

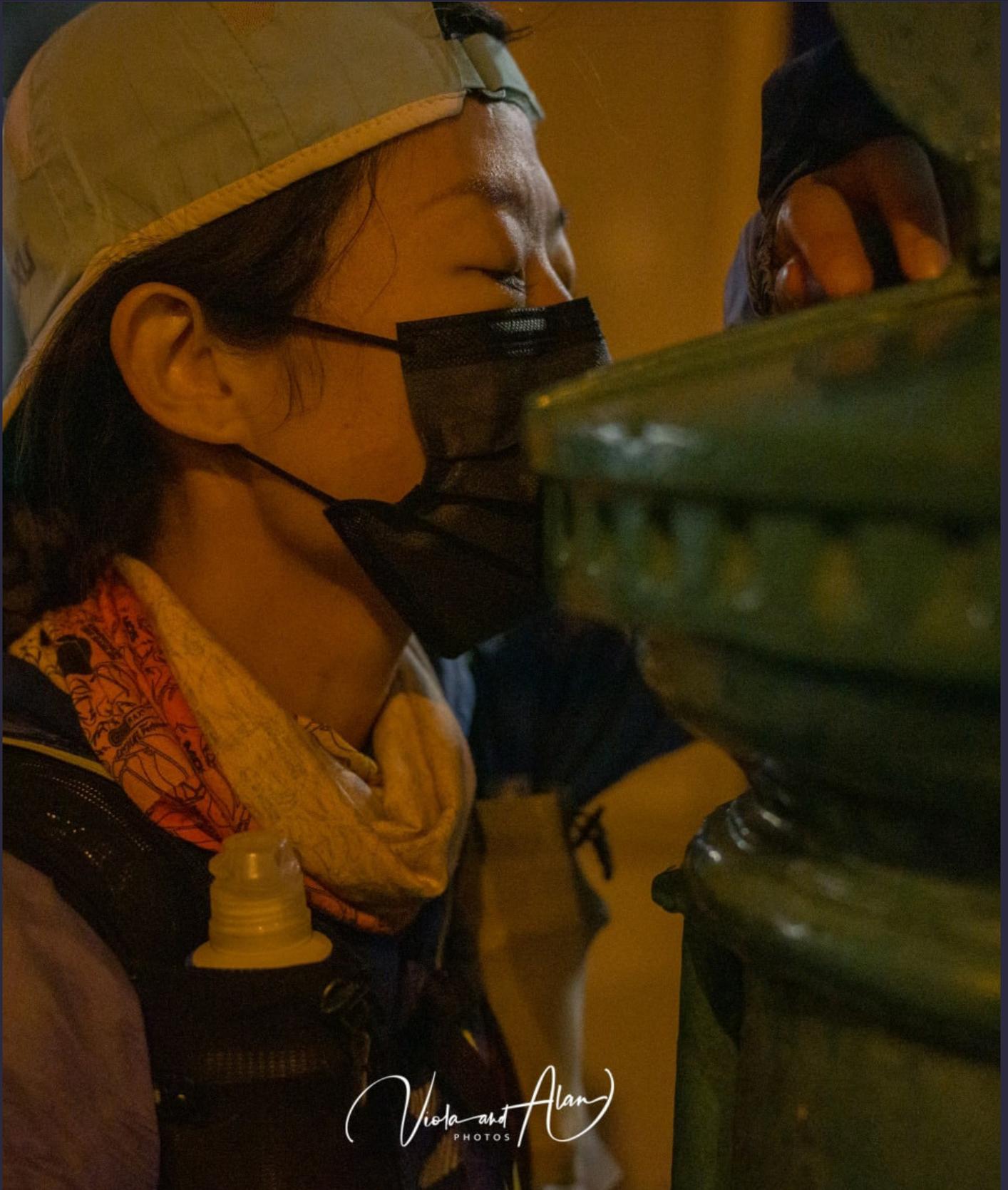


ROAD, TRACK & TRAIL MULTIDAY
& ULTRA DISTANCE NEWS

// Issue 36

ULTRARUNNING WORLD

M A G A Z I N E



Viola and Alan
PHOTOS



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We are delighted to have Annabel Hepworth as Guest Editor. Annabel is one of Australia's best female multiday runners and brings her journalistic acumen to curating this issue.

The ultramarathon community has so many stories to tell and we are lucky for that.

Along with the stories of running through knee-deep bogs in one of the UK's most popular national parks, for 24 hours on a paved loop around a lake in the southern US state of Arkansas and for 450km in stages from Urdos in France to beachside Riumar in Spain, this issue also features stories about mental preparation for the stress of multi-day races and techniques for conscious breathing.

Especially interesting for me is Pranjali Milovnik's account of gearing up for multi-days. He has completed the 3100 mile Self-Transcendence race – which famously involves traversing a roughly half-mile loop in Queens, New York – 10 times. He is also a veteran of shorter multi-days. He highlights the importance of mental preparation. "We have to learn to work with our mind," he writes. "It can be the source of energy but it can also be our end."

The mental aspects of our sport is a common theme emerging in many of the stories from our contributors in this edition – despite the many different distances, courses and race formats they tackle.

David Bone talks about his need to "dislodge the noise and try to get back to the gratitude" while running the Peddars Way Ultra in the UK.

Florence Barbier describes the mutual aid and solidarity that accompanies the 450-km Via Iberica race, where the shortest stage is 45km and the longest is 77km. Her piece, translated by Sarah Cameron, gives an insight into how a diverse mix of runners maintain their motivation across that event.

As always, the magazine features reports of several races to tempt those planning their calendars or adding to bucket lists. And there are heaps of practical advice in these pages.

Cees Dijkstra offers insights into his lead up for 100 miles on Belgium's Bello Gallico trail and detail on gear and fuelling.

For readers interested in improving their walking, ultra-distance walking stalwart Richard McChesney explains reasons to consider walking and ways to walk fast.

In the health section, Alice McGushin tells of her experience with severe rhabdomyolysis while racing an event last year and some ways to reduce the risk and recognise signs of this serious condition.

A reminder: as runners we need to stay attuned to the needs of our bodies, as well as our minds. On that note, the next issue of the magazine includes an article about how running without music sometimes can allow us to connect more deeply with our minds and bodies.

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Man-Yee Cheung, women's winner of the 2022 HK4TUC set a new course record with 57:51:00 in her second win at the event. Photo by [ViolanAlan.photos](#)

• Back cover

Fabrice Puaud having run over 50 24 hour races is pictured here on his way to victory at the 2022 24 Heures de Capitany in France. Photo by [Jacques Raboisson](#)

Ultrarunning World March 2022

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Send inquiries, original and previously unpublished race reports/articles to the email address below. Last dates for article submissions: April 14th and May 14th. Please include some accompanying photos (if you have any) with articles/race reports, a 40-50 word bio, and a headshot for the contributors page. More details for submissions on request. Thank you.

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News



South Africa's Stephen Mokoka set a new men's world 50k record on March 6th running 2:40:13 at the Nedbank Runified 50km in Gqeberha. The women's world record is 3:04:24 set by South Africa's Ivette van Zyl in the same 2021 venue which was ratified as the world 50km record for a women-only race.

The first IAU Ultrarunning Online Medical Conference Training for the Ultra Distances will take place on 26th & 27th of March, 2022. [Register on the website.](#)

The IAU has posted an invitation to send athletes to the IAU 24H Asia and Oceania Championships Bengaluru (Bangalore), in India 2-3rd July 2022. The event will take place at the Kanteerava Stadium and [more info](#) is available from the website.

The inaugural [European Athletics Off-Road Running Championships](#), an innovative continental championship that combines the disciplines of trail and mountain running, will take place in El Paso on the Spanish island of La Palma on 1-3 July 2022. On Thursday 30 June, four days of events will begin which will include a 45km event with much of the race taking place in the Caldera de Taburiente National Park. More details on the IATRA website.

The 2022 Ultra Mountain Trail World Series is a series of five events, taking place starting in Rio, Brazil on April 21st, followed by events in Portugal, Wales, United States, and a grand finale in Italy. Organisers, [OneHundred](#), are offering a total purse of £100,000.

The next event in the [UTMB® World Series 2022](#) is the Istria 100, perhaps the biggest trail running race in Croatia starting on 7-10 April 2022, over 2,000 runners will head to the heart-shaped peninsula of Istria in the north-west of Croatia to take on the challenge. Features 100-mile, 128km, 68km, 40km and a new 20km course.

The [Spartan Trail World Championship](#) (STWC) 2022 saw the Transgrancanaria kick off the series on March 4th. The Transgrancanaria HG Classic saw Pablo Villa (ESP) and Ragna Debats (NLD) crowned champions in their respective disciplines, and the Advanced category was won by Tom Evans (GBR) and Ariane Wilhem (SUI), [Full results here.](#)

The Jackpot Ultra Festival in Nevada included the including the USA Track & Field 100-mile National Championship as part of the festival which also featured 72/46/24/12/6 hour events and a 50 miler. The Festival started February 18th and saw Camille Herron break her own 100 mile record winning outright in 12:41:11 and also broke her 12-hour record with a new distance of 152 km. Viktoria Brown (CAN) set a new 72 hour world record of 464 kilometres. Results, pending ratification, can be found on [UltraSignup](#).

We were saddened to hear of the passing of [Gérard Cain](#) the former Race Director of the 6 Jours de France. Gérard started running in his early forties for health reasons as he weighed 115kg and progressed to ultras and multadays with several 24 hour races, No Finish Line in Monaco, Badwater Ultramarathon, Brive 24 hour to name a few. In 2009 he established the Antibes 6 day race in Juan-les-Pins in the South of France which later evolved into the current 6 Jours de France taking place in Vallon-Pont-d'Arc. He was 66. "It's all in the head: the dream first, then the realization... just say "I can do it"... and do it!"

Finn Valley AC's Brendan Boyce was named as the endurance athlete of the year at the Irish Life Health National Athletics Awards while Ed McGroarty, of Lifford-Strabane AC, was given the ultra runner of the year prize.

At the Olympic Games in August, Boyce delivered a superb performance to secure a tenth-place finish in the men's 50k race walk with 3:53:40 and McGroarty set a new record in the Irish 24 Hour Championships of 256.57km in October. Source: [www.donegallive.ie](#)



Sri Chinmoy Six Day Race

18-24 April 2022
Flushing Meadows Corona Park
New York



May 1st, 2022 professional ultra runner Michael Wardian is going to fulfil a lifelong dream and start his "Running Home" project at San Francisco City Hall, lasting about 65 days with around 134,000 in elevation gain, crossing 14 states and finishing in the Atlantic ocean in Rehoboth Beach on July 4. [Michael's schedule can be found here](#). Follow Michael on his [facebook page](#).

Ultra runner Jill McCann from Omagh, NI, ran 192 miles during a 48 hour run around the 400m running track at Youth Sport in Omagh. Raising money for the Enda Dolan Foundation and Autism NI, Jill said it was tough on the legs and mind but was happy to complete the challenge which started March 11th from 6pm on Friday until 6pm on Sunday.

This year's Barkley Marathon concluded with no finisher. Only two, Greig Hamilton (NZL) and Karel Sabbe (BEL), began the fourth lap and five people completed the fun run with former finisher John Kelly (USA), Jasmin Paris (GBR) and Thomas Dunkerbeck (NLD) having the honour with Jasmin being the first female finisher of the fun run since 2013.

In the Italian Ultra Marathon Festival in Policoro, Annie Paringaux (FRA) won the 1000 mile race in 8:17:27, the first man was Louis Fouquet (FRA). Gabor Rakonczay (HUN) won the 6 day race with 740.1 km and Mara Guler (ROU) won the women's race with 620.181km. Daniele Alimonti (ITA) won the 1000 mile race in 15:23:21:42. Roldano Marzorati (ITA) won the 10 day race with 1020.326km and the first woman was Edda Bauer (GER) with 661.102km. In the 48 hour Matthew Blackburn (GBR) took the title with 351.65km and the first woman was Mihaela Ivanova Englaro (BUL) with 251.4.

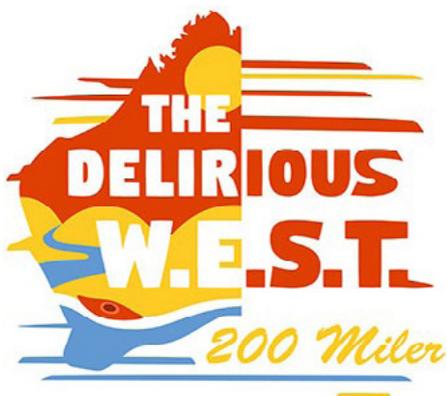
Full results can be found at www.icron.it.

The 2022 [Australian 48 hour Championships](#) which started 25th March was won by Matt Griggs with 380.863km and first woman was Alicia Heron with 329.392 km. [Full Results](#).

Next 6 day race on the calendar is the [Sri Chinmoy Six Day Race 2022](#) starting 18th April in Flushing Meadows Corona Park, New York followed by the [K6 6 day](#) in the Czech Republic starting April 23rd.

02.02.2022 Hong Kong Four Trails Ultra Challenge (HKG)

The HKFTUC is a 298km run that combines four long distance trails in Hong Kong, the MacLehose (100km), Wilson (78km), Island (50km) and Lantau (70km) trails. Weather conditions brought a rare cold and wet experience for the runners this year to this invitation-only event. The race was won by former firefighter Wong Ho-Chung in 46:55:00 breaking the course record set last year. First woman was front cover photo Man-Yee Cheung winning for the second time in a new course record of 57:51:00. 7 finishers. [Full results on the DUV.](#)

**09.02.2022 Delirious W.E.S.T. 200 Miler (AUS)**

200 Miles almost entirely on the Bibbulmun Track in the South West and Great Southern regions of Western Australia from the old logging settlement of Northcliffe, to the Historic port city of Albany. Previously featured in issues 33 and 34, this event was restricted by covid with 24 finishers first of whom was Sergio Gustinetti in 54:59:49 and first woman was Sharene Blake in 71:58:00. In the 100miler top place went to Ally Willcox in 21:51:01 and the women's winner was Jen Millum in 23:44:58. Results on the [race website.](#)

11.02.2022 Taipei 48hr Ultra Marathon (TPE)

The 11th Taipei 48 hour Ultra Marathon took place at the Dream exhibition hall, in Xinchuan park, Taipei on a 663 meter, flat, asphalt loop. Hard to find news about events in Asia however the 48 hour was won

by Tao-Yuan Wang with 343.432 km and first woman was Hsiao-Chun Huang with 328.381 km finishing second overall. In the 24 hour the first man was Shun-Yuan Cheng with 225.744 km and the first woman was Chieh-Ju Lin with 187.629 km. 48 Hour [results on the DUV.](#)

12.02.2022 300k Polar Circle Winter Race (FIN)

With the 150km race cancelled this year the 300 kilometers human powered ultramarathon has three categories: foot, fat-bike and ski with 5 days to complete the distance. The course is two different loops starting and finishing in Rovaniemi, Finland. This year's event saw 19 starters and 2 finishers. Alberto Micheli (ITA) finishing first in 108:10:00 and Paoplo Bosco (ITA) finished in 112:50:00. Results on the [rovanieni150.com](#) website.

