

ULTRA news



Monthly Newsletter of ULTRArace Ltd

JOGLE Special - May 2012



Champion - Rainer Koch



16 Days of Drama out on the Roads of Britain...

ULTRArace Images



2012 - Runners

We had it all on this year's JOGLE Ultra... blisters that made our toes curl, our first finisher for two years and some extraordinarily heroic attempts at the mega-day marathon. The 11 super-human runners who started the race had to contend with torrential rain on most days in Scotland which certainly didn't help the morale as the fatigue of the 60 miles/day kicked in.



Tom Forman

One by one the runners dropped out and it was RAF Sergeant Tim Elliott who astounded us with his resilience to blistered feet. He managed to *run*, yes *run* the 62.5 miles to Penrith before dropping out on medical grounds.

As we hit the graveyard stage from Tarporley to Ludlow, we were left with just Rainer Koch and the effervescent Tom Forman. Tom ran a very brave race, carrying the hopes of the UK for 10 days until a very creaky achilles finally finished his 2012 JOGLE dream. He has vowed to return in [2013](#) and says he will finish next time.



Tim Elliott - Ouch

As for our Champion, Rainer 'The Machine' Koch, what else can we say about this amazing multi-day running phenomena? He smashed the record by over 85 hours and it was simply a privilege to watch his faultless ULTRA-performance. To see what you missed the [event blog is here](#) and if you think you've got what it takes, entries are open for [The JOGLE Ultra 2013 here](#).



Not far now...

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Ready to...

M2MULTRA

Well, if the thought of running 60+ miles per day frightens the living daylights out of you, or if you want to give JOGLE a try but would like a taster first, then this could be a more appealing challenge for the second half of the year.

Last September's runners experienced the whole length of Ireland on the famous 345 mile route from Malin Head to Mizen Head - that's 31 miles/day for 11 days.

Looking back at the event, it really was ground breaking for us to take our 14 runners and sleeper bus and tackle running in another country. Ged Moore's victory on this run will live with us forever, but the heroics from Quentin Somerset (Q) and Liz Turley to get to the finish with their 3am start on the last day had us in tears at the finish line.

There are only *six* places left on the event. The [race blog is here](#) and 2012 entries [are here](#).



Q and Liz Turley - Celebrate



Super Ged



The Machine

Runner of the Month... Rainer Koch

Well it's no surprise that Rainer is our Runner of the Month... and probably the Year as he's the most sensational ULTRA-runner that we have ever had at one of our events.

Running across countries in multi-day events is what he's all about – hear more from the man himself below...



Rainer at Land's End

Next Month Features:

- Cardiff ULTRA - Report
- ULTRArace 100 - Preview

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Rory says...

'Would you like to run some new PB's?'...

Well lots of people we have been training are... Recent success stories include Anthony Taylor who has reduced his 10km and half marathon times and is looking to take a further 20 minutes off his marathon time to go under 3 hours. We also congratulate Andy Saville who has smashed his Marathon time down to a very impressive 3hrs 23mins... To get your new PB take a look at our [personal training programmes](#) and contact us [here](#).

UK ULTRA^{race}™ CHAMPIONSHIP

There's still 5 rounds of the Championship left for you to amass as many points as possible and become the most consistent ULTRA-running Champion in the UK.

We've got the [Aspire Cardiff Ultra](#) this weekend, [ULTRArace 100](#), [Round the Rock](#) around the Channel Island of Jersey, [ULTRArace Peaks](#) and [The Nottingham ULTRA](#)... a cool 269 miles of ULTRA-running challenges for you to enjoy...

Hopefully we'll see you at one of our [events](#) very soon...

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