

# Ultrarunning World

A group of ultrarunners are running on a dry, sandy trail in a desert environment. The lead runner is a man in a yellow shirt and cap, wearing a hydration pack with two water bottles. Behind him, several other runners are visible, some using trekking poles. The background shows sparse desert vegetation and a clear sky.

ROAD, TRACK & TRAIL MULTIDAY & ULTRA DISTANCE NEWS  
ISSUE 9

## Kalahari Augrabies Extreme Marathon

**Brugg 12 Hour  
Deadwater  
Rebellion 135**





**4<sup>th</sup> edition**

**From Jan. 28<sup>th</sup>  
to Feb. 5<sup>th</sup> 2018**

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We are very pleased to share this issue with the community and to bring these reports and updates on international and British events.

We are very grateful to all the people who have kindly contributed their experience, time and energy to make this edition a reality.

Next Deadlines are December 15th and January 19th.

### Ultrarunning World Magazine

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## Breaking News

**Anglo-Celtic Plate 2018**, the British 100km championships, will take place at Redwick, near Newport, on 31st of March. The **Belfast 24-hour** race will be back in Victoria Park, Belfast on June 23/24 in 2018 with a 1 p.m start. There will be a 24-hour (National Champs ),12-hour, 100km and team relay (teams of 4 including at least 1 woman, each doing 3 stints of 2 hours). Entry for all the races is open to all and will go live on Active in mid-December.

**Camille Herron** set a new Women's 100-mile world record in 12:42:39 at the 2017 Tunnel Hill 100 Mile race with a performance that eclipsed the previous record of 13:45:49, set by Gina Slaby at Desert Solstice Track Invitational in 2016.

## Recent Multiday Races

The 8<sup>th</sup> **Royan** 48, 24, and 12 hour race took place at the Stade d'Honneur de Royan on a 1 km loop. The 48-hour started October 6th and was won by Christian Mauduit with 375.584 km while the women's race was won by Yolande Roches with 324.262 km. The 24-hour was won by Romain Noblet with 203.477 km with the women's winner being Annette Vignaud with 172.880 km

Details on the website: <http://100km.iroyan.com/>

The inaugural 2016 **Darkside Distance Festival** featured a 60 hour race which this year also included 48, 36, 24 hour options as well as 100m, 50m, or 100k, 50k, 25k events. The 60-hour was won by Scott Ludwig with 118 miles while the women's winner was Teresa Chandler with 100.1 miles. Jameelah Abdul-Rahim Mujaahid was the only runner in the 48-hour and ran 109.5 miles.

Details on the website: [www.darksiderunningclub.com](http://www.darksiderunningclub.com)

The first running of **Via Iberica** took place October 22nd. The Via Iberica is a 7-day staged race over a total distance of 450 km. Starting at Urdos in France, the route passes through Spain to cross Aragon and finish at Riumar in Catalonia. This year's event was a test run for 2018 with seven runners ironing out the kinks and was won by Gwen Quéant in 46:59:31.

Details on the website: [www.via-iberica.jimdo.com](http://www.via-iberica.jimdo.com)

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The **Trans Pecos Ultra** is a self-supported, multi-stage footrace that takes place in West Texas in part of the Chihuahuan Desert, the largest desert in North America and in Big Bend National Park. The 6 daily stages add up to 163 miles/260 km and a total of 15,000. This years race was the third running and was won by Adam Harmon in 35:17:47, a new course record. First woman, Sereena Trottier, was second overall in 48:49:03.

Details on the website: [www.trans-pecosultra.com](http://www.trans-pecosultra.com)

The **Kalahari Augrabies Extreme Marathon** (KAEM) was founded in 2000 and is held in the Northern Cape's 'Green Kalahari'. The event is a self-sufficiency race held in six legs over seven days with set distances for each day, ranging from 28km to 75km. Runners must carry all their supplies, clothes and compulsory safety/survival equipment

for the duration of the event. Overnight shelter in camps, and water, which is strictly controlled and distributed during the race, is supplied. The event covers 250 km in difficult conditions. Starting October 28th, the 40 runners were dominated by Australian Dion Leonard, who is featured elsewhere in this issue. Dion won every stage finishing with an overall time of 26:22:00. First woman was Maretha Cornbrinck in 29:56:22, who was joint second overall.

Details on the website: [www.kaem.co.za](http://www.kaem.co.za)

The first **Run Across Taiwan Ultramarathon** was held in 2014. The 3-day course traverses the island from west to east, through the scenic Zhongbu Cross-Island Highway. Along the 246 km route, runners have to face the difficult weather conditions with constant rapid altitude fluctuations. This year the 120 km race began October 28th with one finisher, Kuan-Yu Liao, in 20:16:42.



Hannes Veide  
Photo courtesy of Wendy Edwards

Details on the website: [www.ctau.org.tw](http://www.ctau.org.tw)

The 4th **Annual Icarus Florida UltraFest** featured a 6-day race plus 72, 48, and 24-hour races as its normal format, taking place on a paved 1.0408 km loop in Fort Lauderdale.

The winners of the 6-day race were Sarah Barnett (AUS) with 541 km for the women' and Nicolae Buceanu (ROM), pictured below, with 658 km for the men.

In the 72-hour, Annabel Hepworth was the only woman and covered 325 km, while the only man was Mark Prezzemolo, who ran 285 km.

In the 48-hour, Olivier Leblond set a new American 48-hour record with 421.9395 km. The 24-hour saw Cinthia Espinosa run 172.7728 km to win the women's race. Andrew Farretta won the men's race with 183.7643 km. Race Director Andre Nana

said afterwards that 'four new records had been set' - two Romanian Age Group 144 Hours (Nicolae Buceanu and Adrian Bontiu), one American Age Group 144 Hours (Betty Smith 75-80), and one American Overall 48 Hours (Olivier Leblond), all pending ratification.

The **4Deserts Patagonia**, the 10th edition of the RacingThePlanet Ultramarathon, began Sunday 12th November, with nearly 300 competitors representing 50 countries starting Stage 1 of the six-stage race. The event takes place in Argentina in a sparsely populated area featuring spectacular terrain and vistas, with each stage featuring something unique. Winners Neill Weir and Sarah Sawyer led from the first day. The winning times were:

Men's

- 1 Neill Weir (NIR) 20:59:23
- 2 Ralph Crowley



(USA) 21:38:31

- 3 Romain Maria (FRA) 21:45:48

Women's

- 1 Sarah Sawyer (GBR) 27:10:24
- 2 Magdalena Paschke (GER) 28:02:25
- 3 Claire Heslop (CAN) 28:51:01

Details on the race website: [www.4deserts.com/beyond/patagonia](http://www.4deserts.com/beyond/patagonia)

**No Finish Line**, the annual 8-day fundraising walking and running event in Monaco, took place starting November 11th at 2:00 p.m at the Chapiteau de Fontvieille and finished November 19th at 4:00 p.m. This year, over the 8 days, there were 12967 participants on the 1400m circuit and the winner was Fausto Parigi with 1,025.875 km. Women's winner, Mimi Chevillon, who led from the start, finished with 793,815 km and in 8th place overall.

Details on the race website: [www.childrenandfuture.com](http://www.childrenandfuture.com)



Photo courtesy of Icarus Florida Ultrafest

The **Druid's Challenge** (10-12th November) is a 3-day, 84-mile ultramarathon along the historic Ridgeway, the oldest roadway in the UK. Starting in Buckinghamshire, competitors make their way to Wiltshire over the course of three days, with two overnight stays in Watlington and Didcot.

This year's winner was Robert Barnes in 11:02:58. The women's winner was Edwina Sutton in 13:06:38. There were 140 starters. Details on the website: [www.xnrg.co.uk](http://www.xnrg.co.uk)



# Chorley 6 Hour Road Race 2017



Caroline McLaughlan

Charlie Sharpe's win at the Chorley 6 Hour Road Race with 78.36561 km today was good enough for the 24th best male runner in the world so far this year according to the rankings kept by the DUV, and the best British performance this year by over 10km.

Having won the Persenk Ultra 160 in Bulgaria in August and this year's Canalathon 100km in March, Charlie has raised the bar to an exceptional standard. Only seven men have covered more ground on the British all-time 6-hour list.

Last year's women's winner, Caroline McLaughlan, returned after setting the course record only to crush it again. Covering 65.37347 km, it is the best British women's performance of the year at 6 hours and also the best since Helen James ran a fraction more at Crawley in 2015. Caroline was just 35 m away from third place overall.

Last year's winner, Mark Bissell, ever-present, having won both previous editions of the race, ran 71.79654 km for second place while another man who has never failed to make the podium, Les Hill, ran 65.40847 km to pip Caroline at the final

horn (or whatever they used).

Second placed woman, Amanda Osgood, who completed 49.88164 km, won fourth best British women's performance this year. In third place, was Sarah Scott with 48.42518 km.

Race Director, Stan Jewell comments:

'Under heavy, windy, drizzly, autumnal skies, seventeen gladiators, minus five absentees, attended the 3rd annual Chorley 6 Hour Road Race for a prompt 10 a.m start.

All essential staff in place, the race began.

Over the first hour, there was very little to separate the front contingent. Over the second period, a small gap emerged, led by Charlie Sharpe and Mark Bissell, with the next group close together. By three hours, a four -lap advantage opened between the first two runners, Les Hill and Caroline McLaughlan, at two laps apart.

At four hours in, Charlie Sharpe cleared a six-lap advantage and continued to record a new course record, bettering Mark Bissell's old mark of 75.058 km by running 78.365 km UK 6-hour road best MV/o20/35, while Mark Bissell claimed another over 70 km result.

Les Hill produced another brilliant display, recording a new over 60 age group UK best performance, surpassing Roger Biggs' old mark of 60.596 km by running 65.408

km UK 6 hours road best MV/o60/65.

Caroline McLaughlan gave 100 per cent to contribute a fine six- hour journey in dreadful conditions for first woman, bettering Helen James old mark of 63-749 km achieving 65.373 km – UK 6-hour road best LV/40/45.

Lee Stinch and Danny Mills – a York postman - covered the course in good order finishing 83 to 82 laps respectively.

Summer wines David Riley and Chris Lawson, had a close contest 79 to 78 laps at the end.

Edinburgh runner, Graeme Roberts, along with Lancaster's Andy Holgate, again remained in close contact over the rain-swept circuits.

Second woman, Amanda Osgood, and v/50 Steve Coote, saw the ultra through in true determined spirit.

Third woman, and making her debut, was Sarah Scott who completed a strong journey over six hours with Jane Lightfoot, who continued her impressive 2017 season as the 4th placed woman. Johnathon Morton and Adrian MacDermott survived the rainy Lancashire hotpot in good condition.