**12.02.2022 Black Canyon Trail 100 Km Run (USA)**

The Black Canyon Ultras, hosted by Aravaipa Running, feature point to point 100K and 60K courses along the Black Canyon National Recreation Trail. The 100K is a 2023 Western States 100 qualifier and must be completed in under 17 hours in order to be eligible for the lottery. The point to point course follows Sonoran Desert trails in the shadow of the Bradshaw Mountains. Truehart Brown won the race in 7:57:27 after taking an early and commanding lead. While on the women's side Clare Gallagher passed Dominika Stelmach (POL) who holds the 100K European record, in the closing stages, to finish in 09:06:21. Full results on [the race website.](#)



São Tomé

THE HEMISPHERE CROSSING

18.02.2022 GlobalLimits Sao Tome - The Hemisphere Crossing (STP)

The event takes place on the islands of São Tomé and Príncipe in the Gulf of Guinea and is a 6 day stage race of 200 km with 6,000m of climb and descent. The men's race was a battle with Nathan Montague (GBR) and Duliê Fontes (STP) close going into Stage 4 where Montague finished over an hour ahead of Fontes to build a cushion, Montague held on and took first place in 19:17:04. The women's race was won by Harriet Washington (GBR) in 25:18:06. 30 finishers. Results on the [race website.](#)

19.02.2022 Piseach! M&M 2-daagse - 24h (BEL)

A road race in Adler on a looped course, saw Aga Kuczko finish with 193.469 km and Yvan De Graef, 211.508 km, they became Belgian 24-hour running champions in harsh weather conditions. 40 finishers. [Results on the DUV.](#)

19.02.2022 1st Tour de Taiwan TUR 100 (TPE)

The 1st Tour de Taiwan TUR saw a handful of finishers in this 9 day 934 km stage race that loops the island. Chung-Yi Chang finishing in 128:42:41 was first man and second was Jie-Sing Chen in 140:07:16. 4 finishers. [Results on the DUV.](#)

20.01.2022 Great Naseby Water 200 mi Race (NZL)

This unique ultramarathon event takes place near Naseby - the highest town in New Zealand at 2000ft. The course is set around a 10km loop - the one half along a gravel road and the other half on a forest track beside the water race that gives the event its name. Originally the water race was built for gold mining around 1860 and now it provides the water supply to the town of Naseby.

The 200 miler saw Andy Smith as the only finisher in 55:49:42. The 160km race was won by Mark

Doolan in 17:27:21 and the first lady was Lynn Bosworth in 32:41:40. Full results on the [Great Naseby Water Race](#) website.

21.01.2022 Trans Scania Winter (SWE)

Trans Scania Winter is an unsupported 246 km trail run (with some road parts) in southern Sweden. The event starts in Långa bryggan, Bjärred near Lund, turns at Haväng and returns. The course mostly follows the Skåneleden trail and offers six qualification points for UTMB. 9 starters. First across the finish line was Martin Scharp in 28:42:58 and first woman was Sofia Kay in 46:58:00. 7 finishers. Results on the [Transcania](#) website.

25.02.2022 Legends Trail 250 (BEL)

The Legends Trail 250 (LT250) is a non-stop race of more than 250 kilometers/155 miles with 7000D+ during winter time through the Ardennes, in the hilly south of Belgium. Participants have around 65 hours to complete the course (depending on the final distance, the cut-off is calculated on a minimum average speed of 4km/h), which, depending on the conditions, is covered by snow and ice, or wet and muddy underfoot. The event only has 4 checkpoints and runners have to be fully self-sufficient in between.

Ivo Steyaert made it a third win at the event coming home in 47:35:00. Women's winner Fanny Jean finished in 61:49:00. 43 finishers. [Results on the DUV](#).

26.02.2022 2° 24 hores UrB Ultrarunning Barcelona (ESP)

Taking place on a 400m track at L'Estadi Joan Serrahima, Barcelona with a 24/12/6 hour format. 24 hour winners were Gabriel Andrei Ailenei (ROU) with 237.364 km and women's winner was Ranveig Hansen (NOR) with 230.712 km, third overall. Full results on the race website [Ultrarunningbarcelona.corredors.cat](#)

DISCOVER TWO CLASSIC TRAIL RACES IN SURREY

THE COPTHORNE RACES

SAT, NOV 26TH 2022, 8AM START -
Mickelham Village Hall, Surrey RH5 6EE

10.3mile looped race offering
50k, 50m, 100k and 100m options
2,260 ft of ascent per loop
Fully marked course
Well stocked indoor check points
Access to drop bag on every loop
Medals and post race hot food

THE TWO TOWERS

SAT, SEPT 10TH 2022, 8PM START
Mickelham Village Hall, Surrey RH5 6EE

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Well stocked check points
Medals and post race hot drinks



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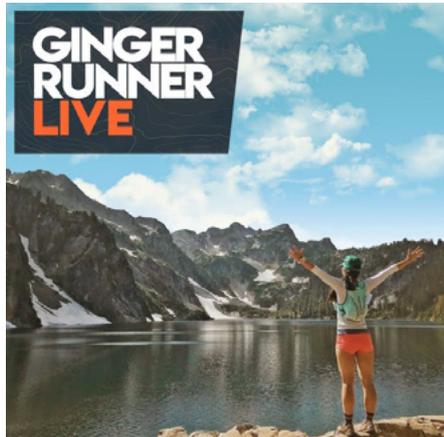


I'll Have Another with Lindsey Hein Episode 358: **Hayden Hawks – Taking the Ultra Running Scene by Storm Since 2016**

Ultra Runner William Sichel In Conversation with Rob Flett, where he reveals he is calling time on his ultra distance running career to set new goals at shorter distances. He also talks about what first brought him to Orkney and the new book he is writing.

Children in the Garden: On Life at a 3,100-Mile Race
<https://longreads.com/2022/01/06/children-in-the-garden-devin-kelly/>

The Wild Pack – Spanish language YouTube and podcast channel interviewing athletes like former UW contributor Tyler Andrews, and latest edition features Karl Egloff (ECU)



The Ginger Runner Live, Nathan Newberry talks with Camille Herron in episode 388 after her win at Jackpot in Nevada over the weekend of February 19th.

Ultra Ladies Podcast Sarah Ter Har and Nancy Shura-Dervin: Moms Who Ultra – talk with Stef Wenninger and Nikki Parnell, hosts of the "Run Hard, Mom Hard" podcast.



Ultrarunning News: hosts Christian Malmström and Daniel Westergren chat with Barkley Marathon RD Laz and ultrarunner Karel Sabbe.

Singletrack podcast's latest offerings include interviews with Tom Evans and Jasmin Paris.

Video

ULTRARUNNER 3 Part three of the story of Finnish ultrarunner Noora Honkala currently based in Greece.

From Broken To Breaking: The Colorado Trail FKT the story of Mike McKnight breaking records for the 500-mile Colorado Trail.

RUNNING AGAINST ALL ODDS - Gordon Hughes & Vic Owens attempt the Lon Las Cymru Ultra.

Young Hearts, Run Free podcast - the thoughts and chat of John Cassidy and Steven Watt as they talk with Anglo Celtic Plate race organiser Adrian Stott and Team Scotland Manager Debbie Martin-Consani.



Aussie Runner Podcast Geoff & Neil speak to a true Aussie ultra running legend ... athlete, coach, Aussie rep & race timer extraordinaire Martin Fryer.

The Freetrail Podcast with Dylan Bowman: Francois D'Haene | Winemaking, Fatherhood, Hardrock, & UTMB.

Davy Crocket's **Ultrarunning History podcast** continues with his 6 Day race series and most recently has a bonus episode on Ukrainian ultrarunning.



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ALL ABOUT THE BREATH

By Susan Lister

You just need to google breath and running to see lots of articles about how to breathe when running, and the effects of this on performance.

In yoga one of the things we try to do is connect our mind and body. One of the best tools for this is breathwork. Through various breathing techniques or pranayama, we become more aware of our breath and can train ourselves to lengthen it.

Breathing is something our body does automatically (thankfully!) but it does involve muscles and we can exercise these muscles just as we would any others. Breathing exercises can make your lungs more efficient.¹

During different types of running our breathing will change. We breathe differently when sprinting, long relaxed running, hill training, intervals etc. This means that while completing these varied training sessions we may also be training our breath. It's interesting and beneficial to be aware of your breathing and how it changes during these different activities.

Do some of the conscious breathing practises described below while not running and see if it has any effect on your performance.

You don't need to do anything complicated to start to notice a difference. Here are 3 techniques you can try:

Passive conscious breathing – this simply involves noticing your breath without trying to change it. You can do this anytime and anywhere. Notice how long your inhales and exhales are, how much of your body moves as you breathe. Once you have the rhythm see if there are any pauses between inhales and exhales. Regularly check in with your breath in this way, when you're engaged in different activities and when you're experiencing different emotions.

Full yoga breath – we will be inhaling and exhaling through

the nose.

Find a comfortable position with a straight spine. (You can lie flat on the floor or sit up; you can lean against a wall or a sofa etc if it's more comfortable for you.) Close your eyes to remove any additional distractions.

Place your hands first on the abdomen and observe its movement as you inhale and exhale. As you inhale the abdomen should expand out and as you exhale it should flatten again. Practise a few times, aiming for a longer, flowing breath. Then move the hands up to the ribs and observe the ribs expand and contract. Finally move the hands up to the collarbones and observe the chest moving up and down with the breath.

Now inhale and fill up the abdomen, then the ribs and all the way up to the clavicles. Pause briefly, then gently exhale in reverse. Repeat.

Nadishodhana – alternate nostril breathing²

Sit in a comfortable position with a straight spine. We will use the right hand and specifically the thumb and ring finger. Place your thumb at the side of your right nostril, your first 2 fingers can be placed between the eyebrows, ring finger and pinky beside the left nostril.

Start by exhaling completely.

Then cover the right nostril with your thumb and inhale through the left nostril. Pause as you remove the thumb and place the ring finger over the left nostril. Exhale through the right nostril, pause then inhale through the right. Pause as you remove the ring finger and place the thumb over the right nostril. Exhale through the left nostril, pause then inhale through the left as you begin a new cycle. Repeat this cycle 10 times ending on an exhale from the left nostril.

Working with your breath can have the additional benefit of calming the emotions and focusing your mind. "By regulating the prana, we regulate our minds, because the two always go together. If one is controlled, the other is automatically controlled as well."³

FULL YOGA BREATH

NADI SHODHANA



1. American lung association
American Lung Association |
American Lung Association

2. Effects of alternate nostril breathing exercise on respiratory functions in healthy young adults leading stressful lifestyle | Journal of Population Therapeutics and Clinical Pharmacology (jptcp.com)

3. Swami Satchidananda, The Yoga Sutras of Patanjali

'Beautiful beyond belief. Savage beyond reason.' One of the UTS 100 climbs. Photo by Evan Davies.

Me running UTS 100. Photo by Evan Davies.



RUNNING THROUGH RHBABDO

By Alice McGushin

It's not a sports injury that most athletes have heard about, but exertional rhabdomyolysis is a serious medical condition that often requires hospitalisation, can cause kidney damage and, in the most severe cases, even death. It happens when the body's skeletal muscle cells run out of energy and can no longer regulate their electrolyte balances (calcium, sodium and potassium). The cells die and release their toxic breakdown products into the bloodstream. While untrained and unprepared athletes are at greater risk, even professionals and elites can be affected. In September 2021, I developed severe rhabdomyolysis while racing an ultra. In this article I describe this experience, what's happened since, and how I'll try to avoid it happening in the future.

Ultra Trail Snowdonia was my A race for 2021. I signed up for it with a friend towards the end of 2020 and soon after it was announced it would be the UK's first Ultra-Trail World Tour event. My anticipation only grew as further lockdown measures returned, the race was postponed from June to September, and several other races were cancelled. The race intimidated me – with 6,700m elevation over 100km, it was, without doubt, my toughest race to date. But, with nine months to prepare, I was feeling reasonably confident at the starting line.

The race began on a surprisingly warm and humid Saturday morning at 4am. I needed no more gear than my running shorts and t-shirt as I stood in the start line huddle. As we began our ascent of Moel Siabod in darkness, I felt exhilarated and looked forward to the race ahead. The sun began to rise as I began climbing the second peak, Y Lliwedd, and I was awestruck by the sheer beauty of my surroundings.

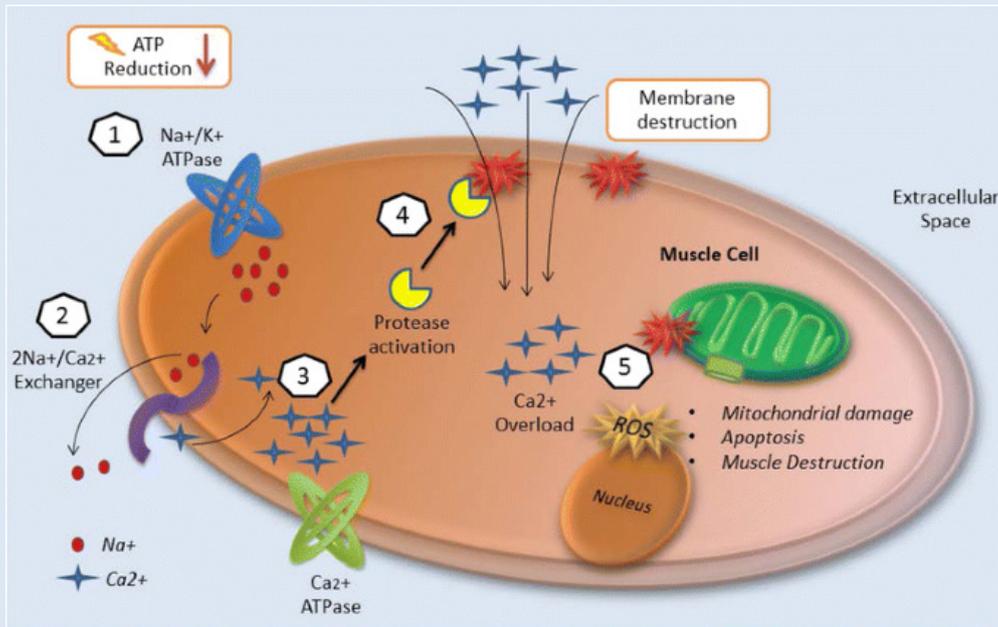
At Rhyd-Ddu, the halfway point, I had a 10-minute lead ahead of the next female. I didn't stop for long and began to power up to the top of Snowdon, where my lead extended to over 18 minutes. However, on the descent of Snowdon, I noticed that my legs were hurting more and I could no longer run quickly downhill.

