



# Newsletter — January 2008

## A very Happy New Year to all readers

### Latest News



### Outright victory in Monaco Six Day race

I smashed the 500 mile barrier for the first time when winning the Monaco Six Day race for the second time with a huge personal best of 502 miles. My British record attempt was well on track at half way but high winds and torrential rain in the last 3 days thwarted my efforts. Maybe next year.

The awards were handed out by His Serene Highness The Sovereign Prince of Monaco, Prince Albert II (pictured above). BBC local radio carried daily updates from my crew which gave great coverage. Over 45 runners started but all serious opposition evaporated after about half way which was disappointing.

### World Rankings for 2007

From all known performances in 2007 my world rankings are as follows:

Six Days: World No3

48 Hours: World No12



### More National TV coverage

Recently had another 2 minute feature on national TV - watch it here <http://www.stv.tv/content/news/headlines/display.html?id=opencms:/ne>  
This is my third feature since July 2006!

### Review of 2007 —my best ever?

With three life time best performances at 48 hours, 6 days and in the Spartathlon surely 2007 must be my best year ever since I started ultra running in 1994. These performances included another overseas, outright victory (Monaco 6 day) and my first national record (48hrs).

In addition my 11 year battle with nausea and vomiting problems has now ended as I have eventually elucidated all the answers and have now completed two events with no GI problems - each resulting in huge personal bests. Here's to 2008.

### Commonwealth Games Federation

The first Commonwealth Championships for the 100km and 24 Hour events will take place in Keswick in 2009. This is seen as a stepping stone to eventual Olympic inclusion for ultra running.



## Citizen of the Year 2007?

Following a popular vote, organised by the Orkney Today newspaper, I have been notified that I am one of 5 people nominated for the "Citizen of the Year" honour. Final voting now takes place with the result being announced in February.

## Upcoming Events



March 27-28th:

Athens 24 Hour race



March 30th: I will attend the World Cross Country Championships in Edinburgh as a spectator.

April 9th-28th: High altitude training in the Kenyan Highlands.



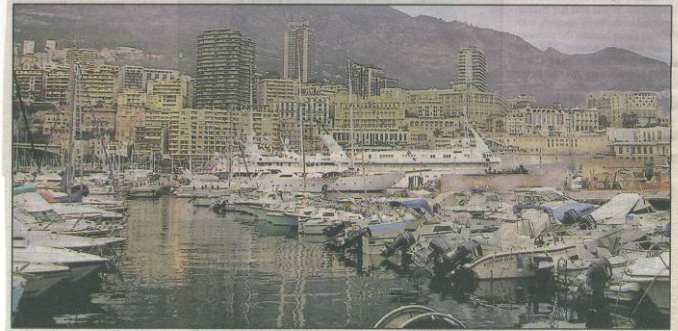
May 16-18th: Surgeres 48 Hour race, France  
Invitation only "World Championships" for 48hrs.



## BBC RADIO SCOTLAND

Regular coverage from Radio Scotland's leading sports programme "John Beattie's Sports Weekly" and on BBC Local Radio.

## The Orcadian



The harbour in Monaco, where William Sichel will attempt a new British six-day record.

## Ultra-athlete to attempt first British six-day record in Monaco

Orkney's ultra-distance athlete, William Sichel, travels to the Principality of Monaco later this week for his first serious British record attempt at the Monaco "No Finish Line" six-day race from this Saturday to Friday, November 23.

William is going for the 19-year-old British road record of 518 miles, set by England's Richard Brown in New York in 1988.

The six-day event has a long history, with records and performances going right back to the 1800s and the era of the 'pedestrians' - the professional athletes of the day.

For this attempt William is returning to the venue where he won his debut six-day event last year, setting a course record and world best distance for the year of 478.6 miles.

He said: "It is a pretty good course around the spectacular harbour in Monaco. I know the set-up and feel it is a good race to make the record attempt."

William is still fresh from his epic run in the Greek Spartathlon in late September, where he knocked over four hours of his best time for the event, an improvement of over 12 per cent on his previous performance.

"I need an improvement of eight per cent over my six-day distance from last year. That's quite a lot, but I feel that if I don't have any major problems and the weather is reasonable I've got a good chance."

