



## The 2012 ULTRArace Shoe Survey...

We are ALL very passionate about our shoes and with your help we are hoping to gather and then share your experiences with training shoes and find out just what the best and worst trainers are for ULTRAracing on the roads or trail.

All you need to do is answer the following questions:

*1. What's your trainer of choice for:*

- Everyday training
- Racing
- Trail running?

*2. How often do you change your trainers:*

- 300-500 miles
- 500-700 miles
- 700+ miles?

*3. Which of these injuries have you had:*

- Plantar fasciitis
- ITB
- Achilles tendonitis
- Black toenails?

*4. What is the most important thing to you about the trainers you wear?*

*5. What's been your biggest trainer disappointment and why?*

*6. Which trainer brands are you considering using in 2012?*

*7. How many miles/week do you run?*

All you need to do is [email us](mailto:email us) with your answers and we will give you the results next month and put ALL of the replies (polite please) on to our website.

  
It's time to take up the Challenge...  
 [www.tribesports.com](http://www.tribesports.com)

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*Jen says...*

## 'I ran in Barcelona for 24hrs on no training'...

After my disappointing result following a shoulder injury at the Commonwealth 24 Hours, I was determined to have another crack at the race and I'd entered Barcelona before the week was out.

I was totally set on achieving a GBR qualifying distance for 2012, but found that after a solid 3 months of training for the Commonwealths I had totally lost my motivation to train... at all!

Between 23<sup>rd</sup> September and 17<sup>th</sup> December I probably ran about 10 times, and these were fun runs such as a day of the Druid Challenge and Beachy Head Marathon. When it came to the event though, all that mattered was my support crew (Rorz you're a star) and my determination.

I have taken 2 things from this:

- 1) Mental attitude is a key to success
- 2) Tapering is really important for your big races.



*Rory says...*

## 'What have you got planned for 2012?'

That's been the billion dollar question for me over the last couple of weeks as now is the time that **all** ULTRA-athletes should be outlining their plans and race schedules for the year ahead.

The thing is, that it's not as simple as it used to be. Nowadays, there are umpteen races to choose from. Every type of race distance, severity and number of days seems to be catered for and new races and events are popping up all the time to tempt us away from our annual calendar challenges.

What I have got planned is a structure for my training and running this year and a definite programme of racing and recovery so that I can be injury free and post some 50+ Pbs (you see there are some benefits of getting older).

Anyway, there's probably a bit of desert running, a couple of hard marathons and the possibility of a 10<sup>th</sup> GWR now it's been approved... more on that next month.

*Updates on our progress are here... on [ULTRAtalk...](#)*

## ULTRArace Ltd

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# ULTRAnews **Cont...**

## UK **ULTRA**race™ CHAMPIONSHIP

### Rounds 1 & 2

### **ULTRA**race 45

We've still got places available on our first events of the New Year. It's an ideal place to start off your point scoring in the UK ULTRArace Championship and a great way of losing those excess festive pounds along the way. Do 45 miles or double up for the 90 mile Full Monty... It's on the 21/22 January and race entries are [online here](#).

### Round 3

It's all change for 2012 on the [Tribesports London Ultra](#). There's a new sponsor and a new start and finish to the 50km race around the Capital Ring Footpath. To make it easier on the day, there's transport to the start and improved facilities at the finish for supporters and families to come and be part of the UK's biggest ULTRArunning race. Entries are [online here](#).



### Grantham ECG's

We are again providing ECG's at our [Ur.Grantham](#) for taking part in the 'World's Toughest Footrace'. [ULTRAstore](#) stocks tried and tested lightweight kit we have used ourselves in desert races around the world. With just three months until the race it's now time to focus your [ULTRA-marathon training](#) and please [email us](#) with your MdeS requirements now.



ULTRArace Images

### Runner of the Month... **Jenny Salter**

Well it has to be ULTRArace's own Jenny Salter this month following her impressive 206.45km performance at the recent 24hr track race in Barcelona.

Jenny's far too modest to shout about her own achievements this year (so I will instead) as it rounds off a great 12 months for the Guinness World Record holder and Welsh ULTRA-distance Champion.

2012 will hopefully see her surpass her own expectations - ULTRArace will keep you posted...

#### Next Month Features:

- Tribesports London ULTRA
- Guinness World Record

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