Darkness was falling as I climbed the final mountain of the race and my pace slowed to a crawl. I think Carnedd Llewelyn would have been challenging at any point, but to do it in the dark and after having already run 75km was soul-crushing. But I pushed through getting lost several times and then the steep scramble, I descended to the final aid station.

I felt destroyed in the final section. No longer able to run on either an incline or a decline, it took me over three and a half hours to complete 15.5km. I began cursing myself out loud: my unpreparedness for the distance – I started out too fast; my unpreparedness for the terrain – I hadn't done enough mountain running in training; my unpreparedness for the course – I had only recced Snowdon; and my unpreparedness for the darkness – I had only upgraded to a Petzl head torch a week before the race and hadn't had the time to give it a test run. But I stumbled on and picked up the pace as I reached the road that led to the finish line. It had been tough, but I had finished it in fourth place, and I felt good about that. It wasn't until after I hobbled to the shower block that I realised my body's struggle was not yet over. I knew I had rhabdo when I saw my urine looked like cola. This is due to myoglobin (a protein released by the dead muscle cells), which darkens the urine to brown or black. Recognising the sign, I first sought help in the medic tent. Later that day my friend took me to the nearest hospital in Bangor.

The diagnosis of rhabdomyolysis is made by the level of creatine kinase (CK, an enzyme released by muscle cells) in the blood. Combined with symptoms

Diagram of the injury mechanisms of rhabdomyolysis in a muscle cell. (1) Energy (ATP) depletion inhibits the function of Na⁺/K⁺ ATPase (an energy-dependent cell membrane ion pump), thus increasing intracellular sodium. (2) The 2Na⁺/Ca²⁺ exchanger increases intracellular calcium. (3) Ca²⁺ ATPase (another energy-dependent cell membrane ion pump) is also not able to pump out calcium due to energy depletion. (4) Intracellular calcium activates proteases (enzymes that break down proteins), which destroy structural components of the cell membrane, allowing the entrance of more calcium. (5) Calcium overload disrupts mitochondrial integrity and induces cell death. Figure taken from (Chavez et al 2016).



and potentially reduced renal function, a level of greater than 5,000 units per litre is usually considered the threshold for diagnosis. In my head I was thinking my level might be as bad as 40,000 U/L. So, I was shocked when a printout of my results were handed to me by the most senior person in the department (a giveaway that things are beyond the abnormal) – my CK was 163,250 U/L and I also had an acute kidney injury.

The management of rhabdomyolysis is simple: early and aggressive intravenous fluid to avoid kidney injury and further muscle damage; and correct any electrolyte disturbances. Rarely, in the most severe cases, people require renal replacement therapy (similar to dialysis for people with kidney failure) to correct life-threatening electrolyte imbalances or acidosis, or a fasciotomy (cutting the connective tissue that separates different muscle compartments) to treat compartment syndrome, caused by swollen muscles. Fortunately, neither of these interventions were necessary in my case.

Over the following 48 hours, I had about 10 litres of intravenous fluid. But, as my kidneys were still not working so well, most of this fluid stayed in my body and I gained 6kg, had a puffy face, abdomen and legs, and developed a central chest pain which was worse when I lay flat or on my side. I spent most of the following two weeks sleeping as my kidneys slowly kicked back into gear and filtered out the additional fluid my body had retained.

When and how someone should return to exercise after exertional rhabdomyolysis is not fully clear. The evidence is based on theory and case reports, there has never been a trial published on this topic. In general, the advice is to avoid any strenuous activity for the first month, then start low and go slow, avoiding any eccentric training initially, and stopping when it hurts. My first run back was Hampstead Heath parkrun, four weeks post injury. Despite “taking it easy”, I couldn’t remember ever feeling so sore and unfit running 5km. I returned to the gym for the first time the following Friday, but the pain that remained in my quads the following five days suggested it was probably too much too early. Since then, I have been slowly building up my exercise, returning to track and hill sessions, cycling 20km each way to work, and building up my distance to run a half marathon as my final race for the year. Three months since the injury, although I am running just a fraction of the mileage I was doing in August, I am starting to feel as though I am getting closer to my baseline.

Exertional rhabdomyolysis is a rare condition and there are fewer reports of it happening in endurance sports compared with weight training and military, high school and team sport drills, where athletes have been instructed or urged to push themselves beyond their physical limits. A review of articles published between 2009 and 2019 found 345 cases of rhabdo in endurance sports. A further 130 had both rhabdo and acute kidney injury – 126 (96.9%) of these were runners. Although the majority of the cases may have gone unpublished, when you think about all the running events that would have occurred globally over a ten-year period, this number seems small. A study of the 2010 Western States Endurance Run, one of the most famous and grueling ultras in the world, found that 13 (5.7%) of finishers who had their blood checked had CK levels greater than 100,000 U/L. Three (1.4%) went to hospital and none of them had an acute kidney injury.

Nevertheless, rhabdomyolysis is a serious condition that can, if untreated, cause permanent kidney damage and death. So below are some ways to reduce your risk and recognise it early.



Immediately post-race with my friend, Kathy, who ran the 50km race then stayed up to wait for me to finish just before 3am. While my legs were sore, I still didn't yet know I had rhabdo. Photo by Randall Vargas.

Build up slowly. The common cause of exertional rhabdomyolysis is doing "too much, too soon, too fast, too long". Risk is higher among athletes who consistently push their performance and during workouts that are new, intense, beyond the current phase of condition, and punishment-oriented.

Balance hydration. Dehydration increases the risk of rhabdo, but so too do hyponatraemia (low blood sodium) and hypokalaemia (low blood potassium), which are associated with overhydration or drinking water without replacing electrolytes. Getting the right balance is challenging and there is no protocol that suits everyone. It's recommended that runners drink to thirst and monitor their fluid intake and body mass during training to gain an understanding of their own fluid requirements.

Avoid certain drugs. Some prescription medications, particularly statins (cholesterol-lowering drugs) and selective serotonin reuptake inhibitors (antidepressants), as well as dietary and weight loss supplements, increase the risk of rhabdo. If you are on medication and plan to compete in an endurance event it could be helpful to seek medical advice. Recent alcohol and illicit drug use also increases risk. Non-steroidal anti-inflammatory drugs like ibuprofen don't increase the risk of rhabdo, but they increase the risk of acute kidney injury and should be avoided during races. Be heat aware. It's all the more important to pay attention when training and racing in high temperature and humidity as these both increase the risk of rhabdo. Several national sports medicine authorities suggest outdoor physical activity should be reduced when temperatures are above 28°C. With climate change we may see a rise in rhabdo and heat-related illnesses during running events.

Recognise the symptoms and signs. The symptoms of rhabdomyolysis are muscle pain, weakness, stiffness and swelling – symptoms of course experienced by all ultra runners and the vast majority don't have rhabdo. But if these symptoms are worse than what you expected or have previously experienced, then you should get checked out. All people who notice a change in their urine colour should also seek medical attention, as myoglobinuria (myoglobin in the urine) never occurs out of the context of muscle injury. However, myoglobinuria may not be present in all cases, so if your muscles feel unusually weak, stiff and sore, don't be falsely reassured if your urine looks normal. Rojas-Valverde and colleagues also recommend that support staff of endurance events monitor participants' CK and renal function during competition, which should be possible with the availability of point-of-care testing.

People with Sickle Cell Trait are at higher risk and so too are people with genetic muscle conditions. It is unlikely that the first episode of rhabdo in someone with a genetic condition would occur during an ultra, but some cases may warrant genetic investigations.

It's not yet clear to me why I got rhabdo. Apart from perhaps starting the race too hard and not running many mountains in training, I think I followed the above advice fairly well. The challenge will be knowing if and how I can avoid getting rhabdo again, as the risk of further episodes is permanent kidney damage. I'll be doing testing with the Institute of Sport, Exercise & Health to help understand how my body reacts under cardiopulmonary stress and I'll try and recheck my blood tests following the next races I enter. Hopefully these results will tell me I can compete in other Ultra-Trail World Tour events in the future and give me a chance to face Ultra Trail Snowdonia once more.

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The great thing about these trails is that you run together with people who are also passionate about running, says participant and Dutch ultra-runner Cees Dijkstra. "Especially the fact that you're running together is what makes this sport so beautiful. This year's Bello, the aid stations were also outside because of covid. So there was no chance for warming up."

The run was tough. After the first round of 80 km, I was tired, continues Dijkstra. "The pace started to drop considerably and I started to walk more. The breaks every 20 kilometres got longer and longer. In the end I just sat there for 45 minutes. Coffee, covered in blankets, closed eyes and trying to take a nap."

The Bello Gallico took place on the shortest day of the year. It meant a lot of walking in the dark. Almost three quarters of the trail. Start at 4:00 am - that means that you'll walk in the dark for the first 40 kilometres. Cees Dijkstra: "It's four and a half hours later before you take off your headlamp and then you're at the second aid station. We've got warm pumpkin soup over here, spicy, thick and hot. Wonderfully welcome after such a start. The second part went better for me. You can see more. But after the second 40 kilometres it started to get dark again and it got colder."

"I was glad I had enough clothes for the road. A tank top, a short-sleeved shirt, arm sleeves, a thick training jacket and on top of that an almost waterproof jacket and a backpack. That backpack also provides warmth. The wind was blowing on the bare patches, especially on the hills. The weather was drizzly and foggy. The temperature fluctuated between 4 – 6 degrees. Next time I'll also wear long pants instead of shorts. I brought long pants with me and ready in my drop bags at 40, 80 and 120 km, but I didn't dare to take off the shoes. They fit well and I kept my feet dry despite the mud and deep puddles. That's because of the shoes. For the first time, I'm very satisfied with shoes under such circumstances. Hoka's with a Gore-Tex top. I've had a few blisters now, but my feet remained almost dry despite the deep puddles and mud. That's very nice, I've noticed."

When asked what preparation he had done for the Bello Gallico, Cees answered:

"Last year I did 15 ultras of 45 – 80 km and four 100 km races with altimeters and one of them a little longer, which was 120 km. After those four 100 kilometres I started to decrease and the last weeks before the run I didn't exercise at all. Rest."



Cees Dijkstra: "Training for 100 miles isn't easy. It's a mission. You have to work towards that for years. It normally takes years before you can conditionally handle something like that. I mean that you shouldn't be tired for a long time after running such a distance, you mustn't break down. That wouldn't be smart. There's often too little training for a long distance. You can read how to run a marathon in 10 or 12 weeks. That's possible, but I wonder if that's wise. If the goal is to run a marathon and then quit, that's the way to do it. If you want to have a nice run, you take the time to work towards this. If you can run a marathon again after a while, I think you're doing well. Build up slowly, that's what it's all about."

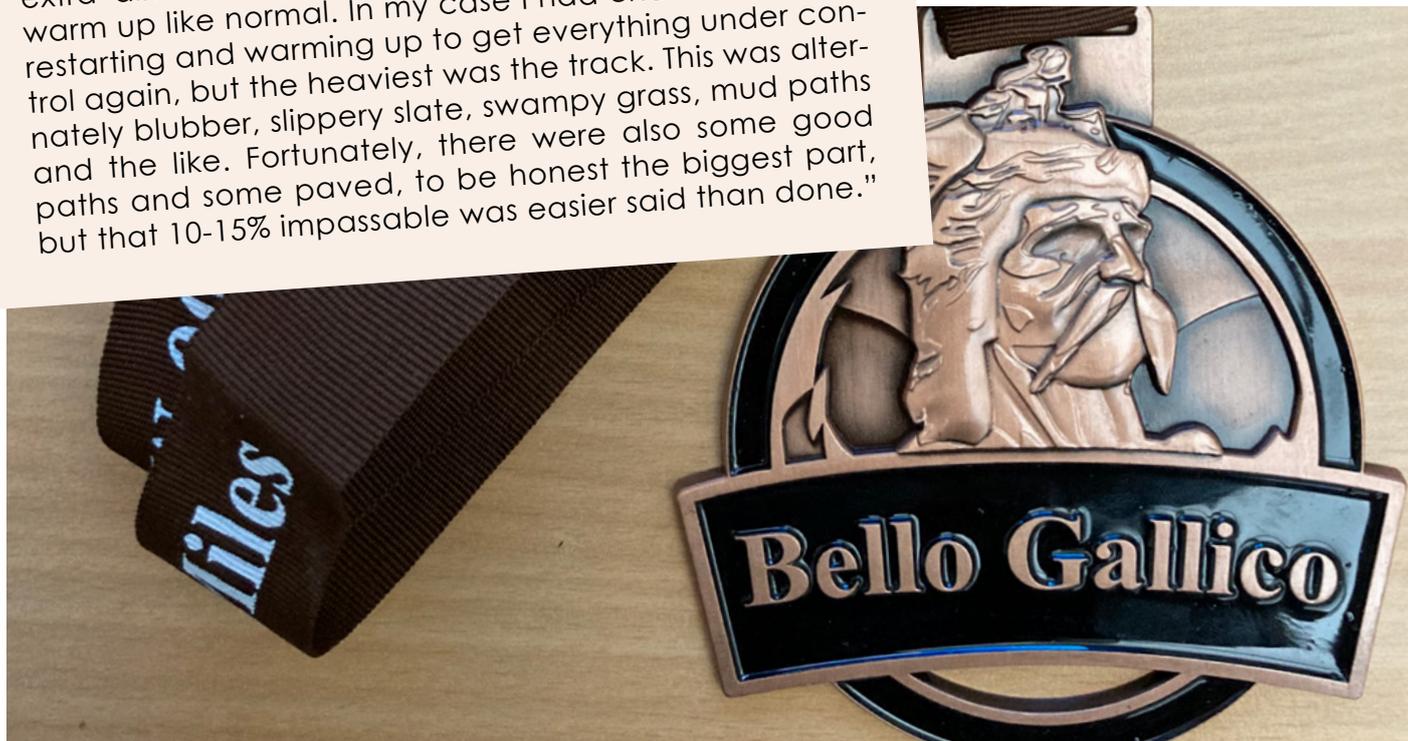
Eating and drinking is also important, says Cees Dijkstra. "The engine must always have sufficient fuel. It's therefore important to always supplement. Not too much and certainly not too little. My motto is eat what you like, which contains a lot of fuel, which you can easily take with you and swallow without chewing too much. I always take raisins mixed with roasted salty peanuts in sandwich bags with me. On very long distances I often take small cans of Coke with me. They fit easily in your backpack and are delicious with a banana."