William's main crew man will

be Dundee's Alan Young and he will be joined by Manchester's Tim Rainey for the last two days.

In order that people can follow his progress, William has arranged for his web site [www.williamsichel.co.uk](http://www.williamsichel.co.uk) to be updated throughout the record attempt.

BBC Radio Orkney will also carry updates from November 19-23. They will report on William's progress in their morning news programme from Monday to Friday. Listen again at [www.bbc.co.uk/scotland/radioscotland/programmes/orkney/](http://www.bbc.co.uk/scotland/radioscotland/programmes/orkney/)

William is grateful to sponsors: Myprotein, Loganair and The Orcadian.



## Media Coverage



The Press and Journal  
**SPORT**

**Sichel is on a Monaco mission**

ORKNEY RUNNER HAS BRITISH SIX-DAY RECORD IN HIS SIGHTS

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**ORKNEY TODAY**

**Sichel attempts first British record over six days in Monaco**

**ATHLETICS**

ORKNEY ultra-distance athlete, William Sichel, travels to the Principality of Monaco later this week for his first serious British record attempt at the Monaco 'No Finish Line' Six-Day race from Saturday, November 17 to Friday 23.

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WILLIAM SICHEL at the end of the Spartathlon in September.

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William is grateful to sponsors Myprotein, Loganair, and The Orcadian.

**Sichel smashes 500 mile barrier for repeat win in Monaco event**

**ATHLETICS**

SCOTLAND'S top ultra distance athlete, William Sichel, continued his impressive run of form by recording a huge personal best of 502 miles when winning the Monaco Six Day race for the second successive year despite adverse weather conditions.

William became only the third Scot ever to go over 500 miles in a Six Day race since records began in the 1800s.

Coming from behind, William worked his way up the field to overhaul French 24 Hour National Champion Claude Harde and former Antibes Six Day race winner Christophe Laborie, eventually establishing a lead of over 62 miles over the second placed finisher.

The race was marred by torrential rain and high winds over the final 3 days which made William's personal best distances by over 23 miles all the more amazing.

"The harsh conditions were a huge test of my resolve as well as of the crew, clothing and equipment. To pass the 500 mile mark in such conditions was a huge achievement."

William had a morale boosting visit from Scottish Athletics' Chief Executive Geoff Wightman on the Thursday evening and Friday



A RIGHT ROYAL OCCASION: William Sichel with Prince Albert of Monaco, who presented the race awards.

morning. Geoff was on official business in Monaco dealing with the World Governing body for athletics (IAAF) which is based in Monaco. Geoff ran some laps with William and was able to experience an ultra race first hand.

Princess Stephanie was the race starter and six days later it was her father Prince Albert who presented William with his awards.

William is grateful to sponsors: Myprotein, Loganair, and The Orcadian.

**William battles breeze in record attempt**

**ATHLETICS**

by **ROBERT LESLIE**

THE sea breeze on the Monaco coast looks to be the major hurdle that Orkney ultra distance runner William Sichel will have to overcome in his British record attempt in the Monaco 'No Finish Line' Six-Day race, which ends tomorrow, Friday.

Having covered 278 miles in 72 hours - half way - William's website reported on Tuesday that: "From just before daybreak the sea breeze has stiffened greatly making it very hard and it will require an enormous effort to keep the record in sight."

The less upbeat forecast followed on from what William termed an 'excellent first day' on Saturday, when he was 'going very well and feel comfortable', covering 114 miles. The temperature was 8 degrees C at night with only a slight sea breeze at that stage and William was slightly ahead of target.

After 36 hours, he was still 'going well' and feeling comfortable at 158 miles, and 'good hard work before a short sleep' took his distance to 234 miles passing 60 hours, keeping him on target for the 518-mile record.

**"Did you know?"**

In Monaco an 8 day race ran alongside the 6 day race. My distance was so great that only one other runner got past me in 8 days!!

**The 25th Spartathlon  
Athens to Sparta 153 Mile Multi-terrain Race  
Friday 28th to Saturday 29th September 2007**

Orkney's international ultra distance athlete, William Sichel, obliterated his own Scottish record for the world longest point-to-point race – the Spartathlon – by slicing four hours and 13 minutes off his 2005 debut to finish 9th overall, from 325 starters in a time of 29 hours 1 minute 29 secs.

