

# Ultrarunning World

**ROAD, TRACK & TRAIL MULTIDAY & ULTRA DISTANCE NEWS  
ISSUE 12**





# 100 mi - Race

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

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

at 6th October 2018

**TAUBERTAL**

**100**



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## Editorial

This is the third magazine in less than a month as we have striven to catch up after circumstances delayed production in the early part of the year. I am very grateful to Marcella our Graphic Designer who has put in a phenomenal amount of work to present the material in an attractive form despite my limitations and inefficiencies – we are making progress.

Several themes in the work have surfaced for me over the last few weeks that we will be exploring in the future and that are deeply embedded in our psyche's. The first is about a plant-based diet as it's clear that there is a revolution underway in how we are choosing to fuel ourselves and the origins of this are lost in the mists of time. Not having a missionary agenda per se we will nevertheless endeavour to provide resources for ultrarunners interested in this nutritional approach. This has the benefit of science to help us make compassionate and ethical sustainable choices as we move forward.

Secondly, every runner has experienced the physical and mental changes that occur during ultras and the longer the event, the deeper the shift. Some mainstream running media have been highlighting the importance of the mind and mental attitude for years whilst hesitating to explore traditional platforms for bringing clarity and understanding to our running practice.

Understandably mental health is a delicate issue and its clear our current strategies for resolving many issues are still largely palliative as we look at the numbers of people who are struggling to make sense of themselves and their environment. The popularity of mindfulness is an opportunity and hopefully society can re-interpret the traditional platforms in the context of the needs of today, helping us create our own solutions to the challenges that each of us encounter whilst still support and enhance the wider communities of which we are a part... and this brings me to the third theme, evolution.

Back in the 1980's when ultrarunning began to re-seed itself after 80 years of relative dormancy, the people running long distances were often seen, inaccurately or not, as eccentric and unfathomable but 40 years later people are paying a fortune to have that experience. The constantly evolving technology has brought developments in all areas from improved shoes, to back-packs and hydration systems, new fabrics for dealing with weather extremes, navigational aids and the digital reality we are embracing as we seek improvements - we are able to look back and see how much our attitudes have changed. It doesn't stop. This is the beginning of a new era of integration of mind, body and spirit and this is the new ultrarunning world.

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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.



# 2019 Trail World Championship Announcement



**I**AU and ITRA are very pleased to announce that the 2019 Edition of the Trail World Championships will be held at Miranda do Corvo in Portugal on June 8th 2019. It will be hosted by the Trilhos dos Abutres as the LOC with the Portuguese Athletic Federation. The National teams will be housed in Coimbra not far from the event site. Website: [trilhos.abutres.net](http://trilhos.abutres.net)

## The Mindset of High Performers – seminar at the 2018 IAU 24H EC in Timisoara

Get inspired and learn from the best! LOC is happy to invite you on Thursday, May 24th, starting at 6 pm, at Timisoara Hotel for the seminar “The mindset of high performers”. The seminar is part of the 2018 IAU 24-hour European Championships program.

## 2018 IAU Trail World Championship - final results

Ragna Debats (Netherlands) and Luis Alberto Hernando (Spain) were dominant over the 85 km course, finishing in 9:55 and 8:38 respectively.

### Women

1. Ragna Debats - Team Netherlands
2. Laia Cañes - Team Spain
3. Claire Mougel - Team France

### Men

1. Luis Alberto Hernando - Team Spain
2. Cristofer Clemente - Team Spain
3. Thomas Evans - Team United Kingdom

### Women's Team

1. Spain
2. Great Britain
3. France

Race report by the ITRA (International Trail Running Association)

## 2019 Trail World Championships

The next Trail World Championships will be held on 8 June 2019, at Miranda do Corvo in Portugal. A 50 km course designed by the organizers of the Trilhos dos Abutres awaits the runners who will compete for the titles of short Trail World Champion.

## 2019 IAU 24 hours World Championship event date confirmation

The IAU and LOC are very pleased to announce that the 2019 IAU 24 Hour World Championship will take place on **May 11<sup>th</sup>-12<sup>th</sup> 2019** in Irdning, Austria. In addition, a couple of IAU delegates will be visiting this year's race which will be run on the course being prepared for next year's IAU 24H World Championships. Most likely the race will start in the middle of the day and will have an open race as well (still to be confirmed). Race website: [24h-lauf.at/en](http://24h-lauf.at/en)

## In Other News

**T**he 10th 6633 Arctic Ultra, one of the coldest and most challenging events on the planet is a 380 mile journey starting from Eagle Plains (Yukon) along with a 120 mile race finishing at Fort McPherson (NWT) whilst the 380 mile race continues to the finish line on the banks of the Arctic Ocean at Tuktoyaktuk (NWT). This year the race was won by Romanian Tiberiu Useriu in 7:04:50 for the third time. Jennifer Stronge was the only woman to finish which she did in 5<sup>th</sup> place in 8:11:46. 23 starters and 6 finishers.

**The Las Palmas 24 Hour** road race in Spain was won by Enrico Maggiola with 220 km and the first woman was Maria Jose Tomaz de Aquino with 175 km, 4<sup>th</sup> place overall. At the CBR 48 hour in Canberra, Australia,

Kevin Muller ran 340 km for the win and Kerrie Williamson was second overall with 322.011 km. Orkney runner William Sichel came 9<sup>th</sup> with 255 km.

## **The 4th TITI 250km Road Ultra Marathon**

(MAS) was won by Wilnar Iglesia in 37:22:56. Karen Chin was the only woman coming third overall in 41:32:45. Other shorter distances also took place.

The **Heilbronner 24-Stundenlauf** in Neckar, Germany was won by Hilmar Langpeter in 195.130km and Claudia Hanisch 150.670km while on the north west coast of America, the Pacific Rim 24 hour was won by William Betts with 183.465 km. First woman was Van Phan, second overall with 177.027 km.

The 11<sup>th</sup> **Lake Balaton Supermarathon**, a 196km race around the huge Lake that lies 130 km south-west of Budapest, was won by Peter Steib in 13:31:43 hours. Lilla Cseke was first woman in 16:16:46, 12<sup>th</sup> overall.

This year's 860 mile **JOGL**, the John 'O' Groats to Lands End race in the UK saw two finishers, Jean-Louis Vidal (FRA) taking the win in 11:52:00 and Kenneth Chan (HKG) finishing in 14:59:00.

## **The Running Festival Johannesburg**

organised by Eric Wright in South Africa was led off by the 48 hour which was won by Mike Nel with 222.8km. First woman was Carol Nepgen, a walker, with 112.8 km. In the 24 hour Yvonne Hopkinson won with 80km and Hoppy Hopkinson was first man with 72.4 km.

The 56 km **Old Mutual Two Oceans**, one of the most popular races in South Africa was won by Justin Kemboi Chesire in 3:09:22 and first woman was Gerda Steyn in 3:39:32.

**Beyond Limits Ultra**, a festival with a variety of events - 72/48/24 plus 100/50 mile and 50 km races took place at the Mountain Center in California on April 7th. The 72 hour was won by Andrew Glaze 232.00 miles. Catra

Corbett the colourful Californian won the women's race with 192.00 miles. In the 48 hour the Jester Ed Ettinghausen prevailed with 182 miles and first woman was Jessica Hardy with 144 miles. The 24 hour saw Michele Graglia run 122 miles while Keri Bowzaylo ran 82 miles.

The most famous stage race on the planet and occurring annually since 1983, the **Marathon des Sables** draws a big field. Rachid El Morabity won the race for the 6th time, 5th time in a row, and his brother Mohamed El Morabity in his first MdS finished in second place just 26 minutes behind establishing, perhaps a new Moroccan dynasty. Robert Merile from France taking third spot to prevent a clean podium sweep for the hosts. Former Western States winner American Magdalena Boulet won the women's race, 11th overall. Bouchra Eriksen took second place and British runner Gemma Game held third place from the second day. Over 1000 runners started

this 250 km 6 day stage race.

## **Run Across Taiwan**

(Race report) The Run Across Taiwan, a 246 km road race was won by Takayoshi Shigemi in 30:01:45. The first woman was Ling-Chun Chou, third overall in 36:51:38. 33 finishers.

At the **Pietersburg Road Runners** 100 mile & 24 Hour Track Race Ivan Penalba Lopez (ESP) won the 24 hour with a new Spanish track record of 249.324 km. Dmitry Prokhorov was second with 191.038 km and third was Hilton Murray with 176.525 km. In the women's event, Cornel Metcalfe took first spot with 174 km setting three records at 6 hours, 50 km and 50 miles. Second was Lorraine Boshoff Daleen with 168.847 km setting three records at 50m/km and 100 km. Daleen Cilliers was first to the 100 mile mark for the women, 5th overall and earned a third place in the 24 hour for her efforts.

■UW■

# UK Recent Races

**03-02-2018 The Thames Trot Ultra** is one of Go Beyond Ultra's flagship events. The race started in Iffley, Oxford and first among the 200 finishers was Alexander Whearity of Reading Joggers who ran the 50 mile race in 6:12:04. First woman was Anna Troup finishing 19<sup>th</sup> overall in 7:26:39. [Race Report](#) and [Race results](#)

**10/03/2018 Viking 100** was won this year by Robert Treadwell in 17:37:07. First woman was Apryl Hammett in 21:40:25. The **Viking 24 Hour** was won by Georgina Harrison who ran 100 miles in 21:28:04. First man was Andy Jones also running 100 miles in 22:30:11. The event takes place partly on the Viking Coastal Trail on Brook Farm, Reculver Kent. The course is a mixed surface 6.25 mile loop.

**11/03/2018 Barry 40** is one of the UK's oldest ultras and takes place at Jenner Park and features the Welsh Ultra Distance Championships. Steve Way won the race in 4:13:24 with Tracy Dean first woman in 5:20:41. Nathan Flear was the Welsh Champion finishing second in 4:41:26.

**17/03/2018 Hardmoors 55** achieved notoriety this year and has a complete magazine dedicated to this year's events with full results and reports published as the first [Ultrarunning World Special Edition](#). The race was won by Ross Cooling in 8:44:25 and first woman was Sara Al-Kadhimi in 10:14:06.

**20/04/2018 The Red Rose Ultra** is a 40 Mile loop from the Castleshaw centre (Delph) following the route of the Oldham Way Ultra. The race was won by Steve Crossman in 7:22:25 and first woman was Fiona Dyson who finished second overall in 8:01:09. [Full results](#).

**23/03/2018 Jurassic Coast 3 Day Challenge** is a three day event covering a marathon each day along the Jurassic Coastal Path starting just outside Charmouth and finishing at Shell Bay Studland. The event was won by Jake Coates in a total time of 14:28:32. Tamsin Simmonds was first woman third overall in 15:19:14. [Results](#).

**24/03/2018 Betteshanger/Fowlmead Challenge**. South East Kent was home to a rich mining heritage and in recent years this has been transformed in to what is now known as Betteshanger Country Park, near Deal featuring a two mile tarmac cycle track. 88 runners showed up with Simon Ballard running 42.65 miles in 6:17:55. Mylene Elliott was the leading woman covering 32.75 miles in 6:37:06. [Full results](#).

**25/03/2018 The Canalathon 100** runs along the Rochdale Canal to Sowerby Bridge, Manchester. With several shorter options, the 100k was won by Jacob Snochowski in 07:47:24. First woman home was Alex Marshall in 10:46:53. Full results for the [100/75/50k](#).

**30/03/2018 The Belfast 2 Dublin Ultra** starts at the Crown Liquor saloon Belfast and finishes at St James's Gate Dublin – 169 km away with a 36 hour cutoff. Peter Cromie and Alastair Higgins tied for first place in 16:16 and fourth overall was first woman Louise Smart finishing in 20:42. [Full results](#).

**31/03/2018 The 'Born to Run' Ultra Marathon Festival** takes place along routes 4 and 47 of the National Cycle Network starting at the Bynea Cycle Club in Wales. The 80 mile event was won by Jan Davies in 15:50:52. Second was John Camani in 17:31:08. [Full results](#).

**31/03/2018 Devon Coast To Coast** a new 117 trail race from Wembury to Lynmouth which utilises the Two Moors Way, a 100 mile waymarked trail from the South of Dartmoor to North of Exmoor. Alexander Thomas Lockett was first man home in 26:14 and first woman was Sarah Salt in 36:20. [Full results](#).

**31/03/2018 Glasgow to Edinburgh Double Marathon** follows the course of the Forth & Clyde starting in Ruchill Park, Glasgow and Union canals and finishes in the centre of Edinburgh. The 52 mile course is largely flat. Rowan Boswood finished in 6:45:07 and Judith Regner was first lady in 8:47:21. [Full results](#).

**02/04/2018 The Liverpool to Manchester Ultra** follows

the Trans-Pennine Trail and the River Mersey from Liverpool to Manchester. The course is a well-marked, fast 50 mile race with a 14 hour cut-off. Organised by GB Ultras this was won by Wouter Decock in 5:44:00 and first woman was Tracey Dutton in 7:03:00. 167 finishers. [Full results.](#)

07/04/2018 At the **Crawley A.I.M 24/12/6 Hour Track Race**, Grant Macdonald put in a great performance to set a new course record with 233.73 km. Dave Moore covered 193 km in just over 120 miles for second placed man and Paul Beechey was third. Sarah Sawyer set a new women's course record with 205.6 km on her 24 hour debut finishing second overall. Helen James ran a good race for second and third placed Dawn Gardner got her qualifying time for Spartathlon. [Full results.](#)

07/04/2018 **Kielder Ultra 100/50k Ultra Trail** is set in the

600 square kilometres of Kielder Water & Forest Park, the largest man-made lake in northern Europe. The 100k race which starts and finishes at the Kielder Castle Visitor Centre, Northumberland was won by Adam Potter in 9:33:52.9 and first woman, fifth overall, was Carol Morgan in 10:24:50.4. The 50k was won by Lee Collins in 5:06:35.6 and first woman was Amy Norfolk in 6:15:24.8. [Full results.](#)

07/04/2018 The **ONER Ultra Trail Run** is an 82 mile race along the Jurassic coast starting in Charmouth and finishing in Poole with over ten thousand foot of ascent and a 24 hour time limit. Women's winner this year was Josephine Adams in 19:47:08. Men's winner was Anthony Gerundini in 18:45:09 [Full results.](#)

07/04/2018 The **South Downs Way 50** was the first race of the season for Centurion Running and the start line in Worthing

saw 389 runners line up. Tom Evans (5:44:22) blitzed the field finishing over an hour ahead of second placed Alistair Palmer and a similarly powerful run from Sarah Morwood taking third place overall in 7:03:55. [Report and results.](#)

08/04/2018 **Cyril Bean Coventry Way** is a 40 mile race around Coventry on footpaths and bridleways. This year Sebastian Jones-Brain won in 6:19 and first woman was Mary Heald in 6:28, 4<sup>th</sup> overall.

14/04/2018 2018 was the 40th anniversary of the first **Calderdale Hike** and to celebrate, a new long route of 40 miles was devised which revisited some of the original parts of Calderdale that were in the early events. The fastest runner was Rory Harris in 5:54 and fastest woman was Karen Nash in 7:58. [Full results.](#) ■UW■





# Time, time, time: “I shall be too late!”



100 miles of Istria Photo by Dejan Hren

Maria Elizabeth's Bellini

Depending on our level of mental clarity, kilometres, metres and minutes may all turn out to become the toxic ingredients of a thick soup of despair, slowly simmering away in our mind.

Some of us may know the feeling well. Others may have escaped the call of time. But for those of us who've fled the shadow of the grim reaper / or should we say: the *grim sweeper*, the conundrum of facing the clock can cause anguish and mental mayhem.

The **White 'ultra' Rabbit** may experience many a consequence

when faced with the dreaded cut-off times, blind panic, or perhaps just an enveloping sense of gloom, or even that of decidedly making a point of *not looking* at his watch, and just scuttering on relentlessly, hoping for the best.

Or perhaps our furry friend may be part of the colony that employs mental athletics, performing numerical cartwheels, subtracting times and dividing distances as a means to somersault across those mathematical obstacles.

**Signs of Trouble**

Last year I found myself wearing the **White Rabbit** suit during an autumn 50km race. Having made the provident yet potentially ill-judged choice of noting down all cut-off times on a small, detailed copy of the course profile that I'd carefully drawn up several days earlier. Neatly cut out and waterproofed with layers of sellotape, and carried within easy reach.

The intent had been – as always – for it to be a useful tool which I could consult in time of need. Other than the profile, km's, and altitude, I'd carefully noted down aid stations, villages, river crossings, main roads and even points of interest.

**...And of course, the dreaded cut off times.**

It was a languid, sunny October day. One of those days where the sun actually does appear to be smiling down at you. Yet there I was, on a gentle, wide mountain path in Italy's northern Apennines, seized by panic, wondering what on earth had happened.

It was an early point in the race. Everything had been going well. Even paced, a positive mindset and a strong main goal to have a *good day* out on the trails and feel well.





Ultra-Trail Via degli Dei, has a spectacular finish in Fiesole's Roman amphitheater. img credit - race organisation.

I'd been expecting the climb. My telescopic poles secured to the back of my pack right from race start. And here we were. The bottom of the hill. Time to have a quick look at the tiny race profile tucked in my vest's front pocket. Something, though, wasn't quite right.

I contemplated - first the hill. Then my Garmin. And then 'myself' the 'runner'. Something wasn't right.

So, I knew that at the top of the hill was a check point *and a cut-off time*. A time which was alarmingly **too close** to 'now' according to my Garmin. And then the hot, shameful, realisation, that there was no way short of a miracle that I'd be able to make it.

Conflicting thoughts. Precisely the type that you don't want to experience ever. In any race. And none were positive.

What had gone wrong? Had I taken it too slowly? Age? Poor

training? Just a bad day?

Too many questions. At the wrong time. There was no time to 'wallow', I pulled a Buff over my wrist to hide the Garmin's watch admonishing clock face. And muttering "Oh dear! Oh dear! I shall be too late!" I parked my brain in a cornered **counting-strategy** slot, and trundled onwards and upwards, swearing that the next time I'd select a race with more relaxed cut-off times.

### The Gates of Hell

"Cancelli" is the term used to describe cut-off times in Italian. This literally translates to "gates" - and gates they are indeed. Get there within the set time, and they are open (although they can be open to hell). Yet get there *after* the designated time and they remain politely closed. Race volunteers become human barriers between yourself and what feels like any form of human

dignity - and the finish line.

In Italy the 'gates' become all that more significant, as race profiles usually have big, impressive numbers, meaning that unless you're related to the Ibex, you should take into account that all but a select few, will actually be *running* up those hills. And us mere common mortals, will usually approach the uphill at a slower pace (walking) - and many of us use poles.

Although arbitrary, most cut off times are not randomly set at a whim. Race directors will take into account a number of things. First and foremost will be runner's safety. Which of course will depend on a number of factors, the type of course, weather conditions, terrain, distance, staff & volunteers, past editions, and time of year - to name a few.

Many Italian trail races might seem ridiculously short, but if you take a look at the profile,

# Race Report

The Abbots Way, along the 'Sella dei Generali' img credit - Simona Foi.



you should be prepared that a sufficient amount of elevation gain is going to slow you down. Add altitude and technical terrain to the trail cocktail, and you can see that it notches up on the potency levels and can quickly become a bomb.

To give you an idea, I've finished a 50k and a 23k in just about the same time. One was across the gentle, dusty tracks in Tuscany, the other on a arduous course on Piedmont's Monviso.

But I live in Italy, I can 'afford' to mess up now and again. But coming from abroad, we don't want to be spending a significant amount on travel, accommodation, race entry and various, only to find ourselves wearing that long eared furry white costume, brandishing our Garmin, and wildly chasing

what may seem as an impossible 'cancello'.

So here are three ultras with ample cut off times. Ones where you should be able to leave the Ultra Rabbit safely at home, grazing outside in the garden.

## 100miles of Istria

For the first Ultra we actually cross the Italian border and head into Croatia. We're in the Istrian Peninsula, bathed by the Adriatic. It lies right between the Gulf of Trieste and Kvarner Bay.

Taking place in April the "100miles of Istria" offers several distances plus the 100 miler. Part of the Ultra-Trail World Tour, it has a wealth of information available to potential runners, in the form of a first-rate website with a 125 page pdf race information 'magazine' available

for download, that covers not just the race but the area too.

More than 23 nationalities took part in the 2017 event giving this race a real international feel. It's quite a new race, the first edition being in 2013 with only 237 competitors, yet today has evolved into a 1000+ mega event.

The **100 miles Istria**, 6.539m D+ has a generous maximum time limit of 46 hours, meaning that runners have to average 3,5km per hour to finish.

The first to cross the 2018 finish line was Paul Giblin in 21:06:53 and Italy's Francesca Canepa in 22:49:33h

Race website: [www.istria100.com/index.php/red/](http://www.istria100.com/index.php/red/)

## The Abbots Way and Ultra Trail Via degli Dei

The next two races have quite a lot in common. They both take place in Tuscan and Emilia Romagna Apennines in northern Italy, both are run along historical routes, both races are point to point and claim the same distance and nearly the same elevation gain. Both have a generous max time limit of 32 hours meaning that runners have to cover 3,9km average per hour to finish.

The first is **The Abbots Way**, which in April 2018 saw its 11<sup>th</sup> year. 125km with 5550m D+

Many an Italian ultra runner has passed across this race course. A low-key event, down to earth, and



no superlative frills, but with a staff of volunteers truly dedicated to the cause, means that this ultra has a loyal following with many athletes returning year after year.

The route is from Bobbio (in Emilia Romagna) to Pontremoli (in Tuscany), reversing race route from year to year, and follows the ancient Pilgrims route the “Via degli Abati” - the Abbots Way – more details here: [www.viadegliabati.com/the-abbots-way-english-version/](http://www.viadegliabati.com/the-abbots-way-english-version/)

2018 saw Carlo Salvetti cross the finish line in 13:31:31h and Melissa Paganelli in 17:07:05h

Race website: [Theabbotsway.wordpress.com](http://Theabbotsway.wordpress.com)

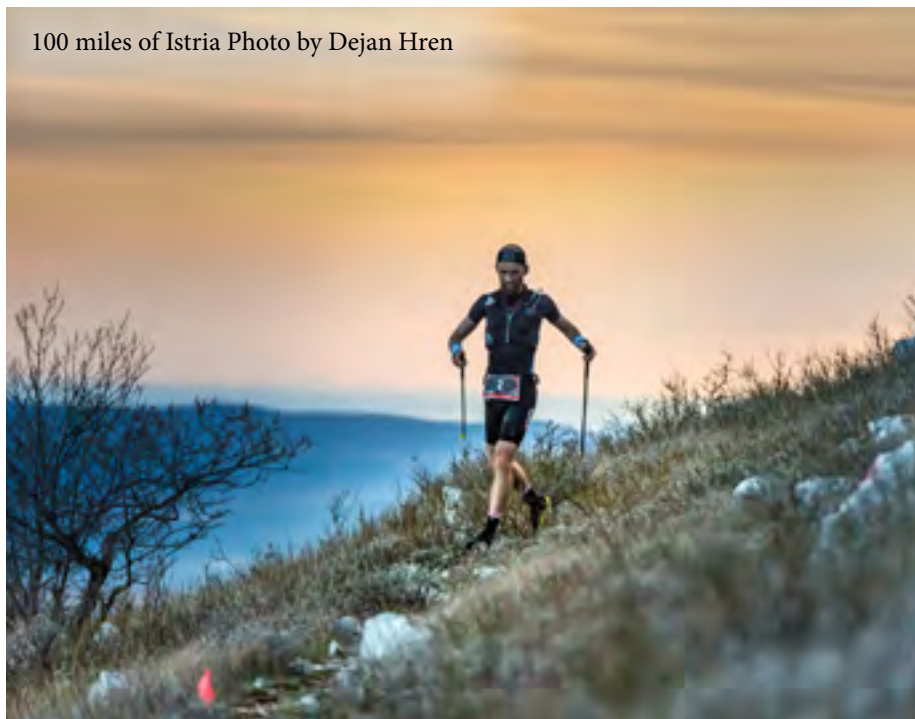
The **Ultra-Trail Via degli Dei** is only in its second year. At 125km 5100m D+ it runs across the historical route “La Via degli Dei” - “The Path of Gods” that joins Bologna (in Emilia Romagna) to Fiesole, on the outskirts of Florence (in Tuscany). An incredible race route with an epic start and equally epic finish. Race directors are continually working and building on experience towards creating an event which deserves to reach as wide an audience as possible.