Sunderland's Jon Davies retired at three hours suffering from a heavy head cold, but showed early promise at the halfway stage.

The Team race produced a tight contest between victorious Thornton-Cleveleys

and Lancaster – at four hours a stalemate – the later stages proving vital over the last two hours to receive the Astley Shield.'

'In April 2018, Charlie and Caroline are invited to the Liverpool Hope University 6 Hour Road Race for the Merseyside event.

We also take this opportunity to thank our Guest Councillors, Alistair Morwood and Lindsay Hoyle MP, and our generous sponsors Morrisons, Chorley Building Society, Chorley Council, Flying Tiger and Virgin Wines for their invaluable support and their vision in contributing to this grassroots event.

The volunteers were solid gold and we are very grateful for their help and enthusiasm. We would like to thank Peter Walkden for his excellent photography. Julie and Graham, the What's My Time crew, did an awesome job despite the conditions and the full results are on What's My Time website.

We also thank Wendy and Alan for their tireless dedication and selfless offering, not only to this event but to the sport of ultrarunning at large.'

We have decided to go with Saturday October 6th 2018 for the fourth Annual Chorley 6 Hour Road Race.

Stan Jewell



# Deadwater Multi Stage Ultramarathon 2017



John Parkin

*I saw a link for Deadwater Ultramarathon advertising that places had become available so I must have missed it the first time round. It's a 235 mile, 6 day stage race from the Scottish border to the Welsh border taking in 27,000 feet and running through Yorkshire, where I live, during the long stage. You have to carry all your food, clothes and sleeping bag with a drop bag after 3 days. The Beyond Marathon team will set up camp and provide hot and cold water. That is all.*

# Race Reports

It seems perfect. I've done the Big Three UK Mountain Rounds - The Bob Graham, The Paddy Buckley and The Charlie Ramsay - and I've been looking for something to fill the void that preparing for these had left. It links the three countries perfectly and would be a great way to conclude my long distance challenges. It has logistics to obsess over, unknown quantities to test and measure, and it will push me outside my comfort zone as I've not done a race this long or a multi-day stage race before. I love attention to detail and this race seemed to demand it in order just to finish. In fact, I was reasonably sure that finishing numbers may be so small that to finish it would be to do well. The deal is sealed when I outline

the race to Sally who says "Well, you have to enter, go for it".

I look at the details, the stage lengths, the elevation, camp locations, kit lists. This is great, so much to work out! I use the rest of the year to try out every combination of kit and rucksack I can when running with others in the mountains or in my daily morning hill reps. I adjust my mileage and weekly climb to greater than ever before, embracing the tiredness of the gradual build and then resting before building again. I go to weekly track sessions with the Greenhead Monsters at Keighley track and add in weekly Sufferfest training which includes indoor training rides, yoga and mental preparation techniques.

I count down to the race, I've gradually narrowed my focus to the basics, and the race day is getting closer. I love it. And then 3 weeks out, my father dies suddenly and unexpectedly from a heart attack. He's gone. I can barely function let alone think about the race. With the funeral to organise and work to tie up, it's all I can do to get through the immediate days. The funeral is the Monday before the race starts on the Saturday. I manage to do some running but can barely run a couple of miles without bursting into tears and walking before carrying on. I do a couple of Pennine Way loops of the route from my house; at least I'll be rested. We drive up on the Friday - me, Sally, Louis and Rupert.





Registration and kit check are relaxed but thorough and I find out there will only be 18 people on the start line. 60 applied, 45 met the criteria and only 18 have made the start line. It seems getting even this far is tough. I meet the other runners and we chat the small talk of strangers that will develop over the week into the banter of great friends. I'm not a social animal, that's a bit of an understatement, (stop laughing, Sally), but we all have this crazy dream in common and that's a great start. There is a great blend of experience, from multi-day stage races to hard-as-nails triathlons. On the drive up, I find the group created for the race. On the way up! It's been there a while and I read of recces and conversations about bag weights. Mine's about 7 kg; I've deliberately got a lot of food as I think this will come down to calories at the end of the week. Someone has posted that theirs is 4 kg and I try not to think about this. There's nothing I can cut or would want to and I've worked hard to get it this light! My running club have christened me Arctic John because I always wear an extra layer more than everyone else, but I have worked hard to only pack clothes I will need and wear. That's all.

There's a bit of a dearth of information about what and how to pack for races such as this and I've watched Elizabeth Barnes on Youtube show how she packs her bag about twenty times. I have my running gear; Innov8 lycra shorts, Ininji socks and thin over socks (plus a spare pair of both), Helly Hansen short-sleeved base layer, Bingley Harriers club vest, arm guards, Ronhill windproof gloves, merino buff (my dad's) and a merino beanie. To keep me dry, I have my Haglöfs Gram waterproof, fast and light is the tagline but it's

robust and waterproof and well-tested by me in mountainous conditions so should work over my running gear to keep me sorted. For the evening (and sleeping in), I have my Ronhill leggings, Helly long-sleeved and Mountain Equipment winter jacket. I have a silk sleeping bag liner and a Cotswold Outdoor cheap lightweight bag that packs up small. This and my evening clothes go in an Exped dry bag for the day and this squashes down to provide pack padding which means I can pack my race food in the rucksack away from my back. My race food has come from My Race Kit, with some additions by me, has my personal admin and medical kit which all go in an extra small drybag. I'll be running with my favourite OMM rucksack, the 20-litre Adventure Light, and in Innov8 Roc-lite for days 1 to 4, and my Asics road shoes for days 5 and 6. There are a few other odds and ends, including my Garmin Etrex30 with 1:50 base map and the GPX files loaded, and my sandals which are lightweight but robust, something I think will be needed if we get the usual UK summer conditions.

So that's the build up.

Lots going on. Family. Details. Emotions. Training. Planning.

Once you set off, of course, you're very much on your own and everything becomes much simpler.

The start; we are driven to the starting line and given a final race briefing by Richard, the race director. We turn our trackers on. We line up. We set off. I chat to Jo about running and Richard and Tim race past us. I look at them going by at my 10k pace and make the very hard decision to let them go. It's a long way, 235 miles. Five minutes later and

we see them running back towards us having taken a wrong turn, or rather carrying on instead of taking the right turn. They zoom off again at speed. We run through where we camped overnight, and there are the boys and Sally with cowbells cheering us on. It's lovely to see them and the sun is out. Ten minutes later, it starts raining and we form a small group of four with Hayley and Anna, and the miles tick by at a steady pace. We catch a couple of people who we didn't know were in front of us and we move onwards.

The way is marked by actual bananas; I say actual bananas because in the race briefing when Richard mentioned bananas, I did think he meant giant inflatable bananas of the Manchester City circa 1990's type. But no, they are actual bananas on the floor and hanging from trees by bits of string showing us the way. Of course they are. We see Steve, the event videographer, a couple of times and wave; he will become a familiar and welcome sight as the week progresses. I drop my map while faffing with my bag and Darren passes me it back, then finds Richard's waterproofs which he has dropped while faffing with his own bag. I ask him if this usually happens and he laughs and comments that his wife says he walks around with his eyes closed. We run together approaching the last checkpoint and he's good company.

Near mile 20, just after the last checkpoint of the day, Anna and I are a little ahead with only Tim still off in front. Anna says he is apparently miles ahead. I ponder this for a bit and wonder if what I'm about to do is wise. I really want to go after him to minimise the time loss and I can't work out if I should be thinking like

this on day one in a race format I've never done before, running against people I don't know. I don't want to catch him, rather just make sure he doesn't gain an hour today. I go over a few things in my head; it's raining, windy and still ten miles from the end of the stage. I've gone steadily for the first twenty at a conversational pace so in theory, I should have plenty in the tank. Right, I'll gradually speed up and stay at a pace that's just higher than comfortable and see where that gets me. The rain gets heavier. The wind gets stronger. I set myself against it and manage to limit the loss to about 30 minutes.

I speak to Fiona who is an event volunteer about it at the first finish line, although I think really I am just verbalising my own hopes. A quicker last ten miles after an easier first twenty shouldn't have done too much to make me tired this early on. I do feel tired but then I have just run thirty miles! I say, first finish line because we will be driven along the line of Hadrian's wall to run the last mile into camp. The route through the forest was blocked due to forestry work and there was no easy way to make it work any other way. It is one of many difficult decisions that Richard will have to make during the week to maintain the integrity of the race and keep it in line with his original vision. I wait for Anna with the clock stopped so we can both be ferried along together.

As we finish in camp, this is the first test of my admin skills for stage racing. The routine will become a daily one and I manage to dial it in well. As soon as possible, I shower, sort my clothes for drying somewhere, and then eat, all within an hour of finishing. Then it's feet tucked in to my sleeping bag,

and stretching and resting before sorting my pack with running food and meals for the next day. The dehydrated wipes I have are amazing, as are the soap leaves and my Alpkit towel. It really is the little things that make the difference. The others come in at various times and we chat and meet now and then. Tents are chosen as people arrive and people who have run together camp together. Tim, Paul and Darren are a threesome who have travelled up together and done previous races. Anna, Hayley, Louise and Jo, all share together. Then there's a mix of Charl, Richard, Paddy, Gaz, Dave, Ivan, Tony, Andy, Owen and me. Everyone will spend some time with everyone else over the week and as the bonds strengthen, so we look out for each other more and more. Greg has had to pull out already after injuring his foot early on in the day but will become part of the event team with Janet.

Day 2: I find myself a little ahead going through the first field but I'm not pushing it so I see if I can stay away. The first section is flat along a railway and then it's on to the fells for a hilly end. The weather forecast says it's going to get worse later on, so a part of getting away might mean I can benefit from the good weather on the tops. So it proves. I run along at a reasonable clip without pushing it. This is a whole new feeling for me. It's a bit odd, really; I'm used to giving everything I have in one go, carrying on until the challenge is completed, emptying myself and drawing on everything I have to get the run completed. This is different. It's a measured approach. Run just within yourself all the time, keep feeding (about every 40 minutes for me), keep ticking over, don't get into the red for too long or for no reason. I realise I could win the stage if I stay away and there's a chance I could get

in front overall. This makes me quite emotional and I think of my dad. He would have loved this. I decide that today is going to be about him. This sort of helps, in that I keep going at the same pace, and sort of doesn't because I keep bursting into tears. I've lost my sunglasses as well now, which is annoying.

I put a bit of work in to climbing Cross Fell and I have really quite pleasant conditions (sorry everyone, I didn't know how to share that with you earlier). I arrive in camp and nobody is there. Then Darren appears and takes my time. We look at the cloud and rain gathering on the tops and I start my routine; shower, food, sleeping bag, stretches. I've made enough time to have twenty minutes lead overall, which I'm made up with, and wonder if my mum would be OK with me posting it as a tribute to my dad. Then, Mum sends me a message which tips me over the edge. "Well done on finishing first today, hope you can keep it up. Your dad would have been so excited and following it all day long. I am more practical and cutting the grass! Proud of you, love Mum xx." That's me gone for a while.