Dijkstra: The care at the Bello Gallico was exceptionally good.





"After 140 km I was put on a chair covered in a blanket against the draught. They put a blanket over my legs and a third blanket over my head and body. This year we had to revitalise outside. This is due to covid measures. There's nothing wrong about that and it gives an extra dimension. More difficult because you couldn't warm up like normal. In my case I had chattering teeth, restarting and warming up to get everything under control again, but the heaviest was the track. This was alternately blubber, slippery slate, swampy grass, mud paths and the like. Fortunately, there were also some good paths and some paved, to be honest the biggest part, but that 10-15% impassable was easier said than done."





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THE COPTHORNE 50 MILER

By Peter Hammond

If someone recommended a race to discover some of the best gentle rolling trails in Surrey, it definitely wouldn't be The Copthorne. This iconic race from Canary Trail Events works around a 10-mile loop, each with over 2,000 feet of elevation on each loop. To be fair, there are some lovely runnable sections, but it's the climbs that stick in the memory. So many stairs...

This small friendly race has some lovely quirks. You need to carry a canary at all times; a fine is imposed on anyone not being able to produce one. And the swear box in the village hall, which became heavier and heavier as the race progressed. But, as all proceeds from the race go to charity it's all done with good cheer. The race is in memory of Mark Thornberry, a well-known and well-loved local runner who gave liver cancer a damn good fight before finally passing last year.

Halfway between Leatherhead and Dorking is the small village of Mickleham, its village hall being the base for The Copthorne. At the end of each loop you return and have access to your drop bag, hot drinks and the usual food selection from the 'ultra buffet' table (so many sausage rolls).

With a limit on numbers due to the race licence, all three races started together. The racing snakes dashed off to a fast start to avoid

being caught in the hill-train on the first climb, which kicked in almost immediately. I wisely started at the back just behind the guy on crutches who was doing the 50k (yes, seriously).

I had entered the 50 miler from the three distances on offer (50k, 50M and 100M). As a local I already knew the route so I was under no illusion about just how tough it was going to be.

The weather was chilly and damp, with the promise of worse to come. On the bright side the ground was soft but not too cut up or muddy. Which was good because on the first descent, Kamikaze Hill was living up to its name, even with decent grip. The tactic of crashing from tree to tree to slow the descent proved the best method, but the number of mud-died runners at the bottom was testament to the fact some had to learn the hard way.

After that (surprise, surprise) another climb up onto Headley Heath for a few miles (and another climb) of heathland running dodging gorse bushes and extremely large cattle. Although the route is marked, it's easy to miss a turn if you're not alert. After Headley Heath you pick up the North Downs Way for a lovely runnable descent to the Stepping Stones (thankfully passable after several days of rain). Then? The climb to the viewpoint of course. Then another runnable gradual descent before the climb back up onto Mickleham downs, aptly named 'Satan's Staircase'. It lives up to its name and whilst shorter than the Box Hill climb it makes up for it in the incline and size of the steps. Luckily it's the last climb before you drop down to the friendly atmosphere of the village hall for a hot drink - and the start of the next loop.

My time for each loop showed a steady decline, from a bright canter on loop one to a sluggish crawl on loop five. The last climbs up Box Hill and Satan's Staircase were at a speed even a lethargic sloth would have been embarrassed by. Luckily by this stage the icy rain was coming in sideways to take my mind off my aching legs. All in all it went pretty well, start slow, get slower, just don't stop. I cannot begin to think about adding another five loops to make the 100, or how the race's first blind runner completed two laps, and the guy in crutches finished the 50k. I doff my 'rain soaked' cap to you all.

The real icing on the cake is that the race raised nearly £500 for Mark's charity researching liver cancer at King's College Hospital.

Would I enter again? Absolutely! I'm already thinking of taking on the new 100k distance or maybe, just maybe, the 100 miler...



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Ghost Train Rail Trail Races - 16 October 2021
Brookline, New Hampshire

RIDIN' THE GHOST TRAIN

By Gary Dudney



The conceit that comes through loud and clear in communiqués for the Ghost Train Rail Trail Race in Brookline, New Hampshire, is that you won't be a runner during the race but rather a "rider". Race updates begin, "Hello Rider Gary" or "Hello GT Rider". You are told that the Ghost Train is about to "leave the station." "All Aboard" is even spelled out along the trail, one pumpkin per letter, in cleverly carved jack o'lanterns.

The race's name, incidentally, comes from a rail line that once served to ship granite from Milford and ice from Lake Potanipo in Brookline to Massachusetts. The track is gone, removed for scrap during World War II, but the beautiful forest, the mostly flat and straight rail bed, the fall colors of October, and some lovely ponds filled with water lilies remain.

Everything is done at Ghost Train to make your long-distance trail run into an entertaining, fun, and thoroughly enjoyable experience, thus the idea that you're on a pleasant ride rather than grinding out a massive ultra. The 7.5 mile out-and-back course is almost an unbroken string of Halloween decorations, ghoulish figures, jack o'lanterns, tunnels festooned with lights, skeleton tableaus, and even large blocks of ice with lights sunk in the middle. The aid on both ends of the course is outstanding with great food, super friendly and helpful volunteers, and more of the Halloween theme. Runners are encouraged to bring their own homemade dishes to bolster the offerings at the aid stations.

Race Report

And if that isn't enough, a third aid station breaks the 7.5 mile up into little bite-sized 3.5 and 4 mile stretches.

During the race, other "riders" are streaming by you all the time; many dressed in costumes, as over 400 people are running some multiple of 15 miles. You can't DNF. Whatever distance you get to, 30 miles, 45 miles, 60 miles, etc., that is your official race, so no pressure. The only requirement for those out to collect a rusty railroad spike, the finisher's trophy for 100 miles, is that you get it done in under 30 hours.

The Start/Finish area is a big party with a long stretch of the trail given over to tents and easy ups where crews create all sorts of fun-looking displays. But even if you're out there all alone, as I was, tons of people were clapping and offer-

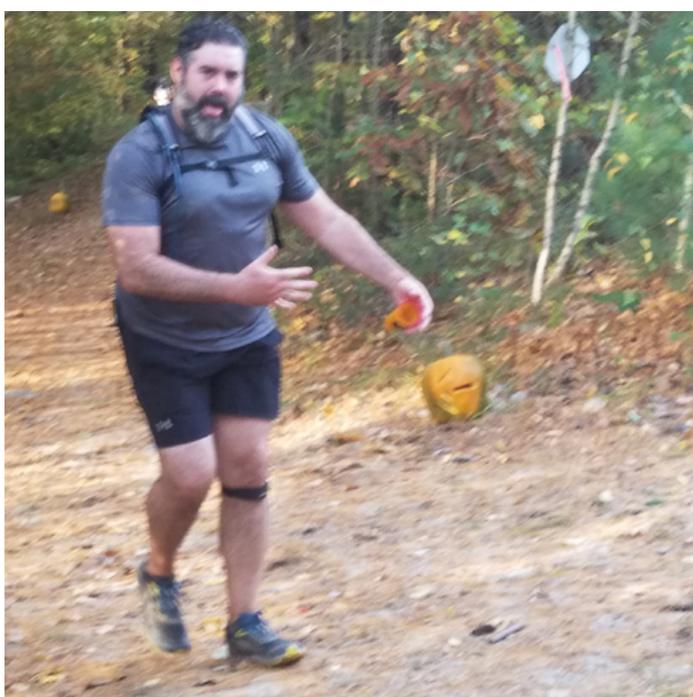


ing encouragement all day and night. From the reaction I got when I finished the 100 miles, you would have thought I was the first person to run a hundred miles ever in the history of the world.

The event organizers, the Trail Animals Running Club or TARC, work hard to make the race a welcoming gathering of the ultrarunning tribe. There's a huge meet and greet spaghetti dinner on Friday night before the race. The talk is all friends catching up with each other, and all the well wishes for the runners seem absolutely warm and genuine. It's a race that people want to do over and over again.

For this year's event, it wasn't quite possible to just sit back and let all the distractions make the distance go by unnoticed. A fairly substantial rain persisted from 9 pm to about 3 am which might have washed out a few runners' hopes doing the longer distances. The one hill on the course, where the trail veers away from the rails to trails path for just a bit and offers a little resistance with rocks and roots, seemed to get harder to negotiate as the night crawled along. But rain or not, the end of each loop offered a fun little romp over a baby version of Brookline's handsome, covered Nissitissit Bridge, which was always a welcome way to mark getting to the end of each 15 mile segment. The actual Nissitissit Bridge is just across the road from the race course and is listed as one of New Hampshire's "sexiest spots". Not sure what to make of that.

Put this race on your bucket list. Just seeing the artistry that went into carving all the myriad pumpkins is worth the visit along with all the tricked-out skeleton guys and gals that manage to stay entertaining no matter how many 15 mile loops you've done. The race fills early, though, so if you want to ride the Ghost Train, you'd better be Johnny-on-the-spot when the registration opens.



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MUCH MORE THAN ULTRA:



It's X BOW L T R A

By Kyle Lamm

Every year on the Saturday after Thanksgiving, runners come out to the mountain town of St. Paul, Virginia. They are here for more than the town charms and hospitality; but to test themselves against a course known as “The Oxbow Ultra”. This event is a 24, 12, and 6-hour endurance race/ruck that takes place on Sugar Hill Trail at the Clinch River State Park. This 5-mile loop around the park traverses five different types of landscapes, breathtaking views, over a hundred feet in elevation gain, and plays a part to many creatures of wildlife.

In the 1970s after large floods swept through the town of St. Paul, they were forced to create a bypass which left behind an easy to develop land in a flood-free zone. The mile-long Oxbow Trail loops around the lake and joins the trails leading to Sugar Hill. Established by French settlers in 1791, this area, marked by a standing chimney, was once called St. Marie on the Clinch. Later owners farmed the land, and in the 1930s, created a maple syrup and sugar operation known as Sugar Hill.

The Oxbow Ultra now serves head Trailblazers, a 501(c) that works with local groups mote outdoor recreation-major sponsors, support gained traction since it that it hosted its biggest 1,300 miles on the trails. of this year's race said, one. We have people who lap, or do five miles and we out to do 90 miles plus. We ories, have a good time, and

In 2021 the 24 hour race winner and the women's winner was Katy all. There were 48 participants over events.

So, if you're in the mood for an ultra with amazing hospitality, views, and people, check out the Oxbow Ultra. More info can be found on their Facebook Page at <https://www.facebook.com/OxbowUltra2.0> or reach out to them directly at Programs@spearheadtrails.com.

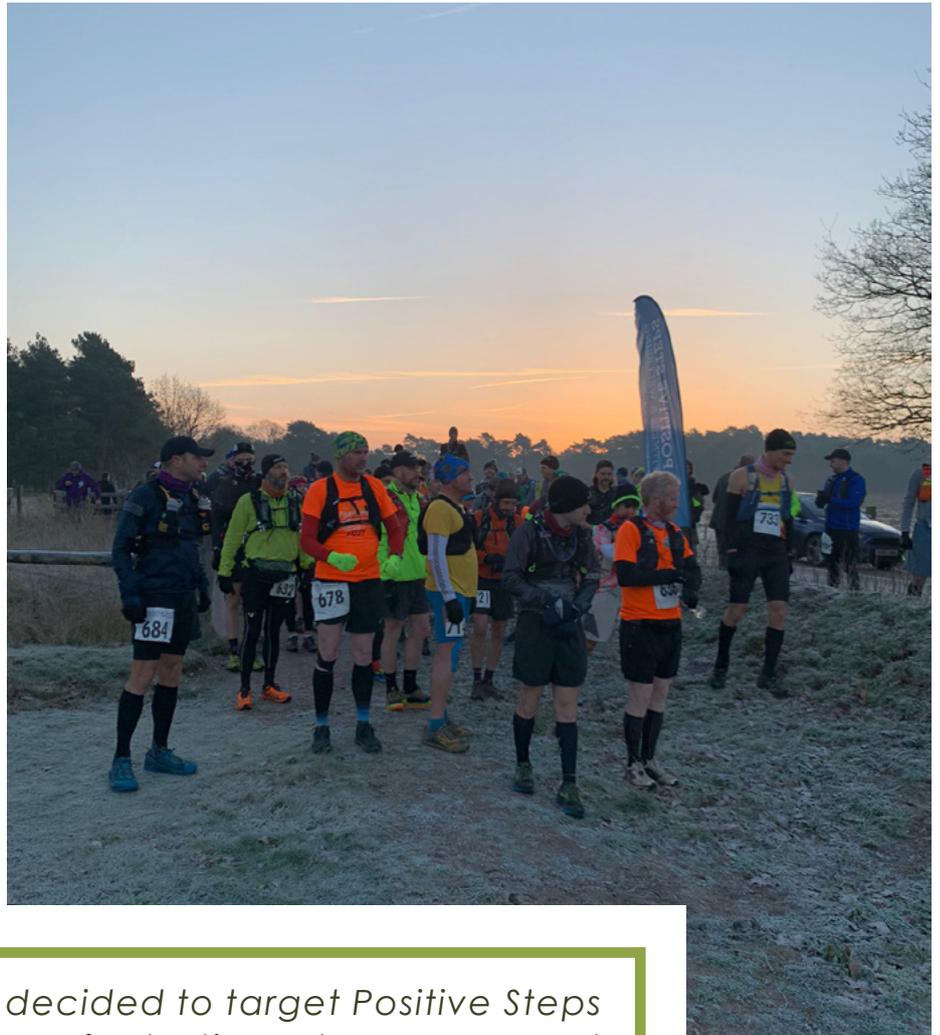


as a fundraiser for Spearhead Trailblazers, a 501(c)(3) charitable organization and communities to promote outdoor recreation events. With the help of staff, and volunteers it has started in 2014. So much ultra yet in 2021 with over 1,300 miles on the trails. of this year's race said, one. We have people who lap, or do five miles and we out to do 90 miles plus. We ories, have a good time, and

was Evan Ferrell with 90 miles and the women's winner was Katy Dietrich with 50 miles, second over-the weekend in the 24/12 and 6 hour

PEDDARS WAY ULTRA

By Dave Bone



In 2021 we (Camino) decided to target Positive Steps "Peddars Way Ultra" as a fantastic early season event that we could maybe run together. As befits the ups and downs of endurance training (that we all know and love), not all of us were able to start. The following is the 2022 Peddars Way Ultra race report as shared by Paula Bedford (coming back from injury and therefore self-promoted van-driver and crew), Kelsey Price (again returning from a bad injury in 2021 but showing great form and a potential podium candidate), David Bone (still struggling to get full fitness since last years Spartathlon) and Stephen Macintosh (like Kelsey in great form but just not sure that he is going to be able to run for the full 48 miles)

PAULA: "Running Peddars would have been too much too soon, and with the excellent advice of Coach David ringing my ears (to keep my eye on my A race the TP path 100), I decided to make use of the weekend I'd already booked out in the diary and crew for my friends.