Race website: [www.ultratrailviadeglidei.com](http://www.ultratrailviadeglidei.com)

2018 winners were Fabio Di Giacomo in 13:49:35h and Giulia Saggin in 18:31:59h.

The strength of each of these three

100 miles of Istria Photo by Dejan Hren



races, lies in distance and not too extreme elevation. And they can all be considered ‘runnable’ in many parts. Prepare well, take your poles, by all means make yourself a cut-out personalised race profile, and don’t leave out the landmarks, and points of interest which you’ll find along

your journey.

By the way, somehow, I did manage to cast aside the furry white suit of The White Rabbit, at the 50k in October. By just by the skin of my teeth. And I admit to running part of the race course with the Grim Sweeper – a Gentleman indeed.

■UW■

Ultra-Trail Via degli Dei, starts in the centre of Bologna. img credit - race organisation.





# What got you started running multadays?



With just about a month to go before the 2018 Self-Transcendence 3100 mile race gets underway, the Bulgarian record holder Sopan Tsekov answered some questions from a curious runner he met whilst on a training run recently.

I have run quite a few shorter multiday races before the 3100 mile race <http://sopan.run/complete-race-history/> About 22 years ago I started meditating under the guidance of my teacher Sri Chinmoy <https://www.srichinmoy.org> who was himself an athlete and he was the one who inspired me to run long distances especially multadays with his philosophy about Self-Transcendence.

## *How do you manage your time with 100 mile weeks?*

I would run 100 mile weeks only 2-3 months before the race and usually any free time I have I would use to run or sometimes backpack for 2-3 days. In general I would try to be active and moving on my feet any time I have off work. Sometimes I have to get up at 5am do my meditation, leave at 7am and run until 12 noon then go to work and be back home at 10 pm.

Right now I take two days off a week and this gives me enough time to relax in the morning and then do a long run in the day or just go backpacking for two days like I did a week ago climbing “Cactus to clouds” trail which is more than 10,000 feet elevation

gain in 14 miles one way with a heavy backpack.

In general I find long distance running and outdoor activity energizing so it works well in combination with my daily professional life :)

## *Do you do races for training?*

I usually don't do other races, at least I have not done in recent years except a marathon distance 1-2 times a year and maybe a short ultra marathon like I did last year in New York - a 47 mile race and a marathon one day apart from each other.

I do exercise all year but I wouldn't call it training because I do it for the experience that it gives me rather than the physical results.

Running about 50 miles per week and mountaineering/backpacking and doing challenging hikes are my main forms of exercise throughout the year and they have become a form of meditation for me and I cannot call them training but a way of life.

I feel this kind of active lifestyle helps to keep lethargy away from the mind and body and in the end helps as training for the 3100 mile race.

Of course meditation is the foundation for me. By meditating I consciously try to go deeper and get in touch with a deeper source of energy and fulfilment. The active lifestyle and the REALLY long races compliment this. Basically the inner meditation journey manifests itself as an outer

3100 mile journey and the outer 3100 mile race gives the intensity to go deeper and further on the meditation journey. So they go together.

***How would you describe your nutritional strategy?***

I am vegetarian. I don't eat junk food or fast food. I eat food that has nutritional value or has good qualities. I don't limit myself eating ice-cream, chocolate or anything else as long as it is made of quality products. I wouldn't eat processed foods that contain all kinds of chemicals. I feel that running and meditation have made me more sensitive to the food I feel attracted to.

I don't do any physical therapies but I am sure that they would be helpful. I do take a lot of MSM based on recommendations, 5 g per day is considered a very healthy dose especially for athletes and that gives the tissues enough Sulphur (the 3rd or 4th most abundant mineral in the body and a main element in the cell membranes and connecting tissues). During the 3100 mile race in 2016 I took about 20 g of MSM per day again based on recommendations and I had a very good experience and hardly any muscle soreness during the first 30 days of the race!!! This year I started taking MSM 3 months before the race. Usually it is recommended even longer -about 6 months before a race. It cleanses the body of toxins, helps strengthen the liver, reduces tiredness by increasing nutritional elements absorption and of

course strengthens the connecting tissues. So far I have had a really good experience with MSM.

***How do you bring your spiritual practice into your training?***

Mantras and chants that I listen to during my running help me to keep the mind calm and positive and help me concentrate at the present moment and focus my mental energy on my current activity/running. I guess you can apply this to any daily activity :) But also when the mind is calm

I feel that I can go deeper within and get in touch with a source of energy that is beyond the mind and the physical and this is how running multiday races and especially 3100 miles is possible. I don't believe that mere physical running of 3100 miles is possible, either the physical and/or the mind will break at some point after a few days. You need to go beyond the mind or let go of it at some point during the race in order to be able to complete the event.

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# A WINTER BOB GRAHAM ROUND

December 23, 2017 Kim Collison

**W**hy would I want to run round 42 rugged Lake District Fells totalling 105km, 8700m ascent/descent in Winter?

I was missing something this last year. I hadn't felt that huge sense of pride and achievement you get when you really test yourself and overcome a challenge; especially when the outcome is uncertain. My 2017 running year had been an injury disaster going round in circles to try and fix myself, ending up in a big disappointment at UTMB (which at the time was the only real outcome). The real positive to come from this DNF was that I needed to change what I was doing. I reflected on what was different from 2015 and then using this to learn and develop; it is not in my nature to give up.

Throughout the year I received plenty of helpful advice, support and ideas and, post UTMB, I reflected and developed a multifaceted plan to rehabilitate. My first test of the plan was mid November at the Tour of Pendle. It was an overwhelming success and I was moving in the right direction at last. I ran hard, raced without significant reaction and felt the excitement of fell racing again.

After the Tour of Pendle the



Photo by Becx Carter





idea of a Winter Bob Graham re-emerged in my brain while listening to James Elson & Dan Lawson on the British Ultra running podcast interviewing the legendary fell man Bill Williamson about the Bob Graham Round. I was inspired to try again as a few years back I set off on a winter's night on a solo unsupported Bob Graham from Keswick; which ended before I had even reached Threlkeld and I ran home to Penrith with the tail between my legs. At last it was again on the agenda but I could not commit completely until I had the confidence of another block of training. I had identified a weekend that fitted the training and could be fresh. A week out the long range forecast was suggesting sunshine but more importantly low winds, however the forecast also highlighted there could be a fresh dump of snow on the mountains midweek but this made it more exciting; this was going to

be an adventure.

The weather on Wednesday and Thursday laid additional snow down; Mountain Run's winter report highlighting what was in store "*Striding Edge, Helvellyn and Swirral Edge, 14th December 2017 Conditions reports for runners, skiers and climbers. Observed condition: snow starts around 350m, wet until 500m. At this height it is around 10cm in depth. At Red Tarn we experienced drifts over knee deep, well compacted wind blown snow. Ascent to Striding Edge fine, but knee deep and hard work. Snow well bonded to old layer underneath with crusty snow on final 100m. Striding Edge in perfect winter condition. Crampons and axe used from half way along Ridge. Poles a bonus on the ascent. Exit from Striding Edge was very deep with snow, thigh deep in places. Felt well bonded. Summit plateau south of summit shelter over 30cm deep in wind*

*blown snow, similar north of shelter but icy layer of ground evident in places. Swirral Edge great fun to descend, snow extremely deep in places. Full winter equipment and knowledge necessary for safe travel. Skiing looks great, running was tough, mountaineering great fun right now, Climbing on the Craggs would most likely be more like swimming. Stay safe, have fun!"*

Friday had finally arrived and James Thurlow very kindly dropped off a Tracker. I must thank everyone for the messages of good luck; it definitely helped spur me on. I'd printed out a schedule for Jim Mann's winter record of 18:18, I knew this was unrealistic given the conditions but this didn't stop me chasing the schedule at least to Dunmail.

Standing at the Moot Hall I knew that I wanted to give it my best and was going to go relatively hard from the gun. I had Martin Mikellson-Barron on Leg 1 with Andy Thompson, Jim Scott & Rob Brown from Outward Bound escorting me up the slopes of Skiddaw. At midnight the epic adventure began full of enthusiasm and a bounce back in my stride. I got half way up Latrigg before the Katoola micro spikes went on; where they stayed for 90 % of the day. By the top of Skiddaw it dawned on me how much snow there was on the fell. I found the stile off the back of Skiddaw bang on but drifted a little bit on the descent to Hare Crag and I had waves of the same

# Race Report

mistake as last time. This time it was a minor deviation which was quickly corrected and I was soon back on track. By the top of Blencathra, Martin and I were glad we were in the footsteps of Matt Reedy who very kindly set off at 7pm leaving a reassuring trail for us, for most of the day. The descents were fun with a nice glissading action but the uphill was slow going, sinking into soft snow.

One of my questions was which route off Blencathra? In the end I chose Halls Fell Ridge and it was one of my highlights of the round; there was so much snow covering the rock it made it a lot easier and fun. Sticking to the ridge was the safest way down and I could bounce like Tigger down to Threlkeld and, to my surprise, I was 5 min up on schedule. 2hrs 57 min.

A quick cup of coffee and I was on to Leg 2 with my new support runners, Steve Birkinshaw and Anthony Meanwell. This was probably the coldest point but I was warm, happy and still full of enthusiasm. The spikes were on by the end of the road, hiking well up the steep climb to Clough Head but this was going to be a lot of effort in the snow. The Dodds to Raise normally can be quick going without expending too much energy but not this time with large accumulations of snow to wade through. I was starting to see the schedule slip yet still working really hard; this was fine because



I was giving my best and clearly doing well as Steve and Anthony were struggling at times. Then heading over Helvellyn the first of the early morning snow showers made things more interesting. I picked up the summits of Nethermost Pike and Dollwaggon Pike as my pacers skirted the summits. Before descending to Grisdale Tarn I collected a few gels off Steve because Fairfield was going to be a solo affair. Meeting Steve and Anthony at the saddle the final climb was Seat Sandal, on the way up we lost Steve. At the summit without getting my compass out I headed off in what I thought was the right direction with Anthony in tow. You should of heard my expletive when I hit the wall and gate and realised what I had done. It could be worse, like missing a summit, but added on some extra road on the way back up to Dunmail, curse and carry on. The schedule was starting to slip but I was still going

incredibly well with no issues.

Leg 3 was the first time I had fully met my support runner Mike Barron and I'm extremely pleased he volunteered for this. My road support for legs 2 and 3 was Jon Tombs, my thanks go to him; particularly for sleeping in a car in the snow at Dunmail. It was still snowing as we wove our way up Seat Sandal, popped out on top and started the trudge. It was slow going with mist, snow, drizzle, thawing snow and difficult terrain with plenty of hollows to gather snow but we kept moving. Mike did a brilliant job of keeping me fed and my spirits high, trying to find the easiest route between the summits but there is no easy route. My focus changed - I was behind schedule and now just wanted to complete in the best possible spirit. A big low point was scrambling up Pike of Stickle,



when the only option was to sit down suck on a gel and head off again.

Thankfully halfway up Bowfell we found harder snow and the going became slightly easier. The mind started to pick up and I start to try and shift again, the top of England was not far away. I saw the first walkers of the day on Scafell Pike and then for the part Mike and I had been most nervous about, the climb up Lords Rake. The snow was deep, not icy and we could climb steadily to the top. A nip up to the top of Scafell then it was down towards Wasdale. What an epic leg and in my head now realised I was going to do this! I changed thermals in Wasdale and ate well before heading out on leg 4; I had been pushing hard. Mike did an amazing job and thanks to Sam Ware for covering the road support at Wasdale.

Leg 4 support runner was Andy Thompson and we found the first climb up Yewbarrow was slow; I was lacking energy again. On reaching the top the spikes go on and I get back on with the job in hand. This was probably the nicest leg with patches of clear sky and cracking views and we kept on rolling along with Andy feeding the machine. Climbing up Kirk Fell with the red sky was stunning although this meant darkness would come along too quickly.

Great Gable is always tough and from the top I knew we needed to take a bearing as I didn't want to end up at Sty head tarn! We set off me ahead leading the way but it didn't feel right and we were heading towards Sty Head but fortunately it was not too late to easily solve the problem. We soon ticked off the last three tops and roll into Honister with Leg 4 complete. Thank you Andy I couldn't have done leg 4 without you.

There was a mini crowd to join me on Leg 5. Becx Carter was there on road support, having made it up Honister in the wintery conditions (and then safely down again). Thank you Becx. Jim Mann joined me, having already run the Tour de Helvellyn and still had bounce, Martin was back and Scoffer even turned up to help. I was mentally stuck in no man's land with no incentive to push extremely hard; I was grinding it out and starting to struggle with a painful hip flexor (not a surprise with all the stabilisation needed in the snow). I came off the fell on to the final road section and reflected





# Race Report



that eight years ago it was a breeze, however this time round it was mentally and physically tough, and my body was shutting down. I had to shout at myself a few times but Keswick arrived and the glorious view of the Moot Hall. A crowd had turned up to see me finish. Thank you for making it a special occasion. The smile on my face is the why I wanted to run a

winter Bob Graham Round.

I'm extremely happy with 20.36 for a full winter Bob Graham round and to have performed again. A great Christmas present.

Kit:

Raidlight Waterproofs, Leggings, Thermal base layers, Beanie Hat,

Responsiv vest and the winner of the day carbon poles.

Petzl Nao head torch, Ice axe ride and Ayup torch on last leg

Buff Thermonet

Katoola Microspikes

LCF socks

Suunto Ambit 3 Peak watch

Neoprene Socks warm feet all day but needed bigger shoe size by end of day!

Open adventure tracker

Survival bag, Emergency Phone.

Warm Mountain Fuel, Energy Gels, Energy Bars

<https://kimcollisonblog.wordpress.com/>

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A group of runners is shown from a low angle, running along a paved path lined with trees. The runners are wearing various athletic gear, including hats, tank tops, and shorts. The background is slightly blurred, emphasizing the runners in the foreground.

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# THE ARC OF ATTRITION 2018

By Tim Lambert



If you know me, you'll know I am not a fan of winter. Despite working on it year on year, it effectively feels like life almost switches off at the end of November and comes back in April. I really struggle with it. I try and stay positive as much as possible but I am highly conscious that this can be a real strain on those around me.

So, last year I decided one of the best ways to try and deal with winter was to have a real goal to force me out of the door during those dreadful winter months. And what better than a 100 mile footrace in one of the most beautiful parts of the UK?

Not only would this hopefully help with the annual winter weight gain and depression, but the Arc of Attrition finishes just a few miles away from my parents house, so I would have an excellent base and also coincided with half term, so I could stay on a few extra days after the race with the kids who love spending time there.



Whilst my running this winter was a million times better than most winters, I knew this was one hell of a race and my training wasn't anywhere near as good as it would have been for a summer 100 miler. So I went into this race in the full knowledge that it may not end in a finish, but that also 2017 I ran some very big races on limited fitness and tend to get ultras done on my stubbornness and will-power, so a finish here was not out of the question.

That said, I firmly believe that you have to stand on every start line, absolutely convinced you are capable of finishing what is in front of you. If you don't, you may

as well not even start. I wasn't injured, the lack of serious training meant I was fresh and I have a lot of ultra and 100 mile finishes behind me, so I stood a strong chance here.

So at Midday on Friday 9<sup>th</sup> February, around 150 of us set off from Coverack on the Cornish south coast, set to run the incredible Arc of Attrition.

The weather was very kind on day one and it was absolutely beautiful. There was a slight breeze but it wasn't cold and the bright sunshine turned my Oakley reactions into sunglasses virtually instantly. The usual queues formed as we found our respective positions in the field and



Coffee break at the Lizard, the most southerly point in the UK

quickly it became very clear that it was not the climbs or the weather that would hamper us during this race, it

would be the underfoot conditions.

The buffet car at the back of the train (with Nicola and Lee)

Cornwall has been lashed with storm after storm this winter and my parents can't remember a winter down there quite so severe as this one. This was reflected in several parts of the course having been subject to landslides and dangerous erosion, so without a 100 mile race being hard enough, this was now a 104+ mile race, with several inland diversions in the first 25 miles. We were given an extra half an hour on the cut offs



# Race Report

to compensate, but really these diversions cost runners of my speed and ability well over an hour. Don't take that as me complaining- we were lucky to get an extra half an hour- and the Mudcrew team bent over backwards in order to make the race take place by carefully managing the route, but at the same time I think those diversions made it very hard for a number of mid to back of the pack runners to make up any time and significantly contributed to the extremely high DNF rate (it was a tiny 1/3 finish rate!).

No 100 mile race has ever taken me longer than 28.5 hours, so with a 36.5 hour cut off time for this race, I felt I had plenty of time. Yes, its winter and yes its tricky underfoot, but another 8 hours on top of my slowest 100 mile time, that's plenty, right? Wrong.

It quickly became clear that the 8 hours we had to cover the first 28 miles was not as much as it sounded. However, I felt fit and made steady progress to the Lizard at just over 10 miles where I would see my parents, Solange and the kids. I arrived in 2 hours 45



minutes and felt pretty good. I had a bleeding hand from a fight with a gorse bush as I tried to stay upright on one of the descents, but aside from this I was in great form and smiling as the kids bounded towards me. Dad gave me a pasty and a coffee and I felt like a new man as I had a few cuddles with the kids and made my way back on to the coast path, focused on getting to Porthleven at 28 miles with time in the bank.

I'm hoping that the wind blowing my jacket open.

The course was regularly ankle deep in mud and often heavily waterlogged in places. At times it felt like every step forward involved a counter

step to stay upright.

Amazingly, I was one of the only runners around me who managed not to fall down. The arc was a given, seeing the shape of the run, the attrition was increasingly becoming apparent.

As dusk fell, the lights of Porthleven twinkled ahead of me and I felt I had made good time and would be there around 6:30pm, banking an hour and a half on the cut off. Not knowing the route however, I hadn't banked on a wide and slow diversion just after a small beach crossing before we hit the town. As I strapped on my head torch and turned on my red flashing light on the back of my pack, we made our way down

a dirt road which wound for a mile or two, then headed through some woods and finally some very slippery muddy/ cow shit fields before finally being turned back on to the coast path to drop down into the outskirts of Porthleven.

At this point, I need to mention crew. Usually I am a highly self-sufficient runner, even at 100 mile races or long mountain races such as last summers highlight, The Lavaredo Ultra Trail. However, being winter and with long gaps between check points, here I wanted to have a support crew so I could re-fill my bottles and change clothes whenever I required. Being layered up, my base layer

would often get soaked with sweat and it was important I didn't get cold overnight so having a crew was important to me.

My good friend Richard Fish carried my support bag for the first six hours and then handed over to Matt and Loz for the overnight leg, who would then hand over to my father and Solange for the final day. Matt was someone I only met two days before the race and is a friend of my fathers. He offered to help out overnight with his brilliant Aussie mate, Loz and I am already looking forward to returning the favour for them at another race soon. It was incredibly kind of them to stay out all night to help a total stranger and is another reason why I love the endurance sport community, where people rally together to help others achieve a goal.

The outskirts of Porthleven was where I met Matt and Loz, but I was already slightly frazzled on the time after the big diversion so I said I would see them at the aid station where I would change shoes and get back out on the course.

One of the best features of this race were the aid stations and the so called 'Arc Angels', who looked after you from arrival to departure. As soon as I got close a very smiley and friendly lady, who's name escapes me, took me inside and fixed me up with sausages, chips and sweet black coffee. It was one of the best meals of my life, after 28 winter miles on the coast path. I saw the guys and changed my shoes and socks and headed back out after a maximum of five minutes to try and make up some time on the next leg.

As the night enveloped us, one of the most strangely endearing things about this course was the red tail lights that were part of the mandatory kit that we had to fix to the rear of our packs. As I ran along with fresh shoes and socks, on a relatively dry piece of path and the stars filled a cloudless sky, all I could see for miles was intermittent twinkling red lights and it really made me feel part of something special. I don't know why these lights had such an effect on me, and I guess different people take different things away from races, but there was

just something about them. You knew you were on the right track, so they were re-assuring, but they enveloped a sense of comradeship in me, that we were all on a journey together and had a shared goal, for a multitude of different reasons.

The next aid station was in Penzance at 42 miles in (including diversion miles). I used my poles for the first time somewhere around here, but then dumped them shortly after. I find they are really useful for mountain races where you are climbing for in excess of two hours, often but here no climb lasted more than 10 minutes or so, and they then became an annoyance on the downhills and flats, particularly when the path was narrow. Later, as we had to climb boulders and stream crossings they would have been even more annoying, as I needed to use my hands to climb and scramble, but that is just a personal preference.

Quick change of clothes and into Penzance

I found myself toing and froing with a number of groups on this section

and I gave those around me names in my own head. I had purple and red jackets, two women who seemed to never cease to run out of chat and were working so well as a team. Salomon man, who looked like he had more Salomon kit than Kilian (or Chris Mills), Map Boy who was always checking his map at junctions and a whole host of others.

I met up with Matt and Loz a couple more times and was soon just before Marazion. Here I made my first navigational error and ran down a slip road on to a beach, but fortunately I wasn't too far in front of some other runners who called me back and put me back on the right path. A little later the path did drop back down on to this same beach and it was here I bumped into Dawn Gardner, who I knew was ahead of my somewhere since the start.

Dawn was in a bit of a state at this point as she had also made a navigational error on the same beach, but she had been alone and had been going in circles for a while trying to find the correct path out of the beach. Whilst we were fairly tight on the



# Race Report

cut offs, I wasn't overly concerned as we had some time to play with, but unfortunately for Dawn due to the length of her error she had checked out mentally. I tried to encourage her and we ran most of the way to the Penzance checkpoint together, but sadly at this point she decided to call it a day. One of the strongest and most determined runners I know, she will finish this race next year. Its not even in doubt.

I saw Matt and Loz at Marazion, but said I wasn't stopping and ran towards Penzance as hard as I could. The cut off time here was 00:15 and I think it was close to 11:30, so I needed to get a wriggle on. Once inside the checkpoint, my every need was looked after and I quickly got in and out. It looked like a war zone in there with dropped runners all over the floor and crews trying to keep people motivated. I had a quick chat with Richard Stillion and we both said how we felt like we were moving well, but were just making such agonizingly slow progress. It was very frustrating for the both of us.

Nothing to do but move

so I headed out and knew I had another few miles of flat road to make up some time on, before we got to the trickiest section so far, boulders around Lamorna Cove.

Here for the first time, I started to doubt my ability to make it to Lands End (60 miles, with diversions) by 5am. The cut off was 7am but I was told you need at least two hours in the bank here to have a hope of finishing, as the section between Lands End and St Ives made the sections we had run to date seem like child's play. I started to feel 5am may not be possible and from here on in, it was a battle with my brain.

I told Matt and Loz this and to their credit, they were having none of it. I believe Loz said "well, you'd better get fucking moving then", or something to that effect, and he had a point. I didn't want them to have had a wasted night so I gave myself a stern talking to and got my head down.

Up and over boulders, stream crossings, huge pebbles on beaches, shin deep mud, twists and turns, branches that come out of nowhere

and smack you in the head, gorse, wind, cold, stars...and so it went.

By Lamorna Cove I was in a shit state and knew I was seriously up against it. I headed out and this next section was the one that ended my race. It was tough and slow, but no tougher or slower than Lavaredo and I kept plugging away. Near the end of this bit, a runner came past me looking as fresh as a daisy and I followed him blindly and didn't pay attention to the route on my watch. Sadly this resulted in a wrong turn and then another wrong turn until we were pretty lost. We lost a lot of time doubling back to find the right path and due to slowing down and walking to find the right way, here I got pretty cold. I knew 5am was now impossible and whilst I stood a chance of 7am, I would be up against it for the rest of the day and the conditions were about to get a whole lot worse.

So, after finally finding the right path, as I hit the cove at the bottom and met Matt and Loz, I called it a day. They did all they could to keep me going, but also realized at this point that time wasn't on my side, so I

am sad to say I bailed after 16 hours and 54 miles run.