As people come in, it's clear they have had conditions to deal with that were a significant challenge. Tim gives me a thumbs up and says, "Great run today," then disappears to his own tent. Hayley arrives and she has found my sunglasses - brilliant! The showers are a walk away, and so are the toilets which is a bit of a pain, but it's the same for everyone. During the night I think I have poisoned myself and have to dash to the toilet more than once. In the morning, I am a little better but this raspberry granola is beginning to grate a little as well. I speak to David about it and he makes me think about the





meal I had last night, in terms of the gorgonzola in it. This is probably what messed with my stomach rather than there being anything wrong; I don't really like cheese and I suspect dairy disagrees with me. I can deal with it; this is a much better way of looking at it because I can move on. Unfortunately, Louise is not to start today although she is dressed and ready to go, and joins Jo in retiring from the race, injured.

The briefing includes new instructions about a rerouting around flooding, and a split stage with a grouping after part one, and

then a run to the camp at Horton in Ribblesdale for our drop bag treats. I process the information about grouping and realise if I get away in the first part of the stage then get grouped, I would only have to stay with the people I was grouped with to keep the advantage and run at their pace. So, I set off a little faster than comfortable again, although not much. After 2 miles, I take my buff off and wrap it round my wrist. After 3, I realise it's gone and stop, stood still in the road with tears welling in my eyes. It was my dad's buff. It's a week to the day since his funeral, and I've lost it. What do I do? If I go

back, it could be anywhere; someone may have picked it up, it might have blown away, and I will lose the initial advantage I have worked to get. As the tears fall, I think about what my dad would have said; it makes it a little easier to come to terms with it being gone. He would have said, "Hey, no worries. Things are made to be used, and if it gets lost or broken, then so be it. As long as it's been used, that's the important thing, not kept just for keepings sake." I've probably only been standing for 30 seconds before I take one quick glance back, in case it may have just fallen off, before setting off again.

This time it's with a purpose. The river is run with determination to put time into people now, and it is a lovely riverbank trail path with flashes of sunlight through the trees. I push on to the checkpoint via some unexpected diversion arrows due to more flooding than expected, which throws people following my tracker. It also means I electrocute myself crossing a fence when I miss seeing the stile, and I shout out and then quickly check nobody has seen me be so stupid, chuckling at a silly mistake. I mention to Richard about the buff and he says he will look when he takes the diversion arrows down but I have made peace with it being gone, and settle into a rhythm until the end of the first section of the stage, where I expect to be grouped. Except, I am ahead by an amount that means it is easier for the one person able to give lifts to take me there, until Richard gets there to ferry the others en masse. It means I will be running alone again, for the end of the stage, and need to keep up a good pace to maintain the gap gained. So be it.

I leave the car, freezing, after a 50 minute journey and have to run to

# Race Reports

warm up. Once warm, it's a lovely undulating downhill trail run into the Horton campsite. For the last 3 miles, I swear I can smell pot noodle on the breeze. And then there, are Sally, Maria, Louis and Rupert, waiting to cheer me into camp. Amazing.

Rupert offers me popcorn and I back away! A quick chat to Sally and the children, and then it's on with the routine. There's a washing line to dry my clothes, and my drop bag, which has a Bombay Bad Boy Pot Noodle as my treat, as well as a couple of cans of gin and tonic. Perfect. I have the Pot Noodle and one drink immediately while sat at the camp table. I know how to live! Others come in and I get a real boost from Ivan. In the morning, I swap out my breakfast of granola for a chilli con carne and this really lifts my mood. I was not looking forward to the granola at all, and realise I may have left it anyway, which would have been a bad start to another long day.

Day Three: the long day.

It has loomed large in my mind since finding out about the event. It's only a little short of The Fellsman in terms of distance and climb. I like the Fellsman; it's one of my favourite race, but I don't usually prepare for it by running 3 consecutive days of 30 miles plus. This is the day that has driven me out of bed each morning, that has driven my training and planning, the day that has called to me; this is my terrain. The route goes past my village, over moors where I have run other races, walked with my family, and past where I work. It is often rough underfoot, boggy, indistinct, hilly, magnificent, dark, and gloriously Yorkshire at it's finest.

I start harder than comfortable, harder than usual just to see what



Photo: Fiona Ashton-Smith

happens. I get a gap up Penyghent and it grows. There is clag on Fountains Fell and the forecast's drizzle for 8 a.m comes in at 6.30 a.m as a driving wind and rain. I glance back to see Tim and Richard starting the climb. I give a yell and a shout with a big grin on my face and leg it down the other side. It is brilliant. I don't know how the others will find the conditions but I love this. On and on, to Gargrave, then up and over towards Lothersdale; Richard resets my tracker so people can see it and seems bemused when I ask how far I am ahead. It does matter to me. I've decided to put it all out there today; it is probably the first time in my life I have thought there's a chance I could win a race while I was in it. I've only won one other, the Hardcastle 12-hour race a couple of years ago, and I

only thought I could win that right at the end. This time, I'm going to make this my day, no let ups, no excuses. I've trained for this day in this race since I entered. I've trained for it being the hardest race in the world and for the hardest day in the hardest race. Let's see what I've got.

Sally meets me with Louis and Rupert, with my mate Jim, and her Dad on his bike. I say meet but that would imply I stopped. I give high fives and crack on. It's a tricky balancing act between pushing hard and keeping eating but today I'm on it. Nothing can stop me. My foot hurts so I stop to loosen the laces on my shoes, taking out one of the cross lace patterns and allowing the shoe to expand. If this doesn't work then I may have to stop and walk. It works.



Hail, wind, thunder, lightning, torrential rain, burning sunshine (only briefly), floods, bogs, lost paths. They come and go and as I descend into Hebden Bridge, there is only the climb up to Stoodly Pike to go before a run off to the campsite across the moors and down. At the checkpoint, Tom offers me officially sanctioned Pepsi and a treat, which I decline. I appreciate the gesture and I'm not sure if I'm thinking straight or not, but I've trained to do this race with what I've got. I open a pack of peanuts, mix a banana milkshake, and carry on up the climb wondering if I will rue that decision. I don't. I arrive in camp in sunshine and know I've nailed this day. Yorkshire day. I've loved every challenging moment of it and give a loud cheer and punch the air. My favourite day of running bar none.

Day four: even the cold shower afterwards can't dampen my enthusiasm, and I'm over 3 hours ahead of the next group. As I get some rest, I look at the tracker and realise the challenges that the others are now facing. Ivan, Andy and Owen have retired on this stage after giving their all. At first light, I get up to see Gaz come in after 24 hours and walk with Paddy for the last section of road, and get him settled for a couple of hours sleep before the day five start. They will have a maximum of one hour of sleep before having to manage 30 miles of canals to get to the next checkpoint, having been on the go for 24 hours already. I shed a tear as Gaz slumps in his chair, broken but not defeated. There is no doubt in his mind about continuing at all; it's just working out the logistics to make it happen. He stayed with Andy to make sure he was OK then carried on through the night. Paddy, too, entertains no thought that this

is over; it's very much still on and I am a long way from my euphoria of yesterday. These guys have everything on show in their eyes - drive, determination, pain, courage. The long day has tested them to the limit and they have met that challenge and are preparing for the next. It is an amazing display to take the line for day five and one that will live long in my memory.

Canal Hell becomes just that; I try to run with a group but I've got a pace dialled in from training for this day and it is hard to run at someone else's pace. I want this day to be over as quickly as possible so I switch off the brain and move my legs in a relentless battle with the towpath. On and on and on and on and on and on and on and on and on and on. This is a bad day, a very bad day. I am leading, but only because the desperation of spending one more minute than is necessary on these towpaths is too much to bear. I pass Tony's Chippy and the smell makes my stomach long for fish and chips with curry sauce. There are more to come as I run through Manchester.

Andy Gibbons comes to meet me and runs the last three miles into camp. I persuade myself once off the canals that the road is uphill. Andy assures me that this is Cheshire and there's no uphill anywhere but I'm not having it. I see two children waving and wonder who they are waving at, then I realise it's Jen, with Jamie and Joshua. They are from around the corner but live over by us now, and have come to wave me on for the last mile. I high five them and it gives me a boost. Seeing people really makes a difference. Running is such a mind game. I come into camp and I realise I'm nearly done. Today was hard, but that should see me finish, and finish in the lead barring an accident

tomorrow. I can't quite believe this.

Day five: I think about it during my routine shower and feed. My feet are looking good, I have no injuries, I am feeling strong and the only blisters I have are from my flip flops on the top of my toes where the strap is. I didn't recce walking in my flipflops and I make a mental note for next time then stop myself. What next time? This was to be the race that completed my long distance challenges but I really have enjoyed the whole experience. I have spent much of the week running alone for long periods of time and I decide I would like to speak to actual people tomorrow rather than cows, or fields, or waterfalls, or flowers.

Most people are tucked up in bed when I see on the tracker that Gaz and Paddy are approaching. They have been out for so long. I take my headtorch and walk out to meet them coming over the bridge. I see someone is walking in, with Paddy further back, so I go to Gaz. He is limping, stepping in and out of the road and holding something in his hand. As I get closer I realise it's his shoe. When I ask him if there's anything I can do and why he's holding his shoe, he says he just needs showing where to go and that his foot is hurting too much in his shoe, but it's ok when he takes it off. I have no idea how long he's been going like this for but I try to lift his spirits by talking to him about having a meal before going to bed, and sorting out his mat and sleeping bag. He will get a night's sleep and then there's only the last stage to go. I guide him down, then go back and walk in with Paddy, now with Janet who has gone to check on him. They both get a hot meal and I know Gaz will be ok when I leave him in his

# Race Reports



Photo: Fiona Ashton-Smith

sleeping bag and say to him not to stay on his phone all night, and he quips, “No, Mum”. He’s been out for 42 hours without a significant break over some of the most challenging and variable terrain in the country and he can still crack a joke. I show Paddy to the showers and he requests an alarm call at 5:30 a.m so he can get ready. These guys are incredible.