It was still dark and icy when we arrived at the start, but as the sun started to rise, more runners drifted in, and before we knew it, the race director was giving final instructions, and they were off! I must admit I had a few twinges of jealousy as my friends ran off together but back in my van driving off through Stunning Norfolk countryside, I felt more than content to be here crewing.

DAVID "In December 2021 I took part in Run Grateful's 31 days of Gratitude challenge - a simple concept where you run everyday in December but you focus more on the why? and you take much more time to reflect upon the glorious things of those runs (nature, friendship etc) and less about training/pbs/brands and purchasing. I mention this because you will never find a more glorious winter day than at the start of Positive Steps Peddars Way - in the woodlands of Knettishall. The low sunshine and the vastness of the blue skies just reflected upon the crisp white frost that covered every field and trail we crossed for the first few hours. Many of you will understand when I share that (even with all my Gratitude training!) I found myself reflecting upon the runners "stuck" in front of me, their pace vs mine, why was I running so shabbily, what was wrong with me, this was meant to be an epic race - one in which I was secretly feeling in great shape."

DAVID "I had to go deeper. I had to dislodge the noise and try to get back to the gratitude. Wow! It was so beautiful out there. As always it only took some wonderful unplanned conversations with runners who I knew from social media but had never chatted to - like Becca and James and Lloyd to restore some faith in the why? of this event for me. The Peddars Way is uncomplicated. When you observe it on a map it's a straight line all the way to the North Norfolk coastal village of Holme-next-the-sea (I know because my sister and family are one of the few hundred folk who live here!) I was looking forward to two very simple things - running the whole 48 miles without stopping and most valuable to me - to run all 48 miles with Kelsey and Stephen."

STEPHEN "We were blessed with the most idyllic crisp clear morning. As the sun came up behind us at the race briefing, the Camino crew had a final hug and off we went straight north through the fading frost. I just felt great. Those early miles ticked along as we bathed in the light and the warmth of the support along the way. I tried to hold back but everything just clicked so I surged on a little, taken by the insight into some of the other runners prior Peddars experiences and life stories. It was a magical morning in a beautiful landscape.

KELSEY: "The Peddars Way - what a day it was! Having just read David's entry, I can't help but feel 1. totally flattered by his nice words regarding looking 'effortless' (certainly didn't feel that way!) and 2. fascinated by how we were both blind to the battles in each other's mind - what was going through his head was similar to what was going through mine. More on that later.

It was a 4am alarm kind of morning, still dark when we arrived at the start and I was feeling super excited to race for the first time in 8 months. The start felt quite fast, runners flew off and I had to remind myself not to get caught up in it. It was a good 10 miles or so before I fully relaxed into the race, miles 10 to 20 were absolute bliss - we were still running around quite a lot of people, the sun was out, conversations were flowing, and spirits were high. The Peddars Way itself was beautiful - the perfect type of trails for London legs!

KELSEY: From about mile 24 the thought "I am going to have to tell David and Stephen to go ahead soon as I will need to drop back" kept circulating round my head as I didn't think I would be able to sustain the pace. It was beginning to feel pretty hard. Something however made me hold off from saying it out loud. There's a strange thing about running a long way, almost a case of if you can facilitate a mental shift and find comfort in the discomfort, then you can keep going.





STEPHEN: "By lunchtime we all reached CP 2 close together. I was in there a little too long, so I tried to pick it up on the next shorter stretch. Pacing started to be affected by some undulation. This is when the mind games began."

The first was observing the thought that I should stop from a bad knee and had gone out too hard. The second was that it was ok to walk some hills. I laughed to myself, noting the voice of resistance, ignored it and it went away. 2-0 to me."

STEPHEN: But mile 39, classic mistake moment. New tactic from the monkey mind. I told myself I only had 3 laps of (London's) Victoria Park and had 'got this'. Oh dear, I really should know better... Almost immediately I received the gift of a stomach pain rendering me motionless. My teammates sweetly checked in before passing me by.

PAULA: "Ben and I moved around the course, driving through pretty villages en-route. We positioned ourselves just before the checkpoints, ready with nutrition and hydration. Bottles ready to be swapped, sweets at the ready and even a duck wrap just in case something savoury was the order of the day! I was getting itchy feet by early afternoon and really wanted to get a little run in and make the most of

the great weather.

I parked up at the finish and ran back up the route in reverse, stopping to cheer on the speedsters as they whizzed past. It wasn't long before I saw David and Kelsey. Whatever games their monkeys were playing, it didn't show on their faces, and they were all smiles when they saw me and their running, still looking smooth and effortless.

DAVID: "After the first two Checkpoints where Kelsey and I cruised past (we were carrying all we needed) those 'wheels' started to become loose. I found it harder to cling onto the back of Kelseys train (if anyone wants to observe someone running so effortlessly for such epically long distances then just hook up with Coach Kelsey). To be clear the body/legs felt great but the engine wasn't firing - constant lack of energy and plenty of panting. I think I counted four or five



bad patches but overall the desire to keep with Kelsey was immense.

KELSEY: After I had found peace with the pain (mostly from blisters, galore!) I really enjoyed the last 15 miles or so. There is something really special about going through the ultra journey with friends. The lift in energy was definitely helped by seeing the sea, and the fact that the last 5km or so seemed to be downhill!

Another quirk I also loved about this run, one which I spent a lot of time fantasising over in the second half (as well as the thought of a shandy), was running down to the beach and ripping a page out of a book to hand in at the finish.

True Barkley style! The hugs followed by cheesy beans on toast at the end was the best way to top off the second lady's finish.

STEPHEN "One of my team asked me after the race (a few beers in), what was the best moment? Still reeling I didn't have a considered answer so I've been reflecting. There's a section at the end of the race where the sea comes into view. I could see the two other Camino's heads bobbing up and down together ahead of me. Then downhill all the way. I knew then we would all have had a great day and that the vision I'd had of the team coming in to finish close together would be a reality. It was the icing on the cake moment of what was a truly epic and beautiful run

DAVID: "Such a joy to be out on that course (one with very few non-race people but plenty of beautiful pigs and sheep to observe), to chat to some wonderful runners, to enjoy the wonders of the Norfolk countryside and the warmth of the Positive Steps team and volunteers."

Congratulations to the sensational Women and Men who not only finished on the podium but who broke course records along the way:

All three podium spots smashed the previous course record! First home was Thomas De Lotbiniere in an astonishing 5:42:46, closely followed by Chris Cope (Boston and District AC) in 5:49:28! Third spot was taken by Kyle Brooks (Norfolk Gazelles AC) in 6:10:28.

Juliette Watkinson (Wymondham AC) set a new course record finishing in 6:57:27, in second spot was Kelsey Price in 7:12:12, final spot on the podium was taken by Frances Collett (Dark Peak Fell Runners in 7:25:01.

Full results can be found at <https://www.webscorer.com/race?raceid=265735>



DUNOON ULTRA

By Pauline Lane

In January 2017 I was sitting at home feeling sorry for myself. I had picked up a running injury which would see me unable to train for the April Marathon in the Southeast which I had planned to run with my husband. Scrolling through Facebook I stumbled across a race entitled, "Dunoon Presents 55k Ultramarathon." It had my attention from the moment it came across my feed. Me, a Dunoon girl living down South, who had been roaming those hills and trails since she was a child, who had bored everyone into submission with how wild and beautiful the "proper hills" and trails "at home" were compared to the relatively flat South Downs, looking at an actual ultra on her home turf. Well, show me the way to go home.

I rang my long-suffering husband and gave him the speech which usually fills him with an impending sense of doom. It goes a bit like this, "I've had this really good idea... we are going home to run an ultra." Whilst he is always happy to go home to see family, and has fallen in love with Scotland, I think he thought I would forget, but I didn't. Before he had even got home from work that afternoon, I had signed us up and got myself a training plan, even though I was still recovering from injury. I texted my also long-suffering coach Jan and told her I'd had a really good idea and was going to run an ultra, up the hills in Scotland. Whilst urging caution she immediately started planning my fueling, nutrition (apparently jelly babies and mars bars are not an efficient fuel) and once I had recovered, a training plan. Darren and I joined the Ultra Facebook group and then that of the Dunoon Hill Runners so that we could become part of the community who would be running the ultra that October. Whilst I knew many of the committee from school, my husband is not local and usually a fast road marathon runner, he need not have worried, the ultra community and the local team welcomed him with open arms, making us many new friends and reacquainting old.

Once I had recovered from injury, I trained relentlessly, as I knew that although beautiful, those trails and forest tracks in the hills around Loch Eck can be relentless. Myself and my husband are both serving police officers, we have two young boys, one of whom suffers from a chronic and debilitating condition which means that some days he struggles to walk. He is treated by an amazing team at Southampton Children's Hospital where he goes every four weeks

for treatment. There are days when it is really tough, when the cannula won't go in because his veins have collapsed or when he still has bruises from where the cannula went in the last time, then there are the extra hospital visits because he is immunocompromised and even chicken pox can make him extremely poorly.

For Darren and I, running is a lifeline which takes us away for a few hours of bliss, if you can call a 26-mile training run bliss! On the rare occasions we get to train together, it's the closest thing we get to a date, although trail shoes and a race vest aren't the most romantic attire. For me, when I run I am not a Detective Inspector, nor Charlie and Ollie's mum, or trying to run a house whilst holding down a full time, full on job or the mum of a little boy who battles through on a daily basis. When I run, I am just me. For me, there is no better feeling than being at the top of a hill with the wind on my face. I always want to be higher, always want to be up the next hill. Training for the Dunoon Ultra, which was my first proper ultra, although I have always run trails and longer distances, gave

me a purpose to train for. It gave me a sense of achievement even when it was tough. Getting up at 0500 to make sure I got my training run in was tough, getting home from a long day running a serious incident and knowing that I had to do 14 miles in the height of summer was tough but worth every step. It was even better knowing that I would be doing it on the hills I had been running since a teenager.

Arriving home for the Dunoon Ultra was a great feeling. Darren was welcomed as if he was a local. There was a sense of excitement as Dunoon was hosting a big running event. On the day of the Ultra we were greeted as if we had all been running together for years, there was a great sense of camaraderie. I overheard someone on the free bus which is put on to transport the runners from the ferry to the start complain about the rain, to which the reply was "skin is waterproof."

The start itself is unbeatable, you get piped off by a bagpiper to the firing of a cannon, running over the bridge in Benmore Botanic Gardens between two massive redwoods and along the side of the wee Eck, across the road and up, up into Puck's Glen to some breathtaking waterfalls (ten a penny in Argyll) and scenery. Despite the best of intentions, the start gets the adrenaline going and I always go off too fast like I am some elite athlete. I'm not, I just like to eat cake.

Between Darren and I, we are fairly regular on the Southeast running circuit, with me the muddier the better. Whilst the Dunoon Ultra was always going to be my favourite, as I got to go home, from the runners to the amazing marshalls this event is hands down one of the top running events on the UK calendar. I fear that it will become huge and I will have to go on a waiting list. There is a saying in Glasgow that "People make Glasgow", well "People make the Dunoon Ultra", the scenery isn't too shabby either, even in the rain!



	Event	Location	Miles	S/M/L
Sat 5 th Feb	Pendle Way in a Day	Pennines	45	M
Sat 12 th March	Haworth Hobbie	South Pennines	32	S
Sat 9 th April	Calderdale Hike	South Pennines	36	M
Sat 30 th April	The Fellsman	Yorkshire Dales	61	L
Sat 14 th May	Spire Ultra	Derbyshire	34	S
Sat 25 th June	Lakeland 5 Passes	Lake District	32	S
Sat 9 th July	Hallow 12 Parishes	Worcestershire	40	M
Sat 16 th July	Pennine 39	North Pennines	39	M
Sat 3 rd September	Bullock Smithy Hike	Peak District	56	L
Sun 27 th September	Lancashireman	Pennines	27	S
Sat 1 st October	Round Rotherham	South Yorkshire	50	L
Sat 22 nd October	Yorkshire Trod	Yorkshire Dales	62	L



1 race from each distance category plus one other to count in the series championship. Lots more information at www.runfurther.com



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Did you know that long before people started running ultramarathon races there were ultra-distance walking races in the UK and USA, with races ranging from 100 miles though to six days?

Early records are a little sketchy but the first person recorded to have walked 100 miles in the UK (in under 24 hours) is James Edwin E. Fowler-Dixon who took just 20 hours and 36 minutes to walk 100 miles on a track at *Lillie Bridge*, London in 1877. Since then, 1,211 people have walked 100 miles in under 24 hours to become a *UK Centurion* and worldwide 1,549 walkers have qualified as a Centurion in one of the seven countries that recognise Centurion race-walking - a Centurion being "someone who, as an amateur, has walked 100 miles within 24 hours in a competition".

My story

I started walking in 2012 when an ankle injury prevented me from running a marathon I had entered. I switched to the walker's division, finished the race in 5 hours and 13 minutes, and within 13 months I found myself walking in my first 24 hour race. Prior to taking up walking I had been a runner since my school years competing at a high level (winning races from 5km to the marathon) but for most of my thirty years as a runner I was either injured or between injuries.

I had 'run' three 100km races but in each race I had walked a significant portion of the event and in one of those races a walker had finished less than an hour behind me. That got me thinking. As a 'runner' I didn't train to walk fast and when I took walking breaks during my 100km races I walked slow and without any real purpose.