This classic Greek ultramarathon re-creates the 153 mile journey of the Greek messenger Pheidippides when in 490BC he ran from Athens to Sparta to seek reinforcements for the battle with the Persians.

Despite being run in record high temperatures William worked his way through the field to record the best British performance in this event for 12 years and became the fifth fastest British man in the 25 year history of the race.

Leaving Athens on the long road to Corinth the temperature soared to 34°C and even when going down into Sparta the next morning the mercury hovered around 32°C.

"I had a fantastic race and my meticulous preparation paid off handsomely. The sauna training sessions prepared me for the brutal conditions and the Highland Training Camp helped with the mountain crossing in the night. I hoped to go faster than 2005 but to knock over 4 hours off my time is stunning."

The brutal course and weather conditions took a huge toll on the athletes with only 125 of the 325 setting off from the Acropolis in Athens on the Friday morning arriving in Sparta by the Saturday evening.

The race threw up many challenges for William



William touches the foot of King Leonidas to finish the 153 mile Spartathlon

including some that he doesn't often come across on his Orkney island home. These included almost treading on live snakes and having to fend off two wild dog attacks.

Following a short recovery William will begin his preparations for his first serious British record attempt at the Monaco Six Day road race on November 17th.

William is grateful to sponsors: Myprotein, Loganair & The Orcadian

**Results**

1.	Scott Jurek	USA	23:12:14	
2.	Piotr Kurylo	POL	24:29:41	
3.	Valmir Nunes	BRA	25:37:40	
4.	Jens Lukas	GER	25:48:44	
5.	Markus Thalmann	AUS	26:34:30	
6.	Eusebio Bochons	ESP	27:40:14	
7.	Nobumi Iwamoto	JPN	28:17:41	
8.	Takehiro Matsushita	JPN	28:36:41	
9.	William Sichel	GBR	29:01:29	
10.	Ryoichi Sato	JPN	29:25:46	
21.	Akiko Sakamoto	JPN	31:09:24	L1
25.	Vriette Bec	FRA	31:56:03	L2
27.	Kimie Noto	JPN	32:11:05	L3
54.	Richard Brown	GBR	34:22:10	
56.	Mark Cockbain	GBR	34:24:18	
116.	Jose Mico	GBR	35:48:16	

125 runners finished within the 36 hour time limit including 18 ladies.

**Significant Recent Results**

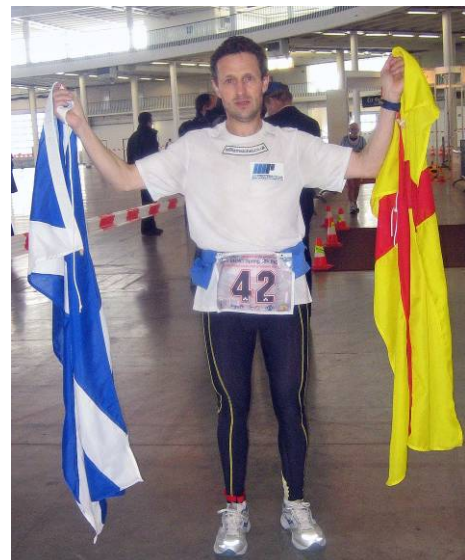
**September 07: Spartathlon - Athens to Sparta**

9th overall in 29hrs 01min 29secs. Huge personal best knocking over 4hrs 13mins off my 2005 best.



**March 07: Czech Indoor 48hr Champs**

Personal best and Scottish 48 hour record of 344.267km/213.92 miles and a superb 6<sup>th</sup> overall in a world class field.



William comes down the home straight in Sparta.



**Austrian 24 Hour Championships Podium  
Andriy Solodovnikov Yiannis Kouros William Sichel**

## November 06: Monaco Six Day road race

Overall winner with a course record and world best for the year of 770.247km /478.6 miles (over 18 marathons)



## July 06: Badwater Ultramarathon – 135 miles through Death Valley

British record, 7<sup>th</sup> overall and 1<sup>st</sup> in age group with a time of 31hrs 36mins 11secs.



## My Sponsors