I sleep well and set off with Anna, Hayley and Tim, with Richard joining us later on, and we swap stories and life experiences while running the obstacle course that is the final stage; over ditches, branches, fences and up hills, across golf courses and following roads. Running with Hayley, it’s clear she is in pain. She doesn’t need us to help her finish but we can make it more bearable by talking to her about anything and everything, and passing a change of food to break it up. (Honestly, Hayley, I wouldn’t try that gel flavour again unless you’ve had a week of calorie

depletion, you’ll be disappointed.) My friend Richard comes out to meet me, and it’s when we see him in his clean running gear that we realise how dirty we all must really be. We chat for a couple of miles and that gives me a real boost. Seeing people always does, which means Hayley must have been boosted beyond belief! It’s like running with a local celebrity, and at every turn, people are there to cheer her on. I’ve no doubt that if I was ever down here again and needed anything, I would only have to knock on any door and say I knew Hayley and I’d be sorted. Andy Gibbons comes out again to run in with us all and he chats to Hayley, keeping her going. I run with Tim for a bit and leave him to it. It means he won’t be giving me motivational abuse for a while at least.

A feature of the week has been the boost strangers will give you when you say to them, “We’ve run from Scotland.” They are full of motivation,

smiles, amazement, and goodwill. Tim tries this on the way into the final stretch, and the man looks at the sky and then back at him and grumps, “I see you brought the weather with you.” We burst out laughing. Tony and Dave come flying past as we power walk in. Richard has given Hayley his poles, a real act of selflessness as he has a bad knee, and she starts out tapping a strong rhythm to support her painful legs. Now, it is being pounded out with grim determination, all the runners showing why they have been able to finish this hardest of races.

Longer than a traditional stage race, no rest day after the long day, and no shortened final day. Six continuous days of ultra marathons with a long day in the middle. We finish together. I can’t really comprehend what we’ve done. This race is something else, Beyond Marathon indeed, and destined to become a classic. It is hard but if you train like it’s the hardest thing you’ll ever do and then some, it can be done. I haven’t ran any other stage races for comparison but every day I done a deliberately different challenge that meant your body and mind were always being pulled and stretched in different directions. For me, the goal was to finish, but I’ve gone way beyond that. I’ve actively enjoyed the whole challenge and came first overall. First. Overall. Me!

The Beyond Marathon team of Richard Weremiuk (Race Director), Darren and Tom (Camp), Fiona, Janet and Greg (Volunteers), and Jonny and Su (Medics), you were beyond compare.

Thank you so much for everything you did.



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**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 Ren, Durban, 11 Oct 1966  
24 HOUR MEN - 256.063km, Johan van der Merwe, Tzaneen, 08 Dec 2013  
24 HOUR WOMEN - 190.400km, Hazel Muller, Pietermaritzburg, 20 Sep 2014

A wide-angle photograph of the Peter Mokaba Stadium in Polokwane, South Africa, showing the green field and the surrounding stands.

**Date: Saturday 14 April 2018**  
**Time: 09:00**  
**Venue: Peter Mokaba Stadium**  
**Dorp Street, Polokwane**  
(South: 23°55'28.56" S East: 29°27'52.48" E)

- The race will be held under IAAF, ASA and UIMA rules and is an IAU Bronze Label Accredited event.
- The race will be held on a 400 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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A detailed black and white crest featuring a central shield with various symbols, surrounded by ornate flourishes and the text 'NORD TRAIL' and 'MONTS DE FLANDRES'.

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1000 miles*	25/1 - 10/2
1000 K*	31/1 - 10/2

Venue: Old Ellinikon International Airport  
Race Directors: Costas Baxevanis, Costas Samios, John Chortis

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# Show of strength at the inaugural 135 mile Rebellion Ultra Marathon



*The inaugural Rebellion Ultra Marathon, a 135 mile (217 Km) race took place on the 3rd – 6th November 2017 along the full length of Glyndŵr's Way National Trail.*

Belinda Bateson

The Glyndŵr's Way National Trail is an unusual National Trail as it doesn't follow any particular geographic features or any historic routes. It is named after and visits places associated with Owain Glyndŵr, who led a rebellion against the English and the last Welshman to hold the title Prince of Wales.

Competitors had a maximum of 72 hours to run through the farmland, private forests and private estates, covering a total ascent of over 25,000ft (7700m) to complete the race.

The weather was not kind to the 33 runners that started the event and didn't ease their challenge. The evening of the 3<sup>rd</sup> started warm and clear and looked like being great conditions. Then the race started and the heavens opened! The heavy rain continued through the night letting up when the sun finally rose and a beautiful day followed. Then, as night fell the temperature dropped, significantly and the rain, wind, hail and sleet welcomed them into the night again. Many athletes had to

withdraw from the event due to the cold and exposure.

Every competitor had a live GPS tracker enabling spectators, family, friends, supporters and people in the local area to see the position of each runner.

From the 33 entrants that started the race, 11 completed the event. Those who did not complete the full 135 miles still left feeling like winners – as explained by Grant Vernon who was raising money for Forest Holme Hospice Charity.

*"Mile 76 of 135 and 27 hours marked the end of my challenge but the feedback I received made me feel like I'd won an Olympic gold medal. In my haste to update my followers I short-sightedly reported that I had "failed in my mission" which in retrospect couldn't have been further from the mark if I had tried. After a few hours reflection it was apparent that if I truly believed I had "failed" then I had missed the whole point of what this challenge had been for."*

Iain Prentice who completed the event

in 6<sup>th</sup> place commented -

*"It was hard but I would definitely recommend this event to friends who are ultra runners, it's always interesting to explore a different area too that isn't well covered by other events. Actually I have a few friends who are interested for next year already! (hooked by following the [GPS] trackers!)"*

Many other competitors experienced in running ultra-marathons have remarked not only on how challenging and beautiful the Rebellion course is, but also on their desire to return for 2018. Entries to the race for 2018 are now open on the Up Hill Down Dale website.

Entry fees for the 2017 event were charged at £185 and like all Up Hill Down Dale events, all profits are donated to charity partners The Movement Centre.

**For more information on the Rebellion Ultra, Up Hill Down Dale, or the work with charity partners please contact Belinda on 07715 027756 or via [info@uphilldowndale.com](mailto:info@uphilldowndale.com)**



# Brugg 12 Hour Race

Helen James   Photos by Wendy Edwards

After my DNF at 50 miles at the Berlin 100, due to a hip flexor issue which came out of nowhere, I needed another race. I felt that the safest option was a timed event as technically, you can't DNF, and if you stop early you don't have to get rescued or find your way back on public transport feeling miserable.

Since Berlin, the hip had been fine, but I still had some hamstring tendonopathy which had been going on since July. I was able to run steadily but not do anything fast, so although I had been able to get in reasonably decent miles, I had not been able to do any speed, tempo, or hill work, as these all aggregated the hamstring.

Running had been up and down. Some days I would feel good but others sluggish, which I think was from continually plodding on. The hamstring had been improving but still

not enough to be happy with anything fast. I entered the race feeling confident I could go the distance, provided the hip flexor didn't have a tantrum again. I was less worried about the hamstring as that is more or less OK when running at ultra pace.

The event is a 24, 12, and 6 hour race. The 24-hour started at noon and the 12-hour at midnight. I arrived around 6pm and had a look around to identify the toilets, check out the food, make up my drinks, and then try (unsuccessfully) to sleep.

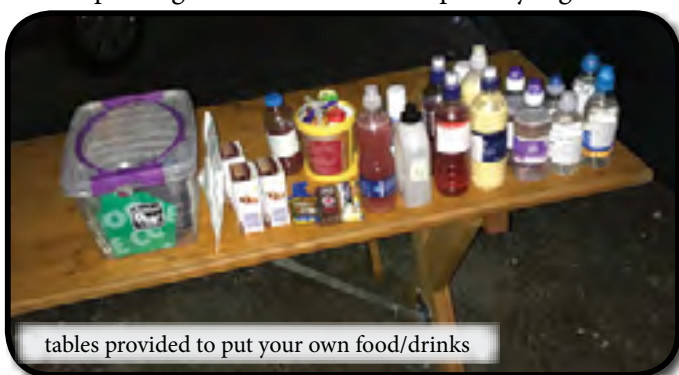
A midnight start was difficult as I am normally in bed by then. When I got up at 11 p.m, I really didn't fancy starting a run, and just wanted to stay in bed. About half an hour before, I drank a caffeine drink, which must have worked as by the time we started, I was raring to go! I didn't have especially big ideas in

terms of distance. In April, I had done 117km on the track. I knew I wasn't in such good shape due to lack of speed and I didn't have anyone crewing, which can help save a lot of time faffing with food and drink as well as keeping you on track. I thought that 105-110km was fairly realistic but I was more interested in having a solid run and being reasonably strong at the end, as well as coming through it with no injuries.

As always, the first few laps were a bit too fast, but I soon settled into a more suitable pace where I wasn't dawdling, but was hopefully not working too hard either. Each lap was 938.2m which made calculations interesting, so I had a simple plan of laps per hour which had a bit of a fade. From experience, I know that Garmin's measure quite a bit long on short laps and tracks, so I couldn't rely on it for distance. The set up I went for was a small lap counter on my finger, so that I could count my own laps, and Garmin so I could keep an eye on my mile splits and rough distance. The race was chip timed. Just after I went over the chip mat, the results were projected onto the side of

a white gazebo. The last 10 people to go over the mat were displayed. I could see last lap time, distance, number of laps, and position, which I think was based on age group.

I hadn't really decided on a run walk strategy other than there would be one! I was feeling good and running well from the off, so decided to do a 1hour run then a few minutes walk. 11 laps took about an hour. The food was the other side so I ran 11.5 laps before my first walk and bottle of OTE. For this race, I was experimenting by taking on more calories from fluids, as I have struggled during night runs with solid food.



tables provided to put your own food/drinks



lap counter

# Race Reports

In terms of the race, I thought I was 3rd woman. A lady had passed me a few laps in, and another who had been running on my shoulder, got ahead when I had my walk. A few laps after I started running again, I caught up with the lady who had been on my shoulder. She looked to have slowed down a lot. I passed her, then she came with me staying on my shoulder. Each time we were coming up to the chip mat, she would go past me so she was ahead, going over the mat, then she would let me get ahead and run right behind me again. I was getting fed up with these shenanigans and I tried to talk to her but there were language barriers. I decided to play a game to see if she really was trying to get over that mat first, so I picked the pace up quite significantly just before the mat, and she came with me, so I knew she was on a mission to get over the mat first.

11 laps later, I had another walk and a powerbar.



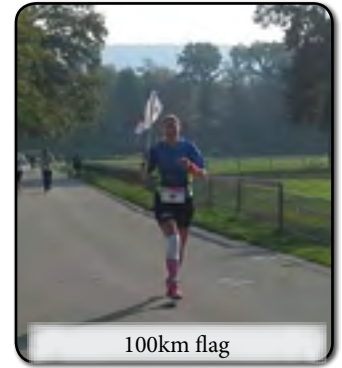
Stalker lady slowed down, until I caught up with her, then she started playing games again. This continued for about 3 hours until she slowed down significantly and I started lapping her regularly. I was managing to hold a fairly consistent pace a little ahead of schedule but not too far ahead that I should be worrying. I had decided that I would do 11 laps run for 4 hours, then drop to 10 laps for the next 4, then 8 laps. For each walk break, I was grabbing a bottle of drink and sometimes some food. On the half hour, I was grabbing a cup of coke and walking for about 10 seconds to drink it.