My 2012 ankle injury never fully recovered and I spent more time training to walk fast than I did training to run. In early 2013 I walked a marathon one weekend and then ran the London mara-

ULTRA DISTANCE RACEWALKING

By Richard McChesney

thon the following weekend. Whilst my overall time at London was faster than when I walked the previous weekend, the last 7.2km was slower. That was the last time I ran further than 10km.

Many of you may know me or recognise my name. After completing my first two 100 mile races in organised walking races I started walking in UK ultramarathon races – completing the 2015 Thames Path 100 in 25 hours and 2 minutes (should have been faster but I struggled over the last 15 miles – don't we all?) and in 2016 I finished 27th in the Grand Union Canal race in 36 hours and 42 minutes. Since then I've competed in many 'running' ultras as a walker, and even won one of them – the 2018 Suffolk Backyard Ultra (as it is now called).

I have a 100 mile walking PB of 20 hours 44 minutes and have walked 381 miles (614 km) in a six-day race.

Why walk?

If you are reading this article you are most probably an ultra-distance runner, so why would you want to consider walking? Injured: As I've mentioned, I switched to walking because my body couldn't tolerate the impact of running, and walking has enabled me to remain in an endurance sport that I have always loved. Before I 'discovered' walking I assumed that if I was injured then I couldn't exercise. It was a case of either run or sit on the couch and watch TV. There was nothing in between. An opinion that I'm sure many people reading this will resonate with. But fast walking uses different muscles than running and has much lower impact. This means that many injured runners can continue walking even when injury prevents running.

Race faster: I'm not saying that you need to walk with the same

technique of the elite race-walkers that you see on TV, but if you were to incorporate fast power-walking into your ultramarathon training you would find that when you take your walking breaks during future ultras you will naturally walk faster, and the end result will be faster overall race times. Most runners will take walking breaks during ultramarathons with the aim of resting their running muscles, but there is no reason why you need to walk slowly during those rest breaks.

A new challenge: Perhaps you are looking for a new challenge for 2022. Why not see whether you could walk 100 miles in under 24 hours. The next UK Centurions qualifying race will be held in Middlesbrough on the 20/21 August. Full details can be found [here](#).

How to walk fast

I'm sure that you will have noticed as a runner that your arms and legs work together to move you forward. When your left leg moves forward your right arm moves forward, and vice versa. The same goes for walking. Most runners have their arms bent at the elbow and perhaps without realising it they drive with their arms when running. Every time their arm goes forward, so does their leg.

Well, walking fast is just as simple. Walk with your arms bent at the elbow as if you were running, and drive with the arms. Your legs might be tired from running, which is why you are taking a walking break, but your arms aren't tired. Driving with your arms will ensure that your legs follow suit, and the end result is fast walking.

Obviously, there is much more to it than that, but simply focusing on driving with your arms during your walking breaks will result in a faster, longer walking stride, using different muscles to your running, which will rest your running muscles whilst still maintaining a good overall pace.

And if you are interested in pure ultra-distance racewalking, the other main thing to keep in mind is that one foot must be on the ground at all times when walking.

Some well-known runners who are also Centurion walkers

Don't take my word for it. As well as being the world's best ultra-distance runner of his time, in 1998 Yiannis Kourous walked 100 miles in under 24 hours to qualify as an [Australian Centurion \(number 33\)](#). His time was 22 hours 55 minutes.

Champion Australian ultrarunner Barry Loveday is Australian Centurion number 62.

Former JOGLE record holders, Sandra Brown, Richard Brown and Sharon Gayter are all UK Centurion walkers – numbers 735, 760 and 1006 respectively. All three of these athletes also have many other UK and/or world running records helped, I'm sure, by their ability to rest their tired running muscles by switching to fast walking when necessary.

Another runner who is also a UK Centurion walker is James Bassett – winner of the 2021 Lon Las Ultra (250 miles across Wales). James qualified as a UK Centurion racewalker number 1175 when he completed 100 miles in 21 hours 24 minutes in 2017, and used his walking experience to power himself through the Lon Las Ultra during his walking breaks.

More information

If, having read this article you would like to learn more about incorporating walking into your training you are welcome to [contact me](#) directly.





RANGER ULTRAS PEAK DISTRICT SOUTH & NORTH

Samuel Hill
20-21 November 2021

A tale of angry horses and knee-deep bogs.

This race has something for everyone. It's a race of two halves that covers the entire length of the stunning Peak District National Park during two days. From its most southern gateway in Ashbourne to its most northern gateway in Marsden Kirklees, with Edale being the central HQ and finish line for both days. It's safe to say that this race has it all.

The beauty of this two-day stage race is the fact that along with the full race, you have the option to race the individual stage of your choice. So, if you don't fancy being up to (and over) your knees in a peat bog on Torside Clough in the Dark Peak (this happened to me on more than one occasion) then you can opt for stage 1 only, which features zero shoe-sucking bogs to traverse. Being an 'all in' kind of ultra-runner I opted for the full two-stage race experience.

Having run this entire route north to south during the later stages of the pandemic lockdown as my own personal challenge, I knew how stunning and brutal this route could be; I was keen to see if my course knowledge would give me an advantage for my podium hopes.



Stage 1 is the most straightforward to complete from a navigational viewpoint and features the most runnable sections of the entire course. 50 km of trail and path from Ashbourne to Edale following the Tissington Trail, Limestone Way and the Pennine Bridleway.

Starting in the gateway town of Ashbourne it was great to see a large crowd of competitors assembled in the leisure centre car park (I'm so glad mass starts are back). At the entrance to the disused railway tunnel that marks the start of the Tissington Trail, we all anxiously made nervous small talk as we awaited the marshal's request to firstly huddle in for a photo, then tell us that if any of us had any intention of winning this race, or even

attempting to beat the course record, they needed to be near the front... So I dutifully stepped forward trying to be as inconspicuous as I could as I edged my way to the front of the pack at the start line.

Then after what seemed like an eternity, the 10 second countdown ended, and we were off!

After about two miles the front pack settled into a steady pace, slightly quicker than I'd have liked but nothing to worry about at this point in the race. Small talk ensued and one of the group mentioned that the course record was around 4 hours 15 minutes. I looked at my watch and did the maths but thought better of it, "Maybe if I was just racing the one day," I

said to myself.

Just then we rounded a corner to come up against two giant horses being led down the trail towards us. The horses nervously whinnied and jumped across the trail – clearly not 'bombproof' as my horse-riding wife describes it. This caused their owners to abruptly shout, "RUNNERS STOP!"

Which we obviously did, but we felt compelled to explain that not too far behind us were dozens and dozens of other runners about to round the corner that we had ourselves just sprang from and if we were held up any longer, they would have more than just our small group to worry about. They changed their tune and respectfully went to one side of the trail and let us by.

As we set off again someone joked about the course record and how it would be a shame if the horse incident had scuppered someone's plans to beat it today! (Little did I know who that someone would be.)

Back into a flow again and the trail stretched out in front of us in a fairly innocuous manner. Although this section of the Tissington Trail seems to the eye to be flat, it does in fact have an incline of around 1,200 ft over the 17ish miles it takes to pass by Parsley Hay heading towards Buxton. This makes the pace you know you can easily sustain just that little bit harder in places, especially when the wind picked up and channeled down the trail towards you like an icy brick wall.

The icy headwind was soon over though as we made the sharp right turn off the trail and across the road to join the Limestone Way. As the name implies the Limestone Way is a wide unmarked lane of packed stone or tarmac. However, it features plenty of potholes big enough that during the winter months are constantly full of water – requiring a fair amount of concentration to navigate without getting your feet wet. There would be plenty of time for that tomorrow.

At this point I was in second place and was keeping first in my sights. He (in my opinion) was a bit aggressive in his pacing and I was convinced that at some point he would fade. I didn't have to wait long though as minutes later he missed the sharp left turn to join the Pennine Bridleway. I shouted to tell him of his error but unfortunately, he couldn't hear me because he had headphones in. There's a moral in there somewhere...

Incidentally he got lost and had to backtrack to find the course again but due to pulling a muscle



he retired from the race after the officials at the next checkpoint went to check on him at my request. How sportsmanlike of me. Plus, if it was me in his shoes, I would have appreciated the help from the marshals.

From there you drop down into Millers Dale and hit the checkpoint. Having done a Ranger Ultras race before I knew that the feed station would have everything I needed and more. After a brief stop to explain the situation with the lost runner I was off again and still in first place.

The climb out of Millers Dale is short but sharp although I knew that other than the climb up to Mam Tor, this was the only real leg-testing hill. So, I powered on with the odd glance back to check that I wasn't going to be imminently caught by second place. I then steadily clicked the miles off before seeing the welcoming sight of Lord's Seat and Mam Tor on the horizon. This buoyed me as I was now anxious to know that today's racing would soon be over.

With my eyes fixed on the horizon I dug deep wondering if I could somehow make the 4:15 course record, but as I looked up to see the Tor fast approaching, I glanced down at my Garmin to see the time had just gone past 4:15, "Ah well I thought, at least it wasn't the horse's fault".

I now took a long look back across the valley to see that second wasn't in sight for at least a mile. This gave me a chance to back off the pace slightly in the hopes of saving my legs for the next day of racing.

I coasted across the valley and over Grindlebrook to turn a sharp left and head down the road past the famous Edale landmarks of The Old Nags Head and The Rambler Inn. Another sharp left and a quick sprint across the carpark to race HQ and the finish line at the village hall.

After I shot across the finish line to applause and congratulations, I heard the marshal say, "Ooh so close as well!" To which I replied, "So close to what?" "The course record," she said, "you were 10 seconds short of the record!"

All I could do was smile and laugh at this point and think of the horses. The course record wasn't 4:15 but actually closer to 4:30. I had missed the course record by a measly 10 seconds! If only the horses hadn't stopped us, if only I hadn't slowed down for the last mile to save my legs for the next day of racing. Ah well at least I knew I was in good company with the previous record holder.

Tomorrow was another day, and I felt a calmness knowing I now had nearly a 20 minute lead over second place.

But like I say, tomorrow is another day and if there is one thing I've learned in my nine years of ultrarunning, it's that things don't always go to plan in an ultra.

Day 2 was another early start at race HQ. As always, the Ranger Ultras team had provided copious amounts of breakfast options so I dived in and made a pig of myself with pain au chocolat and multiple coffees with extra sugar, all fuel for the tank obviously.

Again, we made small talk as we awaited the final race briefing from race director Stu Westfield. Stu informed us of the expected cold temperatures up on the moors and repeated his sentiments about race safety. Doing any race in the Peaks regardless of what time of year it is presents its own unique set of challenges, so it's reassuring to know of Stu's pedigree. Ranger Ultras not only put on numerous ultras in the Peak District and North Yorkshire



moors, but also provide official training in navigation and preparation for the various Montane Spine races with Stu being the race-safety team manager.

Full of coffee and pastry we trundled off into the cold blackness to our waiting transport. The bus trip takes just over an hour to get to Marsden and as the sun rose during the ride we were treated to spectacular views of the Peaks. If this clear weather continued, we were in for a real treat as this stage is equal parts brutal and stunningly beautiful.

After a quick pitstop to do the necessary prerace business at the Marsden's Mechanics, which served as both race start and temporary shelter from the freezing temperatures, we got the starters' countdown and off we went on slightly wooden-feeling legs. Making our way up through Marsden town and joining the beautiful winding gravel path that takes you up past Butterfly Clough, Blakeley Reservoir, Wessenden Reservoir and Wessenden Head Reservoir.

The route then joins the infamous Pennine Way and stays on this national trail all the way back home to Edale.

My race plan for today was simple: go with the lead pack and stick with any of the runners who were doing the full two-day race. My gap of 20 minutes over second place could easily be lost if I wasn't careful.

If any single-stage runners went on ahead, I knew to let them go as it made no difference to the overall race; in fact, I expected more single-day racers to breeze past us especially as they had "fresh legs".

As it happens only one single-day runner got properly ahead in the end. As we navigated Black Hill there were some exchanging of positions but a small group of three or four were now following the swift chap who had pressed on ahead and was now about 10 minutes ahead of us. As we headed down to Crowden and Torside Reservoir the path turned to very rocky and technical terrain. I watched one of the single-stage runners take at least three falls ahead of me and I myself lost my footing, rolled forward and somehow ended up on my back looking back up the rocky path from the comfort of some ferns. "That was a close one," I thought to myself and then resolved to not let a fall ruin my chances of keeping the time I'd worked hard to take from the previous day.

The group continued on more spread out now but a few in this group made a wrong turn including me, breaking the golden rule of ultra running of never blindly following the runner in front of you without checking the map for yourself.

Fortunately, having run the route previously I quickly realised my mistake and doubled back a few hundred yards to get onto the path down to the Torside Reservoir dam wall and happily crossed knowing that I'd taken the correct route and was

back on track again.

By this point I was the only two-day racer at the front and knew that if I could hold on to my current pace I was in for a good shot of keeping my time buffer.

On the far side of Torside Reservoir was the checkpoint. By now a couple from the wayward lead group had caught up and stopped at the aid station. I didn't need anything so decided to get a gel in me as I marched along the trail to the biggest climb of the day up onto Torside Clough. This climb is steep and seemingly endless due to it following the valley ridge line all the way up onto the moor. It's reputedly where the legendary Nicky Spinks trained for UTMB so you can imagine what type of terrain it throws at you. In fact, this is where the terrain gets tricky. A single track of black peat soil peppered with gritstone makes getting an even footing almost impossible. Concentration is essential if you are going to stay upright and avoid a big spill, I couldn't make that mistake twice so again I slowed my pace and used every tired brain cell to stay upright.

This section also features deep fissures in the peat bogs with streams of brown water flowing through them. Some of them being so deep you physically have to climb down into them and out the other side. Some more reasonably-sized ones can be leapt across, which was my preferred option, though many landings were not as firm as they looked from above and ended with you literally knee deep in the bog.

By now I was in third place for the day and knew that once we had navigated this moor, the final checkpoint at the famous Snake Pass lay ahead and only 10 miles remained. During this section I caught second place and we chatted about all things ultra and life. That's one of best things about ultra running, you can meet a complete stranger who, by nature of it being a "race", should be a sworn enemy, but instead somehow you become kindred spirits and help each other out. While we were talking, he took a fall and twisted his ankle. He told me to go ahead but I didn't, we stuck together as it seemed like we both were happy to have someone to talk to during our shared suffering.