Do I regret this decision? In some respects, yes. I wish I had battled on to have been officially timed out and that would have meant I had left it all out there. But in others, it would have been futile to continue and get cold and more run down when I opted to save myself for another day.

The Arc took me apart, but its also given me a lot of positives. I am very pleased with how I handled the 54 miles I did complete and it has given me a good base for the coming season. I have never run so far in winter before (Texas doesn't count!), so I just need to build from this and next up, conditions permitting, I want to have a damn good go at a sub 20 hour Thames Path. I think I have this in me and I can now enjoy some faster canal miles for the next two months as I build to this.

If you don't DNF every once in a while, you aren't challenging yourself. That's the way I see it, so whilst of course I would have loved to have finished this epic race, its not a failure. The

only failure is to not try in the first place.

A huge thanks to my parents, Sol and the kids for everything around this race. To Loz and

Matt and Richard Fish for helping me try and get this done and to everyone who sent me good wishes before, during and after the race.

And finally to Andrew, Jane and the Mudcrew team- you put on a hell of a good show and I am not surprised at all that this is becoming one of

the to-do races on the UK ultra circuit.

Website: <https://fromsofatoultra.com/2018/02/16/the-arc-of-attribution-2018/>

## THE RAIDLIGHT ARC OF ATTRITION 2018

### Brought to you by MudCrew Events Ltd.



bringing their friends with them. We want The Arc to have a reputation. We want it to be tough, we want it to grow, we want it to be talked about in ultra running circles across the whole community. It needs to be a seamless operation where the only things competitors worry about are turning up as fit as possible and hopefully getting to the finish. Quite rightly, it should never cross their mind what goes on behind the scenes. As long as we achieve those things, we succeed.

At MudCrew, we are a team of three race directors, all runners, with massive support from the local running community.

The three of us each bring our own skills and areas of knowledge to the table, relying on each other to deliver what is expected and knowing each other well

The Arc of Attrition. A 100 mile winter ultra marathon, taking place on the Southwest Coastpath. So named because it invites participants to complete an arc of the Southwest peninsula of Britain. Not a race for the faint hearted, carrying a minimum qualification of a 100k finish with proven evidence of night time running. Each competitor will be vetted

by the race directors before their entry is accepted and they have the right to refuse entry to anyone thought not to have the required experience to compete.

Race reports are generally written by competitors, documenting their thoughts and expectations going into a race followed by their experiences of the course

and the race organisers, warts and all. Race directors read them and learn from them, discussing what they can do to improve.

So to be asked to write a race report AS race directors threw us a little if I am honest. It's our job to put on an event that our customers enjoy, vowing to return whether they were successful or not,

# Race Report

enough to say it how it is. Putting on an event of this nature is a huge responsibility. First and foremost, we take the safety of our runners extremely seriously but we need to add to that a degree of difficulty to make the event live up to its name and growing reputation. Leading up to the 2018 event, we had an average 53% DNF rate over the preceding three years. We couldn't simply say this is the UK's toughest winter 100 mile footrace, we need evidence to back this up.

This year, for the first time, we had the support of an international running brand, RaidLight. We were excited by this and proud to have their name associated with our event. But we had to show them that they had made the right decision in putting their brand next to our name. And we wanted them to stay with us in the long term. This adds to the pressure we are under in normal circumstances.

To improve on previous years we needed to make some changes. An increase in competitor numbers meant that we had outgrown some of our checkpoints and our registration space.

We had had to source two completely different venues for checkpoints 1 and 2 and these couldn't really be tested until the event itself. 2018 saw the addition of checkpoint valets to help runners find the venues. Menu "postcards" were handed to every runner, allowing them to make informed choices about what they wanted to eat before they arrived. It is our intention that every runner receives individual attention when they arrive at our checkpoints. The course on The Arc is tough, really tough and hours are spent alone on difficult, technical terrain. That's how it should be. But we pride ourselves on our checkpoints. With more runners than ever, this meant we had to recruit more people. Our checkpoint staff are our Arc Angels and this year we needed more than ever. Fortunately we asked our local ultra running community for help and they answered. With more Angels and the valets, we needed in excess of 150 volunteers and that was before our mobile crews. We really are very fortunate and couldn't manage without them.



So, in the year that we needed to recruit more crew, we had an international brand sponsor to impress, we had more competitors than ever. The British weather leading up to the event gave us a few more challenges! Mother Nature had done her worst at Coverack, the race start point, by washing most of the village away in a freak storm a few months earlier. Even the public toilets ended up in the sea! Then there were the conditions underfoot. We wanted tough and we wanted mud but she went one better and washed huge swathes of the Coastpath away. This resulted in enforced diversions, creating extra distance and requiring alterations to our cut off times at checkpoints. Adding half an hour to checkpoints sounds simple? Everything had

to be altered to allow for it.

Once the race is underway, it's just a case of sitting back and waiting for everyone to finish. Right? In reality, that is the start of a very long 36 hours (+30 minutes) waiting for all our competitors to finish their Arc, however they are going to finish. They are all wearing GPS trackers so dot watching has a whole new meaning. If trackers don't move for a while, there are decisions to be made. If people are injured, there's the matter of getting medics to some of the most inaccessible parts of Cornwall. The finishers are delighted, the DNFs are gutted, anyone timed out at a checkpoint is more than gutted!

This year saw distinct first, second and third place in both the male



and the female field. 1<sup>st</sup> for the men, Steve Wyatt representing At Your Pace. Steve is no stranger to the Arc having placed first every year since it began. In the storm of 2016 he was joint first with three other competitors, last year with Paul Maskell. This year he was the outright winner in a time of 23.44.18.

2<sup>nd</sup> place was Paul Maskell, representing the Mudcrew Ultra Tram. Paul placed first last year with a record breaking time, this year finishing on Steve's heels in 23.44.38.

Both Steve and Paul were awarded the highly coveted Black Buckle for finishing within 24 hours.

3<sup>rd</sup> place was Drew Sheffield, representing the Centurion Ultra

Team. Drew finished in 24.35.59, being awarded with a Gold Buckle for his sub 30 hour finish.

1<sup>st</sup> place in the ladies race went to defending ladies champion, Maryann Devally in a time of 32.26.32. Maryann dropped at the first checkpoint in her first attempt in 2016 in a very emotional state, telling RD Jane Stephens that she had totally underestimated the event, had become frightened and knew she could not continue. This left her extremely determined and she vowed to go away and spend a year making herself ready. She came back in 2017 and smashed it, taking first place and then returned in 2018 and repeated that performance.

2<sup>nd</sup> for the ladies was



Gemma Pateman representing St. Austell Running Club in a time of 33.46.29, a really gutsy performance from this local runner.

3<sup>rd</sup> for the ladies was fellow local girl Amy Blackburn representing Mile High Runners in a time of 34.13.37, another fantastic performance from a relative newcomer to the ultra scene.

Only 2 other ladies completed the course.

And so another Arc of Attrition came to its conclusion. The course beat some runners once again. This is believed to be a combination of the natural difficulty this course delivers coupled with underfoot conditions that were unprecedented. The amount of rain that had fallen in Cornwall over the winter was colossal.

Entry to the 2019 Arc opened at 6pm on March 1<sup>st</sup>, with again an increased limit. It sold out in just short of 6 hours, many returning to complete again or simply to complete for the first time. Some may have been defeated this year but they will return to try and settle the score.

2019 will also see the Arc 50, the tough, second half of the course which will give finishers a qualifier for the 100. Entry for this opens on 1<sup>st</sup> April with a 100 competitor limit to be selected via a ballot. If reading this has whetted your appetite, be ready on April 1<sup>st</sup> and put your name in the ballot. We believe this will also be oversubscribed in a short space of time.

Go to [www.mudcrew.co.uk/event/the-arc-of-attrition](http://www.mudcrew.co.uk/event/the-arc-of-attrition) for full details.

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Steve Wyatt, Centre, Paul Maskell, left and Drew Sheffield, right.

# Rest

vs.

# RECOVERY

*(ATY Race Report 2017-2018)*

Shamus J Babcock

When you run a multi day race, one of the hardest things to figure out is how much time to spend on course walking and/or running and how much time to spend off course resting and/or recovering. I missed my mileage goal at ATY 2017-2018 (174 on a goal of 200) because of a crappy rest strategy and the purpose of this report is to identify what I did and explain it so I won't make the same mistake again and so other multi day racers might learn from my experience.

The plan going in was to let my body dictate the sleep breaks. Every 3-4 hours or so, I'd go into the sleeping tent and strip off my sweaty socks and dry my feet out. I was doing this anyway to prevent blisters. But I was also combining it with a 15 minute "lay down" with the drying feet elevated in the air. Since they were particularly filthy as well, I had 2 packs of baby wipes which I'd use to clean the grime. This part was aces and worked better than I could have hoped for. I never even got hot spot, let alone a full blown blister! Just to be a scootch, I went to the med tent after the race to show off my perfect feet and the EMT boss says, "You don't even look like you ran."

But I also told myself that if I was down for 15 min and did not fall asleep, then I was not tired enough to do so and I must get back up and get on course. I figured that if I got one or two good 3 hour sleep breaks during the race, I'd be able to make it to 72 hours and get 200 miles. But as it turns out, I didn't have the discipline to do it every time (or hardly at all) and my finishing total suffered as a result. I made 2 graphs to accompany this report and included them in the photos section. One is a bar graph representing each of the 177 miles I ran and how long each one took. The larger the spike the longer the break. There is also one for pace distribution which, after close inspection was really

good. Actually better than I hoped for!!

On the pacing issue, I was shooting for around 17-18 min miles moving speed which is what I know I can maintain all day and all night assuming I have the proper rest. It looks like that worked out pretty good. My average moving pace for this race was about 17:38 min/mile (or 3.4 mph) which is just about in the center of that range I set for myself. Goal accomplished!! However, it's when you get to the total pace for the race where you see my strategy break down. My average pace for the entire race (which includes breaks and, therefore, is the TRUE pace) was 23:50 min/mile or 2.41 mph. This is an acceptable pace at some long races but alas, it is not fast enough to hit 200 miles in 72 hours. ■UW■





One look at the “Total Miles” graph tells what happened pretty clearly. My long breaks kept getting longer as the race went on. Of the 8 individual miles which were longer than 60 min, all were extended rests with the breakdown as follows:

Break 1 (Mile 40): 93 minutes  
Break 2 (Mile 54): 141 minutes  
Break 3 (Mile 75): 74 minutes  
Break 4 (Mile 88): 84 minutes  
Break 5 (Mile 96): 237 minutes  
Break 6 (Mile 143): 84 minutes  
Break 7 (Mile 158): 120 minutes  
Break 8 (Mile 159): 408 minutes!!!!!!!

Based on the heart rate data which was collected over the course of the entire event, it's clear that I did not sleep during each extended break. When I'm asleep during one of these races, my heart rate drops down to around 50 bpm. Normally it's around 40 but during the races, there is a 10 bpm bump which represents the metabolic processes going on in the background which are maintaining the endocrine systems along with the flushing out of waste products from the muscle fibers. If I can get down to the 45-50 range during the race, you know I'm really getting recovered but if it only goes down to the 55-60 range, you know I'm just laying there semi-asleep and not actually recovering, just resting.

That resting is good but recovery is better. A LOT better. Of the 8 extended breaks listed above, true, restorative sleep was only achieved during 2 (#5 and #8). This is not acceptable, especially when you add up all the time spent laying down (past the 15 min rest limit) and not sleeping. I've gone in and added up all this wasted time and it comes out to over 500 minutes which is 8.3 hours!!! Unacceptable indeed. You just can't justify that amount of wasted time in a 72 hour. If you assume 3.5 mph for those 8.3 wasted hours, I'm leaving just over 29 miles on the board. Add 29 to my 174 and you get 203 miles :) Still not enough to touch Amy Mower or the Night Stalker (Scott Thompson) but enough to hit my goals of 200 and a true podium.

So there you have it, it's obvious where I went wrong in this year's race. I'm deliberately neglecting



to mention all of the other factors which usually sabotage me in these things because I got everything else mostly right. Everything from the intensive overnight training in the refrigerator (thanks Boss!!) to my perfect nutrition and hydration to my foot care (mentioned above) to my potty breaks and even my thermoregulation was spot on. I won't even mention it 🙄;) But how to address the rest vs. recovery issue going forward?

It may require coming up with a schedule (GASP) and sticking to it (hyperventilating). The freestyle approach has gotten me thus far but according to someone who knows about this stuff, “All the best Peds have a schedule and they stick to it.” This fact was relayed to me by that guy who knows approximately 5 minutes after I finished. He gave me some sage advice and then actually said, “Take it for what it's worth” and I was like, “Well one time it was worth 600+ in 6 days so I'll defer to you on this one, Mike” and also, “Thank you!!” The advice, specifically, was 6 hours on and 1.5 hours off, repeat till yer done. Sounds pretty simple, don't it?

I think I'm going to try that next time...I'll let you know how it goes... ■UW■



# Time Will Tell



By Sarah Cameron

On reflection, I'm not sure why a 24-hour trail race at the beginning of February appealed to me. When asked, I told people it was all about the personal challenge and how I would see it as a journey of self-discovery, maybe experience the elusive flow state, have an almost spiritual experience. But instead of finding God, I found mud. And I found that eating absolutely humungous sandwiches made from baguette, a

whole banana and some cashew nuts (think hot dog for monkeys) makes my stomach blow up like an absolutely humungous gas balloon.

The race was the first edition of a timed event held in Bruniquel, a medieval fortified village perched precariously on a rocky cliff in the Gorges d'Aveyron, France. The flagship event was the 24-hours, but there were also 12-hour, 24km and 12km options. 24-hour events are rare in France and are normally held on the

track or on a 1k flat loop. One of the things that differentiated this one was that the 24 kilometre circuit was on technical trails, each lap with over 1,000 metres of elevation gain and loss. The main aid station or 'life base' was the 15th century Château de Bruniquel itself. In a tower where battle-weary knights might have once rested, a dormitory was made up for runners who were flagellating themselves for pleasure. The kitchens weren't spewing out haunches of game, cakes and ale but bowls

of pasta, cakes and Coke. There were 66 other solo runners, plus a similar number of relay-runners, who lined up alongside me at 11am for the start of the 24h. I was fascinated to see exactly who else that this kind of event appealed to and we were a diverse bunch. Working backwards from the start line we had the Salomon-clad, compression-sock wearing competitors (strictly no running poles), those who looked like they might be decent club runners,

the bearded ultra guys with ancient trainers and army-issue rucksacks, the female athletes who didn't want to be too close to the front because after all, we had 24 hours, and then the power-hikers of all ages (running poles obligatory). What we had in common was that every single person was wearing a Buff. I think it's the law in French trail running. I slotted myself in with the club runners (running poles in my drop bag to keep options open). I think there was some kind of heraldic fanfare instead of a start gun and there was a short but perfectly formed descent through the old town and its higgledy-piggly half-timber buildings before the race really began with our first substantial climb. I was very soon overtaken by the bearded ultra guys, and the greyhounds at the very pointy end were out of sight. I wasn't exactly cruising along yet after 10k I learned that the lead bunch was already half an hour ahead. Could they really maintain that kind of pace for a whole day and night? Time, quite literally, would tell. I had never run for quite

that long before. The closest was when I did the TDS, which took me just over 23 hours, so I was only going beyond my previous limits by 38 minutes, but it still felt like I was pushing the boundaries. I had a 100-miler under my belt but it was on a flatter course. The long winter night and the grim weather forecast would be other challenges that I hadn't previously faced. The temperature was a full forty degrees cooler than when I did the aforementioned TDS, although generally I vastly prefer cooler to warmer. It had rained continuously in the days prior to the event so in addition to the technical, rocky paths there were long sections of shoe-sucking mud that got worse as more and more shoes passed by, multiple times by each wearer. I had to grab handfuls of the indigenous vegetation to help me gain purchase on the climbs and going down was a mixture of skiing, sliding and swinging from one tree to the next. I considered them wasted descents because I can usually make up a lot of time flying downhill because despite having had

numerous crashes I seem to lack something in my brain that tells me to slow down. But it was the same for everyone and I tried to maintain a fairly steady effort level and stay on my feet. I wasn't sure where the greyhounds were and I started lapping people by the time I was on my second loop, but equally I was being passed by the occasional relay runner, so I was never sure exactly where I was in the field. There was a giant screen at the château but I found it hard to take in the information because I can't do numbers when I'm running. I was once trying to remember the name of the band, something Direction; I knew it had a number in it but I just couldn't think of it.

As well as the main life base there were two smaller aid stations, equally spaced around the course, which was positive luxury after some of the self-sufficient events I've taken part in. There was an elderly couple scanning our microchips and dishing out soup at the first; amazingly they were there for the duration. I started to look forward to

seeing them during my Groundhog Day and they knew to stop asking me if I wanted anything to eat or to have a nice little sit down. After the monkey hot dog fiasco relatively early on, when I had broken my rule of not eating too much solid food and had had to roll down the elastic waistband of my leggings to let my gassy, distended stomach protrude, I was sticking to safe nutritional ground. Unfortunately for me, this is gels and Coke. 24 hours on sweet stuff is pretty grim so I did surprise everyone by agreeing to a mug of salty vegetable broth on my fifth and penultimate lap. The warmth was comforting and I would love to have had that nice little sit down to drink my soup in the toasty room, but looking at the runners who had succumbed I could see that they weren't going to be out of there fast, so I supped mine on the hoof. Even walking slowly carrying soup is still forward progress.

The weather was exactly what it said on the tin and I was glad I'd put my ski jacket into my drop bag at the last minute. It was the first time I'd ever raced in long trousers

# Race Report

and gloves. It was no 'The Spine' but it did rain fairly persistently and up on the cliffs was freezing fog that reduced visibility to a couple of metres, especially when my head torch was illuminating the millions of tiny droplets. They had to slightly alter the course because a river crossing became too perilous.

I spent much of the night really looking forward to the dawn, well, dawning. I enjoyed the idea of seeing a new day in and it bringing with it the promise that I was nearly done running. And I was still running too, on the flat and away from the quagmires at least. I hadn't seen another competitor on course for hours and hours and although I had slowed down considerably I was still covering ground. Because of the conditions I didn't get a glimpse of the sun until 8am and one of my lowest moments was when I finally saw it yet realised that I still actually had 3 hours left until my 24 hours were up. I had long stopped being able to eat or even drink much, I was chilled to the bone, caked in mud and thinking about my car which was parked at the life base at which

I had just arrived. I had covered something like 115k and it wouldn't be a disgrace to just stop there.

The impetus that I needed to set out on one final lap was that an excited bunch of volunteers greeted me and told me that I had just moved into third place. Overall. There were just two men ahead of me and the guy who had been in third (who has a marathon PB of 2:20 -no wonder he went out with the greyhounds) was lying down on a camp bed and not looking too hot. The closest woman wouldn't be able to catch me but I was no longer thinking about the ladies' race; with determination not to lose my outright podium place I headed straight back out into the mire and kept shambling on. Climbing felt like desperately slow plodding and I over-extended my knee and strained a calf muscle in the mud so was finally reduced to a walk on the plateaux too.

Death-marching scared, convinced that I was being caught by half of the field, I hung onto my position and my official total distance was 131kms with 7,200



*Spot the Difference:*

*1700 (after 6 hours)*

*0915 (having aged about 22 years in 22 hours)*

metres of vert. I passed the last timing point at 10:26 and I knew I wouldn't make the next one before the 11:00 deadline, so I hitched a lift back to the château from a confused farmer. I found out that the winner had covered 147kms, the second place guy 141kms. The second female achieved 117kms and was just outside of the overall top ten. I was struck by what an accessible event it actually was. Although it seemed extreme in some

ways, everyone could set their own personal goals. One person's 24k was another person's 100. Everyone would finish, because even if they managed a handful of kilometres they would be classified. No fear of volunteers having to keep the finish line open long after everyone else had gone home because the clock stopped at the same time for greyhounds and hikers alike, poles or no poles.

I still may not have experienced a state of flow or reached any kind of transcendental state but I did get a glimpse of how deep I can dig with enough motivation. And as for which camp I fell into with the running poles, I picked up just one of them for the last two loops, mainly to help with traction in the mud, so conclude from that what you will.

Full Results: <http://www.runningmag.fr/UserFiles/chrono/13712.pdf>

Website: <http://24htrail.run/index.php/fr/>

Website for the village of Bruniquel: <http://www.bruniquel.fr/2017/11/24h-trail/>

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9<sup>e</sup>

ARDENNES



## MEGATRAIL

23 JUIN 2018

LES HAUTES-RIVIÈRES

Les Hautes-Rivières

Thilay

Haulmé

Tournavaux

Bogny-sur-Meuse

Deville

Laifour

Anchamps

Revin

Monthermé

Naux

Nohan-sur-Semois

ARDENNES  
MÉGA TRAIL**93 km**

4800m D+

ROC  
LA TOUR**54 km**

2800m D+

RELAIS DES  
4 FILS AYMON**27+27 km**

2800m D+

CRÊTES DE  
SEMOY**12 km**

555m D+

4 COURSES POUR 1 AVENTURE UNIQUE DANS LE MASSIF ARDENNAIS

[WWW.ARDENNES-MEGATRAIL.COM](http://WWW.ARDENNES-MEGATRAIL.COM)

Photos : André Lenoir - Mise en page : Alice Graphique



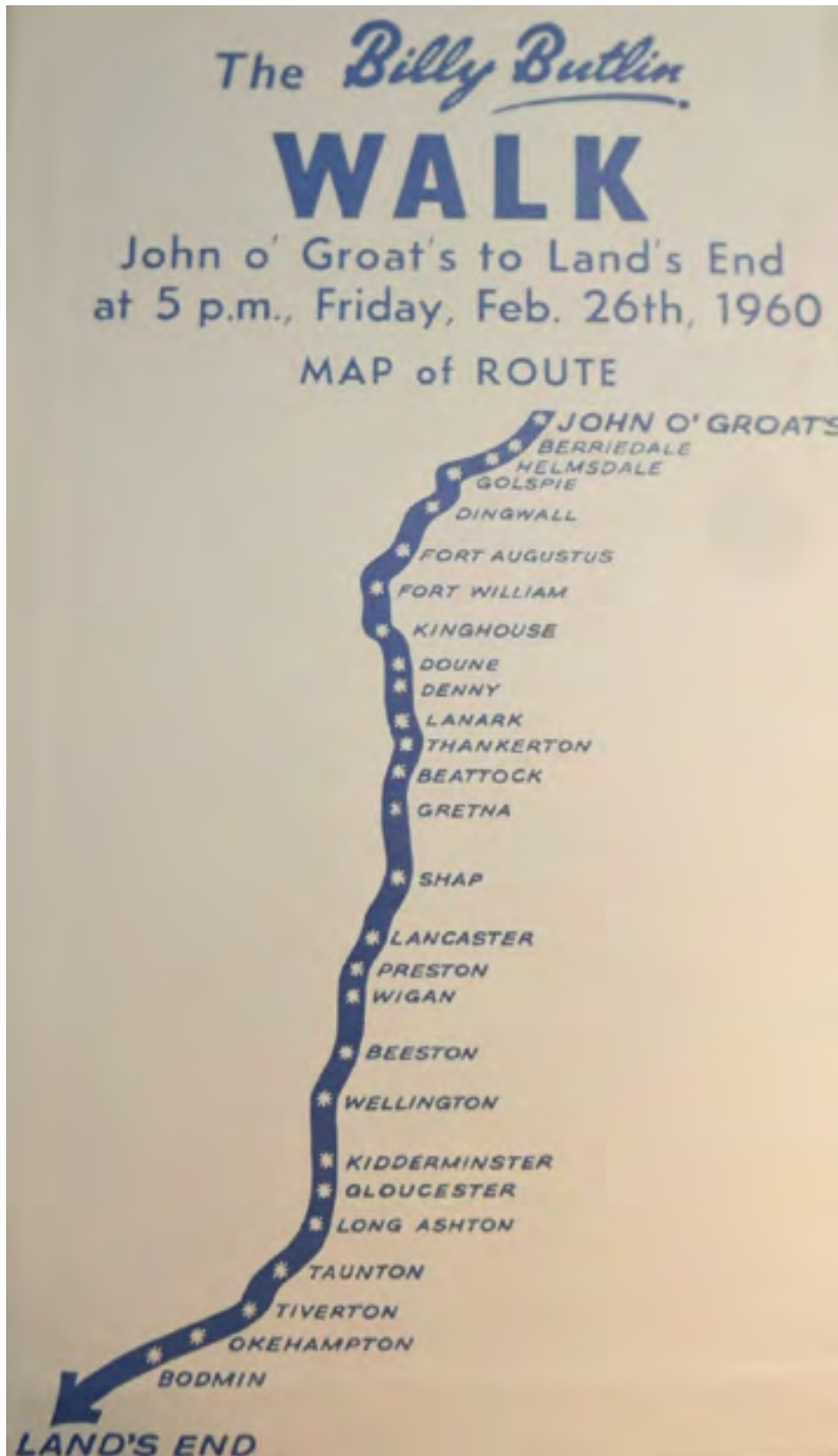
RaidLight



Crédit Mutuel



# STAN JEWELL'S - 1960 JOGLE



## PART 1

Late January 1960 the Daily Express newspaper published a small advert in the inside pages, **THE BILLY BUTLIN, the soon to be knighted "Billy Butlin", JOHN O' GROATS TO LANDS END 1,000MILE FOOTRACE.** Informing Males/ Females could enter for the cost of £5 pounds. Further details were to follow, regarding the event.