At 4 hours, I was feeling good still, and holding the pace reasonably well. I stopped to put some Novisport on my quads. The grease and the rubbing made the lap counter come off my finger. I had already been stopped longer than I would have liked as I had a gel which I couldn't get open and had to use wet wipes to clean my hands, so I didn't want to mess around getting it back on again; there wasn't too much need as the screen was giving me the lap info. I needed the toilet but it wasn't desperate, so decided to hold on and managed to hold until my next walk. As I was still feeling good, I persuaded myself to stick to 11 laps

run and a few minutes walk until 6 hours. The pace was now slowing a little but was still nothing drastic.

After around 6 hours, I was told I was 1st woman, and 1st overall. This was a big boost but also made me realise that I couldn't relax if I wanted to keep this position, and that the lady who was ahead must have been in the relay. I was feeling suspiciously good for 6 hours, compared to some recent runs, but as I was slowing, I dropped to 10 laps before a walk. On my next walk break, I was eating a powerbar when all of a sudden I had to go! This happened at my last 12 hour race with no warning! The lady in second place was running a consistent pace without walking. I was a lap ahead but when I had my walk, she would pass. It would take about 5 laps for me to catch her, then I would gain a bit, have a walk, and she would pass again. I looked at her splits after; I don't think she even went to the toilet!

After around 7 hours, it was finally getting light. Although the course was lit, there was one bit with a bump which I nearly tripped on a few times. I hadn't been able to see my watch on the walking bit in the dark, but now it was light, I could see it, and see that I hadn't been walking that long on previous walk breaks. I walked until the



corner, so that I could see the watch, and walked a bit longer to make it nearer 5 minutes.

I stopped again for some more Novisport for my quads which were now starting to feel a bit tired. Once I got past the 50 mile mark, I was really happy as I had no issues with my hip flexor or hamstring, and had gone beyond the distance I managed in Berlin, and felt significantly better. I was still holding a pace of under 10mm and feeling not too bad considering the distance covered.

It was the last couple of hours where things got noticeably harder. The laps were no longer being projected as it wasn't light enough, so I had no idea of the laps. I knew that at 100km, we got a flag to carry and was willing that moment to come. I got the flag at around 10.30 a.m. The only issue was that I didn't know where on the lap 100km it was, so assumed it was at the end of the lap as the worse case scenario. I then planned to count laps (I should have





The end

picked up the lap counter), but soon lost count. I knew that if I stuck to around 10mm with a walk then I should get 110km.

Wendy had been keeping me up to date with my lead; I just had one lap so couldn't afford to slack off. I was ahead of 2nd by a lap and a bit, then with an hour to go, the lady went past me whilst I was running. Previously, she had only passed whilst I had been walking and had obviously started to pick up the pace for the final hour, and throw everything at it. I did not need that, I thought! I was hoping

to just plod it out for the last hour, knowing that baring a calf cramp or similar I would hit 110km. I realised that I could not afford to have my walk break which was due at about 11.10, so instead grabbed a drink and walked for 20 seconds. The lady gained about 50m whilst I walked, so I tried to keep that gap the same, not allowing it to grow, but also not pushing the pace, as I didn't want her to go any faster. I could have gone a bit faster if I really had to, but my calf felt like it would go into spasm, so I didn't want to do more than was needed. Every

couple of laps, I would grab a cup and drink and walk for a few seconds. The lady was doing the same but walking less, so she was gaining a tiny bit each time. I knew she was hurting though, as she was just randomly throwing her cups rather than putting them in the bin like everyone else.

With about half an hour to go, she was roughly 100m ahead on the lap (I was still one lap up) and I was trying to work out what pace she would need to run a treadmill to catch me up if I stuck to around 10mm. Unfortunately, my brain couldn't work it out as I was too tired, but it kept me occupied for a few minutes! With 15 minutes to go, she was gaining a little but not much. I thought that unless she pulled out a sprint, then I was safe but I couldn't relax. I kept my eye on her to make sure she didn't suddenly put her foot down. It was only with 5 minutes to go that I felt I was safe. I knew I had done more than my target, so felt no real need to throw absolutely everything at it for the last lap. I should have done though, as it would have been nice to make another compete lap! I finished about 10m short of another lap but it didn't really matter as I had surpassed what I had set out to do!

The final result? 1st

woman, and 1st overall at 114.927 km, which I was over the moon with. The race was really well organised and I would definitely recommend it, although if, like me, you only speak English, don't expect much conversation with other runners!

## Shoes and socks

Skechers Go Run Ride 6  
Hilly Twin Skin - no blisters  
Food and drink  
OTE Vanilla  
Tailwind Berry  
High5 4:1 Berry  
Aminogo Berry Burst  
Genesis Pre Workout (also during)  
Vanilla soya milk with added electrolytes  
Coke  
4 x gels  
2 x 9bars  
2 x Powerbar Coconut  
Lots of banana

*Helen ran for England in Perth, 2012 the 100km Anglo Celtic plate and qualified for the GB 24 hour Team at Basel, 2013 with 213km.*

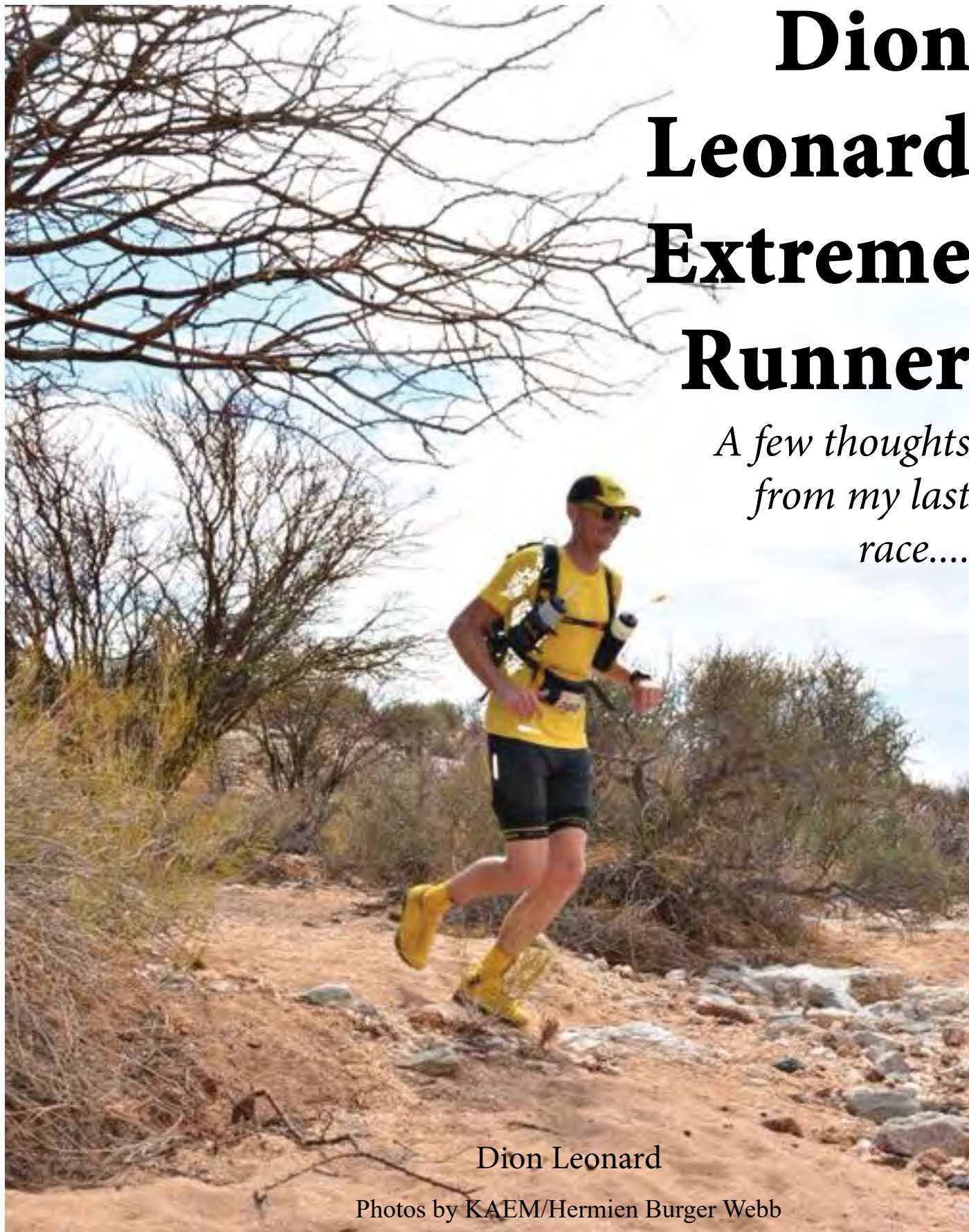
<http://helenrunsultras.blogspot.co.uk>





# Dion Leonard Extreme Runner

*A few thoughts  
from my last  
race....*



Dion Leonard

Photos by KAEM/Hermien Burger Webb



In 2012, I bought my wife, Lucja, a book titled, 'Worlds Toughest Endurance Challenges' and jokingly said to her that whatever page she opens up at, we'll do that challenge. The page opened to a race in South Africa called Kalahari Augrabies Extreme Marathon.

The Kalahari Augrabies Extreme Marathon (KAEM) is a self sufficiency 250 kilometre (155 mile) race held in 6 stages over 7 days in the Kalahari Desert. I had never run a real marathon or an ultramarathon before I began this race in 2013, and little did I know back then how much buying that book would have an impact on our lives.

In November 2017, exactly 4 years from my first KAEM, I was at the starting line of my 3rd KAEM. It had been 15 months, however, since my last desert race, one in which a little dog, Finding Gobi, joined me during the race and changed both of our lives forever. I was pretty nervous on the start line, and worried my rushed, last minute training for the race wasn't going to see me last the full distance, but the chance to run in a stunning and secluded location in South Africa's desert and national park, which grants special entry permission only to race entrants, was too good an opportunity to say no. I went with the thought that, if nothing else, I would enjoy the adventure and sunshine on offer.

After having run stage 1, enduring plenty of sand, rocks, and a long hill climb to the finish, I came across the line in a comfortable 2nd position and was pleased with how I felt after so long away from running competitively. At the beginning of stage 2, and what was going to be a much easier and quicker stage, I was keen to put a marker down for the day and really see what the pace of the main competitors. From the outset, it was a hectic pace; neck and neck until the first checkpoint but then I went for it and pushed hard as the temperature started to rise. I was thrilled to go on and win the stage, my first ever stage win at this race in 3 years of entering.

