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The UK's leading resource for ultra-running presents:



VASQUE

2009
ultra-running championships



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1. Firstly Appologies.....

The CONTACT US pages have not been contacting us....

OK - lets get this one out of the way. We just realised that emails sent to us via the "contact us" buttons on the site have not been getting through. Thank you to those of you who eventually got hold of us to let us know. We're **sorry** - no-one has been ignoring your requests it was just a technical glitch. It's sorted now so please resend your offers, gripes, suggestions and requests.

Please either [reply](#) to this email or get us through the newly updated [CONTACT US](#) page on runfurther **Big Sorry !!** Our other glitch is that some peoples web based email accounts are not letting the pictures appear in these email (sorry about this too - we are looking into it - it does seem to be on googlemail accounts opened in explorer - Firefox and Google Chrome seem to work) - please let us know if you are having any other issues with these emails so we can sort them out!

- now then onto.....

2. Hot Competition.....



Vasque Ultra-running Race Info - See the [LEADER BOARD HERE](#)

This years series is shaping up to be a real scorcher. Another hot day at Osmotherley saw some red-hot competition and it's going to be an exciting finish to the year. We still have 5 slam contenders (more than the first 3 years combined) so good luck to all of you - Dick, Paul, Tim, Julie and Nick - we hope the final 5 races go well for you.

Sitting proudly at the top of the leaderboard is Jez Bragg with a perfect 4000 points so you might well think that its all decided. Well, no!! This year, everyone completing the Lakeland 100 gets 100 points added to their score for that race meaning that the winner will bag 1100 points so....there are at least 2 people, waiting in the wings, who could potentially score more than 4000 points this year. Of course Jez will be there too and on current form who would bet against him having a good run. Andy Rankin lies second in the series right now but keep an eye out for 2007 winner Allen Smalls, last year number 4 - Andy Davies and last years number 3 - Martin Beale. All have 3 races down and good scores.

Last years winner, Nicky Spinks is top lady right now with slam candidate Julie Gardner in 2nd and Gerry Dewhurst not far behind. Wendy Dodds is making a strong challenge in W50 with Cath Worth in 2nd and Shirley Colqhoun in 3rd and we are really hoping to see more from Eleanor Robinson soon (our only female challenger at W60).

The Mens 50+ category has always been a bit of a battleground and this year is no exception with a familiar name, John Vernon, heading things up, just, from John King and Jess Palmer. Look out for Phil Hodgson and our favourite MEP, Chris Davies, though - both have a couple of great scores to build on and there is still plenty of time left in the series to get the 4 counters.

The team trophies are way too early to call yet although the Peak Bog Fairies are clearly going to give the Kryptonettes a good challenge in the Ladies and Team Krypton and Team Vasque look like they will be in the mix for the mens.

3. The next few events.....

Quisque dignissim dictum ante



**DARK & WHITE
CHALLENGE EVENTS**



The big one

Well, are you ready. After a successful first year the Montane Lake District 100 mile and 50 mile events are well subscribed and everything seems to be in place for the first 100 mile event as part of the series. With the bonus points in place for the 100 and a weather pattern that oscillates from deluge to heatwave it should be a very interesting weekend!! You can still enter [HERE](#)

The beautiful one

If you raced Pumlumon either of the past 2 years you will need no convincing. If not then you should take the opportunity. Set in a very unspoilt and wild area of mid-Wales this little gem is the last short race in the series this year - the start/finish is a great family friendly location with cafe and visitor centre, good mountain biking and lots of shorter walks. The event itself is kinda tough - some big fell running type terrain and some faster sections with a few opportunities to shave a couple of minutes through smart route choice. If you run well you will be back in time for the daily feeding of the red kites and if you want to know how important this event can be to the outcome of the series ask Nicky Spinks - her stellar run here last year won her the series!! Entries are open and Wynne is looking forward to welcoming you to a beautiful part of Wales. To enter click [HERE](#) or read last years report [HERE](#) and another [HERE](#) and photos [HERE](#)

The new one

The Peak District is host to another of our new races this year - The Long Tour of Bradwell - 31 miles and 6700ft of climb - track, trails, fell and peat bog - what more could you want! To enter click [HERE](#)

4. UK News.....

Ultra runners and races and results

The 18 year record for the **Paddy Buckley** round in Wales has finally fallen. On 10th July, a hot day in Wales, Tim Higginbottom cruised round in 17hrs and 42mins - 28 mins faster than the record set by Mark Hartell in 1991 and equalled by Chris Near 2 years ago. Well done Tim - now how about running the Runfurther series!! See his Blog [HERE](#)



Stuart Walker

Special mention to Stuart (one of our two grand-slamers from 2008). He has just completed a 1300 odyssey from the Isles of Scilly to Orkney - kayaking, swimming, biking and running his way the length of these isles. Of course some epics and lots of great adventures. Stuart is raising money for 3 worthy causes so go check his blog and then use the links to pop over to justgiving.com and help him to reach his targets - and read all about it [HERE](#)

Stuart - we here at runfurther salute you and your madness!!