Over and over I read the advert my imagination and interest growing each time I read the article.

Extra notifications were released in the press, Prize Monies amounting to mouth-watering sums to successful Male/Female completing the 1,000 miles in the shortest period of time. Caravans at strategic points were to supply food and drink to competitors out on the road. Random unmarked checkpoints to be used, so as to monitor people's progress on a daily and nightly system. Accepted entries would receive a passport (diary) with a route map, and present-day photograph in a folder, a Billy Butlin Race Number, a signed photo of Billy Butlin and Gus Britton, the famous English Channel Swimmer.

Visiting my local TSB branch, I withdrew a large white £5-pound note, and in my very best hand writing corresponded with the Daily Express concerning the event.

Nothing changed as regards my employment. Nobody was aware of my curiosity and interest.

Silliness and ridicule would have been thrown at me on a regular basis.

I went about daily life as normal, giving nothing away. Employed as a miner working underground, I appreciated the countryside, the different changing seasons, sunshine, rain, snow, wind, hail, cloud, all things I was deprived of underground.

From early 1956 up to the harsh winter of 1960, many, many miles I had covered on foot, embracing areas of West Lancashire, after finishing my daily shift. After showering at the pit baths, I would run home three miles, have a brew and two hours sleep, and away out into a four hour journey selecting different routes on a five day rota, getting familiar with red telephone boxes, tea shops and places to shelter in very inclement weather.

Completing this regular schedule gave me a good basis and reasonable fitness to look elsewhere for targets. Friends from work were into football, which I joined and also public bars

and dance halls. Having frequented bars and halls to be sociable, I very quickly refrained from the regular appearance at these establishments, finding them repetitive and in some way false and boring. Although I did enjoy dressing up in a smart suit, shirt, tie, and shiny shoes at weekends. I felt alive and smart after wearing dirty, dusty clothes down the mine.

Some weekends I would hitch-hike as far as I could, always being home for Sunday evening, ready for work on Monday. This hobby gave me a chance to see other counties, each one different, memorising each one for reference. Realising it could be dangerous, I took precautions beforehand and stood rigidly to my own set of rules. However, after a relatively trouble-free set of weekends, I set off in a Southerly direction arriving south of Worcester, walking, jogging, running and hitching. I felt good, no problems and a fair distance covered. On my return home the weather deteriorated into very heavy rain and high winds, I buttoned up and

hoped for a lift. None came my way over many miles. I persevered into the night accepting small lifts, pressing on into a strong east wind, cold and rain. Drenched and weary I accepted a lift in South Cheshire. It was a bad move the driver was heading North, which was I thought was good but something was not quite right. I remained quiet and answered his questions in the conversation politely. Shivering with cold I knew I had to get out of the vehicle quickly. North of Warrington, his driving became erratic, steering with one hand on the wheel. The atmosphere inside the car was not good and I needed out fast. Spontaneously I requested the urgent use of a toilet. The request was ignored. Urging him again to halt, moments later he stopped the car. I opened the door and ran for my life. Conveniently a canal towpath was nearby which I used to get off the road. I began following the canal to the next overhead bridge. Next problem was navigation, although much more minor than my car escapade. I was confused on my whereabouts, no one was



# Race Report

visible, no signs, nothing to give me any indication where I was. Still cold and wet, I was overjoyed to meet an early rising milkman on his rounds, who gave me a welcome lift to the first "A" road. Relieved, I thanked him kindly. Now I was 18 miles from home. I ran, walked, jogged, most of the distance, with small lifts, arriving home in a tired, wet and disturbed state. I ate my meal and retired to bed with a promise to myself, never again. I never did.

By now I was wondering about my entry to the Daily Express. Weeks and weeks went by, doubts arose. Was I too young or was there something else? I put it out of my mind, it was not to be.

Shortly however, a letter arrived, I was accepted. I was thrilled, and confused, what had I done, signed up for a 1,000 mile race, what an exciting crazy venture.

Having six weeks to prepare to the start date, I visited my local garage to buy two maps, Esso and Bartholomew, on Scotland and England, which gave me adequate information on the route

we would use (from John O' Groats to Land's End). Although I did not know two large detours would be put in place en route.

By now the local press covered stories about people in the area who had entered the 1,000 mile. Two prominent local sports stars were signed up. This would keep me out of the stories for now. I was able to get on with normal procedure, which I really appreciated at the time.

A date was set for the start of the 1,000 miles, February 22<sup>nd</sup>, 1960, at 5pm from John O' Groats Hotel car park, on the narrow "B" road on Friday evening in the extreme northerly point of Scotland in Caithness County.

Early indications promised over 1,300 competitors from the UK and overseas. The weather forecast was causing big concern for the Procurator Fiscal. Heavy snow, and high winds hit the East coast of Caithness very hard indeed. Snow ploughs were working overtime piling the drifting snow alongside the narrow, winding, coastal roads,

up to four feet in places, the highways were kept open by being cleared daily.

Meetings were held by County officials to investigate the sanity of allowing the unique event to get off the ground, never mind start. The uncertainty prevailed until the week before. A keen biting and frosty wind stabilised the lengthy snowdrifts, allowing Council workers to clear the highway to acceptable levels.

By now news had leaked out that I was competing and it was wrongly reported that I was the youngest man. Everything from that period was difficult. Home, work, friends, all had questions, mostly "WHY !!?" Fortunately, I was only seven days away from leaving for Scotland but it became a mental trial fending off so many enquiries, some constructive, most plain unprintable, although I did suspect jealousy was in some of the scathing comments.

Parents and family were obviously confused about my venture but mainly supportive.

Quite comforting as employment was king to our family, as it was in many communities. A wage earner's absent pay packet was a major consideration to any household's weekly budget. Our house was no different than any other. Previously I had pulled my weight budget wise, I could understand the family's concern but I was determined to go and get the job done, whatever weather forecasters preached - doom or gloom.

As the day for departure came, after many fitful sleeps, the family mood became more acceptable. Okay, it was different and hard work for most to get to grips with, I could agree with that, but people mellowed, wishing me a safe journey. I was on my way.

Wednesday late afternoon February 18<sup>th</sup> I boarded the local bus to the main line railway station. On Tuesday I went to my local bank to empty my Savings Book. I withdrew £28 pounds leaving shillings and pennies to stay in credit. Would it be sufficient? Who knows - it just had to be, no doubt!

The ticket officer asked me “Where to?”, at the train station, “Wick, Caithness, Scotland, single please”. The officer said “Change at Central Glasgow, for Buchanan Street, Glasgow, change at Inverness for Wick - £5 pounds please”. I gave him a large white fiver, only the second one I had seen, and thanked him for his navigational knowledge, which I thought was commendable, being that he never looked at a map nor information booklet. He smiled and said “It’s a long way son, keep warm and buttoned up well”. I was shocked but humble someone had been curious about my journey with such obvious interest.

At platform 2 I awaited the 4.15pm to Glasgow Central. Darkness was rapidly falling. Soon I heard the steam train arriving, “The Green Howards”, a magnificent main-line engine. Quickly boarding I placed my rucksack in the overhead compartment and settled in my seat in my corridor carriage, with only one gentleman for company.

Peering out of the



window I attempted to read stations we passed, only the major ones made any sense. Large distances were completed in total darkness until my companion remarked, “Next station Carlisle, you going far”, “Glasgow”, I replied, and he was off. Having the luxury of my own compartment I spread out and dozed off. “Tickets please”, the Train Conductor said in a truly Scottish twane, “OK there you go sir” showing my single ticket to Wick. He studied it and looked at me, “Are you OK son, it’s a fair walk, you know”. I explained I was competitor number seven, showed him my

diary and passport. I thanked him for his interest. “Some people I have seen further down the train are saying what they are going to do, and what they will do it in, time-wise. Personally I doubt it, but good luck son, you know to change at Glasgow?” “Yes, thank you” and he went about his ticket collecting.

The steel lights of Paisley shone brightly before arriving at the massive grand station of Glasgow Central. Farewell to “The Green Howards”. Passing through the ticket barrier a strange thought came to my mind, many soldiers, airmen and sailors had departed

from this historical busy station to serve their Country in many wars. My task became trivial, compared to so much sacrifice.

Outside Central Station I was lost, having to make a further connection. I contacted a Scottish policeman for directions to Buchanan Street Station, which he clearly demonstrated to me then touching his helmet said “All the very best sonny, hope the weather gets more kinder to you”. I appreciated his manner and proceeded on my way.

Finding Buchanan Street Station as directed,

# Race Report

looking at the departure screen, names of places with great Scottish history were mentioned in abundance on the lit up departure board. So near yet so far away. I was informed platform 2 was mine and passengers were already waiting. Having little time to spare I followed the carriages to the massive steam train to take us to Inverness, "The Gordon Highlander". "Hello son", Said a rough overalled man on the steam engine "Are you going all the way to Inverness?" "Yes" I replied, "We will need a double header most of the journey, reason of snow drifts on line". "Is it normal practice" I enquired. "February has been a bad month, beware of long delays". "OK", I replied "Patience is a virtue", laughing he said, "You'll need plenty of that if you are going to Wick from Inverness, get aboard we are ready to go".

Unlike earlier the train this was quite full so I contented myself in the first available seat. A little cramped but at least a space to rest myself in. Noisily the Highlander chugged out of Buchanan Street Station into complete

darkness on its way to the capital of the Scottish Highlands.

Soon banter and coughing filled the carriage. Topic being the weather far north and the possible effects on our journey, interspersed with the Billy Butlin 1,000 miles event.

Tiredness, coupled with blanket darkness sent me to an uncomfortable doze. How long this state lasted I can only guess, until we shuddered to an almighty stop. "Big Betty" was to be coupled up to get us through the remainder of the night-time winter journey. Peering through steamy windows, although pitch black outside, I could make out silhouettes of snow covered fields going on and on. Banter and coughing with frequent loud laughter were still in full flow. Whatever happened to sleeping in the wee hours? It was most annoying.

"Betty" and "Gordon" pressed on through the hours, the power of two engines reverberating through our front carriage. We only stopped now and again for oversized drifts of

snow. Daylight crept over the white covered countryside. A welcome relief. Hedges and fences were buried and treetops stood out under thick blankets of snow. No roads were visible.

Around 6am houses appeared on the outskirts of Inverness, soon becoming the Highlands Capital Railway Station. On arrival, Murdo and Robert, the overalled men, the two train drivers, stepped down onto the platform. I wanted to show my appreciation for their night time vigilance. Murdo immediately said, "*Molly in the waiting room café will serve you a mug of tea, bowl of broth. Get it in son, time is precious in winter, your connection to Wick will soon depart*". Hurriedly I obeyed his kind instruction. Sure enough Molly provided me with a curious early breakfast of tea and broth. I realised it was the first money I had parted with since starting my journey at 4:15pm over 14 hours ago. The broth was very nourishing and warming.

At 6:45am whistles sounded from two large black steam engines,

complete with a massive yellow snowplough. I boarded the train, conveniently not too full, as was the last one. Off we went, many service stations spotted along the route, which I found to be a source of interest on my Esso map. Again the journey was slow but steady with not many passengers alighting or boarding. The winter February month must have deterred people from travelling. One particular stop, at Georgeman's Junction where carriages split to Thurso and Wick was novel. The signalman climbed up into one of the black steam engines with a brew can and half a loaf of bread. Thirty minutes later complete with brew can and slices of toast he entered his signal box and waved goodbye to the drivers of the black steam engines. Off we chugged on our last leg, finally coming into Wick at 1:30pm, an eventful 21 hours of patience and experience. I thanked both train drivers, which they kindly acknowledged. Now I was on foreign territory, manners and courtesy were of great importance.

My number one priority



was accommodation for the evening. Easier said than done, all regular establishments were booked up in advance by 1,000 mile competitors and by Nordic fishermen, who had landed in port with their produce to be sent around the country by rail and road.

Soon darkness covered the town and still no signs of a place to sleep. The Gold Sovereign, the local pub looked inviting as the weather went cold and frosty.

Not being a drinking man, I went in quietly and stood alongside the bar. No one spoke to me, no one seemed to bother, suddenly Jimmy the landlord came up to me and asked for ID. I showed my race number, passport and diary, “well son you don’t look old enough but if you are to take on the challenge, what do you want to drink?” Previously I studied other men’s habits “half of eighty shillings and half of black label”. A smile came over his face “OK son coming up”. That drink lasted a lifetime. Perhaps two hours later Jimmy asked, “Everything OK son?”, still the same drink in front of me. I asked did he know of any accommodation in



Wick? He smiled, “Why didn’t you ask me when you came in at first? Of course.” he said, “Maggie Sinclair, 7 Atlantic Row, tell her Jimmy sent you”. I gulped both drinks down quick style, thanked him kindly and departed the busy establishment.

7 Atlantic Row, next to the quayside was a small terraced house, with huge stone bricks, well pointed, made for harsh winters, and the Atlantic sea storms. Maggie, Mrs Sinclair, opened the door, “Well, have you come far” she said, “Around 500 miles by train”, “better come in then and shut the door”. A typical old-fashioned Grandma with straight to the point conversation, no frills. “You’ll sleep on

the sofa. I will keep the fire going all night, stoke it up if it goes low”. Her two large Newfoundland dogs, Busby and Baxter stretched out on the sofa, and in front of the black range with no deference. I saw an abundance of pegged rugs all over the cosy, tiny, living room. Winter months of work paid warm dividends. “Well” Maggie said, “tell me the story, why you came up to the frozen North to do this thing”.

A pot of tea, two cups, milk, sugar and two pancakes with honey on, sat on the small table between our small fireside chairs. “What did Mum have to say before you left home”. I told her much of what happened and that

Mum had requested a postcard of every County I completed in Scotland and England. “I will start you off son, I am visiting Wick Post Office today. They sell North Caithness postcards”.

After my story I asked about the house history. “Been in the Sinclair family for ages, I have lived here all my life. Seen many storms at sea before yonder sea wall was built to save us heartache from the Atlantic Ocean, fair bad it was, no protection from monster waves lashing the whole area. Wellington boots, sou’westers and rain clothes did a good trade if nothing else did. Umbrellas were useless, blown inside out in no time. The fire was always

# Race Report

*burning keeping clothes dry and the house warm, same as today. I make a living by housing Nordic and Scandinavian fishermen, when they dock in port. They pay well, even if a rowdy bunch of seafarers after a drink or two in "The Sov". She paused, "by the way six of them will return after closing time at the pub, usually singing native country songs, but they soon go to sleep and snore like pigs. Breakfast is early - tea, toast and porridge. Usually they clear the table and wash up for me, to leave me on my own, to have a quiet period. Oh! How are you getting to Wick for 5pm?"*

I had neglected this, "Well! I don't know", I replied. "Austin has a timber wagon, usually goes up to Hotel about 3pm, if you are ready for 2:30, you can get a lift on the wagon", Maggie said, "Don't be late". After a stroll around the dramatic quayside, battered by the sea spray and howling East wind. I watched the trawlers bob up and down, lashed to the impressive sea wall which gave much safety to a vulnerable Scottish port in the face of Atlantic gales. I checked my gear, in a sheltered

alley way, all present and correct. Making my way back to Maggie Sinclair's house, I saw Austin's timber wagon outside the terraced house. Lots of brown hessian bags were neatly placed on the wagon. "Hullo son", greeted Austin "Ready for the off?", "Yes sir", I replied. Austin told me he had to fill up with petrol at a garage two miles South of the town. I got in the wagon and off we went.

Penny, the owner of the garage, was a lovely lady enquiring about the 1,000 miles event in detail. "You will pass our place on your way down, leave your rucksack here, it will be safe, no need to carry it 23 miles or so." Doing as she requested I left the bag in her competent charge. I was ready to go. Austin told me I had to travel in the back of the wagon as Penny was accompanying him to a farm away from the hotel. I did not mind, it was a lift but it was cold and draughty sat in the back of a wagon for 20 miles! I arranged some hessian bags around me to give some warmth and comfort. It helped somewhat. All the way up the coast road large

waves thundered on the rugged shoreline, big white sea crests breaking as they neared the cliffs. Snow drifts alongside the "B" road.

The hotel at John O' Groats came into view. What a building, with its castle like features, and snowcemed walls. "OK son we are going along the top coast. Cheerio, good luck". Now I was at the start of my journey. Already at 4pm many people milled around in little groups. I wandered around the back of the Hotel to view the magnificent cliffs and Pentland Firth, with Stroma Island distant in the wild sea. Having time to kill before 5pm, I ventured further along the coast. Returning to the Hotel I enquired could I go in to have a look around. "No" was the answer. Too many dignitaries were inside, enjoying, no doubt the luxuries we could not afford.

4:30pm came, fireworks, and Scottish Pipe Bands and Drums belted out stirring marches. Rockets and Roman Candles lit up the winter sky. A helicopter flew above. I sat down behind the large mass of people,

ready to go, taking it all in. An Irishman sat down beside me, "You will never see this here again" he commented, I nodded.

Watching the competitors line up on the icy narrow North of Scotland "B" road, complete opposites of clothing and footwear were on view. In freezing temperatures it was incredible to see competitors in T-shirts and shorts with Nike trainers, whilst others carried full packs and duffle coats, with heavy duty trousers and boots. An Everest expedition came to mind. Sou'westers, with waterproofs, and wellington boots. Someone had seen the long-range forecast perhaps. Ladies with sandals on feet risked blisters and sore ankles. Quite a varied mixture of gear, whether it was serviceable or comfortable, did not matter anymore. They and I were moments away from a 1,000 mile journey taking place in mid-winter. The outcome for over 1,000 starters would be unfold in the coming days and weeks.

Gus Britton, the famous

Channel swimmer, had the loud megaphone, belting messages out to the young/old/male/female. A low flying helicopter with Billy Butlin on board waved a large flag. Gus Britton duly sounded a large blast on an effective air horn and away the large horde of competitors rushed at spot on 5pm. After a minute or two I got up and did my usual exercises to put some warmth into my cold bones and set off behind the outstretched column of people on the road.

The Irishman stayed with me, confusion was etched on his bony features and he must have thought I was a local watching the proceedings. 17 miles to Wick, 17 cold and windy miles but mixing with other distance participants made it feel somewhat less. The lights of Wick gave relief to the constant blackness we encountered. I was unaware at the time of a large ceilidh that was going on at "The Sov", many people from the walk gave into temptation and stayed. Leaving Wick darkness enveloped us again, although a desperately cold night,



Dunbreath Castle, Caithness.

AT 104R

my body, breathing and eyesight rapidly became accustomed to the strange, to me, circumstances. After 23 miles Penny and Austin greeted me at the garage, complete with rucksack as requested. Penny said not many had gone through, around 30 and I was thrilled at the news and thanked the ceilidh in Wick under my breath. Austin shook my hand saying he had prepared a hot flask of tea, with some hard stuff in, just for medical reasons. *"Fine Austin, can I drink it now among good friends together."* "Yes", Austin and Penny agreed that would be nice. I gave the passing Irishman first goes, then I drank the beverage

along with Austin and Penny. Refreshed I continued along the long narrow road.

The early Saturday morning hours passed slowly only to be interrupted by "Paddy Irishman", groaning about being cold. A little later with a mannerly tone he asked me if I had a drink in my bag. *"Yes, get it out yourself I am not stopping"*. Paddy found the bottle, a quarter bottle of Hennessy cognac brandy I had been given before leaving home. Personally, I hated the stuff, so *"Paddy you are welcome to it, no problem!"*. He didn't reply! Just motioned and shivered, not looking too good at

all. Ahh well, get over it I thought. Gradually I noticed I was on my own, the Bible came to mind, St Paul on the road to Damascus, *"And some fell by the wayside"*. Persevering on my lonesome, the cruel East wind was chafing my face, and tops of my legs. I had Vaseline in my bag but I would have had to stop and open the bag then apply it. My face was not a problem but legs, no chance!

Covering around 35 miles since leaving John O' Groats, most in pitch darkness with very cold windy conditions, something came to mind that I had never done before in my life. Knock on a strangers'



door and ask for shelter. A crofters house set by the icy roadside was my aim. Low lights dimmed in the small house. Gingerly I raised the courage to knock, an elderly lady answered my knock, *"Come in son"*. Gladly I went in. The advantage of being free of the constant cold wind was beautiful, however, I was not on my own, the entire living room was full of bodies. The glow of an inviting peat fire scarcely visible, steam from damp clothes filmed the tiny windows. *"Sorry son, you will have to stay by the front door, just inside"*. I thanked her making myself as comfortable on the coconut mat as I could. After an hour, the draught under the door was proving too much of a hazard for my body to withstand. I was envious of men by the fireside, standing up I signalled to the lady, I was away. No one joined me out on the lonely road.

I began to shuffle a little. I had to get warmer, a forced run/jog helped me feel better. Slowly daylight started to appear - my first night completed. It felt good, I wasn't in bad shape but I was hungry. I

scrutinised every tiny building for provisions eventually coming across a small breakfast hotel. Hallelujah! Entering quietly and closing the door behind me, I enquired if breakfasts were to be served, *"Yes, son, sit you down, so early in the morning, be patient we will get to you"*. I then realised I had upset their early schedule but I was hungry and the warmth of the tiny quaint room aided my recovery from the overnight winter cold. A mug of tea and a bowl of porridge followed by sausage and eggs reinvigorated me. Moving across the room I asked the Lady how much, *"OK son, you are the first we have had in, we have not seen many on the road"*.

I set off for Berriedale, the next big place in good heart. My schedule of running, jogging and walking was becoming a pattern, no question of hitching a lift like I was used to. I was totally in charge aided by a lovely breakfast. On and on Saturday became Sunday. The holy Sabbath, not used in a lot of places but in the north of Scotland it was revered. During Sunday morning around 12:30

I came across a small grocers shop which was open. Entering slowly and closing the door, two elderly ladies were having a chat with the middle aged lady grocer. On and on they chatted. I felt uncomfortable, the heat of the shop making beads of sweat appear on my forehead, I felt unsteady. They were oblivious to my distress. I reached out to what I thought was a shop shelf, no! It was a stack of Kellogg's Cornflakes, down they went tumbling over the shop floor. Conversation between them ceased abruptly, all three enquiring on my health. The shock upset me. I mentioned I would replace the stack, *"Oh no laddie, not at all, what do you require?"*. In a confused state I mumbled two bars of Cadbury's Chocolate please. *"That's all laddie?"* she said. *"Yes please."* offering to pay for them, *"Away you go and take care of yourself"*. All through Sunday I managed with my chocolate but coming out of Berriedale I was confronted with the largest hill I had yet to encounter. The Ord of Caithness earlier was a trial with ice

on the road making conditions underfoot dodgy. Berriedale hill was a monster; daylight was failing so darkness disguised the final push. Sunday came to an end. Monday was getting me into a routine. My body was reacting well to abnormal functions but hunger and sleep had to be addressed.

Onto Helmsdale the weather was still hampering my progress with wind in plentiful gusts and icy roads. I addressed my sleep problem with a solid four hours early Monday morning in a wooden bus shelter. Using my rearranged rucksack as a pillow and zipping my battered track suit to the neck. I awoke freezing and exercised vigorously to get the blood flowing around.