This meant I now had a small 7 minute overall lead, and I wanted to ensure this was increased going into stage 4's 70km long stretch, so on day 3, I kept the pressure on and pushed hard again. The terrain was stunning, with a technical gorge descent, desert sand beds and a climb at the end of the day that made for hard work all round, but it was the temperature that really pushed everyone to their limits, and the drop outs rose during the day to match the heat. I ended up increasing my lead to 1 hour 20 minutes, and enjoyed the afternoon swimming and washing my clothes for the long stage the following day,

at our campsite beside the Orange River which separates South Africa and Namibia. As the front runners of the race, myself and my main competitor, Tomas Sundman, had the unfortunate pleasure of starting the day last, in the middle of the scorching lunch time heat. This was our penalty for being quicker and made sure we ended up running in the heat and dark of the night. I wasn't sure how to attack the day; I had a solid lead and didn't need to push myself too hard, but as I started the stage, I felt strong and lead through the early checkpoints. Unfortunately, Tomas had to withdraw at checkpoint 3 due to heat exhaustion and dizziness, and upon hearing the news, I realised I could take my foot off the gas and enjoy the 70km stage a little more. The early evening thunderstorms were stunning to watch as I ran past the runners ahead of me after spending some time talking to them on my way to the finish. The race was effectively over as my lead increased to 3 hours, so the remaining stages much involved chatting to other runners and checkpoint staff. To run the final short stage back a couple of days later, into the Augrabies National Park as the race winner, was something which, 4 years earlier, I would never have dreamt of, let alone achieved.

The Kalahari Desert has the most amazingly beautiful scenery and location to run in, and this race should be on everyone's bucket list to run. Running with giraffes, zebras and springboks in the north of South Africa is simply breathtaking and life changing.

I met some truly inspiring and incredible people during the week, from all walks of life, running this extreme event for their own reasons, and I'm so grateful to have been involved with the race. The organisers and volunteers do a world class job organising the event and it's a tribute to them that the race has been held 18 times, the second oldest multi-stage race, just behind Marathon Des Sables.

Thank you to everyone who emailed me during the race, supported me, and followed my up and down running journey. Big thanks to WAA Ultra, who not only make awesome running clothing and gear, but continue to support me. I am now enroute to Peru to participate in the first ever edition of the Marathon Des Sables PERU 250km race. I'm tired and exhausted from the KAEM race and travelling, but excited and really looking forward to visiting this beautiful country and running in the Ica Desert.

Visit Leon's website at [www.findinggobi.com](http://www.findinggobi.com) for details of his recent book, Finding Gobi.

# Moab 240 Endurance Run

## Steven Battle



On 13th October at 7 a. m, 127 runners set off from Kane Creek campground. The runners were given 112 hours to complete the course, a very scenic race running southwest by the Colorado river, through the canyons, and then south, to the Abajo mountains, continuing north to the Lambpool Sal mountains, to finish in Moab, covering 29,467 ft of ascent.

The winner was Courtney Daulwalter, a Colorado woman winning by 10 hours in 58 hours. The 32 year old is a science teacher in her spare time. This was an amazing run!

69 year old Gene Dukes, was the oldest competitor to finish and had completed all 3 of the 200 destination trails this year, being known as the triple crown.

The first man was Sean Nakamura, in 67 hours 50 mins. John Duggan, was the first Briton in 44th position at 94 hrs 9 mins. The first UK woman was Kate Desmurs, F50 in 106.05, hailing from Merseyside now living in France. 98 runners completed the allotted time with 28 DNF.

A very well organised event by Destination Trail. Friendly volunteers who couldn't do enough. Well stocked feed stations, warm log fires to huddle beside at night plus sleeping quarters.

A well marked course with pink and orange ribbons every half a mile, plus arrows pointing you in the right direction. Each finisher received a unique buckle, each handmade and individual, making it a very special memento, plus a very generous swag bag of goodies with a t-shirt etc.

Clowne Road Runners



Photo courtesy Jason Husveth





**LIVERPOOL  
HOPE  
UNIVERSITY**  
Est. 1844

## Run for Hope: 6-hour Individual and Team Race Friday 27th April 2018

Run for Hope is a 6 hour run organised by the Department of Social Work, Care & Justice at Liverpool Hope University. It is being held to raise money for The Whitechapel homelessness project and in aid of supporting a group of young Palestinians to attend the Big Hope 2 conference in June 2018.

The run is open to both serious athletes and those who wish to support the good causes above and have some fun and exercise. The race will take place on the University campus and will be run under UKA laws. We invite everyone to either take part in the run or support/sponsor those who enter.



### Entry details

Individual entrants must be a minimum of 20 years of age on the day of the event. Teams of six will run/walk in relays: 1 hour per team member.

Entry fee £30 individual / £60 per team.

We would also expect each team to raise a minimum sponsorship of £150.

The race will begin at 10am and finish at 4pm on Friday 27th April, with registration from 9am. There will be prizes for top individual runners and teams.

Entry forms and further details available from Alistair Jewell [jewella@hope.ac.uk](mailto:jewella@hope.ac.uk)  
Or enter online @

<http://store.hope.ac.uk/product-catalogue/big-hope-2>

Please note there is no handling fee for entering through the Hope Store.

# The Anti-Heat Pill



*The Self-Transcendence 3100 is the world's longest footrace taking a maximum of 52 days and takes place on a sidewalk in Jamaica, Queens, New York, usually starting at the end of the third week in June and finishing at the end of the first week in August.*

*Multiday runner, Stutisheel Oleg Lebedev, has been taking part in this race every year from 2004 to 2016 and has written a book that shares some of the wisdom he sought and found during these transformative campaigns. Run. Journey. Become.*

Stutisheel Oleg Lebedev



During the 3100-Mile Races, athletes face the challenge of running in extreme weather, hot and humid. High humidity makes physical activity

particularly difficult. The fact is that the body tries to reduce the temperature during exercise by sweating, but the higher the humidity, the harder it is to 'evaporate' the body heat. There comes a time when, due to the high humidity, the cooling system of the body simply breaks down and we cannot maintain a comfortable body temperature, and begin to overheat.

My experience tells me that you can take a number of measures, which I call the 'anti-heat pill' in order to maintain the body's performance in hot and humid weather. This does not make the running easier. It's still extremely difficult to run when the temperature is 36C and the humidity is 90%, but to extend the running and avoid heatstroke is possible.

First, common sense suggests that we protect ourselves from the sun as much as possible and reduce the consumption of energy that our body needs to fight against it. This is not accomplished with just a cap and a t-shirt; we need to choose a material with UV protection. The higher the UV index, the better. Not less than 30. UV material with UV protection can be of different types, just covered with a special chemical composition or with special fibers. Products made with the latter are more expensive but more durable. In any case, eventually the ability to withstand ultraviolet rays reduces over time and you need to buy new clothes. Earlier, I wrote about the solution in the form of Solumbra costumes. They perfectly solve the problem of protecting the body from UV rays, and also they have great ventilation and breathability.

In the last few years, I have also worn the Better Than Naked series of t-shirts by North Face which are very thin, lightweight and breathable, and with UV protection. It helps to apply sunscreen, also with UV protection of not less than 30, on exposed skin – face, neck, hands and feet. Sunglasses with the same UV protection, and not just plastic lenses, are also very helpful.

Now, about nutrition and supplements; in general, the nutrition strategy in the heat is to minimise foods that require strong digestion, such as proteins. Strong



digestion means an excess of acidity in the body. Salads, fruit and vegetables on those days will be a good help. I also wrote about coconut oil, MCT, which is perceived as carbohydrate by the body and remarkably assimilated, supplying the body with fuel, as a real fat. In the long races, such as the 3100-Mile race, with a clearly expressed aerobic regimen, the main fuel is fat.

With drinks, the situation is more interesting. Just to drink plenty of water, as it turns out, does not solve the problem. The problem is that this water needs to be assimilated and delivered to the cells of the body. Coconut water does not solve the problem either. Although if you get pure raw coconut water, without preservatives, additives and impurities, it may help.

There are two solutions in my arsenal: Microhydrin (aka Mega Hydrate) and ionized water.

The first additive allows to transport the water into the cells themselves, but is also a powerful antioxidant. The inventor was Patrick Flanagan, who researched various places on earth where life expectancy rose past 100 years. Despite the difference in culture and food, there was one anomaly that united these centenarians, water with a special feature; a high electrical potential. The story of Flanagan's invention is quite interesting, well worth reading about. To cut the story short, Flanagan decided to recreate this living water at home, thus Mega Hydrate was born, which allows water to be absorbed and effectively nourish the cells of our body. Otherwise, water can just accumulate in the stomach and not actually reach the cells. Ionized water also possesses such properties and more.

It is also known that in hot weather the body needs an extra supply of potassium and sodium. During the race, I usually use HeatGuard salt tablets with micronutrients,

which I take every 2-3 hours in hot weather. A Japanese salt called Regidron also works remarkably well. Electrolyte Hydrator Natural Blend by Vega Sport works well, too.

This, briefly, is how I cope with the heat and humidity. Again, extreme conditions do not become comfortable, but you can continue to run without severe side effects in the form of fainting, dehydration and overheating.

Stutisheel Oleg Lebedev is the first runner from the Ukraine and former Soviet Countries to finish the world's longest certified footrace, the Self-Transcendence 3100-Mile Race.

Visit the website for more info  
[www.stutisheel.org](http://www.stutisheel.org).

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# *Sri Chinmoy Ultras Ottawa*

## Utsahi St-Amand

Sri Chinmoy founded the Sri Chinmoy Marathon Team in 1977 as a service to the running community and to help promote spiritual growth through sports.

In 1980, one Ottawa runner was invited to participate in the first 24 Hour Race organized by the New York Marathon Team. After the Race, Sri Chinmoy asked him to start such a Race in Ottawa. In 1981, the **Ottawa Self-Transcendence 24 Hour Race** began. This ultramarathon race, organised by the Sri Chinmoy Marathon Team, has been going on every year since. It is the

longest-running 24 Hour Race and oldest timed ultra race worldwide. On several occasions, it has hosted the Canadian National 24 Hour Championship.

Since 2009, it has included a 6 Hour and a 12 Hour race as part of the event now called **Sri Chinmoy Ultras Ottawa**.

The Race has been held on various 400 meter tracks in Canada's capital city, Ottawa. This year it was held at the Asticou Centre in Gatineau, Quebec, on a 1.8 km Loop.

The race is part of the ACU (Association of Canadian Ultramarathoners) Series

as well as the OUTRace (Ontario Ultra and Trail Race Series) and is IAU Bronze Certified.