Many runners have been on the hills recyng and doing their Bob Graham Rounds and here at Runfurther we have been helping Catherine from Team Run Like a Girl get through hers, read all about her day [HERE](#). That is now 2 of the RunLike a Girl Team members through as Karen Davison (newby to the team for this year) got round hers a few weeks ago too, so it's just Alex, Karen and Hannah to go!



Ian Barnes from Lakesrunner got up one day took his rucsac and ran round the Bob Graham - completely unsupported and he even carried a stove so he could brew up and cook a meal on the way round - as one of the founder members of Runfurther we think he's definately running further! Brilliant run Ian. All that kit in the shop must be a great inspiration to get out there on the hills around Ambleside. See what great offers are on at the moment [HERE](#)

5. Around the world.....

Ultra runners and reaces and results

It seems like the long distance scene is hotting up a little more each year now which is great. The Western States 100 is the oldest 100 miler in the US and one of the oldest Ultras in the world. Hotly contested in any case, the field was even deeper this year because the race was cancelled in 2008 due to forest fires. Our own series leader, Jez Bragg, ran an incredible race - pushing through a bad patch around mile 80 and running without pacing support for almost 15 miles to claw his way onto the podium. His 3rd place and sub-17 hour time are the best performance by a Brit at that event and certainly raised his profile over in the USA. Read his report [HERE](#). Also amazing was the debut 100 mile performance of Anita Ortiz - a 45 year old





mother of 3 and full-time teacher who scorched a field including Nikki Kimball, Krissy Moehl and Beverly Anderson-Abbs to win her first Western States with a 9th place overall.

Race report - IAU World Trail Challenge - Andy Rankin

Trailing gently across the finishing line at Tyndrum in 4th place in the Highland Fling - the official selection race for the GB squad for the IAU World Trail Challenge - I really didn't expect to be asked to wear anything with a union flag on it anytime soon. To my surprise, I was wrong. Jez opted to run Western States instead, and the selectors were looking for a bit of Alpine experience - and seemed to think my position in the Tour du Mont Blanc last year must mean I was suited to legging it over high mountain passes chasing Sherpas and mountain guides. So, I got a selection letter. Read more [HERE](#)

Overseas, the controversial winner of last years UTMB has been busy - Killian Jornet has set a new record for the supported GR20 in Corsica and has intentions for the John Muir Trail in California. In Colorado - a new ladies record was set at Hardrock and Karl Meltzer recorded his 5th win with a counter-clockwise record time of around 24 1/2 hours.



6. Spot Prizes - July

Some info from you.....

We have emailed all the previous spot prize winners that we missed during the time when our emails were not coming through but some have still not responded. See [HERE](#) for a list of who still needs to get hold of us to claim their prize. All the prizes claimed so far have been sent so hopefully we have a few runners out their trying out their new [Vasque Shoes](#), [Thorlo Socks](#), [Cliff Shots](#) and [OMM ultra waist pouches](#) - which can all be bought from [Lakesrunner](#) if anyone else wants to try the kit out.

JULY SPOT PRIZES

[VASQUE SHOES](#) - Martin Walton

[OMM ULTRA WAIST POUCH](#) - Emma Wharton

[THORLO SOCKS](#) - Clare Glazebrook

[CLIFSHOTS](#) - Tracy Dean

Now you can [CONTACT US](#) and we will get back to you - or [reply](#) to this email - we need you to claim your prize by emailing us from your registered runfurther email address and also send us size info if it is needed and a preferred delivery address.



7.  VASQUE

Vasque continues expanding on their Ultimate Fit pledge with the introduction of a revolutionary trail running shoe system for spring 2010. This fit system is built on the premise, 'When the foot is in sync with the shoe, the runner is in sync with the trail'.

The trail is unpredictable and ever-changing, and footwear needs to adapt and conform to the terrain's unique uncertainties. The Vasque solution to addressing the chaotic nature of running on trails is the FootSync Fit System™. This system, utilized in the new Vasque Transistor FS trail shoe, simultaneously synchronizes two forces of nature: the anatomy of a dynamic foot, and the uneven, constantly changing running surface. Read more [HERE](#)



8. Last of all.....

Some info from you.....

We know many of you will have been getting up to all sorts of adventures over the summer months. Please send us your articles and pictures so we can share with other runfurther types - it doesn't have to be a race. Any long days out, fastpacks or adventures are always interesting.

Oh - and please support our sponsors and remember - get out there, go long and have fun!!

Whatever your dream is this year, make sure you enjoy the run.....

**Runfurther
Sponsors**

**Vasque Ultra-
running
Championships
2009**

Cheers

Karen, Mark and Si (*The Runfurther Team*)



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Our mailing address is:

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