M,U	Road	3 Days at the Fair
5/25/2018	BTN		6 days	S	Trail	6th GlobalLimits Bhutan - The Last Secret
5/26/2018	GBR	ENG	145 miles	U	Mixed Surface	Grand Union Canal
6/4/2018	ITA		6 days/48 hours/100miles	M,U	Road	Italian UltraMarathon Festival
6/10/2018	RSA		89 km	U	Road	Comrades
6/10/2018	RSA	NL	89 km	U	Road	Comrades
6/10/2018	RSA	WC	50 km	U	Trail	The Beast Trail Run
6/11/2018	RSA	NC	200 km	U	Trail	Richtersveld Wildrun®
6/17/2018	USA		6 days	S	Trail	Desert RATS Kokopelli 150
7/7/2018	RSA	EC	52 km	U	Trail	Rhodes 52 km Trail Run
7/14/2018	BEL		24/6/1 hours	U	Road	24 uur van Aalter
7/14/2018	RSA	WC	50/35 km	U	Trail	Salomon Bastille Day Trail Run
7/27/2018	GBR	ENG	130 miles	U	Mixed Surface	Liverpool to Leeds Canal Race
7/27/2018	RSA	EC	100 miles	U	Road	Washie 100
7/29/2018	CHN		250 km	M	Mixed Surface	Gobi March (China) 2017
8/11/2018	AUS	WA	24/12/6/3 hours	U	Track	Track Ultra WA
8/11/2018	RSA	NW	50/36 km	U	Trail	Magaliesberg Challenge
8/18/2018	GBR	SCO	214 miles	M	Trail	Race Across Scotland
8/18/2018	RSA	WC	53 km	U	Trail	Merrell Whale of Trail
8/25/2018	GBR	ENG	145 miles	U	Mixed Surface	Kennet and Avon Canal Race
9/2/2018	RSA	WC	44 km	U	Trail	Table Mountain Challenge
9/8/2018	RSA	NL	50 km	U	Trail	Mont-Aux-Sources 50km Challenge
9/10/2018	ITA		6 day/48/12/6 Hrs,100 M/Km	M	Mixed Surface	Italia Ultramarathon Festival
9/24/2018	RSA	EC	68/21 km	U	Road	The Legends Marathon
13/10/2018	RSA	WC	100 km	U	Trail	The Cederberg Traverse
18/10/2018	RSA	NC	250 km	S	Trail	Kalahari Augrabies Extreme Marathon (KAEM)
18/11/2018	RSA	WC	73 km	U	Trail	Oyster Catcher Ultra Trail Run
2/16/2019	USA		24 hour/100/50 m 50 km /	U	Sand/Beach	Destin 24 hour Beach Ultra
6/26/2019	GBR	ENG	250 miles	M	Mixed Surface	Thames Ring
10/10/2019	RSA	NC	250 km	S	Trail	Kalahari Augrabies Extreme Marathon (KAEM)
00/00/2018	USA	NE	500 miles	M	Road	Race Across Nebraska
00/04/2018	USA	NY	10 days	M	Road	Sri Chinmoy Ten Day Race
00/04/2018	USA	NY	6 days	M	Road	Sri Chinmoy Six Day Race



19th Mongolia Sunrise to Sunset (MS2S) 2018

Ultimate adventure: Register for Mongolia Sunrise to Sunset!

- The untouched nature of Northern Mongolia is the setting for the 20th Mongolia Sunrise to Sunset (MS2S) 2018 42km and 100km trail starts August 1st

– Adventure seeking runners can still sign up for the ultimate Mongolia experience: The registration period for the 20th edition of the Mongolia Sunrise to Sunset (MS2S) closes at the end of June. The race location in Hovsgol National Park is stunningly beautiful: With the crystal-clear Lake Hovsgol, remote, marshy forests, windblown lowlands and craggy mountains, the MS2S is without a doubt one of the most beautiful runs on the planet.

The Mongolia Sunrise to Sunset is more than a marathon and ultra-marathon race: Participants from all over the world spend one week in the wild nature. They get in touch with the nomadic culture of the locals and learn about Mongolian traditions, beliefs, and way of life. On their quest to complete this spectacular race, runners pass by wild horses and yaks, seas of wildflowers, the craggy mountains and windblown lowlands. MS2S opens new perspectives.

All proceeds of the event are used to keep Hovsgol National

Park pristine and clean as well as to support the culture of the local nomads via the “ecoLeap foundation”. “We want to keep this pristine mountain area as beautiful as it is now. That is why we fund a litter control project and its ongoing operation including hiring park rangers, providing eco-friendly garbage bags and raising awareness nation-wide through TV ads and education of local children and families”, explains race director Nicolas Musy.

Beautiful & challenging

The race is not only beautiful but also challenging: The accumulated elevation gain/loss in the marathon distance is more than 2,200 meters, in the 100km ultra run it is more than 3,300 meters. Still, everybody with a strong spirit and good training can complete the race. The cut-off time is 18 hours.

- Registrations are open until end of June! Sign up on ms2s.org to experience the unique noadic culture and run in one of the world's most remote mountain areas.

More information: Website: www.ms2s.org