For the past 35+ years, the oldest timed ultramarathon worldwide has witnessed many amazing performances. These include Sy Mah, Michel Careau and Hans Maier, three ultra-distance runners, who have given permanent trophies to the race for various outstanding performances.

The male course record of 242.919 km is held by Peter Holubar (1990) and the female course record of 214.487 km is held by Jamie Donaldson (2009).

### International Runners

The 24-Hour Race has witnessed amazing performances from renowned international ultra runners like Yiannis Kouros (2009) and Jamie Donaldson (2009) 214.487 km. Dipali Cunningham (Australia) set two Canadian Open Records by a non-Canadian for Women 50-55 for the 24 Hour (190.075 km) and the 12 Hour (110 km). Jon Olsen ran 100 miles (2013) in 11:59.28, setting a new American 100 mile Track Record and a new North American Record.





## Canadian Runners

Amongst the 600+ runners who have registered for this race, many have impressive records, including exemplary Jess Heroux, who completed 537 marathons and ultras since he started at age 45 after a major stroke; legendary Wally Herman, who retired at age 91 after forty years and more than 730 races in 99 countries ([www.countrymarathonclub.com](http://www.countrymarathonclub.com)); Paul Smith who ran the Ottawa 24 Hour Race 28 times; Joe Cleary; Kimberley Van Delst and hundreds of others.

Amongst the family endeavours, we note: Ronald Gehl, a 25 time runner and family members Julie and Terry Gehl along with Laurie and Theresa

McGrath; Hans Maier, now 80+ with 25 registrations for this race along with his two grandsons. Erlinda Biondic 77, who started her interest in running by assisting her husband, took over the ultradistance flag in 2015 and established three IAU records.

In the early years of the “running boom”, events like this established standards and levels of service to participants that have now become commonplace in the ultra-running community: regular drink stations, healthy food both during and post-race, as well as prizes to all age groups. Inspired by visionary Sri Chinmoy, the Sri Chinmoy Marathon Team with more than 500 races annually, has set the

stage for ultra distance running for the past forty years.

## In this years race, the top placings were:

### Men 24 Hour

- 1 Paul Chenery - 193.567
- 2 Stephen Bridson - 167.257
- 3 David Wise - 161.619

### Women 24 Hour

- 1 Larissa Chankseliani - 144.706
- 2 Erika Kelly - 129.671
- 3 Kirsten Wiley - 118.395

### Men 12 Hour

- 1 Perry Gray - 84.568
- 2 Peter Suomela - 82.689
- 3 Michel Gouin - 80.809

### Women 12 Hour

- 1 Lee Anne Cohen - 80.809
- 2 Marion Landry - 63.896

### Men 6 Hour

- 1 Danijel Pecsek - 62.016
- 2 André April - 52.620

- 3 Frank Buwalda - 50.741

### Women 6 Hour

- 1 Angie Darbyson - 69.534
  - 2 Brigitte Fraser - 52.620
  - 3 Katia Audet - 45.103
- Men 50 km
- 1 Derek Aubin - 6:58:17

## Reviews

**2017:** <http://trekan-drun.com/> or the direct link: <http://bit.ly/tr-autumn2017> page 86

**2016:** Video by Jeff Rowthorn of Get Out There Magazine: <https://getout-theremag.com/races/4444/sri-chinmoy-ottawa-6-12-24-hour-race-video>

**2015:** Utpal's blog: <http://perfectionjourney.org/?s=24+hour+race+ottawa>

<https://ca.srichinmoyraces.org/srichinmoyultrasottawa>

# SRI CHINMOY MARATHON TEAM 2018

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

**Germany, Austria, Switzerland,  
neighbouring countries**

### 17 March - Sri Chinmoy 6 Hour Race Nürnberg

- Sri Chinmoy Marathon Team, c/o Gerig, Austraße 74, 90429 Nürnberg
- Tel +49-(0)911-28 88 65, Fax +49-(0)911-28 84 12
- Start: 10 am, application deadline (AD): 9 March
- [nurnberg@srichinmoyraces.org](mailto:nurnberg@srichinmoyraces.org), <https://de.srichinmoyraces.org>, late registration + 5 €

### 29 April - Sri Chinmoy 6 Hour Race Wien

- Sri Chinmoy Marathon Team, c/o Smarana Puntigam, Märzstr. 158/10, 1140 Vienna
- Mob +43-(0)650-762 72 62; Fax /87 78 94 13, Start: 10 am
- [vienna@srichinmoyraces.org](mailto:vienna@srichinmoyraces.org), <https://at.srichinmoyraces.org>, AD: 25 April, LR: + 10 €

### 12.-13. 5. - Sri Chinmoy 12+24 Hour Race Basel

- Sri Chinmoy Marathon Team, PO box 76, 5420 Ehrendingen, Switzerland
- Tel +41-(0)56-203 13 88, Fax +41-(0)56-203 13 01, AD: 9 May, late registration after 31.3. + 12 €
- Start (24 h): Sat 12 am, Start (12 h): Sat midnight
- [12-24h-basel@srichinmoyraces.ch](mailto:12-24h-basel@srichinmoyraces.ch), <https://ch.srichinmoyraces.org>

### 12 May - Self-Transcendence 6+12 Hour+100 km Race Nitra

- Sri Chinmoy Marathon Team, Pod gastanmi 4F, 82107 Bratislava, Slovakia

- Pranjol Milovnik, Tel +421-(0)905-64 83 15
- Start (12 h+100 km): 7 am, Start (6 h): 13 pm
- [scmt@scmt.sk](mailto:scmt@scmt.sk), <https://cs.srichinmoyraces.org>

### 26 May - Self-Transcendence 6+12 Hour Race Prague

- Sri Chinmoy Marathon Team, Letovska 532, 19900 Praha-Letnany, Czech Republic
- Tel +420-(0)603-177 566, Fax +420-(0)2-252 77 400
- Start (12 h): 7 am; Start (6 h): 1 pm, AD: 1 May, late registration + 10 €
- [paha@srichinmoyraces.org](mailto:paha@srichinmoyraces.org), <https://cs.srichinmoyraces.org>

### 2 June - Self-Transcendence 50 km+100 km Race Amsterdam

- Sri Chinmoy Marathon Team, attn. Nitish Zuidema, H.N. Werkmanweg 17,
- 2031 BA Harlem, Holland, Tel +31-(0)23-516 03 60, Fax +31-(0)23-516 03 61
- Start (50 km): 12 am, Start (100 km): 9 am, AD: 27 May, late registration + 5 €
- [amsterdam@srichinmoyraces.org](mailto:amsterdam@srichinmoyraces.org), <https://nl.srichinmoyraces.org>

### 2-3 June - Self-Transcendence

#### 12+24 Hour Race Chisinau

Moldavian National Championships

- Sri Chinmoy Marathon Team, Ion Frunza, Florilor 30/1a, ap. 28, MD-2068, Chisinau, Moldavia
- Tel +373-(0)692 55 274, AD: 27 May, Start (24 h): Sat 9 pm, Start (12 h.): Sun 9 am
- [moldova@srichinmoyraces.org](mailto:moldova@srichinmoyraces.org), <https://md.srichinmoyraces.org>

### 17 June - Sri Chinmoy 50+100 km

### Race Paris

- Sri Chinmoy Marathon Team, 9-13 rue Srebrenica, Apt. 48, 75020 Paris, France
- Tel +33-(0)1-43 71 15 19, Mobil +33-(0)630-19 16 39
- Start (50 km): 12 am; Start (100 km): 7 am, AD: 10 June, late registration + 5 €
- [france@srichinmoyraces.org](mailto:france@srichinmoyraces.org), <https://Frisrichinmoyraces.org/>

### 29.-31. 6. - Self-Transcendence 12+24+48 Hour Race Vinnitsa, Ukraine

- Ukrainian National Championships in the 48 Hour Race
- Sri Chinmoy Marathon Team, Igor Mudrik, Tel +380-67-811 80 23, People Friendship Park
- Start (48 h): Fri 12 am, Start (24 h): Sat 12 am, Start (12 h): Sat midnight
- [info@races.org.ua](mailto:info@races.org.ua), <http://races.org.ua>

### 27.-29. 7. - Self-Transcendence 24+ 48 Hour Race Kladno

- Sri Chinmoy Marathon Team, Letovska 532, 19900 Praha-Letnany, Czech Republic
- Tel +420-(0)603-177 566, Fax +420-(0)2-252 77 400, AD: 1 July, late registration + 10 €
- Start (48 h): Fri 12 am, Start (24 h): Sat 12 am
- [paha@srichinmoyraces.org](mailto:paha@srichinmoyraces.org), <https://cs.srichinmoyraces.org>

### 5 Aug. - Self-Transcendence 6 Hour Race Harkov, Ukraine

- Sri Chinmoy Marathon Team, Gennady Ozerov, Tel +380-50-16 85 118, Artem Park
- Start: Sun 12 am, [info@races.org.ua](mailto:info@races.org.ua), <https://races.org.ua>



## 8 Sept. - Self-Transcendence 6 Hour Race Kosice

- Sri Chinmoy Marathon Team, Hlavna 79, 04001 Kosice, Slovakia
- Peter Hlac, Tel +421-(0)905-783 363, Start: Sat 10 am, AD: 14. 8., late registration + 10 €
- info@behkosice.sk , <https://cs.srichinmoyraces.org/beh-6h-kosice>

## 15. Sept. - Sri Chinmoy 6 Hour Race Munich

- Sri Chinmoy Marathon Team, An der Würm 28, 81247 Munich
- Tel +49-(0)89-12 02 15 13, Fax +49-(0)89-12 02 15 29, Start: 10 am
- munich@srichinmoyraces.org , <https://de.srichinmoyraces.org> , AD: 14. 9., late reg. + 10 €

## 22.-23. 9. - Self-Transcendence 24 Hour Track Race London

- Sri Chinmoy Marathon Team, Shankara Smith, Run and Become, 4a Eccleston Street, London SW1W 9LN, UK, Tel +44-(0)207-222 13 14, Mobile +44-(0)77 34 29 80 24, AD: 15. July
- Start: 12 am, races@runandbecome.com , <https://uk.srichinmoyraces.org/london-24>

## 22.-23. 9. - Self-Transcendence 6+12+24 Hour Race Kiew, Ukraine

- Ukrainian National Championships in the 12+24 Hour Race
- Sri Chinmoy Marathon Team, Valentyn Ionov, Tel +380-97-42 72 395, Expo Center
- Start (24 h.): Sat 12 am, Start (12 h): Sat midnight, Start (6 h): Sat 12 am
- info@races.org.ua , <http://races.org.ua>