We reached the final aid station and took on some supplies for the last leg of our journey. The next section featured flagstones that were as runnable as they were tripping hazards. I knew this only too well after falling not once but three times during the previous summer's expedition, so I kept my head down and we clicked off the miles until we reached the steep steps that take you up and onto the Kinder Plateau. We power hiked from the bottom together, but I reached the top by myself, he was still clearly having ankle trouble. Undeterred, I pressed on knowing that only seven miles remained and feeling better than expected I decided to up my pace as I passed the landmarks of Kinder Downfall and Kinder Scout before heading down the wretched steps of Jacob's Ladder. Anyone who has attempted to walk/power hike/run this infamous stone staircase in either direction knows the pain they can inflict on you even with fresh legs, let alone legs that have travelled more than 56 miles of that rugged landscape over the previous days. But conquer them I did, and I could now not only taste second place for the day's stage, but I now knew that I had extended my lead for the full two-stage race and possibly even take time off the full course record.

I must admit I ran the last mile with a half smile half grimace, much to the bemusement of the hikers I passed on my way down the valley. One final right turn that takes you past the famous Edale public houses and down the lane back to race HQ and the finish line. I rounded the corner to see my two young daughters anxiously awaiting my arrival who then promptly turned and ran with me the last 20 metres.

I crossed the line and took second place for the day, beaten only by the single-stage winner by 15 minutes.

After congratulations and handshakes, I was informed that I had won the overall race by nearly an hour and had simultaneously taken 38 minutes off the full course record!

I've won ultras before but this one felt special. Special because it's the first stage race I've ever won. Special because I managed to take the course record down by so much and special because, well, this race is so special. It's a race like no other I've completed. It has something for everyone, runnable fast trail, soft grassy pathways, rocky climbs and peat bogs, all with the best views that the Peak District National Park has to offer.

If you're after a challenging multi-day stage race that has all of this and more, then sign up for 2022, I cannot recommend it enough! Rangerultras.co.uk



SUNSET CHALLENGE 6/12/24

*Pete Ireland, RD
Saline County Striders,
Benton, Arkansas*

The 10th annual Sunset 6/12/24 Hour Endurance Race, race number six in the 2021-2022 Arkansas Ultra Trail Series, was held on 25 and 26 November in Benton, Arkansas. The race, put on by the Saline County Striders running club, is held on a 1.015 mile certified, paved course that circles Sunset Lake. This is an informal, no fee, no frills, low-key race that relies on donations for funding. We started the race in 2011 as a favor to one of our club members who wanted to run 100 miles (161km) in 24 hours. For religious reasons he does not run on Sundays. That limited his options since most 100 milers start on Saturday morning, and a 24 hour finish ends up on Sunday morning. He and a friend both achieved that goal. Since then, only one other person had reached 100 miles prior to this year.

Although fixed time events have been increasing in popularity, the Sunset 6/12/24 is still the only such race in Arkansas.

We had 65 participants this year, down slightly from 2019. The 2020 race was canceled by COVID. We normally have people from five or six states other than Arkansas, but this year we had only three: one each from Illinois, New Mexico, and Texas.

The 24-hour race started at 7:30 pm on Friday. The 6 and 12 hour races started at 7:30 am the next day. Overnight Friday the low was near 32oF (0oC).

Saturday was cooler than forecast with a high near 54oF (12oC). For the runners, the temperature was manageable. For the volunteers, it was chilly. Fortunately it was dry. We have had rain a couple of times over the years. In 2015, a chilly all-day rain left the lake flooding onto the adjacent road. By early afternoon, when a part of the path was under a couple of inches of rising water, all but one person decided they had enough fun and called it a day!

The plan was to chip time the race as we had done in 2019. Things went well for the first six hours. At that point, we realized the battery in the timing unit was not charging from the auxiliary marine battery. We tried everything, but nothing helped. We finally shut it down and plugged it directly into an electrical outlet to try to charge it. No luck. In retrospect, we suspect it was the cold temperature combined with an aging battery. Meanwhile, we resorted to manually tracking the runners and continued that for the rest of the race.

With chip timing, we normally don't use a race bib, just a timing chip that goes on a shoe. Fortunately, we had sufficient bibs and pins for the 6 and 12 hour runners to wear on Saturday morning to help identify them. Considering we did not have as many volunteers as usual because we planned on chip timing, keeping an accurate lap count was a challenge, especially when all three races were going on concurrently. With manual timing we normally rotated trackers every couple of hours during the day, but that was not an option this time.

Congratulations to Daniel Arnold from Benton, Arkansas (AR), who became only the fourth person to reach the 100 mile mark in this race, finishing with 101.5 miles. Only Caleb Manis (2011), Tim Norwood (2011 and 2012), and Tammy Walther (2013, 2014, and 2016), all from Arkansas, had previously reached the 100 mile mark. Tammy Walther holds the overall record with her 116.73 miles in 2013. The men's record of 105.56 miles is held by Caleb Manis. Second place this year went to Gabriel Harris from Pottsville, AR, with 81.2 miles. Zach Russenberger from Sherwood, AR, was third with 78.16 miles. Honorable mention goes to Gene Bruckert from Illinois, our oldest participant, who completed 50.75 miles at age 86. Honorable mention also goes to Maurice Robinson from Benton, age 80, who completed 71.05 miles.

Ashley Gramza from North Little Rock, AR, finished first in the female 24-hour

division with 64.96 miles. In a tie for second were Kim Fischer from Little Rock, AR, and Lisa Gunnoe from Judsonia, AR, both of whom had 50.75 miles.

In the women's 12 hour, Missy Harken from Little Rock led the way with 51.77 miles, followed by Laura Kearns, also from Little Rock, with 50.75 miles.

In the men's 12 hour, Matthew Jackson of Hot Springs, AR, took first place with 57.86 miles, followed by Jon Klaus of Greenville, Texas, with 50.75 miles.

Erika Ashley of Conway, AR, was first in the 6-hour female division with 34.51 miles. Chrissy Ferguson from Maumelle, AR, was second with 33.51 miles, and Laura Babbitt from Benton was third with 31.47 miles.

In the men's 6 hour, first place went to Zac Morgan from Elkins, AR, with 35.53 miles. Brett Nguyen from Fort Smith, AR, and Mather Chaney from Little Rock tied for second with 31.47 miles.

Complete results can be found at <https://www.runarkansas.com/results/Sunset2021.htm>

As I previously announced, this year (my 10th year as RD) was my last year to put on this race. Fortunately, we have someone who is interested in taking it over so we expect the race to continue. Finally, thanks to everyone who has participated in this race, and especially those who have assisted with this race, not only this year but over the last ten years. Without good volunteer help this race (or any other) would not happen.





PUNK PANTHER ENDURANCE EVENTS CHRISTMAS CRACKER



By Stephen Kirk

On 11 December 2021, myself and many other long-distance runners had the pleasure of taking part in the second Punk Panther Christmas Cracker Ultramarathon. This is the final race in the Punk Panther series, events that start in Otley and explore the trails, hills and moors in and around West Yorkshire and the Yorkshire Dales. This final race is a handicap, meaning the times of previous races are averaged out per runner and start times offered accordingly. I was one of the last to go, with a start time of just before 11am. This took some adjustment for me as a later start means thinking differently of when to eat, with a later breakfast and a lie-in.



I approached Otley Cricket Club, the start location, with an anticipation of enjoyment as the Punk Panther routes are always a pleasure - fun and variable terrain, nice bit of incline, fab organisation and super fellow runners. The route is a lollipop route, with an out-and-back and a loop over and round the moors. The first bit of the route is pretty flat with a trot along a muddy and slippery riverside path away from Otley. Soon there are fields and farms to run through, with some gradual incline as we approach the checkpoint just beyond Timble. Always good to stock up on food and drink here as the section after is a long but beautiful bumble over to Beamsley Beacon. Two years ago the weather was abysmal with sleet lashing in our faces. Today's race was positively tropical by comparison. The lovely marshals helped me refresh and I got to see many fellow runners on the out-and-back section, always good for motivation.

I ran solo up to Beamsley Beacon, an absolute treasure of a route. It's very runnable as it's a steady incline, and it's equally a great run in the opposite direction. Got a chance to see many friendly walkers on this section and a randy Alsatian who took a liking to my leg! It's a section I never tire of and could happily run it forever, with exposed and harsh but stunning moorland. Coming down off the Beacon you almost feel a sense of loss having run such a stunning section. We then approach the checkpoint near Langbar and then continue on the loop back to the Timble checkpoint.

Continuing on the route we approach the final checkpoint on the River Washburn coming off Lindley Wood Reservoir. I meet several other runners at this point as the sky darkens and head torches are put on. Filled with mince pies and cheese (ultra running is all about the food) I continue on the last section of the run back to Otley. This was a fine 32-mile route, with decent weather and my La Sportiva shoes were perfect for the terrain. Accompanied by my mascot Sweep, we finished at Otley Cricket Club to



gain our finishers medal and t-shirt. I chatted to many runners, all of whom enjoyed the race. Amiably we talked through the multiple highs of the day, talked fondly of this race series and ate more mince pies! Our collective thanks go to the Punk Panther team of RDs, marshals and supporters who ensured we all had a fantastic race in a safe, secure and friendly fashion.

VÍA IBÉRICA: VIVA ESPAÑA!!!

Florence Barbier

Translated by Sarah Cameron

IN URDOS ON 24 OCTOBER 2021, A 450 KM STAGE RACE STARTED: THE VIA IBERICA.



Gilles Alberty dreamt up this 450 km race, which allows competitors to link Urdos in France with Riumar in Spain. This was the fourth edition. It's a demanding race; the shortest stage is 45 km, the longest is 77 km and the elevation ranges from 540 to 1,570 metres. Nevertheless, it is accessible, with generous time limits, and competitors have to average 5.8 kph (10:21 minutes per kilometre) or 3.6 mph (16:40 minutes per mile). In this edition, 27 participants took the start including four women, but only two foreign participants, due to the constraints caused by covid. There were ultra specialists but also first-timers, both runners and walkers. The youngest competitor was 49 years old and the oldest 78, giving an average age of 59 years.



The Old Master of the event, known as Gégé, who is famous in France for being a (very) long-distance ultra-cross-country skier, raced it on a scooter and believe me, that it is not an easy task, especially on the hills.

The slick organisation works thanks to volunteers who provide provisions during the stages, transport of kit bags, carry out marshaling duties, prepare meals at the end of some stages and also computer monitoring of the GPS trackers. On both the participant side and on the volunteer side, there are regulars from Jean-Benoît Jaouen's races (la Transe Gaule, la MiL'KiL, la MiMiL'KiL) but also newcomers who can therefore find advice from experts in racing and nutrition. Apart from the first stage when everyone starts at the same time, on the other days there are three different start times at 5:30 a.m., 6 a.m. and 7 a.m.; the slower competitors leave earlier so as not to finish too late in the day.

These different starts allow runners to

encourage each other and sometimes to get a boost when being overtaken by the faster runners as they catch up. Depending on the length of the stages there are between two and six aid stations, each with a selection of solid and liquid nutrition, and the variety of the foods on offer cater for every need. At the finish of each stage, Gilles Alberty determines the starting groups for the next day. Apart from two nights in sports halls, accommodation is in hotels or hostels and evening meals are eaten in restaurants. This community life amongst runners and volunteers creates an atmosphere of camaraderie and also of mutual aid and solidarity. Fatigue accumulates during the successive stages and sometimes injuries occur (shin splints in particular). The sadness is felt by all when one of us decides to pull out of the race. In 2021 five competitors had to stop after the third stage due to injuries. Some of us have uncertainties but we try to hang on; the motivation to reach Riumar beach is stronger than the desire to give up. Each stage allows us



to discover the different landscapes of Spain, first in the region of Aragon, then in Catalonia.

We are often surrounded by mountains. We cross agricultural lands and more arid plains, some of which are reminiscent of the scenery you see in a Western film. The last stage is the most beautiful, because after having made our way over mountain passes, admired orange and lemon trees, climbed the Alba pass, descended towards the olive groves, skirted the rice fields and flanked the Ebro river, the course takes us to the finish line on the beach at Riumar. The emotion is intense when we reach the last of the 450 km. Some runners give the impression of having flown over the course as their stride seemed so light and fast. Others ran with a more leisurely but confident pace. Some could no longer run and ended up walking. Some finished in pain, but their minds were determined to complete the adventure.

The winners of this edition were Stéphane Pélissier in 42:12:54 and Edith Doyen in 51:24:52. The next stage race organised by Gilles Alberty will be the TransEspaña, already postponed twice, which should take place in April and May 2022. The goal will be to cross Spain from north to south: 1,070 km in 18 days, starting on a Pyrenean mountain pass, then traversing the plains and the plateaus of central Spain, and finally finishing at the Mediterranean.

Results on the DUV: [Via Iberica](#)
Race website: [Via Iberica](#)



MULTIDAY TRAINING

By Pranjal Milovnik

Everyone is using his own training methods. There are things that work for us and things that do not work. Multi-day races are a unique kind of race. Your body has to be able to work hard during a long period of time. Regeneration time is very short, so you have to be able to regenerate while running. Your speed has to be adjusted to that. You can't expect to run at your marathon pace (or even 12 or 24 hour pace) and to regenerate your body. You have to learn to listen to your body.

We can divide preparation for a multi-day race into two parts, physical and mental. Physical preparation is clear. But mental preparation is also necessary. We are not ready for that amount of stress from our day-to-day life. We have to learn to work with our mind. It can be the source of energy but it can also be our end.

When you decide to run a multi-day race, it is almost necessary to have a few years of training behind and it is good to run some ultra races before. Usually you start with marathons, then ultra races come and finally you come to multi-day races. It is good to run some 12 or 24 hour races before. There you can test how your body responds to such stress. In your training you should focus on long runs, of course. This is very time consuming so you have to count on it. You have to consider how much time you can spend running on weekdays and how much on weekends. But you can be sure if you want to focus on multi-day running, it will affect your personal life too. You should start to train a long time in advance. You can't get in shape for a multi-day race in a month or two. That's why it is good to plan your race a year ahead. For your first time it is good to choose a race where you run against the clock and not against the distance. There is much more pressure in races like 700 miles than in races against the clock (like a six-day race).

If you have chosen your race, you can set your goal. This is very important because from this you can set your training plan. You have to consider your experiences and your shape too. If you have set your goal, you can start to plan your training. And now I will tell you something that will shock you. You can't train for a multi-day race! If you train for a marathon, you can run two hours daily. But how much should you train for a 6 or 10 day race or even a 3,100 mile race? 10 hours, 15 hours a day? No, it is impossible. We are limited by the time and by the abilities of our body. From my own experiences I know that the best training for a multi-day race is the multi-day race itself. During my first 10 day race, to run 50 miles a day was a real problem. But with each race my capacity was increasing. This year during the 3,100 mile race I was able to run 100 km (62 miles) for 27 days (then I was slowed down by an injury).