After being alone for two days I met company from the Southern Counties, *"Doing well son"*, a platoon of Essex participants informed me *"We are well up the field"*. Whilst it was good to have company I remained dubious on their fitness ability, at least two of them must be in the 16 stone region. A terrific strain on their

feet, Ahh ! Well, each to their own. Banter was exchanged. hunger was my priority, not theirs. They had eaten well at posh hotel further back along the way. I was understandably jealous of their obvious finance.

Along we went until a greasy spoon for long distance lorry drivers appeared on the roadside. I was quickly inside where a young lady with a generous smile took my order. Bearded lorry drivers eyed me up and down. A mug of tea and a meal of sandwiches was put in front of me. Excellent service and without looking up, I devoured every scrap. Returning my mug and plates to the counter, *"Thank you, what is the charge please"*. The young lady said *"No charge number 7, did you enjoy it?"* *"I sure did"*. She looked across at the burley bearded drivers, they saluted me, *"Good show sonny, how far today?"*, *"Sorry"* I said, *"I don't know the mileage, but it feels like 40 miles"*. Again, the young lady confirmed not many had come through. With that generous smile she said I looked the youngest. I waved to the lorry drivers, and in



a spontaneous gesture blew the young lady a kiss.

Tuesday and on the road again, I left Helmsdale behind and refrained from searching the map. I put a good stint in and was curious that the Essex men had not shown up. My answer was given at the first random checkpoint marshalled by Gus Britton. In a remote lay-by my diary and passport were stamped, and Gus informed me I was in 25<sup>th</sup> position. Over 350 had retired and over 75 disqualified for accepting lifts in vehicles. Casually I asked about the Essex men. "Oh! I have been monitoring them since

Berriedale, they have been eliminated for lifting". Placing my diary/passport safely away in my bag I waved to Gus, he acknowledged me. A few more decent hours on the road then some sleep. Day four, proceeding towards Lothbeg when the company of six middle aged men and women emerged. They were pushing on quite hard, not much conversation as they were intent on doing well in the event. No complaining, no laughter, just concentration. I was not loitering, with my pattern of mobility, a constant five miles per hour. Their pace was

above mine but I really wanted to maintain contact with them. I ran more than jogged/walked. Gradually being able to cope, I settled down just a little behind them. On and on through beautiful Brora, with its wonderful sandy beach, past Dunrobin Castle, with its history. On to Golspie, still maintaining a good pace. Hunger and sleep never far away from my feelings. The company kept me alert and focused through lovely Spinningdale, on Bonar Bridge, with Ardgay and Evanton coming up. A scenic part of Scotland. Eventually before Alness conversation broke out among the speedy

# Race Report

company. Foul language aplenty was spoken loudly, my thoughts were confused “Why?” Turned out they were not able to find their mobile transit van. So, turmoil in the ranks. Taking advantage of unrest I moved on to Dingwall, heading for Beauly. My day might have been hard but covering good distance made me feel pleased and I was grateful to the company for tugging me along over the miles. Sleep was needed though hunger could wait, keeping my mind busy looking for anywhere I could use for a few hours nap. Nothing for mile after mile, no knocking on doors this time. I was just tired, not cold, nor freezing and chafing with the East Atlantic wind as before in North Caithness. I was down to walking and my pace dropped but I searched keenly for a farm, lean-to bus shelter, to get my head down for a few hours.

The sleep situation, I had not paid enough detailed attention towards. Four days and nights into the proceedings, all of which had not been comfortable and been in ‘catch as can’ sheltered places. My thoughts, as I

looked for my makeshift next sleep, were focused on the subject. In Northern Scotland the random bus shelters and wooden timber sheds, provided adequate cover away from the elements. They would serve me well in the early night-time/morning hours. Not ideal, but hotels and such places were a financial constraint on my meagre budget of just over £20, which I dearly wanted to manage and control for most of the event. Clocking a reasonable good four hours of mixed, run, jog, walk, I retired in a remote shelter. Using my formula of zipping up tight and a pillow of my rucksack comfortably rearranged, peace and quiet in an isolated area, perfect for a nod.

Maybe two hours into my rest loud voices awoke me. It was four participants gabbling on about their recent exploits. Well! I thought company would be a change. As my nod was disturbed, away I went to join up with the foursome. A good pace they set, chatting as they were going along the quiet road. I listened to their conversation which was definitely a South

West of England accent. I enquired about their day to day arrangements. The tallest and loudest said in his West Country twang, *“Got a car and caravan back up, regular sleep and meals at organised meetings along the route”*. “Excellent” I replied full of jealousy and envy. “Yourself, how are you making out?”, “Oh”, I replied, *“I make do and mend”*, “Must be difficult”, the tall man said, *“It has its moments, I am still trying to get a formula and routine together, but I get by”* I said. Soon I realised their constant pace was hurting me having had not much rest in a long period.

Reluctantly, I allowed them to continue. My pace was adequate for me. I made my way in solitude with caravans on my mind. A farmer’s buildings appeared on the roadside, all in pitch black darkness. My mind although immersed in luxuries of caravans was alert enough to see the possibilities of a few hours sleep in a barn keeping very quiet in case of farmyard dogs. I searched a while to find a barn, complete with hay bales and I crashed out to be awakened by

daylight. Gosh! I had a good six hours. Quietly I left, stiffness in my body took time to move. In my predicament as I shuffled along I must have looked a sorry sight, again I thought of solitude. A Post Office at Beauly, with a tea shop attached, served me mug of tea, soup and sandwiches, “It was splendid”. It was nearly closing time for them, I reminded myself about postcards to send home. Maggie Sinclair got me a North Caithness, I purchased a South Caithness, Ross & Cromarty, and paid for the meal. Could I write home and post them? I had time, “Yes”. The lady put the closed sign on the window and allowed me to correspond home, *“Let me know when you are finished”*. Duly I completed the postcards and informed her I was away. Opening the door she placed a bag of caramel toffees into my hand for on the road, she smiled, *“Good luck son”*.

Postcards courtesy of Andy at [Bygone Times](#)  
Postcard 1 - published by JB White Ltd Dundee  
Postcard 2 – The Dornoch Firth and Kyle of Sutherland from Struie Hill ■UW■



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# Plant-based Eating for Multiday Sport Performance

Annie Weiss MS, RD

As athletes push their limits more and more, the question of proper nutrition becomes even more important. For those athletes competing in sanctioned events lasting 3-8 hours, nutrition is key, but what about those competing in multiday sport events? Events such as 6 day stage races, 200mi races, 1000mi+ FKT attempts, a 10 day hike through...all of which require so much more of the body, which inevitably means so much more nutrition for the body.

As new diet trends rapidly pop up in the sports world, it becomes incredibly confusing for athletes to know what to eat and who to believe. Whether or not you follow one diet pattern or another is up to you, but what every athlete needs to be consuming no matter what is a balance of carbohydrate, protein, and fat. For multiday sport events...an abundance of these three macronutrients is vital to optimize performance.

It's important to highlight one diet in particular that is making headlines: [The Plant-Based Diet](#). Not only is this an up and coming diet trend as more and more people switch to a vegetarian/vegan lifestyle, but it also has a wealth of evidence-based research supporting the benefits of plant consumption. Plant-

based diets are the new 'go to' for many endurance athletes, so it's important to know how and what to eat to support the body.

Athletes can easily consume an adequate amount of protein during events by incorporating a variety of beans, chickpeas, tofu, tempeh, peanut butter, nuts, and other forms of plant-based protein. If you consume only plant-based foods, it's important to also consume foods high in Iron and Zinc such as dark leafy greens, fortified cereals and grains, soybeans, lentils, and cashews. Any individual consuming a plant-based diet needs to supplement with Vitamin B12, only found in animal proteins. So what does this mean for race day, or multiday events?

Certainly remember that each athlete is unique, needing a certain amount of nutrients and calories to support his/her body. With that being said, it can take some time to adjust to the appropriate amount of food before, during, and after the event. My best advice to those doing multiday sporting events following a plant-based diet: experiment and practice for a few months in advance. I would highly recommend not thinking beans are something you can consume

when running even though you have them for dinner a couple nights a week – that could be a GI disaster! Practice and experiment.

Before breaking down when and what plant-based foods to eat during multiday events, let's first focus on the five greatest habits of multiday sport athletes:

1. **Focus on liquids...** a lot of liquids. Whether you are moving or not, plan on an average of 20oz per hour.
2. **During your sport, eat processed, or simple, foods...** the body doesn't have to use energy to process already processed foods – it's a win! They are consumed and used immediately. The simpler it is, the better during sport. These would be foods similar to gels and what you typically see at aid stations: cookies, figs, fruits, candies, white bread, etc. If you prefer aid station foods, awesome, but sometimes, races get extremely long and the body says "I'm done!" with these foods. Experiment with other simple sugar foods that work for your body.
3. **When you are between events day to day, eat complex foods** being mindful of fiber intake.

It's good to have some fiber, but loading up on raw greens right before an event...that is not fun for anyone! Foods between events that work perfectly: lentils, sweet potatoes, rice, pasta (and white is okay!), fruit, avocado, and sprouted breads. Don't hesitate to butter your bread either! Other plant-based proteins that are easy for athletes to prepare: burritos, sandwiches, and tempeh.

4. **Calories are important.** Eat them all. You probably eat regular meals and snacks sitting at work all day doing nothing... why do we neglect this when we are doing sports? On multisport event days, you need to eat even more than those days sitting at work.

5. **And finally, RECOVER.** Recovery dictates your success with performance later on in the day, or during the next couple of days. It's key to recover with a 4:1 ratio of carbohydrate to protein after each move you complete. Sure, bars and shakes can do the trick, but I highly recommend real food (aka: anything not in supplemental form). Something like a full bagel sandwich with a side of fruit and salty pretzels can give you exactly what you need. Remember, fat inhibits recovery; so ensuring your intake is high in carbohydrate and protein is what makes the next event that much better.

Whether you follow a plant-based

or animal-based diet regimen, these five habits can dictate your success in sport. If it helps, think: Liquids, Calories, Simple (during), Complex (between), Recover. Once you have the basics down and are confidently following a plant-based diet, examine what foods are best for your body and sport. Good questions to ask: Are you able to tolerate a bean wrap as fuel? What about a rice ball mixed with peanut butter? Or cookies and candies? What will keep you full yet energized? Am I eating 1-3 full meals while I'm doing my event?

Let me break it down by the numbers...

If you are a male athlete, typical intake per day without sport, or in training, is 3600+ calories. During multiday events, it can be as high as 6000+ calories per day. See what I mean by needing to practice!? That's a lot of energy to consume, but it's so important to your performance. And for female athletes, typical intake per day would be 2600+ calories, and during events closer to 4500+ calories. Don't neglect your calories, and certainly don't neglect them during the event. It's easy to get caught up in racing and forget to eat and drink. Practice, practice, practice.

It's important to note that on a plant-based diet, your intake of food volume is significantly higher. The more food you consume made from plants, the more likely your food volume

will increase. It's more nutrient dense, but not necessarily more calorie, or energy dense. I think we can all agree that eating carbohydrates and fat during activity isn't the hard part; the hard part is ensuring enough protein throughout the day and in recovery. Here are examples of plant-based foods and how much protein they provide:

Plant Sources	Serving Size	Grams of Protein
Tempeh	½ cup	15
Tofu	½ cup	10
Legumes: <i>black beans, kidney beans, lentils</i>	1/2 cup	7-10
Nut Butters	2 tablespoons	8
Almonds	¼ cup	6
Pistachios	¼ cup	6
Seeds: <i>chia, flax, pumpkin</i>	¼ cup	7-9
Rolled Oats	½ cup dry	7
Whole Wheat Bread	1 slice	4
Brown Rice/ Quinoa	½ cup	3-4

*\*Each athlete needs typically 60-120 grams of protein per day based on their needs and sport.*

When preparing your 4:1 ratio of carbohydrate to protein recovery meal, plan on 25 grams of protein. Protein has a slow digestibility rate which means if you consume more than 30-35 grams in a sitting, it will not be helpful to the body (it turns into stored energy).



Endurance athletes and those performing multiday events, can see huge results from plant-based living as long as the basics are met: enough calories, liquids, carbohydrates, and protein day to day and during sport. That is the scaffolding of your nutrition plan for sport; the foods fill in based on what is best for your body and mind to perform. Practice and experiment often to ensure your plan works and your race is a success!

**Annie Weiss, MS RD;** ultra-endurance athlete and registered dietitian training in Milwaukee, WI. She is a sponsored athlete/ambassador for Pjur Active, lululemon, Swiftwick Socks, Altra Running, OrangeMud, Fluid Nutrition, SPOT, Bigger Than The Trail, and First Endurance. Follow her on Instagram: @ani\_weiss and blog: <https://aniweiss.wordpress.com/>



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# RUNNING MOTIVATION

By Grahak Cunningham



**D**ipali Cunningham is a great Australian runner you probably haven't heard of. She has lived in the USA for 35 years and has raced almost exclusively in the US and Europe but she stills call Australia home. Small in size and quietly spoken her running achievements are towering by any standards especially in multi day running.

A netballer in her youth she only started running when she was 21, pushed into it by her brother who was dragging her along to a lot of Melbourne races in his own attempts to get under two hours thirty for the marathon. She watched the races from the sidelines for a while but was impressed by the runners, their attitude in general and the positive self-image they carried. She joined in and started training seriously. "After a while it became a way of life," she said. "It was the best way

to start the day."

She got nippy (her PB for the marathon is 3:07) but entered into some of the Sri Chinmoy Marathon Team multi day and ultramarathon events when she moved to America and started to excel. She won the annual international 47 mile race 27 times overall, often beating girls half her age. She even managed to impress herself by achieving times in her fifties that she was making in her late twenties. She last ran the 47 mile race (75km) in 2015 in 6 hours 42 minutes when she was 57 which is only about half an hour longer than what she was doing when she was 31. "I think it teaches me that age is in all in the mind," she once said.

After winning numerous ten day races, 700 mile races and 1000 mile events she started focusing on 'shorter' 6 day events. She took victory in the New York Self-Transcendence 6 day event an amazing 18 times in a row from 1998 to 2015 running some remarkable distances. In 2001 at age 42 she beat her own female world record, running 820 kilometres. Dipali often combines meditation and running to cope with the distances in these long events. "I just try to compete with myself," she commented. "Do the best I can and rely on grace." True. But Dipali definitely has a competitive streak, and talent. You have to have those qualities to win so many races.

In 2009 Pam Reed of 'Born to Run'

fame entered the 6 day race and arrived with a huge entourage. A multiple outright Bad Water Marathon winner, Pam had handlers, photographers and medical assistants all in tow, you name Pam had it. She also declared her intention to break all sorts of 6 day records and it got Dipali very motivated. They had an epic battle, and at age 50 Dipali took victory running further than any other female had in 6 days, running 513 miles (825km). "And I almost got round for 514," she adds. Pam ran 788 kilometres and both of them blitzed the rest of the field. Dipali didn't last the awards ceremony though, she passed out from exhaustion on the dais.

So what was better, defeating one of the best female ultra-runner at the time and taking a world record or doing a PB? "Definitely the PB. The whole thing was like a dream it was such a thrill to transcend my best and gave me such a feeling of accomplishment." And what does running mean to her? "As I have got older it is just nice to be running any distance. It is a way to feel good about yourself. It gives me real inner and outer strength and makes me feel I am the person I am meant to be."

*Grahak Cunningham is an ultra-runner and speaker from Perth in Western Australia. He is no relation to Dipali but she helped him a lot when he completed the Self-Transcendence 3100 Mile Race.*

■ UW ■



# Camino on the Run Charity Challenge



**S**urely many of you know already how it feels to run distances as long as 80k, 100k, 100 miles or maybe even longer. And what do you think of running 500 miles on one of the most famous trails? Crazy? Surreal? Or maybe...not?

We are a pair of long-distance runners that are hoping to become the first married couple to run the entire French Way of Camino de Santiago carrying our

own luggage! The 10-day run from the Pyrenees to Galicia will be a lifetime experience. Even more because we are doing this not only as a personal challenge and adventure, but also to support our wheelchair-bound friend and help him to raise funds for his treatment so that he might walk again someday.

We first heard about the Camino three years ago in our local church. A lady came to tell us about

her walking journey through the French Way over a couple of years in stages. Being quite new to ultrarunning, Agnieszka thought – ‘I will run the Camino one day’!

A few years behind Agnieszka, Marek progressed his running regime from becoming a marathoner, ultra-runner and Ironman, falling in love with ultra-running, and trail-running in particular. We both just love being in the nature,

running through places where you can go only on foot, and taking in all the energy from the mountains and the woods.

We were planning to do something really significant in 2018. After completing some of the most challenging races, we felt we are ready to go for a big number. We talked about the Camino, studied the route, and we decided we will go for it.



### A Very Worthy Cause – Mirek's Story

Mirek's full name is Mirosław Hetmański. He's 37 years old and lives in Katowice in Poland. Seven years ago, his life changed dramatically. While riding his motorbike, he hit a car and suffered multiple organ injuries, spinal fractures and a severe spinal cord injury resulting in quadriplegia. Since then, Mirek has been confined to a wheelchair and needs assistance every day. To improve his condition, he needs expensive rehabilitation and unfortunately, he can't afford the €750 monthly cost. His only income is from state benefits which barely cover day-to-day bills and expenses.

Until he was 31, his life was totally different from what it is now. He had plans for his future, was hoping to have a family some day and was interested in many things like sports, motorbikes, music and helping others. Every day he tries to exercise as much as he can on his own, however, he needs professional treatment to have a chance to



stand on his own feet again. His dream is to be able to walk again, even with support or crutches – so that he can live independently. He strongly believes this will happen one day and hopes he'll then be able

to help others in need.

We met him last year through our other friend, who also is a runner. Every year he ran the Clonakilty marathon for Mirek. We got in touch with Mirek through Skype and we were

very impressed by his strong will and belief that he will be able to walk one day. He's very determined and focused, and yet very nice and cheerful guy. We decided this is a kind of person we would like to help.

# Upcoming Events

We are hoping to raise €5,000 which will provide rehabilitation support for Mirek for six months. Mirek's belief is that doing good always has a way of coming back to you so please help Mirek to realise his dreams. If you'd like to support him and donate to this cause, please go to <https://www.gofundme.com/running500milesformirek>

## Meet the Ultra-Runner Couple

We have been running marathons and ultra-marathons for years. We both come from Poland originally and currently we live and work in Dublin, Ireland.

Marek only started running four years ago but is already hoping to complete his 50th marathon in December this year in Clonakilty. If he achieves this, he will be awarded a Silver Medal from the Marathon Club Ireland. Despite the relatively short time being a runner, he has already completed one of the toughest mountain races in Poland (the Butcher's race, 80k), 100k White Rose Ultra in the UK, 130k mountain race

in Poland (Festival of Mountain Running) and last year he crossed the finish line of a full distance Ironman (Vichy, France).

Agnieszka has been an ultra-runner since May 2013. Along many ultra-races completed to date the highlights would be the third ever woman who finished Cyprus Ultra 217k, 1st place in age category in a 240k mountain race in Poland (Festival of Mountain Running), 2nd lady at Connemara 100 mile race.

Training runs for the Camino started this year with the Tralee Marathon on 18th March, followed by many more marathons and ultras. Every weekend we do back to back long runs, of course with our backpacks, increasing the load gradually week after week. One special event will be the Cork Marathon on June 3rd when we will push Mirek the whole distance with the help of some of our friends. Thanks to the generosity of one of our colleagues Mirek will come over to Ireland for this marathon, together with his care assistant.

## The French Way Camino Route in 10 Days

The Camino de Santiago is a network of medieval pilgrimage routes throughout Europe which culminate in Santiago de Compostela in Galicia in Northwest Spain at the Cathedral of Saint James. The most popular is the French Way which starts in the French village of St Jean Pied de Port. Nowadays, many people walk (or cycle) the route for religious, spiritual and cultural reasons and it has now become one of the most popular walking holiday destinations in the world. Last year over 320,000 people were recorded as pilgrims that walked at least 100k or cycled at least 200k. This is the distance requirement in order to receive a Pilgrim's Certificate of completion of the Camino.

We co-operated closely with our project partners 'Follow the Camino' who helped us to divide the route in a way so that we could run an optimal distance each day and they could book us accommodation, so we can refuel and rest.

The Camino Run will start on 20th August.

And the plan is to complete the whole route in 10 days. The first day will be most technical section as it goes through the Pyrenees so we plan to cover 63k that day. The last day we want to be a short day – marathon distance. Between these two the distances vary each day, and the longest day would count 96k.

## How You Can Support

If you'd like to track our journey, we are sharing updates on our Facebook Page or Instagram Page 'Camino on the run'. We post there information on training runs, marathons/ultras and preparations for this challenge.

We would also appreciate every donation on the GoFundMe page, no matter how small. All funds will be directly forwarded to Mirek. 'Follow the Camino' and support us by providing accommodation on the way. All other expenses we simply cover from our own pocket. After all it's our adventure.

Buen Camino!!

Agnieszka & Marek  
Pamula

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GPS tracking

Entry Fee : 450 €

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

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



More Information & Entries

Phare-West Organisation

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



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



# GOBI MARCH (MONGOLIA) PRE-RACE REVIEW:

## *Modern Warriors Prepare for a Mongolian Challenge*

*By Kirsty Boazman*



**I**n the footsteps of Genghis Khan and his horse-riding archers, an army of modern day ‘warriors’ will this year for the first time pit themselves against the extremes of Mongolia’s harsh terrain when they compete in the 4 Deserts ultra-marathon endurance race.

The Gobi March 2018 marks the race’s 15th edition. The new location sees the Gobi March temporarily relocate, providing competitors with the opportunity to experience another part of the

vast Gobi region, this time, the grasslands and varied landscape in Mongolia.

From 29 July – 4 August competitors from more than 50 countries will tackle the seven-day, 250 kilometre “Gobi March” foot race, which was introduced to China by the 4 Deserts Race Series 15 years ago, but has never before been held in neighbouring Mongolia.

Company Founder Mary Gadams

said: “We’ve poked into the corners of every major desert on the planet but opening up the Gobi inside Mongolia has long been a 4 Deserts holy grail. When I first set up the 4 Deserts I had envisioned one day holding an edition of the Gobi March in Mongolia so I am happy to finally be able to bring this to fruition. Setting the race in Mongolia has been a dream of mine.”

In 2003 only 42 brave competitors set out from the Chinese city



of Dunhuang on what is now recognised as “the world’s most prestigious foot race”. The Gobi March 2018 will take place approximately 1,000 km from the home of the Gobi March in China and is expected to reach over 200 competitors from almost 40 different nationalities.

Competitors will have the opportunity to experience a diverse and varied course, with highlights including Karakorum, the 13th and 14th century capital of Genghis Khan’s Empire, the vast steppe, the Orkhon Valley Cultural Landscape, as well as ancient ruins, temples and stupas. The terrain will include sand dunes, great rock valleys and old forests, while competitors will at times sleep in traditional Mongolian yurts. Competitors will also have the opportunity to experience a traditional Naadam Festival, featuring Mongolian wrestling, horse racing and archery – known as the “three games of men.”

Among those stepping up to the start line in the Karakorum region of Central Mongolia will be Fiona Oakes from the UK. Fiona is a vegan runner who runs an animal sanctuary and who will be featured in the film “Running For Good”. In addition, Fiona is a strong runner and will be attempting the 4 Deserts Grand Slam this year (completing all 4 Deserts Races and over 1000 kilometres of desert terrain in one calendar year). Fiona is one of the 17 competitors attempting to achieve this goal!

Fiona Glen (pictured above) from the UK is another fast female who has completed the Sahara Race (Jordan) 2014 as 5th woman and the Gobi March 2016 with a podium place as the 3rd woman. 74-year-old Lee Moo Woong from South Korea and 73-year-old Yoshiaki Ishihara from Japan are competing in their 11th and 16th 4 Desert ultra-marathons respectively.

Perhaps not surprisingly the year in which the greatest number of Gobi March runners was born - is 1968, exactly 50 years ago. Many in this group are more physically active than their 20 year old children and regard an extreme endurance event as a beginning, not a middle phase of life.

For half of this age group, including Kasia Glowacka who is an Executive Coach and HR expert in Warsaw Poland, it is their first ever ultra-marathon.