## 6. Okt. - Self-Transcendence 6 Hour Race Amsterdam

- Sri Chinmoy Marathon Team, attn. Nitish Zuidema, H.N. Werkmanweg 17
- 2031 BA Harlem, Holland, Start: 10 am, AD: 1 Oktober, late registration + 5 €
- Tel +31-(0)23-516 03 60, Fax +31-(0)23-516 03 61
- amsterdam@srichinmoyraces.org , <https://nl.srichinmoyraces.org>

## 20.-21. 10. - Sri Chinmoy Trophy 6+24 Hour Race Cesano Boscone

- Sri Chinmoy Marathon Team, c/o Runner Store, Viale Legioni Romane 59

- 20147 Milano, Italy, Tel/Fax +39-02-48 37 66 05
- Start (6 h): Sat 12 am, Start (24 h): Sat 12 am
- info@corsestichinmoy.it , <https://it.srichinmoyraces.org>

Sri Chinmoy Marathon Team Germany e.V. Member of the Sports Association Rheinhessen  
Axel Gressenich, An der Würm 28, 81247 Munich  
Tel 089-12 02 15-13, Mobile 0151-50 98 64 83, Fax 089-12 02 15-29

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## MULTIDAY AND ULTRAMARATHON CALENDAR 2017\_18

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	6th 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	6th Taipei International 6/12/24/48 H 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



# 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

## UNITED KINGDOM CALENDAR 2017-18

11/19/2017	SCO	65/50 km	U	Trail	Tweed Valley Ultra Trail	Glentress Peel Visitor Centre, EH45 8NB
11/23/2017	ENG	6 hours	U	Trail	TimeLord On The Thames	Waterside Drive, KT12 2JG
11/24/2017	ENG	24/6 h/100 m	U	Mixed	Samphire Challenge 6 hours	Samphire Hoe, CT1 79F
11/25/2017	ENG	6 hours	U	Mixed	Fudgeathon	Samphire Hoe, CT1 79F
11/25/2017	ENG	50m	U	Trail	Wendover Woods 50	Trig Point Field, HP22 5NQ
11/26/2017	ENG	50k	U	Mixed	Gatliff 50Km	Edenbridge
11/27/2017	ENG	6 hours	U	Mixed	Hugin Challenge	Pegwell Bay Country Park, CT12 5JB
11/30/2017	ENG	6 hours	U	Road	St Andrews Day Challenge	Royal Esplanade, CT11 0EY
12/1/2017	ENG	6 hours	U	Road	Advent Challenge	Royal Esplanade, CT11 0EY
12/2/2017	ENG	33.5m	U	Trail	Coastal Trail Series - Dorset	Lulworth Cove, BH20 5RQ
12/2/2017	IRE	100m	U	Trail	Wicklow Way 100	
12/3/2017	IRE	50m	U	Trail	Wicklow Way 50	
12/9/2017	WAL	40m	U	Mixed	Run To The Castle	Aberdyfi, LL35 0NR
12/16/2017	ENG	6 hours	U	Mixed	Usual Suspects 1	Samphire Hoe, CT1 79F
12/17/2017	ENG	50k	U	Road	Dawn to Dusk Sunlight Ultra	
12/17/2017	ENG	6 hours	U	Mixed	Usual Suspects 2	Samphire Hoe, CT1 79F
12/17/2017	ENG	6 hours	U	Road	Newark Showground Xmas Challenge	NG24 2NY
12/27/2017	ENG	7 h 41 min	U	Mixed	Sunrise to Sunset Challenge	Coalport TF8 7JF
12/28/2017	ENG	45 m/50 km	U	Trail	Winter Cross 45m Ultra	Meonstoke, SO32 3NP
12/29/2017	ENG	6 hours	U	Mixed	Frozen Phoenix 2017 1	Xcel Leisure Centre, KT12 2JG
12/30/2017	ENG	6 hours	U	Mixed	Frozen Phoenix 2017 2	Xcel Leisure Centre, KT12 2JG
12/31/2017	ENG	6 hours	U	Mixed	Fowlmead Challenge	Betteshanger C.P CT14 0BF
1/1/2018	ENG	30	U	Trail	Hardmoors 30	Ravenscar
1/13/2018	ENG	45 miles	U	Trail	Country to Capital	Wendover
1/13/2018	ENG	45 miles	U	Off Road	Children's Trust Country to Capital 45	Wendover
1/14/2018	ENG	288 miles	M	Trail	The Spine Race	Edale
1/20/2018	ENG	24/12/6 hours	U	Trail	Beyond The far Side	Leighton Recreation Centre, BA13 3PT
1/21/2018	ENG	30 miles	U	Mixed Terrain	Winter Tanners 30	Leatherhead
1/21/2018	ENG	50/42/21 km	U	Road	Gloucester 50 km	Quedgeley
1/27/2018	ENG	47 miles	U	Trail	Peddars Way Ultra	Knettishall Heath (TL 944807)
1/27/2018	ENG	32 miles	U	Mixed Terrain	Wilmot Wander	Chaddesden



# Upcoming Races

1/28/2018	ENG	100 km	U	Trail	Flitch Way 100 Km	Rayne Train Station, CM776AB
2/1/2018	ENG	6 hours	U	Trail	The Big Bear Challenge	Ryton Pools Country Park, CV8 3BG
2/3/2018	ENG	34 miles	U	Trail	Coastal Trail Series - South Devon	TBC
2/3/2018	ENG	50 miles	U	Mixed Terrain	Thames Trot	Oxford
2/3/2018	ENG	66 miles	M	Trail	The Pilgrim Challenge	Farnham
2/6/2018	ENG	34+ miles	U	Road	Dartmoor Discovery Ultra Marathon	Princetown, Dartmoor
2/9/2018	ENG	100 miles	U	Trail	The Arc of Attrition	Porthtowan TR4 8AW
2/11/2018	ENG	30 miles	U	Mixed Terrain	Punchbowl Marathon	Witley
2/12/2018	ENG	6 hour	U	Mixed	Unusual Suspects	Cyclopark, DA11 7NP
2/13/2018	ENG	6 hour	U	Mixed	Unusual Suspects	Cyclopark, DA11 7NP
2/24/2018	ENG	35 miles	U	Trail	Coastal Trail Series - South Devon	Bamburgh Castle NE69 7DF
2/25/2018	ENG	45 miles	U	Mixed Terrain	St. Peters Way Ultra	Chipping Ongar
3/10/2018	ENG	100 miles	U	Mixed Terrain	Viking 100	Reculver, CT6 6SY
3/18/2018	ENG	40 miles	U	Mixed Terrain	Oldham Way Ultra	Oldham
3/30/2018	NIR	169 km	U	Road	Belfast to Dublin	Crown Liquor saloon Belfast
4/14/2018	SCO	100km	M	Trail	Ultra Tour of Arran	Brodick
4/15/2018	ENG	50 miles	U	Mixed Terrain	Challenge4Charity	Sheffield
4/27/2018	ENG	6 hours	U	Road	Liverpool 6 Hour (Name may change)	TBA
5/5/2018	ENG	97 miles	M	Trail	South Downs Way Devils Challenge	Chilcomb Sports Ground Winchester
5/11/2018	ENG	100 miles	S	Mixed	Cotswold Way Challenge	Chipping Campden
5/13/2018	ENG	12/6 hours	U,R	Trail	Ellenden Farm Frolic	Evesham WR11 8LU,
5/19/2018	ENG	615 miles	M	Mixed Terrain	Monarchs Way Ultra	Powick Bridge, Worcester
5/19/2018	ENG	100 m	U	Trail	Westcountry Ultra (Flat!) 100m	Taunton
5/19/2018	ENG	50 m	U	Trail	Westcountry Ultra (Flat or Hilly) 50m	Minehead
6/3/2018	ENG	6 hours	U	Mixed Terrain	Dambusters Challenge	Birchington, CT7 9QP
6/10/2018	ENG	50 km	U	Trail	Weald Trail Ultra	Chiddingly, BN8 6HN
6/16/2018	ENG	69m	U	Mixed Terrain	The Wall ultra	Carlisle Castle
6/30/2018	ENG	100/50 km	U	Mixed	Cotswold Way Challenge	Royal Victoria Park, Bath

# Upcoming Races

7/7/2018	ENG	100/50 k	U	Trail	Ham & Lyme 100k	Ham Hill CP/Lyme Regis
7/7/2018	ENG	100 km	U	Trail	Serpent Trail 100k	Petersfield
7/7/2018	ENG	50 km	U	Trail	Serpent Trail 50k	Petersfield
7/14/2018	ENG	100/50/30 m	U	Mixed	Essex 100	Felsted
8/3/2018	ENG	24 hours	U	Mixed	Cotswold 24	Cirencester Park, GL7 6JT
8/4/2018	ENG	140m	U	Mixed	Coast 2 Coast (C2C) Ultra	Whitehaven
8/18/2018	SCO	214 miles	U	Trail	The Race Across Scotland	Portpatrick
8/24/2018	ENG	214 km	U	Trail	Chiltern Way Ultra Challenge 200k	Little Hampden HP3 0BL
8/25/2018	ENG	86m	U	Trail	Ridgeway Challenge	Ivinghoe Beacon
8/26/2018	ENG	100 km	U	Trail	Chiltern Way Ultra Challenge 100k	Little Hampden HP3 0BL
9/1/2018	ENG	50 miles	U	Off Road	Dartmoor 50	Okehampton
9/29/2018	ENG	117 miles	U	Trail	Two Moors Ultra	Lynmouth
10/5/2018	ENG	78 miles	U	Trail	Atlantic Coast Challenge	St Ives Bay TR27 5BH
10/21/2018	SCO	55km	U	Mixed Terrain	Ultra Tour of Edinburgh	Royal Mile
00/04/2018	ENG	150 km	U	Mixed	Tyne Trail Ultra (South)	Tyne Head
00/07/2018	ENG	100 miles	U	Mixed	QE2QE100	Home Park, SL4 6HX

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**SHIVALIK ULTRA RUN**

**23<sup>RD</sup> - 25<sup>TH</sup> DECEMBER, 2017**

**DOHG PO. VILLAGE, LOWER GHALLAUR, TEHSIL, JWALAMUKHI, DISTT. KANGRA (HP)**

**RUN & WALK CATEGORIES-**

- 80KM ULTRA MARATHON
- 50KM ULTRA MARATHON
- 30KM RUN | 10KM RUN
- 50KM ULTRA WALKATHON
- 10KM WALKATHON
- 80KM CYCLING

**23<sup>RD</sup> DEC ARRIVAL, EXPO**

**24<sup>TH</sup> DEC RACE DAY**

**24<sup>TH</sup> DEC POST RUN PARTY**

**25<sup>TH</sup> DEC BREAKFAST & DEPARTURE**

**Ultimate Survival**  
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# 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>