Basically, my preparation for the next race starts right after I have finished the last one. Our body needs some time to regenerate. After a 6 or 10 day race it can be a month or two (after 3,100 miles it can be a few months). During this period I usually have longer breaks between trainings (a day or two, sometimes three), but I try to be active at least a little bit. My training usually takes one hour, sometimes two hours during weekends. When I feel my body has started to regenerate, I increase my running to two hours. Six months before the race I start to train fully on regular basis. I run from Tuesday to Friday two hours daily, on Saturday, three, and on Sunday, two hours again. I have a day off on Monday. Three months before the race I start to have longer runs at weekends. Saturday is my main day for long runs. I usually run for five or six hours, or if there is a marathon or ultra race around, I participate but usually only at my training pace. On Sunday I usually have a two or three hour run. This kind of run after my Saturday run teaches my body to regenerate faster, which is necessary for a multi-day race.



During that period I usually run 500-600 km a month. If you consider this, many marathon runners run that much too. You can increase your training even to 1,000 km a month, but for that you need a lot of time, which most of us don't have (and I don't think to run these amounts for a longer time is effective). As with most runners, I spend most of my time at work. So I had to shape my daily routine to be able to run during the week. I usually wake up at 4:45 am and at 6:00 am I'm starting my two hour run. When I come back at 8:00, I have enough time just to take a shower and go to work.

It is good to include body building into your training plan. Running is very hard for your spine. With each step your spine vertebrae, especially in your lower back, have to hold the impact of your whole upper body. You take 900 or 1,000 steps per kilometer; that means during a 100 km race you will take 100,000 steps. This is why your strong abdominal and lower back muscles are so important. These body parts are interconnected and they are supporting your upper body. Do not

neglect any of them. If one of them is much stronger than the other, the stronger muscles will pull the weaker ones to their side and it will weaken them even more. If your lower back muscles are weak, you will feel pain in that part of your body, if your abdominal muscles are weak, you will feel pain in your groin. Our spine does not only provide a support for our body, but our spine cord is spreading nerve impulses to our legs. And also there is a main energetic canal in our spine. During extreme loads, and multi-day running provides such a load, some of our vertebrae can stoop from their ideal position. Your nerves will not be able to carry the impulses to your muscles properly and also subtle energy will not be able to flow properly through your spine. You will not be able to control some of your muscles in your legs properly and your running will drop considerably. Also your body position will change and it will cause uneven loading of your legs. It happens very often that the runner starts to have problems with their knees or joints. Strengthening of your stomach and lower back muscles can help to hold your vertebrae in a proper position. But if that happens, because even those muscles can get tired, a good chiropractor can help you to get your spine into its proper position again. Race organizers usually try to get some chiropractors at least from time to time (but it is not always possible).

Another very important part of your preparation is mental preparation. Multi-day races are very special in this aspect. You are exposed to an extreme physical load, lack of sleep, pain, monotony and many other factors during a very long time. This can put your mental system under extreme pressure. Very often it happens that a runner gives up the race because he or she is not able to endure this stress any more. The most important thing is to realize what you will have to go through already before the race. It is good if you are able to test the effects of those factors on yourself at some shorter ultra races beforehand. If you know how you can endure pain, lack of sleep and monotony, then you can start to look for solutions on how to avoid problems later in the race. Each of us is unique and every one of us has a different approach on how to deal with those problems. In my case I always try to focus my mind in a positive way. There are always problems during this kind of race. Pain is always there, tiredness and lack of sleep is your everyday companion. But I have learned that there is a much stronger source of energy inside us than any problem that is waiting for us out there. That energy is not in our muscles but it is there, deep inside us. If you can silence your mind even for a moment, you will be able to feel this energy. But of course, it is very difficult to control this energy while you are running and if you are not fully focused. But if you practise regularly and for a longer time, the same way as you practise running, you will learn how to get to this energy even on your subconscious level that means you will not need to be fully focused all the time. If you can do that, you will be able to do the things you consider impossible. Everything starts with your belief that you can do it. Doubt and fear are your worst enemies. If you are a victim of fear and doubt, you are focusing your energy in a wrong way and you are losing it. In my case, I have learned not to worry about things which I can't change and accept things as they come. I can't change if it is raining. So I accept it and do not worry about it. I can't change that I got an injury so I accept it and I try to go on as fast as my injury allows me. The best sports people are not best because of the power of their muscles but because of the power of their mind.

I hope these few experiences of mine will help you in your preparation for your first marathon, ultra race or multi-day race. Take what you feel is good for you. Because what is good for me need not be good for you. Each of us is unique.

Overcoming fear, pain, failure and addiction to become
one of the world's toughest ultra-endurance athletes

BECOMING BRUTAL



*"Utterly relatable, brilliantly inspiring, Claire's story gives you
that quiet confidence to turn acorns of ideas into towering oaks"*

**- MARK BEAUMONT, WORLD RECORD-BREAKING,
LONG DISTANCE CYCLIST**

CLAIRE SMITH

Claire Smith, a mum of two (now grown), is a graphic/website designer who struggled with depression and addiction as a young woman before turning her life around and channelling her energy into endurance activities.

In 2005 Claire completed her first event, a half Ironman in Exmoor. In 2006 she took on a full Ironman and continued to up the distance starting Brutal Events in 2011 after failing to find a double Ironman race to take part in. The Brutal Extreme Triathlons were created and took place in North Wales. In 2019, Claire became the first British athlete to complete a continuous Double Deca triathlon - a 48 mile swim, 2,240 miles on the bike and 20 marathons.

BECOMING BRUTAL BY CLAIRE SMITH

Reviewed by Sophie Bennett

I'm not sure 'brutal' actually covers it, if I'm totally honest!

Although when you look up the word 'brutal' in the dictionary it makes more sense...

- > Savagely violent
- > Unpleasant or harsh
- > Direct and without attempting to disguise unpleasantness

I would certainly describe the things that Claire has done as all three of the above.

This book is a very honest journey through Claire's life so far; a raw, emotional rollercoaster of courage, perseverance and a seriously tough mind.

You become fully absorbed in Claire's openness about her battles with alcohol and abusive relationships, and how she overcomes them pretty much single-handedly using sport as a channel to believe in herself.

I loved the life lessons that came at the end of the chapters throughout the book; I want to sticker them and refer to them in the future. Claire is hugely inspiring.

This is a real-life story of how to endure. Claire is a truly amazing person who continuously fought for everything however tough the challenge she faced and she never willingly gave up.

Highly recommended.



The Endurancelife Classic Quarter is a challenging 44 mile Ultra Marathon along the South Cornish coast in the UK from Lizard Point to Land's End. The event is held annually and is scheduled for 21st May this year. The task is simple: to run non-stop from the southernmost point of England (Lizard Point) to the western most tip (Land's End), along the legendary South West Coast Path. This translates to running 90 degrees of the compass, hence the name, Classic Quarter. This Cornish Ultra Marathon can be undertaken as a solo, a relay team of two, or as a relay of four. The atmosphere is of keen and friendly rivalry and has become an annual favourite with Cornish runners. Inspired by local businessman Simon Tregoin, the event was first hosted in 2007 and 2022 will be the event's 16th anniversary. This year there will be live GPS tracking for all relay teams, bespoke, locally made trophies for solo category winners and a big incentive for those who want to write their name into the record books...

James Barker, Director of Endurancelife says, "2020 and 2021 have been toned down events due to social distancing and other restrictions. For 2022 we are excited to go back to a 'full fat' Classic Quarter and have some great new initiatives to roll-out including our "Run The Record" challenge where 2 x £1K prize money is offered to anyone who can better the current male or female course records, 06:27:00 (2019) and 07:02:05 (2016) respectively. The prize monies will be split evenly between the participant and a charity of the participant's choosing". Hungry for an adventure amidst spectacular scenery this year? Sign up at <https://www.endurancelife.com/>





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CORNWALL RUNNING SHOW
SUN 17th APRIL 2022
HEARTLANDS, CORNWALL
SCHEDULE

EXHIBITORS/TRADE STANDS (10:30 - 15:00)

OPEN TO ALL WITH OR WITHOUT TICKETS

GUIDED RUN 1: GUIDED BY TRACY WAITE, DAVID ANDREWARTHA & LEAH ATHERTON (10:30)

4 MILES, ALL ABILITIES

RUN VENTURE 'HOW TO RUN' SESSION/SPEAK (11:30)

COLIN FROM 'RUN VENTURE'

GUIDED RUN 2: GUIDED BY ROBIN WATSON (FRR) (12:30)

DISTANCE TBA, ALL ABILITIES

GUIDED RUN 3: GUIDED BY 'WHYTHRA' (13:30)

4 MILES, ALL ABILITIES

GUEST SPEAKERS, FILM AND Q&A (16:00 - 20:00)

SPEAKER 1 (16:00) - *"KINETIC ENERGY" PRESENTATION*

SPEAKER 2 (16:25) - *CORNWALL CLIMATE CARE - "LIVING ON THE EDGE" FILM & Q.A*
PRESENTED BY EMMA HAZELDINE & CLAIRE WALLERSTEIN

SPEAKER 3 (17:15) - *TRACY WAITE FILM & Q.A*

INTERMISSION/BAR BREAK

SPEAKER 4 (18:00) - *STEPHEN COUSINS (FILM MY RUN)*

SPEAKER 5 (18:30) - *LEAH ATHERTON (POET ON THE RUN)*

SPEAKER 6 (19:00) - *SIÂN LONGTHORPE*

SPEAKER 7 (19:30) - *DAVID ANDREWARTHA (BYS VYKEN EVENTS)*

R E R U N

PRE-LOVED RUNNING

CLOTHES AND EQUIPMENT



Alice McGushin is a medical doctor from Tasmania, Australia. She works on the intersection of health and climate change for the Greener NHS, the programme to see the NHS reach net zero emissions. Alice entered the ultra running scene when she moved to the UK and highlights have been winning the Stour Valley Path 100, Trail National Cote d'Opale, several of the Endurance Life Coastal Trail Series races, and the takayna Ultra back in her home state.



Cees Dijkstra lives in Appelscha/ Leeuwarden in the Netherlands. At 58 his running experience includes 117 marathons and ultra's, eight times covering 100 km or more in races such as the Bear Trail 100k, Indian Summer Ultra and the 105km Trans Aubracc as well as the Bello Gallico (100 miles).



David Bone is the "Bone" in the DAZNBONE London based ultra coaching duo with Darren «Daz» Strachan. David has run in the open event of the last two 24 hr World Championships, finished Spartathlon, Arc of Attrition and Transylvania 100. More recently David has been coaching some ultra youngsters and having fun with some ultra length FKTs. Checkout their website at: daznboneultra.com, [Facebook](#) or on [Instagram](#)



Florence Barbier is an ultrarunner who enjoys longer races. In 2009 at the athletics club, she discovered Nordic walking and this led to a 24 hour in 2012 where she covered 125 km. Florence has completed Les 5 jours de Moussan, L'Étoile Verte D'Éguzon three times, Mi Mil'KiL as well as many other ultras.



Gary Dudney, is a longtime columnist for Ultrarunning magazine in the USA. He's published two books on the subject of the mental side of running, *The Tao of Running* and *The Mindful Runner* as well as numerous articles in all the major running magazines. He's completed over 200 marathons and ultramarathons, including seventy 100-mile races. His home base is Monterey, California.
<http://thetaoofrunning.com/>



Karen Nash I have always run but I really found my love when I discovered off road ultras. I have just celebrated 100 ultras in a decade and have now started on the next 100; I am not giving up yet. In 2013 I set myself a challenge of 52in52@52 (52 ultras in 52 weeks age 52). I actually did 62 although not all were races. My longest race so far is 200 miles. I help organise an ultra race series called [Runfurther](#).



Pete Ireland is a long time member of the Saline County Striders and has served as newsletter editor, secretary-treasurer, and race director for the Arkansas Runner 2-Mile, Arkansas 20K, and Sunset 6/12/24 Hour Races. Pete has finished 11 100 mile races and also completed 100 miles or more six times in multi-day races.



Peter Hammond Surrey based graphic designer and spare time 'back of the pack' ultra runner. Since crossing from marathons to the dark side I've chalked up a few decent races including the Marathon des Sable and Thames Ring 250 amongst others. Goals for 2022 include breaking 24 hours for the 100 miles.



From 2005-2014 **Pranjal Martin Mi-lovnik** had an incredible streak of 10 consecutive finishes of the world's longest race, the Self-Transcendence 3100 mile race. He has run 1000 miles in 16 days, 3 hours, including splits for 1000 km of 10 days and 630 km for six days. Pranjal has been running for many years and has completed innumerable ultras, multadays and two Ironman Triathlons.



Richard McChesney has completed 36 walks of 100 miles or farther since 2013. As well as being a regular in many UK ultra's, he often creates his own 'adventures' which have included a 44 hour circumnavigation of London's M25 motorway (the A & B roads on the outside of the motorway), and visiting all of London's 270 tube stations during a five day walk in 2020.

He has qualified as a Centurion racewalker in New Zealand (#19), the UK (#1131) and the Netherlands (#432), he writes about his walking races and adventures at www.RichardWalksLondon.com



Samuel Hill is an ultramarathon coach, writer and podcaster. He can be found on the web at:

ultrarunningsam.com

@ultrarunning_sam on Instagram and his podcast is on YouTube and all major podcast providers as Understanding Ultra

His running is supported by Balega Socks, Runtrapelrunning apparel and Ugoku Projects.



Stephen Kirk is a prolific Ultra Runner based in York. He enters several races a month, sometime doing more than one ultra a weekend. He is usually in the top 5 if not the winner. However Stephen races more for the enjoyment, stopping to take plenty of photos en route. He is instantly recognisable by his fellow traveller and mascot 'Sweep' who goes along for the ride on his backpack.



Susan Lister is a back of the pack ultra runner and Yoga teacher. She provides a variety of online seasonal yoga classes including yoga specifically for runners. She loves to spend her time jogging around her local Scottish trails. Check out her website [Ananta Yoga](#) for more details.



Annabel Hepworth is a former journalist at The Australian and Australian Financial Review. She is now a strategic communications consultant. Married with a daughter, Annabel is a prolific runner who holds the 1000km Australian female record and world age best for W45 for the distance. She aims to pass 20,000km of races soon.

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ULTRARUNNING WORLD

M A G A Z I N E