“Life can’t be boring and it’s up to us what we do with it so my decision to enter was very spontaneous, said Kasia. “My colleagues are very supportive but my closest friends are terrified. I’m really curious to see how my mind will work out there and if I will be tough enough. Whatever happens, it will be the experience of a lifetime.”

This year’s 15th anniversary of the seven-day, six-stage footrace will also bring together alumni from past editions of the Gobi March, including a number of those who competed in the inaugural 4 Deserts race of 2003.

They include Iranian Ash Mokhtari who is competing in his 23rd 4 Deserts ultra-marathon, the most of any competitor with RacingThePlanet, which stages five of the long distance events each year in places as varied as Namibia, Patagonia, Jordan, and Antarctica.



## Upcoming Races



“Some will run, some will walk, some will fall victim to blisters, the heat or ‘mind demons’. But every competitor will push themselves to that ledge which overlooks their own personal limit of physical endurance and mental effort – and make a decision about stepping off,” said Mary.

For further information please visit the race website: [www.4deserts.com/gobimarch](http://www.4deserts.com/gobimarch)

Photo's courtesy 4Deserts.com

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A woman in a pink shirt and black leggings is running on a grassy hill. The background shows a sunset over mountains. The XNRG Ultra Coaching logo is overlaid on the left side of the image. The logo is black with red and white text. It says 'XNRG' in large red letters, 'ULTRA COACHING' in white letters, and 'WWW.XNRG.CO.UK' in white letters at the top.

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## SRI CHINMOY MARATHON TEAM 2018

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

ULTRA Races



### Europe

- 17 March Sri Chinmoy 6 Hour Race Nürnberg** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, c/o Gerig, Austraße 74, 90429 Nürnberg  
Tel +49-(0)911-28 88 65, Fax +49-(0)911-28 84 12  
Start: 10 am, application deadline (AD): 9 March  
[nurnberg@srichinmoyraces.org](mailto:nurnberg@srichinmoyraces.org) , <https://de.srichinmoyraces.org> , late registration + 5 €
- 29 April Sri Chinmoy 6 Hour Race Wien** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, c/o Smarana Puntigam, Märzstr. 158/10, 1140 Vienna  
Mob +43-(0)650-762 72 62; Fax /87 78 94 13, Start: 10 am  
[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 pm noon, Start (12 h): Sat 24 pm midnight  
[12-24h-basel@srichinmoyraces.ch](mailto:12-24h-basel@srichinmoyraces.ch), <https://ch.srichinmoyraces.org>
- 12 May Self-Transcendence 6+12 Hour+100 km Race Nitra** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, Pod gastanmi 4F, 82107 Bratislava, Slovakia  
Pranjal Milovnik, Tel +421-(0)905-64 83 15  
Start (12 h+100 km): 7 am, Start (6 h): 13 pm  
[scmt@scmt.sk](mailto:scmt@scmt.sk), <https://cs.srichinmoyraces.org>
- 26 May Self-Transcendence 6+12 Hour Race Prague** \* *Sri Chinmoy Hero-Cup*  
Sri Chinmoy Marathon Team, Letovska 532, 19900 Praha-Letnany, Czech Republic  
Tel +420-(0)603-177 566, Fax +420-(0)2-252 77 400  
Start (12 h): 7 am; Start (6 h): 13 pm, AD: 1 May, late registration + 10 €  
[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 Haarlem, Holland, Tel +31-(0)23-516 03 60, Fax +31-(0)23-516 03 61  
Start (50 km): 12 pm noon, Start (100 km): 9 am, AD: 27 May, late registration + 5 €  
[amsterdam@srichinmoyraces.org](mailto:amsterdam@srichinmoyraces.org) , <https://nl.srichinmoyraces.org>
- 2-3 June Self-Transcendence 12+24 Hour Race Chisinau** Moldavian National Championships  
Sri Chinmoy Marathon Team, Ion Frunza, Florilor 30/1a, ap. 28, MD-2068, Chisinau, Moldavia  
Tel +373-(0)692 55 274, AD: 27 May, Start (24 h): Sat 21 pm, Start (12 h.): Sun 9 am  
[moldova@srichinmoyraces.org](mailto:moldova@srichinmoyraces.org) , <https://md.srichinmoyraces.org>
- 17 June Sri Chinmoy 50+100 km Race Paris**  
Sri Chinmoy Marathon Team, 9-13 rue Srebrenica, Apt. 48, 75020 Paris, France  
Tel +33-(0)1-43 71 15 19, Mobil +33-(0)630-19 16 39  
Start (50 km): 12 pm noon; Start (100 km): 7 am, AD: 10 June, late registration + 5 €  
[contact@srichinmoycourses.fr](mailto:contact@srichinmoycourses.fr) , <https://srichinmoycourses.fr/>
- 29.-31. 6. Self-Transcendence 12+24+48 Hour Race Vinnitsa, Ukraine**  
Ukrainian National Championships in the 48 Hour Race  
Sri Chinmoy Marathon Team, Igor Mudrik, Tel +380-67-811 80 23, People Friendship Park  
Start (48 h): Fri 12 pm noon, Start (24 h): Sat 12 pm noon, Start (12 h): Sat 24 pm midnight  
[info@races.org.ua](mailto:info@races.org.ua) , <http://races.org.ua>

## 20.-22. 7. Self-Transcendence 24+48 Hour Race Kladno

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

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

Sri Chinmoy Marathon Team, Gennady Ozerov, Tel +380-50-16 85 118, Artem Park, Kharkov, Ukraine, Start: Sun 10 am, [info@races.org.ua](mailto:info@races.org.ua) , <https://races.org.ua>

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

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

## 15 Sept. Sri Chinmoy 6 Hour Race Munich

*\* Sri Chinmoy Hero-Cup*

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

## 22.-23. 9. Self-Transcendence 6+12+24- Hour Race Belgrade

Sri Chinmoy Marathon Team, Hilendarska 24, 11000 Belgrade, Serbia  
Tel +381 (0)11 245 20 25, Mobile +381 (0)63 113 97 27  
Start (24 h.): Sat 12 pm noon, Start (6 h): Sat 12 pm noon, Start (12 h): Sat 21 pm  
[scmt.rs@srichinmoyraces.org](mailto:scmt.rs@srichinmoyraces.org) , <http://rs.srichinmoyraces.org/>

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

Sri Chinmoy Marathon Team, Shankara Smith, Run and Become, 4a Eccleston Street, London SW1W 9LN, UK, Tel +44-(0)207-222 13 14, Mobile +44-(0)77 34 29 80 24, AD: 15. July  
Start: 12 pm noon, [races@runandbecome.com](mailto:races@runandbecome.com) , <https://uk.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 pm noon, Start (12 h): Sat 24 pm midnight, Start (6 h): Sat 12 pm noon  
[info@races.org.ua](mailto:info@races.org.ua) , <http://races.org.ua>

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

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

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

Sri Chinmoy Marathon Team, c/o Runner Store, Viale Legioni Romane 59  
20147 Milano, Italy, Tel/Fax +39-02-48 37 66 05  
Start (6 h): Sat 12 pm noon, Start (24 h): Sat 12 pm noon  
[info@corsessrichinmoy.it](mailto:info@corsessrichinmoy.it) , <https://it.srichinmoyraces.org>

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

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Sri Chinmoy Marathon Team Germany e.V. Member of the Sports Association Rheinhessen

Axel Gressenich, An der Würm 28, 81247 München, Germany  
Tel +49-89-12 02 15-13, Mobile +49-151-50 98 64 83, Fax +49-89-12 02 15-29

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## INTERNATIONAL MULTIDAY AND ULTRAMARATHON CALENDAR

Please check dates with the event website. Ultrarunning World is not responsible for errors.  
Races may be cancelled and or the dates changed.

Date	Country	Duration - Time	Type	Course Type	Name	Location	Website
11/05/18	ITA	170/100 km	M	Trail	Tor des Chateaux	Aosta	<a href="http://www.tordeschateaux.it/">http://www.tordeschateaux.it/</a>
11/05/18	FRA	208 km	U	Road	ULTRAthlétic Ardèche	Privas	<a href="http://www.ultrathletic-ardecche.fr/">http://www.ultrathletic-ardecche.fr/</a>
11/05/18	USA	24 H	U	Mixed surface	Montour 24	Danville	<a href="http://ultrasignup.com/register.aspx?did=41910">ultrasignup.com/register.aspx?did=41910</a>
12/05/18	CAN	24/12/6 H	U	Road	Canada Goose Ultra	Wascana Park, Regina	<a href="https://raceroster.com/events/2018/15352/canada-goose-ultra">https://raceroster.com/events/2018/15352/canada-goose-ultra</a>
12/05/18	SVK	100 km 12/6 H	U	Road	Self-transcendence 100km	Nitra	<a href="http://cs.srichinmoyraces.org/612h-nitra">http://cs.srichinmoyraces.org/612h-nitra</a>
12/05/18	SVK	12/6 H 100 km	U	Road	Self-Transcendence 6/12h and 100km Race Nitra	Park na Sihoti, Nitra	<a href="http://cs.srichinmoyraces.org/">http://cs.srichinmoyraces.org/</a>
12/05/18	GBR	190 mi	M	Trail	Northern Traverse	St Bees	<a href="http://www.northerntraverse.com/">http://www.northerntraverse.com/</a>
12/05/18	POR	200 km	S	Trail	PGTA Peneda-Geres Trail Adventure	Ponte da Barca	<a href="http://carlossanatureevents.com/">http://carlossanatureevents.com/</a>
12/05/18	HUN	220 km	U	Road	Ultrabalaton	Balatonaliga	<a href="http://www.ultrabalaton.hu/">http://www.ultrabalaton.hu/</a>
12/05/18	SUI	24/12 H	U	Road	Self-Transcendence 24h/12h Lauf Basel	Basel	<a href="http://ch.srichinmoyraces.org/veranstaltungen/basel_1224h_lauf">http://ch.srichinmoyraces.org/veranstaltungen/basel_1224h_lauf</a>
12/05/18	USA	24/12 H 50 km	U	Track	Dawn To Dusk To Dawn Ultras	Academy Park H.S., Sharon Hill, 19079	<a href="https://runsSignup.com/Race/PA/Sharon-Hill/DawnToDuskToDawnUltras">https://runsSignup.com/Race/PA/Sharon-Hill/DawnToDuskToDawnUltras</a>
12/05/18	SRB	24/12/6 H 100/50 km	U	Road	Palic 24 H	Palic	<a href="http://www.usspalic.org/index/index/lg/en">http://www.usspalic.org/index/index/lg/en</a>
12/05/18	SRB	24/12/6 H	U	Road	24 H Run Palic	Palic	<a href="http://www.usspalic.org/">http://www.usspalic.org/</a>
12/05/18	AUS	80 km	U	Trail	World Trail Championships	Penyagolosa, Spain	<a href="http://penyagolosatrails.com/">http://penyagolosatrails.com/</a>
12/05/18	CAN	24/12/6 H	U	Road	Canada Goose Ultra	Regina	<a href="https://raceroster.com/events/2018/15352/canada-goose-ultra">https://raceroster.com/events/2018/15352/canada-goose-ultra</a>
12/05/18	HUN	220 km	M,U	Mixed Surface	NN Ultrabalaton	Tihany	<a href="http://ultrabalaton.hu/?lang=en">http://ultrabalaton.hu/?lang=en</a>
12/05/18	PRT	PGTA 4 days/ PGTA 7 Days		Trail	Peneda-Gerês Trail Adventure	4981-909 Ponte da Barca, Portugal	<a href="https://carlossanatureevents.com">https://carlossanatureevents.com</a>
14/05/18	USA	144/72/48/ 24/12/6 H	M,U	Road	3 Days At The Fair	Augusta	<a href="http://njtrailseries.com">njtrailseries.com</a>
14/05/18	USA	6 day/72/48/ 24/12/6 H	M	Road	NJ Trail Series 3 Days At The Fair	Augusta NJ	<a href="http://register.njtrailseries.com/Search/event.aspx?id=38838">http://register.njtrailseries.com/Search/event.aspx?id=38838</a>
16/05/18	AUS	522 km/9 days	S	Desert	The Track	Ellery Creek	<a href="http://www.canal-aventure.com/en/thetrack">http://www.canal-aventure.com/en/thetrack</a>
16/05/18	USA	4 days/200/ 100/60 mi	M,U	Trail	Born To Run	Los Olivos	<a href="http://www.allwedoisrun.com/">http://www.allwedoisrun.com/</a>
17/05/18	AUS	100/50/22 km	U	Trail	Ultra-Trail Australia	Katoomba	<a href="http://www.ultratrailaustralia.com.au/">http://www.ultratrailaustralia.com.au/</a>

# Upcoming Races

17/05/18	USA	24/12/6 H	U	Track	Tennessee Track Ultra	Clarksville	<a href="https://ultrasignup.com/register.aspx?-did=53061">https://ultrasignup.com/register.aspx?-did=53061</a>
19/05/18	USA	13/7 H	U,T	Mixed Surface	Sri Chinmoy 7 & 13 H Ultra	Magnuson Park, Seattle	<a href="https://us.srichinmoyraces.org/Seattle-7and13">https://us.srichinmoyraces.org/Seattle-7and13</a>
19/05/18	ITA	202.4 km	M	Road	Nove Colli Running	Cesenatico	<a href="http://www.novecollirunning.it/">http://www.novecollirunning.it/</a>
19/05/18	NLD	230 km	M	Road	Elfsteden Ultraloop	Bolsward	<a href="http://elfstedenultraloop.nl/">http://elfstedenultraloop.nl/</a>
19/05/18	GER	239 km/100 mi	M,U	Road	TorTour de Ruhr	Winterberg	<a href="http://www.tortourderuhr.de/">http://www.tortourderuhr.de/</a>
19/05/18	FIN	24/12/6 H	U	Road	Kokkola Ultra Run 24h	Kokkola	<a href="http://www.kokkolaultrarun.fi/">http://www.kokkolaultrarun.fi/</a>
19/05/18	FRA	24/6 H	U	Road	9ème 24 Heures de Peynier	Peynier	<a href="http://www.24heures-peynier.com/">http://www.24heures-peynier.com/</a>
19/05/18	GBR	615 mi	M	Trail	Monarchs Way Ultra	Worcester	<a href="http://www.challenge-running.co.uk/monarchs-way/">http://www.challenge-running.co.uk/monarchs-way/</a>
20/05/18	BEL	100 km	U	Road	Ford De Wispe-laere Pinksterlopen	Aalter	<a href="http://6uurvanaalter.blogspot.co.uk/">http://6uurvanaalter.blogspot.co.uk/</a>
20/05/18	UKR	1000 km	S	Road	Lviv-Kiev-Odessa 1000km	Lviv	<a href="https://www.facebook.com/events/123031811695155/">https://www.facebook.com/events/123031811695155/</a>
20/05/18	GBR	400 km	S	Trail	Cape Wrath	Fort William	<a href="http://www.capewrathultra.com/">http://www.capewrathultra.com/</a>
21/05/18	ARG	200/125/80 km	M,U	Trail	Fiambala Desert Trail	Fiambala, Catamarca	<a href="http://www.fiambalatrail.com.ar/">http://www.fiambalatrail.com.ar/</a>
24/05/18	USA	888k/250M/100M/88k	M,U	Trail	Infinitus	Goshen	<a href="http://www.endurancesociety.org/infinitus.html">http://www.endurancesociety.org/infinitus.html</a>
25/05/18	BTN	6 days	S	Trail	6th GlobalLimits Bhutan - The Last Secret -	Thimphu	<a href="http://www.global-limits.com">http://www.global-limits.com</a>
25/05/18	USA	200/150/ 100 mi plus	M	Trail	Pigtails Challenge	Renton	<a href="http://www.nwenduranceevents.com/pigtails/">http://www.nwenduranceevents.com/pigtails/</a>
25/05/18	GBR	160 mi	M	Trail	Hardmoors 160	Sutton Bank	<a href="https://www.hardmoors110.org.uk/">https://www.hardmoors110.org.uk/</a>
26/05/18	GBR	145 mi	U	Mixed Surface	Grand Union Canal	Gas St Birmingham	<a href="http://www.gucr.co.uk/">http://www.gucr.co.uk/</a>
26/05/18	ITA	100 km	U	Road	100 km del Passatore	Firenze	<a href="http://www.100kmdelpassatore.it/">http://www.100kmdelpassatore.it/</a>
26/05/18	USA	24/12 H	U	Trail	Nanny Goat	Riverside	<a href="http://ultrasignup.com/register.aspx?-did=49401">http://ultrasignup.com/register.aspx?-did=49401</a>
26/05/18	GBR	36 H		Trail	London 2 Brighton Challenge	TW9 1WS	<a href="https://www.london2brightonchallenge.com/">https://www.london2brightonchallenge.com/</a>
26/05/18	GBR	110 mi	U	Trail	Hardmoors 110	Filey	<a href="https://www.hardmoors110.org.uk/">https://www.hardmoors110.org.uk/</a>
29/05/18	BRA	235/135/95 /65 km	M,U	Trail	Ultramaratona dos Anjos	Passa Quatro	<a href="http://www.ultrarunnereventos.net/ultra_uai.html">http://www.ultrarunnereventos.net/ultra_uai.html</a>
30/05/18	USA	96/72/48/ 24/12/6 H	M,U	Trail	Ozone Endurance Challenge	Rockwood	<a href="https://ultrasignup.com/register.aspx?-did=50188">https://ultrasignup.com/register.aspx?-did=50188</a>
01/06/18	USA	24/12/6 H	U	Trails	Alaska Endurance Trail Run	Fairbanks	<a href="http://www.alaskaendurancetrailrun.org/race-information/">http://www.alaskaendurancetrailrun.org/race-information/</a>
01/06/18	CAN	24/12/6/3 H	U,T	Trail	Cedar Ultra	Nanaimo	<a href="http://www.viendurance.net/cedar-ultra/">http://www.viendurance.net/cedar-ultra/</a>
01/06/18	ITA	285/100 km	M,U	Road	Race Across Apulia	Lecce	<a href="http://www.raceacrossapulia.com/index.php/en/">http://www.raceacrossapulia.com/index.php/en/</a>
02/06/18	FRA	24 H	U	Road	Les 24 heures de Roche la Molière	Roche la Moliere	<a href="http://24heuresderochelamoliere.e-mon-site.com/">http://24heuresderochelamoliere.e-mon-site.com/</a>
02/06/18	GBR	24 H	U,T	Trail	Harwich Runners 24 H	Harwich	<a href="http://www.harwichrunners.co.uk/hr24/">http://www.harwichrunners.co.uk/hr24/</a>

# Upcoming Races

02/06/18	MDA	24/12 H	U	Road	Self-Transcendence 24 H Chisinau	Chisinau	<a href="https://md.srichinmoyraces.org/">https://md.srichinmoyraces.org/</a>
02/06/18	AUS	24/12/6 H	U	Track	Sri Chinmoy 24 H Track Race	Campbelltown	<a href="http://au.srichinmoyraces.org/events/24H">http://au.srichinmoyraces.org/events/24H</a>
02/06/18	USA	24/12/6 H	U	Road	Fans Ultra Races	Minneapolis	<a href="http://www.fans24H.org/race-info.html">http://www.fans24H.org/race-info.html</a>
02/06/18	DEN	24/12/6 H	U	Road	24 timer ved havet Sæby	Sæby	<a href="http://www.24timervedhavet.dk/">http://www.24timervedhavet.dk/</a>
02/06/18	USA	24/12 H	U		Black Mountain Monster	Black Mountain	<a href="http://ultrasignup.com/register.aspx?did=41566">ultrasignup.com/register.aspx?did=41566</a>
02/06/18	USA	24/12 H	U		San Francisco Summer Solstice	San Francisco	<a href="http://ultrasignup.com/register.aspx?did=54741">http://ultrasignup.com/register.aspx?did=54741</a>
03/06/18	PER	230 km	S	Jungle	Jungle Ultra	Manu National Park	<a href="http://www.beyondtheultimate.co.uk/jungle-ultra.asp">http://www.beyondtheultimate.co.uk/jungle-ultra.asp</a>
09/06/18	FRA	24 H	U	Road	24h de Champigneulles	Champigneulles	<a href="http://www.24h-champigneulles.fr/">http://www.24h-champigneulles.fr/</a>
09/06/18	USA	24 H	U	Trail	Eagle Up Ultra	Canal Fulton	<a href="http://www.runcanton.com/eagle-up-ultra">http://www.runcanton.com/eagle-up-ultra</a>
09/06/18	FRA	24/12/6 H	U	Road	24h de la Voie Romaine	Lillebonne	<a href="http://www.normandiecoursapied.com/fiches-course-foulees-cross-trail-normandie-2018/seine-maritime/24-heures-de-la-voie-romaine-lillebonne-2018.html">http://www.normandiecoursapied.com/fiches-course-foulees-cross-trail-normandie-2018/seine-maritime/24-heures-de-la-voie-romaine-lillebonne-2018.html</a>
09/06/18	LUX	24/12/6 H	U	Road	Wiltz 24 H	Wiltz	<a href="http://www.24H.lu/">http://www.24H.lu/</a>
09/06/18	USA	50m/50k/ 42.2 km +	U,R	Trail	The North Face Endurance Challenge – Massachusetts	1541	<a href="http://bit.ly/2yagLhY">http://bit.ly/2yagLhY</a>
10/06/18	AUS	100/50km/50 mile	U		Gold Coast 100	Gold Coast	<a href="https://www.goldcoast100.com/">https://www.goldcoast100.com/</a>
10/06/18	AUS	50 km	U	Trail	Cleland 50	Cleland	<a href="http://yumigo.com.au/cleland-50/">http://yumigo.com.au/cleland-50/</a>
10/06/18	RSA	50 km	U	Trail	The Beast Trail Run	Newlands Picnic Site	<a href="https://energyevents.co.za/event/beast-trail-run-2018/">https://energyevents.co.za/event/beast-trail-run-2018/</a>
10/06/18	RSA	89 km	U	Road	Comrades	Pietermaritzburg	<a href="http://www.comrades.com/">http://www.comrades.com/</a>
11/06/18	RSA	200 km	U	Trail	Richtersveld Wildrun®	Sendelingsdrif	<a href="https://www.wildrunsa.com/">https://www.wildrunsa.com/</a>
11/06/18	GBR	294 km 7 days	S	Mixed Surface	Hot Runner	Little Bowbrook, DY10 4JA	<a href="http://www.ultrarunningltd.co.uk/">http://www.ultrarunningltd.co.uk/</a>
14/06/18	FRA	300 km	S	Trail	Raid de l'Archange		<a href="http://www.labarjo.fr/">http://www.labarjo.fr/</a>
16/06/18	AUT	102	U	Trail	Scenic 100	Salzburg	<a href="http://www.mozart100.com">www.mozart100.com</a>
16/06/18	AUT	103 km		Trail	mozart100® - Salzburg Ultra Trail	5020	<a href="http://www.mozart10.com">www.mozart10.com</a>
16/06/18	GBR	24 H	U,R	Trail	Henley 24 H Relay Race	Temple Island Meadows,	<a href="https://www.100milerun.com/henley-24-H-race/">https://www.100milerun.com/henley-24-H-race/</a>
16/06/18	GER	24 H	U	Road	Burginsellauf Delmenhorst	Delmenhorst	<a href="http://www.24-lauf.de/">http://www.24-lauf.de/</a>
16/06/18	USA	24/12/6 H	U	Trail	Elijah Bristow 24 H Run	Eugene	<a href="http://bristow24.org/">http://bristow24.org/</a>
16/06/18	USA	24/12/6 H	U	Road	A Midsummer Night's Dream	Canton	<a href="http://bit.ly/2kGhoKm">http://bit.ly/2kGhoKm</a>
16/06/18	FRA	1000 km	M	Road	Mil Kil	Saint-Malo	<a href="http://www.la-transegale.fr/mi-milkil-2017-lignac-lodeve-500-km/">http://www.la-transegale.fr/mi-milkil-2017-lignac-lodeve-500-km/</a>
17/06/18	USA	238 km 6 days	S	Trail	Desert Rats	Fruita	<a href="http://www.geminiadventures.com/running-events-2/desert-rats/">http://www.geminiadventures.com/running-events-2/desert-rats/</a>



# Upcoming Races

17/06/18	USA	3100 mi	M	Road	Self-Transcendence 3100 Mile Race	Jamaica, Queens	<a href="https://3100.srichinmoyraces.org/">https://3100.srichinmoyraces.org/</a>
17/06/18	USA	6 days	S	Trail	Desert RATS Kokopelli 150	Kokopelli Trail	<a href="http://www.geminiadventures.com/running-events-2/desert-rats/">http://www.geminiadventures.com/running-events-2/desert-rats/</a>
17/06/18	RSA	200 km/5 days	S	Trail	Richtersveld Transfrontier Wildrun	Sendelingsdrif	<a href="http://www.wildrun.com/event/richtersveld">http://www.wildrun.com/event/richtersveld</a>
18/06/18	VEN	150/106/ 55 km	U	Mixed Surface	Rumbo a Paraguaná Desert Trail	Coro	<a href="http://www.rumboaparaguana.com.ve/">http://www.rumboaparaguana.com.ve/</a>
18/06/18	GBR	24/12 H 100 km	U	Road	Energia24	Belfast	<a href="https://www.facebook.com/belfast24/">https://www.facebook.com/belfast24/</a>
20/06/18	TUR	24/12 H	M,U	Trail	Saat Ultra Summer Time Challenge	Taşdelen Picnic Area, Çekmeköy	<a href="http://www.teamultratrailrunner.com/index.php/website/content/65">http://www.teamultratrailrunner.com/index.php/website/content/65</a>
23/06/18	FRA	24/6 H	U	Road	24 Heures de L'Echo du Pas-de-Calais	Maisnil-lès-Ruitz	<a href="http://les6heuresdupasdecalais.com/">http://les6heuresdupasdecalais.com/</a>
23/06/18	GBR	268 mi	M	Trail	Spine Fusion	Edale	<a href="https://thespinerace.com/events/2018/1/14/montane-spine-race-5gsj5-86ezg-cwbl4">https://thespinerace.com/events/2018/1/14/montane-spine-race-5gsj5-86ezg-cwbl4</a>
23/06/18	GBR	95 mi	U	Trail	West highland Way	Milngavie	<a href="http://www.westhighlandwayrace.org/">http://www.westhighlandwayrace.org/</a>
23/06/18	GBR	12-hr, 100km, 24-hr team relay		Road	Eneegia24 International Belfast	BT4 1JT	<a href="http://www.energia24.co.uk">www.energia24.co.uk</a>
23/06/18	MEX	24 H		Trail	Recover Our Local Life Styles "Identity Day"	90160	<a href="http://agreenproject.org/UltraSports/recover-our-local-life-styles/">http://agreenproject.org/UltraSports/recover-our-local-life-styles/</a>
23/06/18	GBR	320 mi	S	Trail	The Great Barrow Challenge: 10 in 10 Ultras	Barrow	<a href="http://thegbc.co.uk/">http://thegbc.co.uk/</a>
23/06/18	UKR	48/24/12 H	M,U	Road	Self-Transcendence 48 H Run	Vinnitsa	<a href="http://www.races.org.ua/">http://www.races.org.ua/</a>
28/06/18	GER	24 H	U	Road	24 H	Reichenbach	<a href="http://www.24-stundenlauf.de/">http://www.24-stundenlauf.de/</a>
29/06/18	GBR	34/12/6 H races	U	Trail	Trailblaster	Burnley, BB11 3RQ	<a href="http://cannonballevents.co.uk/trailblaster/">http://cannonballevents.co.uk/trailblaster/</a>
30/06/18	GBR	36 H		Trail	Cotswold Way Challenge	BA1 2NQ	<a href="https://www.cotswoldwaychallenge.com/">https://www.cotswoldwaychallenge.com/</a>
30/06/18	FIN	6 day 48/ 24/12 H	M,U	Road	Kauhajoki Ultra Running Festival	Kauhajoki	<a href="http://karhumaraton.fi/kurf">http://karhumaraton.fi/kurf</a>
30/06/18	AND	233/170/ 112/83 km	M,U	Trail	Andorra Ultra Trail	Ordino	<a href="http://www.andorraultratrail.org/">http://www.andorraultratrail.org/</a>
02/07/18	FRA	111 km	U	Trail	Trail Verbier St Bernard / X-Alpine	Verbier	<a href="http://www.trailvsb.com/fr/">http://www.trailvsb.com/fr/</a>
04/07/18	USA	6 Day/72/48/ 24/12/6 H	M,U	Trail	Silverton 1000	Silverton	<a href="http://www.silverton1000.com/">http://www.silverton1000.com/</a>
06/07/18	USA	48/24/12 H	M,U		Merrill's Mile	Dahlonga	<a href="https://ultrasignup.com/register.aspx?-did=40136">https://ultrasignup.com/register.aspx?-did=40136</a>
06/07/18	GBR	24 H	U	Trail	Serpent Trail Races	Petersfield, Hampshire	<a href="http://www.serpenttrailrace.com/">http://www.serpenttrailrace.com/</a>
06/07/18	GER	24 H	U	Track	24h run for children's rights	Stuttgart	<a href="http://www.kinderfreundliches-stuttgart.de/24h-lauf-fuer-kinderrechte">http://www.kinderfreundliches-stuttgart.de/24h-lauf-fuer-kinderrechte</a>
06/07/18	USA	24/12 H	U	Trail	Burc's Summer Fatass	Windsor	<a href="http://ultrasignup.com/register.aspx?-did=42895">http://ultrasignup.com/register.aspx?-did=42895</a>

# Upcoming Races

07/07/18	RSA	52 km	U	Trail	Rhodes 52 km Trail Run	Rhodes	<a href="http://www.rhodesrun.za.net/index.php">http://www.rhodesrun.za.net/index.php</a>
07/07/18	MDG	155 km 6 days	S	Trail	Racing Madagascar	Anivorano	<a href="http://www.racing-madagascar.com/en">http://www.racing-madagascar.com/en</a>
07/07/18	USA	500 km	M	Road	Last Annual Vol State	Dorena Landing	<a href="http://volstate314.com/">http://volstate314.com/</a>
07/07/18	AUS	126.6 km 3 days	S		Three Marathons in three days	Kuranda	<a href="http://3marathonsin3days.com/">http://3marathonsin3days.com/</a>
07/07/18	USA	24/12/6 H	U	Road	Christmas In July	Lisle	<a href="https://raceroster.com/events/2018/14331/christmas-in-july-races-2018?aff=A7AF9">https://raceroster.com/events/2018/14331/christmas-in-july-races-2018?aff=A7AF9</a>
10/07/18	BEL	24 H	U	Road	24 H van Aalter	Aalter	<a href="http://6uurvanaalter.blogspot.co.uk/">http://6uurvanaalter.blogspot.co.uk/</a>
12/07/18	AUS	24/12/6 H	U	Road	Adelaide 6/12/24 H	Adelaide	<a href="http://www.yumigo.com.au/">http://www.yumigo.com.au/</a>
13/07/18	BEL	24/6/1 H	U	Road	24 uur van Aalter	Sportpark, Lindestraat 17, 9880 Aalter	<a href="http://6uurvanaalter.blogspot.co.uk/">http://6uurvanaalter.blogspot.co.uk/</a>
13/07/18	RSA	50/35 km	U	Trail	Salomon Bastille Day Trail Run	Old Bell's Lodge, Berg River Dam	<a href="https://energyevents.co.za/event/salomon-bastille-day-trail-run-2018/">https://energyevents.co.za/event/salomon-bastille-day-trail-run-2018/</a>
14/07/18	BEL	6 H	U	Road	6 H van Aalter	Aalter	<a href="http://6uurvanaalter.blogspot.co.uk/">http://6uurvanaalter.blogspot.co.uk/</a>
14/07/18	GBR	24 H	U	Trail	GB24	Cogra Moss, Kirkland	<a href="http://www.gbulttras.com/gb24/">http://www.gbulttras.com/gb24/</a>
14/07/18	GBR	36 H		Trail	Jurassic Coast Challenge	BH15	<a href="https://www.jurassiccoastchallenge.com/">https://www.jurassiccoastchallenge.com/</a>
14/07/18	USA	135 mi	M	Road	Badwater	Badwater	<a href="http://www.badwater.com/event/badwater-135/">http://www.badwater.com/event/badwater-135/</a>
15/07/18	USA	24/12/6 H	U	Road	Sri Chinmoy Ultras Ottawa	Ottawa	<a href="https://ca.srichinmoyraces.org/SriChinmoyUltrasOttawa#third-section-tab-1">https://ca.srichinmoyraces.org/SriChinmoyUltrasOttawa#third-section-tab-1</a>
21/07/18	GER	100 mi	U	Trail	Chiemgauer 100	Ruhpolding	<a href="https://www.chiemgauer100.de/">https://www.chiemgauer100.de/</a>
21/07/18	RSA	100 mi	U	Road	Washie 100	Border	<a href="https://www.washie100miler.co.za/">https://www.washie100miler.co.za/</a>
23/07/18	GBR	130 mi	U	Mixed Surface	Liverpool to Leeds Canal Race	Burlington Street, Liverpool	<a href="http://www.gucr.co.uk/">http://www.gucr.co.uk/</a>
25/07/18	GER	24 H	U	Road	24 H Run	Lensahn	<a href="http://www.triathlonlensahn.de/anmeldung/24h-lauf">http://www.triathlonlensahn.de/anmeldung/24h-lauf</a>
27/07/18	CZE	48/24 H	M,U	Road	Self-Transcendence 48 H Race	Kladno	<a href="https://cs.srichinmoyraces.org/48h-24h-kladno">https://cs.srichinmoyraces.org/48h-24h-kladno</a>
27/07/18	SWE	48/24/12/6 H	M,U	Track	Skövde Ultrafestival	Södermalms IP (Skövde)	<a href="http://www.ultrasweden.se/Arbetsrum/Ultrafestival">http://www.ultrasweden.se/Arbetsrum/Ultrafestival</a>
27/07/18	GER	100 km	U	Trail	Chiemgauer 100	Ruhpolding	<a href="https://www.chiemgauer100.de/">https://www.chiemgauer100.de/</a>
27/07/18	USA	24/12/6 H	U	Road	Southern Discomfort	Albany	<a href="http://ultrasignup.com/register.aspx?-did=52781">http://ultrasignup.com/register.aspx?-did=52781</a>
27/07/18	USA	24/12 H	U		Angry Owl Ultra-marathons	Salem	<a href="https://ultrasignup.com/register.aspx?-did=53461">https://ultrasignup.com/register.aspx?-did=53461</a>
27/07/18	CAN	6,12,24h 50k/ mi, 100k/ mi, 200k	U	Road	Sri Chinmoy Ultras Ottawa 2018	J8Y 6L2	<a href="https://ca.srichinmoyraces.org/SriChinmoyUltrasOttawa">Ca.srichinmoyraces.org/SriChinmoyUltrasOttawa</a>
28/07/18	MEX	Ultra Triathlon 9 hrs.		Trail	Courage is the Secret of Freedom.	90160	<a href="http://agreenproject.org/zapata_ironman/ZapataIronman/2017-zapata-ironman-2/every-second-to-rejoice-the-spirit-and-soul/">http://agreenproject.org/zapata_ironman/ZapataIronman/2017-zapata-ironman-2/every-second-to-rejoice-the-spirit-and-soul/</a>
28/07/18	CHN	250 km	S	Mixed Surface	Gobi March (China) 2017	Hami	<a href="http://www.4deserts.com/gobimarch/">http://www.4deserts.com/gobimarch/</a>
28/07/18	SWE	5 days 250 km	S	Trail	Bergslagsleden in 5 days	Kloten	<a href="http://bergslagsledenpa5dagar.wordpress.com">http://bergslagsledenpa5dagar.wordpress.com</a>
28/07/18	USA	24/12/6 H	U	Mixed surface	Holston River Challenge	Bristol	<a href="https://ultrasignup.com/register.aspx?-did=43225">https://ultrasignup.com/register.aspx?-did=43225</a>

# Upcoming Races

28/07/18	GBR	140 mi	M	Trail	Coast To Coast Ultra (C2C)	Whitehaven	<a href="http://www.c2cultra.com/">http://www.c2cultra.com/</a>
29/07/18	USA	200 mi	M	Trail	Bigfoot 200 Endurance Run	Marble Mountain Sno-Park	<a href="http://www.bigfoot200.com/">http://www.bigfoot200.com/</a>
31/07/18	SWE	246 km	M	Trail	Trans Scania	Lund	<a href="http://www.transscania.se/">http://www.transscania.se/</a>
03/08/18	GER	100 mi	U	Road	Berlin Wall Race	Friedrich-Ludwig-Jahn Stadium	<a href="http://100meilen.de">http://100meilen.de</a>
04/08/18	GBR	100/50/25 km	U	Trail	Wye Valley Challenge	Chepstow	<a href="https://www.wyevalleychallenge.com/">https://www.wyevalleychallenge.com/</a>
04/08/18	AUS	24/12/6/3 H	U	Track	Track Ultra WA	Banbury	<a href="http://trackultrawa.com/">http://trackultrawa.com/</a>
10/08/18	GBR	36 H		Trail	Wye Valley Challenge	NP16	<a href="https://www.wyevalleychallenge.com/">https://www.wyevalleychallenge.com/</a>
10/08/18	RSA	50/36 km	U	Trail	Magaliesberg Challenge	Van Gaalen Restaurant	<a href="https://energyevents.co.za/event/crazy-store-magaliesberg-challenge-2018/">https://energyevents.co.za/event/crazy-store-magaliesberg-challenge-2018/</a>
11/08/18	AUS	70 km plus options	U	Trail	Berry Long Run	Bacchus Marsh	<a href="http://berrylongrun.com/">http://berrylongrun.com/</a>
11/08/18	DNK	100 km	U	Road	Viborg100K	Viborg	<a href="http://viborgam.dk/viborg-100km">http://viborgam.dk/viborg-100km</a>
11/08/18	GBR	214 mi	M	Trail	Race Across Scotland	Portpatrick	<a href="http://www.gbulttras.com/ultra-great-britain-2018/">http://www.gbulttras.com/ultra-great-britain-2018/</a>
11/08/18	DNK	24/12 H	U	Road	24/12 timers Løb Viborg	Viborg	<a href="http://www.24timersloeb.dk/">http://www.24timersloeb.dk/</a>
11/08/18	TZA	260 km/8 days		Trail	Kilimanjaro Stage Run	Kilimanjaro	<a href="http://kilimanjarostagerun.com">http://kilimanjarostagerun.com</a>
11/08/18	RSA	53 km	U	Trail	Merrell Whale of Trail	Cape Agulhas	<a href="http://whaleoftrail.co.za/">http://whaleoftrail.co.za/</a>
18/08/18	AUS	57 km plus options	U	Trail	Run the Great Whitsunday Trail	Airlie Beach	<a href="http://www.runwhitsundays.com.au/">http://www.runwhitsundays.com.au/</a>
18/08/18	FRA	6 days/72 H	M	Road	6 Days of France	Privas	<a href="http://www.6jours-de-france.fr/">http://www.6jours-de-france.fr/</a>
18/08/18	IND	333/222/111 km	M,U	Trail	La Ultra	Leh	<a href="http://www.laultra.in/">http://www.laultra.in/</a>
18/08/18	GBR	184/100 mi	M,U	Trail	T184 / T100 Challenge	Thames Barrier	<a href="http://www.tseriesracing.com/t184/">http://www.tseriesracing.com/t184/</a>
18/08/18	NZL	200/160/100 /80/50 km	M,U	Trail	Great Naseby Water 200 km Race	Naseby	<a href="http://www.greatnasebywaterrace.co.nz/">http://www.greatnasebywaterrace.co.nz/</a>
19/08/18	GBR	235 mi	S	Trail	Deadwater Multi Stage Ultra	Deadwater	<a href="http://deadwater.run/">http://deadwater.run/</a>
19/08/18	GBR	100 km	U	Trail	South Coast Challenge	Eastbourne	<a href="https://www.southcoastchallenge.com/">https://www.southcoastchallenge.com/</a>
23/08/18	GBR	140 mi	M	Mixed Surface	The Coast To Coast (C2C) Ultra	Whitehaven	<a href="http://www.c2cultra.com/">http://www.c2cultra.com/</a>
24/08/18	GBR	145 mi	U	Mixed Surface	Kennet and Avon Canal Race	Bristol Temple Meads	<a href="http://www.gucr.co.uk/">http://www.gucr.co.uk/</a>
24/08/18	GBR	214 km	M	Trail	Chiltern Way Ultra	Hemel Hempstead	<a href="https://www.challenge-running.co.uk/races/chiltern-way-ultra-214k/">https://www.challenge-running.co.uk/races/chiltern-way-ultra-214k/</a>
24/08/18	AUT	218 km	M,U	Road	Austria Race across Burgenland	Kittsee	<a href="http://www.lauffestival.com/arab.htm">http://www.lauffestival.com/arab.htm</a>
25/08/18	BRA	24/12 H	U	Road	Ultramarathon 24 H Campinas Run	Campinas	<a href="http://www.ultrarunnereventos.net/u24hs.html">http://www.ultrarunnereventos.net/u24hs.html</a>
25/08/18	GBR	36 H		Trail	South Coast Challenge	BN22 7LL	<a href="https://www.southcoastchallenge.com/">https://www.southcoastchallenge.com/</a>
25/08/18	MAS	444 km	M	Road	Coast 2 Coast	Lumut	<a href="http://endurancenature.com.my/index.php/coast-2-coast/">http://endurancenature.com.my/index.php/coast-2-coast/</a>
25/08/18	AUS	64 km plus options	U	Trail	Kuranda to Port Douglas Ultra	Kuranda	<a href="http://www.dynamicrunning.com.au/k2pd/">http://www.dynamicrunning.com.au/k2pd/</a>



# Upcoming Races

25/08/18	GBR	135 Mi / 216 KM		Trail	Ring O' Fire 135 Mile Coastal Ultra Marathon	LL65 1YG	<a href="http://www.ringofire.co.uk">http://www.ringofire.co.uk</a>
25/08/18	USA	72/48/24 H	M,U		Lhotse 200	Owasso	<a href="https://www.eventbrite.com/e/2018-lhotse-200-tickets-40088405500">https://www.eventbrite.com/e/2018-lhotse-200-tickets-40088405500</a>
25/08/18	GBR	24 H	U	Trail	Dartmoor High-ground	Okehampton, Devon	<a href="http://www.dartmoorhighground.com">http://www.dartmoorhighground.com</a>
25/08/18	GBR	24 H	U,T	Trail	The Buff Joust	Worcester WR6 6NH	<a href="http://www.ultrarunningltd.co.uk/the-joust24hr.html">http://www.ultrarunningltd.co.uk/the-joust24hr.html</a>
25/08/18	GBR	24/12 H	U	Trail	Glenmore 24/12 H Trail Race	Aviemore	<a href="http://runyabam.com/glenmore-24/">http://runyabam.com/glenmore-24/</a>
25/08/18	DNK	24/12/6 H	U	Road	Asta Maries 24 H Run	Copenhagen	<a href="http://www.astamaries24.dk/">http://www.astamaries24.dk/</a>
26/08/18	FRA	24/12/6 H	U	Road	Villenave d'Ornon 24 H	Villenave d'Ornon	<a href="http://24hvilavenave.fr/">http://24hvilavenave.fr/</a>
31/08/18	GER	24/12/6 H	U	Road	Bottroper Ultra-lauf Festival 24h, DUV-DM	Bottrop	<a href="http://www.lg-ultralauf.de/bottroper-ultralauf-festival.html">http://www.lg-ultralauf.de/bottroper-ultralauf-festival.html</a>
31/08/18	USA	24/12/6 H	U	Mixed Surface	Badgerland Striders 24-12-6 H Runs	Lapham Peak State Park-Evergreen Lot	<a href="http://badgerlandstriders.org/">http://badgerlandstriders.org/</a>
01/09/18	SRB	6 day	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
01/09/18	SRB	5 day	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
01/09/18	SUI	360/170/90/45 km	M	Trail	Swiss Peaks 360	Furkapass	<a href="http://swisspeaks.ch/index_en.html">http://swisspeaks.ch/index_en.html</a>
01/09/18	RSA	44 km	U	Trail	Table Mountain Challenge	Garden Tech Rugby Club	<a href="https://energyevents.co.za/event/table-mountain-challenge-2018/">https://energyevents.co.za/event/table-mountain-challenge-2018/</a>
01/09/18	USA	24 H	U		Olander Ultra	Sylvania	<a href="http://runtoledo.com/daves-olander-relay-24-H-endurance-challenge/">http://runtoledo.com/daves-olander-relay-24-H-endurance-challenge/</a>
01/09/18	SRB	72 H	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
01/09/18	SRB	48 H	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
01/09/18	SRB	24 H	Non-stop Multiday	Road	Ultramarathon Festival	Ada Ciganlija, Belgrade	<a href="https://maratonm.wordpress.com/">https://maratonm.wordpress.com/</a>
01/09/18	SUI	170/100 km	U,S	Trail	Ultra Tour Monte Rosa	Grächen	<a href="https://www.ultratourmonterosa.com/">https://www.ultratourmonterosa.com/</a>
02/09/18	IRL	190/58 km	M	Trail	The Kerry Way Ultra	Killarney	<a href="http://www.kerrywayultra.com/">http://www.kerrywayultra.com/</a>
02/09/18	USA	200 mi	M	Trail	Tahoe 200 Endurance Run	Homewood	<a href="http://www.tahoe200.com/">http://www.tahoe200.com/</a>
02/09/18	FRA	200/120/60 km	M	Trail	L'Infernal Trail Des Vosges	Saint-Nabord	<a href="http://www.linfernaltrail.com/">http://www.linfernaltrail.com/</a>
02/09/18	GER	24 H	U	Road	Reken 24 H	Reken	<a href="http://www.laufen-in-reken.de/">http://www.laufen-in-reken.de/</a>
02/09/18	ALB	6d/220k	S	Trail	2nd GlobalLimits Albania - The Hidden Treasure -	Berat	<a href="http://global-limits.com/home.html">http://global-limits.com/home.html</a>
02/09/18	AUS	100 km	U	Road	World 100km Championships	Sveti Martin na Muri	<a href="http://www.spa-sport.hr/">http://www.spa-sport.hr/</a>
05/09/18	GBR	100 km	U	Trail	Thames Path Challenge	London	<a href="https://www.thamespathchallenge.com/">https://www.thamespathchallenge.com/</a>
07/09/18	AUS	100 mi/100/50 km	U	Trail	Glasshouse Trail Series	Glasshouse Mountains	<a href="http://glasshousetrailseries.com/">http://glasshousetrailseries.com/</a>

# Upcoming Races

07/09/18	AUS	100/km/mi	U	Trail	The Great North Walk 100s	Teralba	<a href="http://www.terrigaltrotters.com.au/GNW100s.htm">http://www.terrigaltrotters.com.au/GNW100s.htm</a>
07/09/18	BEL	24 H	U	Road	24 heures de Liege	Lüttich	<a href="http://www.les24h.be/">http://www.les24h.be/</a>
07/09/18	GER	24 H	U	Track	24-Stunden-Solidaritätslauf	St. Ingbert	<a href="https://solilauf.org/">https://solilauf.org/</a>
07/09/18	GBR	36 H		Trail	Thames Path Challenge	SW6 6EA	<a href="https://www.thamespathchallenge.com/">https://www.thamespathchallenge.com/</a>
08/09/18	RSA	50 km	U	Trail	Mont-Aux-Sources 50km Challenge	Royal Natal Park	<a href="http://www.wildseries.co.za/events/mont-aux-sources-challenge/about/">http://www.wildseries.co.za/events/mont-aux-sources-challenge/about/</a>
08/09/18	SVK	6 H	U	Road	Sri Chinmoy 6h race Kosice	Kosice	<a href="https://cs.srichinmoyraces.org/beh-6h-kosice">https://cs.srichinmoyraces.org/beh-6h-kosice</a>
08/09/18	ITA	6 day/48/12/6 Hrs,100 M/Km	M	Mixed Surface	Italia Ultramarathon Festival	Policoro (MT) 75010	<a href="http://www.6giornidelpantano.com/">http://www.6giornidelpantano.com/</a>
08/09/18	ESP	200/105/45 km	M	Trail	Bocineros-Deiadar Xtreme	Gernika	<a href="http://www.bocinerosxtreme.com/">http://www.bocinerosxtreme.com/</a>
08/09/18	AUS	100/50km	U	Trail	Surf Coast Century	Anglesea	<a href="http://rapidascent.com.au/SurfcoastCentury/">http://rapidascent.com.au/SurfcoastCentury/</a>
08/09/18	FRA	24 H	U	Road	24 heures de St Maixent l'Ecole	St Maixent l'Ecole	<a href="http://runchacunsafolee.com/">http://runchacunsafolee.com/</a>
08/09/18	GER	24 H	U	Trail	Benefizlauf 24 Std. Laufen für Wasser	Winterborn	<a href="http://www.vision-tansania.de/">http://www.vision-tansania.de/</a>
08/09/18	SUI	24/12/6 H	U	Road	24-Stundenlauf Aare-Insel Brugg	Brugg	<a href="https://www.24stundenlauf.ch/de/">https://www.24stundenlauf.ch/de/</a>
08/09/18	USA	50 m	U	Mixed Surface	The North Face Endurance Challenge - Wisconsin	Ottawa Lake Recreation Area	<a href="https://endurancecui.active.com/event-reg/select-race?e=49283151">https://endurancecui.active.com/event-reg/select-race?e=49283151</a>
10/09/18	ESP	6 day stage race	S	Road	Way of Legends	Burgos	<a href="http://burgosultrastagerace.com/">http://burgosultrastagerace.com/</a>
14/09/18	GBR	24 H	U	Track	Self Transcendence 24 H Track Race Tooting Bec	London, SW17 8BW	<a href="https://uk.srichinmoyraces.org/london-24">https://uk.srichinmoyraces.org/london-24</a>
15/09/18	AUS	24/12/6 H	U	Track	Brisbane Track Ultra	Brisbane	<a href="https://www.rivercityrunners.net/brisbane-track-ultra-2017">https://www.rivercityrunners.net/brisbane-track-ultra-2017</a>
15/09/18	SRB	24/12/6 H	U	Road	Self Transcendence Beogradski Ultramaraton 24 H	Belgrade	<a href="https://rs.srichinmoyraces.org/beograd_ultra">https://rs.srichinmoyraces.org/beograd_ultra</a>
15/09/18	UKR	24/12/6 H	U	Road	Self Transcendence 24 H Track Race Kiev	Kiev	<a href="http://races.org.ua/kiev/?lang=en">http://races.org.ua/kiev/?lang=en</a>
15/09/18	RSA	48/24/12 +	M,U	Road	100 Capital Classic	Pietermaritzburg	<a href="http://www.100cc.co.za/">http://www.100cc.co.za/</a>
15/09/18	USA	24 H	U		North Coast 24	Cleveland	<a href="https://registration.verticalrunnerm.com/events/northcoast-24-H-endurance-run-nc24-12142016255">https://registration.verticalrunnerm.com/events/northcoast-24-H-endurance-run-nc24-12142016255</a>
21/09/18	AUS	100/50 mi	U	Trail	Waterous Trail on Foot	Dwellingup	<a href="http://wtfultra.com/wtf/">http://wtfultra.com/wtf/</a>
22/09/18	AUS	105 km	U	Trail	Sri Chinmoy Canberra Trail Ultra	Acton	<a href="http://au.srichinmoyraces.org/canberra-trailultra">http://au.srichinmoyraces.org/canberra-trailultra</a>
22/09/18	GBR	12 H		Trail	Surrey Hills Challenge	Denbies Wine Estate, RH5 6AA	<a href="http://www.surreyhillschallenge.com">http://www.surreyhillschallenge.com</a>
22/09/18	AUS	56 km	U	Trail	Yurrebilla Trail	Adelaide	<a href="http://www.y56k.com/">http://www.y56k.com/</a>
22/09/18	USA	170 mi	S	Trail	Grand2Grand Ultra	Kanab	<a href="http://g2gultra.com/home">http://g2gultra.com/home</a>

# Upcoming Races

22/09/18	RSA	68/21 km	U	Road	The Legends Marathon	Bhisho	<a href="http://www.legendsmarathon.co.za/">http://www.legendsmarathon.co.za/</a>
22/09/18	CHN	400 km	M	Trail	Ultra Trail Gobi Race	Guazhou County	<a href="http://utg.xuanzang.com.cn/l/index.jsf">http://utg.xuanzang.com.cn/l/index.jsf</a>
23/09/18	NOR	200 km	M	Trail	Nordmarka Ultra Challenge	Grua	<a href="http://nordmarka-ultra-challenge.blogspot.com/">http://nordmarka-ultra-challenge.blogspot.com/</a>
23/09/18	HUN	48.24 H	M,U	Road	Emu 48/24 H Races	Balatonfured	<a href="http://www.emusport.hu/en/node/191">http://www.emusport.hu/en/node/191</a>
23/09/18	GRE	50/48/24 H	M,U	Road	No Finish Run	Thessalonika	<a href="http://nofinishrun.org/">http://nofinishrun.org/</a>
23/09/18	NOR	100 km	U	Trail	Nordmarka Ultra Challenge	Grua	<a href="http://nordmarka-ultra-challenge.blogspot.com/">http://nordmarka-ultra-challenge.blogspot.com/</a>
23/09/18	GRE	246 km	M	Road	Spartathlon	Athens	<a href="http://www.spartathlon.gr/">http://www.spartathlon.gr/</a>
24/09/18	AUS	100 mile/100/50 km plus options	U		Nerang 100 Miler	Nerang	<a href="http://www.nerang100miler.com/">http://www.nerang100miler.com/</a>
26/09/18	USA	24 H	U	Road	Hinson Lake 24 H Ultra Classic	Rockingham	<a href="http://www.etinternet.net/~runrbike/hinsoninfo.htm">http://www.etinternet.net/~runrbike/hinsoninfo.htm</a>
27/09/18	IRI	250 km	S	Desert	Iranian Silk Road Ultramarathon	Kerman	<a href="http://www.worldrunningacademy.com/wraextremaraces/en/">http://www.worldrunningacademy.com/wraextremaraces/en/</a>
27/09/18	NOR	54 km	U	Trail	Nordmarka Ultra Challenge	Grua	<a href="http://nordmarka-ultra-challenge.blogspot.com/">http://nordmarka-ultra-challenge.blogspot.com/</a>
27/09/18	CHL	250 km	S	Mixed Surface	Atacama Crossing	San Pedro	<a href="http://www.4deserts.com/atacamacrossing/">http://www.4deserts.com/atacamacrossing/</a>
28/09/18	AUS	6 day/72/48 H	M	Road	Adelaide 6 Day Race	Thorndon Park, Campbelltown	<a href="http://yumigo.com.au/adelaide-6-day/">http://yumigo.com.au/adelaide-6-day/</a>
28/09/18	NOR	400 km	S	Trail	Gaea Norvegica Trail	Vaterlandsparken(Star-gate pub) Oslo	<a href="http://berghemultra.com/">http://berghemultra.com/</a>
29/09/18	GER	100m /100/71/50 km	U	Road	Taubertal 100	Rothenburg	<a href="http://www.taubertal100.com/">http://www.taubertal100.com/</a>
29/09/18	FRA	24 H	U	Road	24 Heures du Quai du Cher	Ville-de-Vierzon	<a href="https://sites.google.com/site/24heures-duquaiduchervierzon/">https://sites.google.com/site/24heures-duquaiduchervierzon/</a>
29/09/18	NZL	24/12/6 H	U,T	Track	Self-Transcendence 24 H Track Race, Auckland	Auckland	<a href="https://nz.srichinmoyraces.org/races/auck/24hr">https://nz.srichinmoyraces.org/races/auck/24hr</a>
29/09/18	JOR	5 days	S	Desert	Wadi Rum Ultra	Rum Village	<a href="http://www.wadirumultra.com">http://www.wadirumultra.com</a>
29/09/18	USA	24/12 H	U		Allison Woods Halloween	Turnersburg	<a href="https://ultrasignup.com/results_event.aspx?did=45665">https://ultrasignup.com/results_event.aspx?did=45665</a>
30/09/18	GER	100 m/km 71/50 km	U	Road	Taubertal 100	Rothenburg	<a href="http://www.taubertal100.com/">http://www.taubertal100.com/</a>
30/09/18	USA	238 mi	M	Trail	Moab 240	Moab	<a href="http://www.moab200.com/">http://www.moab200.com/</a>
01/10/18	RSA	100 km	U	Trail	The Cederberg Traverse	Pakhuis Pass	<a href="https://energyevents.co.za/event/cederberg-traverse-2018/">https://energyevents.co.za/event/cederberg-traverse-2018/</a>
06/10/18	AUS	100 km/55/45 2-person relay	U,T		The Great Ocean Walk GOW100s	Apollo Bay	<a href="http://www.gow100s.com/">http://www.gow100s.com/</a>
06/10/18	AUS	100 mi/100/50 km	U		Hume & Hovell 50/100	Tumbarumba	<a href="http://humehovellultra.com/">http://humehovellultra.com/</a>
06/10/18	GER	24 H	U	Trail	TrailDorado - 24h Trailrunning Party	Arnsberg	<a href="http://www.traildorado.com/">http://www.traildorado.com/</a>
06/10/18	POL	24 H	U	Trail	Leśna Doba 24 H Ultramarathon	Pabianice	<a href="http://www.lesnadoba.pl/">http://www.lesnadoba.pl/</a>
06/10/18	AUS	50 km	U	Trail	Washpool Trails 50km	Washpool NP	<a href="http://www.traq.org.au/articles/events/washpool">http://www.traq.org.au/articles/events/washpool</a>



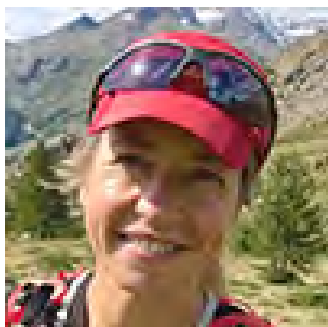
# Upcoming Races

06/10/18	PRT	8 DAYS		Trail	Foz Coa Douro Trail Adventure 8 days	Porto	<a href="https://carlossanatureevents.com/fcdta.html">https://carlossanatureevents.com/fcdta.html</a>
12/10/18	NOR	400 km	M	Trail	Bèrghem Ultra Gaea Norvegica Trail	Oslo	<a href="http://berghemultra.com/races.html#2017_GaeaNorvegica">http://berghemultra.com/races.html#2017_GaeaNorvegica</a>
13/10/18	RSA	250 km	S	Trail	Kalahari Augrabies Extreme Marathon (KAEM)	Augrabies Falls National Park	<a href="http://www.kaem.co.za/">http://www.kaem.co.za/</a>
13/10/18	USA	112/28 mi	M	Trail	The Hot Wild Oak Trail 113 mile & 28 mile	Bridgewater,	<a href="http://www.vhtrc.org/events/twot100.htm">http://www.vhtrc.org/events/twot100.htm</a>
13/10/18	USA	48/24/12/6 H	M,U	Road	Endless Mile	Alabaster	<a href="https://www.southeasterntailruns.com/endless-mile.html">https://www.southeasterntailruns.com/endless-mile.html</a>
13/10/18	AUS	100/50km	U	Trail	Blackall 100	Sunshine Coast Hinterland	<a href="http://www.blackall100.com/">http://www.blackall100.com/</a>
13/10/18	FRA	24 H	U	Road	24 heures d'Albi (National Championships)	Albi	<a href="http://www.albi24h.fr/">http://www.albi24h.fr/</a>
13/10/18	MYS	24/12/6 H	U	Track	Universiti Malaya 24 H Ultra Marathon	Kuala Lumpur	<a href="http://endurancenature.com.my/">http://endurancenature.com.my/</a>
13/10/18	ITA	24/6 H	U	Road	Sri Chinmoy Trofeo 24 ore di Cesano Boscone	Cesano Boscone	<a href="https://it.srichinmoyraces.org/main-it">https://it.srichinmoyraces.org/main-it</a>
16/10/18	USA	24/12/6 H	U	Trail/Road	24 The Hard Way	Oklahoma City	<a href="https://friendsofmultisport.com/event/24-the-hard-way">https://friendsofmultisport.com/event/24-the-hard-way</a>
18/10/18	MEX	Ultra Marathon 145 hrs.		Trail	Warrior Spirit "Tlahuicole Spirit"	90160	<a href="http://agreenproject.org/UltraSports/warrior-spirit/">http://agreenproject.org/UltraSports/warrior-spirit/</a>
19/10/18	IND	100 mi	S	Trail	Himalayan 100 Mile Stage Race	Daejeeling	<a href="http://www.himalayan.com/">http://www.himalayan.com/</a>
19/10/18	AUS	105 km	U	Trail	Heysen 105	Newland Hill	<a href="http://www.yumigo.com.au/heysen/">http://www.yumigo.com.au/heysen/</a>
20/10/18	CZE	24 H	U	Track	Pilsen 24 H	Pilsen	<a href="https://www.behna24hodin.cz/">https://www.behna24hodin.cz/</a>
20/10/18	USA	24/12/6/3 H Plus	U	Trail	Mosquito Hill	New London	<a href="https://www.facebook.com/events/119932015314492/">https://www.facebook.com/events/119932015314492/</a>
20/10/18	AUS	50/25 km	U	Trail	RunningWorks Ultra	Bibra Lake	<a href="http://www.squashworks.com.au/">http://www.squashworks.com.au/</a>
20/10/18	AUS	100/50km	U	Road	Ned Kelly Chase	Wangaratta	<a href="http://www.nedkellychase.com.au/">http://www.nedkellychase.com.au/</a>
20/10/18	USA	48/24/12 H	M,U		Save The Daylight	Englewood	<a href="https://ultrasignup.com/register.aspx?-did=44774">https://ultrasignup.com/register.aspx?-did=44774</a>
22/10/18	NLD	200 km	M	Trail	LEO180	Goirle	<a href="http://www.acceptnolimits.eu/leo/">http://www.acceptnolimits.eu/leo/</a>
26/10/18	AUS	100/50 mile/50 km	U	Trail	Feral Pig Ultra	Perth	<a href="http://feralpigultra.com.au/">http://feralpigultra.com.au/</a>
27/10/18	USA	24 H	U		Crooked Road 24	Rocky Mount	<a href="http://ultrasignup.com/register.aspx?-did=44512">http://ultrasignup.com/register.aspx?-did=44512</a>
27/10/18	USA	50 m	U	Mixed Surface	The North Face Endurance Challenge - California	Marin City	<a href="https://endurancecui.active.com/event-reg/select-race?e=50137951">https://endurancecui.active.com/event-reg/select-race?e=50137951</a>
27/10/18	RSA	73 km	U	Trail	Oyster Catcher Ultra Trail Run	Mosselbay	<a href="http://trisport.co.za/trievent/oyster-catcher-ultra/">http://trisport.co.za/trievent/oyster-catcher-ultra/</a>
27/10/18	CRI	6 days	S	Trail	Costa Rica Ultra Trail - La Transtica	San Jose	<a href="http://www.latanstica.org/en/index.php">http://www.latanstica.org/en/index.php</a>
28/10/18	ATA	250 km	S	Ice	Last Desert	Ushuaia, Argentina	<a href="https://www.4deserts.com/thelastdesert/">https://www.4deserts.com/thelastdesert/</a>
02/11/18	NOR	24/12/6 H	U	Indoor	Bislett 24h H indoor challenge	Oslo	<a href="http://www.romerikeultra.no/p/24681/info-in-english">http://www.romerikeultra.no/p/24681/info-in-english</a>

# Upcoming Races

03/11/18	KHM	200 km	S	Trail	7th Global Limits Cambodia - The Ancient Khmer Path	Phnom Penh	<a href="http://www.global-limits.com">http://www.global-limits.com</a>
10/11/18	USA	24/12/6 H	Ultra - up to 24 H or 100 mi	Road	Perpetual Motion	Silver Lake Marina in Grapevine, TX	<a href="https://runsignup.com/Race/TX/Grapevine/PerpetualMotion">https://runsignup.com/Race/TX/Grapevine/PerpetualMotion</a>
17/11/18		IND	211 KM	S	Mixed Surface	The High 5's	175131
17/11/18		IND	120 H	L	Mixed Surface	Hell Ultra	175131
18/11/18		TUN	100km in less than 20 H	U	Desert	Ultra Mirage el Djerid 100km	<a href="https://goo.gl/sFSNTJ">https://goo.gl/sFSNTJ</a>
21/11/18		CAN	161 km / 30hr	U	Trail	Sinister 7 Ultra	Crowsnest Pass, AB
23/11/18		CAN	125 k / 24 hr	U	Trail	Canadian Death Race	Central Park, Grande Cache, Alberta
24/11/18		CAN	54 k / 12 hr	U	Trail	Black Spur Ultra - 50	Kimberley Alpine Resort, BC
30/11/18		CAN	108 k / 24 hr	U	Trail	Black Spur Ultra - 100	Kimberley Alpine Resort, BC
01/12/18	TWN	24 H	U	Track	Soochow International Ultra-Marathon	Soochow University Wai Shuang Hsi Campus Track	<a href="http://www.ctau.org.tw/en/soochow-international-ultra-marathon/">http://www.ctau.org.tw/en/soochow-international-ultra-marathon/</a>
01/12/18	USA	24 H	U	Road	One Epic Run 24 H Race	Spartanburg	<a href="https://ultrasignup.com/register.aspx?-did=42912">https://ultrasignup.com/register.aspx?-did=42912</a>
01/12/18	TUR	24/12 H	M,U		Cekmekoy Ultra Winter Marathon 12/24/48 H	Taşdelen Picnic Area, Çekmeköy	<a href="http://www.teamultratrailrunner.com/index.php/website/content/65">http://www.teamultratrailrunner.com/index.php/website/content/65</a>
08/12/18	FRA	24/12/6 H	U	Road	Les 24/12/6 heures de Ploeren	Ploeren	<a href="http://www.ploeren-endurance.fr/">http://www.ploeren-endurance.fr/</a>
08/12/18	AUS	240 km	M	Road	Coast to Kosciuszko	Boydton	<a href="http://www.coast2kosci.com/">http://www.coast2kosci.com/</a>
08/12/18	AUS	50 km (& shorter options)	U		Gold Coast 50km	Gold Coast	<a href="https://www.gc50runfestival.com.au/">https://www.gc50runfestival.com.au/</a>
09/12/18	USA	12 H	U	Mixed Surface	Pilot Mountain to Hanging Rock Ultra	1110 Flinchum Rd, Danbury, NC 27016	<a href="http://pm2hrultras.com/details/">http://pm2hrultras.com/details/</a>
10/12/18	ESP	24/12/6 H	U	Track	Barcelona 24 H	Barcelona	<a href="http://www.corredors.cat/24hores/">http://www.corredors.cat/24hores/</a>
15/12/18	AUS	46 km	U	Trail	6 Inch Trail Marathon	North Dandalup	<a href="http://www.6inchtrailmarathon.com/">http://www.6inchtrailmarathon.com/</a>
16/12/18	USA	6 Days, 24/48/72 hrs	M	Mixed Surface	Across The Years	Camelbak Ranch	<a href="https://www.acrosstheyears.com/">https://www.acrosstheyears.com/</a>
28/12/18	USA	24 H/100/50 m 50 km /	U	Sand/Beach	Destin 24 H Beach Ultra	Destin Beach	<a href="http://www.destin50.com/">http://www.destin50.com/</a>
16/02/19	GBR	250 mi	M	Mixed Surface	Thames Ring	Streatley-on-Thames	<a href="http://www.thamesring250.moonfruit.com/">http://www.thamesring250.moonfruit.com/</a>
26/06/19	RSA	250 km	S	Trail	Kalahari Augrabies Extreme Marathon (KAEM)	Augrabies Falls National Park	<a href="http://www.kaem.co.za/">http://www.kaem.co.za/</a>
10/10/19	NPL	850 km	S	Trail	Himal Race	Everest Base Camp	<a href="http://trailrunningnepal.org/trail-races/himal-race-2020-sagarmatha-annapurna/">http://trailrunningnepal.org/trail-races/himal-race-2020-sagarmatha-annapurna/</a>
01/05/20	EST	4,600 km	S	Road	Trans-Europe	Tallinn	<a href="https://transeuropefootrace2021.wordpress.com/">https://transeuropefootrace2021.wordpress.com/</a>
11/07/21	USA	500 mi	M	Road	Race Across Nebraska	Wyoming border	<a href="http://www.nebraskarace.com/">http://www.nebraskarace.com/</a>

## CORRESPONDENTS

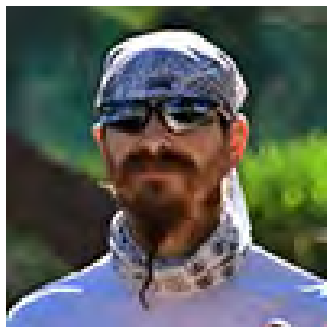


**Maria Elisabetta Bellini** is the founder of [www.italyontrail.com](http://www.italyontrail.com) a trail race calendar & magazine aimed at all who want to enjoy the trails in Italy. Originally from the UK, she lives and runs in Italy and has been working in sports promotion for over ten years.



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

**Jane Stephens** is the Owner/Managing Director at Cornish based [MudCrew Ltd](http://MudCrew Ltd). A keen runner herself Jane is part of the team representing Cornwall at the Celtic Trail Championships in Brittany, 2018.



**Shamus J Babcock**, 39, from Woodbridge, New Jersey, USA is a running enthusiast and social media maverick. He competes at events from 200 meters to 500 kilometers and tells stories on Facebook. He also performed part time crew duty for Yolanda Holder at the 2017 Sri Chinmoy 3100 mile race.



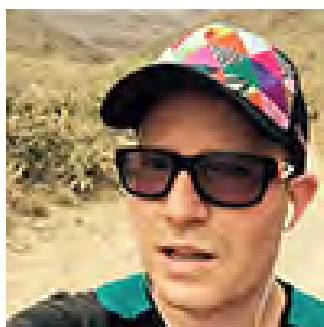
**Grahak Cunningham** is an ultra-runner and [speaker](http://speaker) from Perth in Western Australia. He is no relation to Dipali but she helped him a lot when he completed the Self-Transcendence 3100 Mile Race. Grahak is the author of a book about the 3100 mile race – Beyond The Marathon. [www.grahakcunningham.com](http://www.grahakcunningham.com)



## CONTRIBUTORS



**Stan Jewell** has been organising timed events since the late 1980's in the north of England continuing in recent years with the Foxton 24 hour in Preston, the [Chorley 6 hour at Astley Park](http://Chorley 6 hour at Astley Park) and most recently last month with the Liverpool Hope University 6 hour race as well as managing Junior and Senior cross-country events at Chorley Athletic and Triathlon Club.



**Tim Lambert** started running ultramarathons in 2012, with a sole focus of gaining entry for Western States. As of 2018, he still doesn't have a place despite qualifying six years in a row! Tim runs because he loves it, not to improve. He was the first international finisher at the Brazos Bend 100 mile race in 2014 and completed the Lavaredo Ultra Trail in Italy, amongst many of his achievements. Tim is Founder and CEO of [Rockstar Sport](http://Rockstar Sport).



**Kim Collison** twice represented Great Britain and Northern Ireland at World Trail Championships winning a team Bronze in 2015. He was part of a Great British team at three Adventure racing world championships, achieving 6th place in Ecuador 2014. In 2014, with victory at the Lakeland 50, Kim was British Trail Running Champion and is now a qualified (UKA) United Kingdom Athletics Level 2 Fell & Mountain Running Development Coach. Visit [Kimcollison.co.uk](http://Kimcollison.co.uk) for more details.



**Annie Weiss, MS RD**; ultra-endurance athlete and registered dietitian training in Milwaukee, WI. She is a sponsored athlete/ambassador for Pjur Active, lululemon, Swiftwick Socks, Altra Running, OrangeMud, Fluid Nutrition, SPOT, Bigger Than The Trail, and First Endurance. Follow her on Instagram: [@ani\\_weiss](https://ani_weiss) and blog: <https://aniweiss.wordpress.com/>





Grant MacDonald on his way to victory at the Crawley A.I.M. 24 hour race 2018. Photo by John Lavis