

Newsletter – October 2008

Latest News

Silver Medal in Scottish 24hr Championships



I surpassed the Commonwealth Championships qualification distance when running !25.6 miles to take runner-up spot in the Scottish 24 Hour Championships held in Perth the weekend of September 13/14th.

The first Commonwealth Ultra Distance Championships—including a 100km event and a 24 Hour race - will take place in Kendall 17th-20th September 2009.

Council's Sports Strategy Launch

On Wednesday September 17th I accepted an invitation from the Orkney Islands Council to speak at the launch of their Physical Activity and Sport Strategy 2008-2013.

The launch took place at the Pickaquoy Centre in Kirkwall. I was one of 4 speakers. I spoke about the role of sport in different areas of my life including difficult school days; during my surgery and radiotherapy for testicular cancer 11 years ago and then I spoke about the challenges of becoming an elite athlete whilst living in Orkney.

Multi-Media Expansion

The Video/Audio page on my web site has been hugely expanded to include a mix of personal videos and TV features. Over 14 pieces now available.



William Sichel International Ultra Distance Runner

Home / Latest News :: Upcoming Events :: Latest Races & Results :: Past Results & History :: Personal Background :: Press Releases

William's Team | William's Partners | Audio and Video | Photos | Orkney Weight Vest | Ultra Resources | Links | Contact William

Audio / Video Reports

- Hamm 6 Day Race – Personal Video
- Hamm 6 Day Race – Post-Race Interview

Hamm 6 Day Track Race July 2008 'North Tonight' - Preview & Follow up:

Hamm 6 Day Track Race July 2008 (German) - TV News report

Visit William's blog for all the latest news and views!

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Newsletter Archive

ON THE FOUR WHEELS

An on going series of articles, written by

Multi-Media Expansion (cont)

A lot of people are viewing the videos and a typical comment has been "now we can see what you actually do!"

Upcoming Events

2nd Attempt at Scotland's Oldest Athletic Record

All my planning at the moment is based around my second attempt at Scotland's oldest athletic record - the 567 miles in 6 days recorded by the 28 year old George Noremac (pictured below) in 1882, yes **1882**.

I will make the attempt at the Athens International Ultramarathon Festival starting on April 3rd 2009.

I just missed it this year in Germany but believe it is in me to break the record.



GEO. D. CAMERON,

THE NOTED PEDESTRIAN, BETTER KNOWN
AS NOREMAC.

My preparation includes competing in a strong 24 Hour track race in London on October 18/19th and then a final 'warm up' in a 72hr (3 day) event in Phoenix, Arizona timed to run 'across the years'.

Tooting 24 Hour Track Race

October 18/19th 2008. A capacity field of over 40 runners will contest this annual event. For me, my 25th 24 Hour race since I won my debut, in this same event, in 1996! A competitive race is expected with at least 5 athletes with the potential to go over 140 miles.

"Across the Years" 72 Hour, Phoenix, Arizona, USA



December 29th 08 —January 1st 09.

The 25th anniversary of this superb event. I won the 24 hour race there in 2004/2005 and now go back a World leading multi-day runner. A strong entry once again will produce a tough race at the sharp end.

Athens International Ultramarathon Festival

April 3rd—10th 2009

Organised by Greek cancer specialist Dr Costas Baxevanis this event will feature a 24 Hour, 48 Hour, 72 Hour and a 7 day event—during which I will tackle the 567 mile Scottish All-Time 6 day record.

BBC RADIO SCOTLAND

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



Regular coverage on Scotland's leading sports news web site

OIC's treadmill gift to Sanday athlete

Orkney's ultra-distance runner, William Sichel, has been gifted a treadmill by Orkney Islands Council, to assist him in his training.

The Sanday-based athlete originally asked if he could purchase the unused machine, which is surplus to requirements at the Pickaquooy Centre, following an upgrade of their gym equipment.

A report brought before last Wednesday's OIC education, recreation and cultural services committee meeting explained: "William Sichel, who was aware that the Pickaquooy Centre was

acquiring new equipment, asked if he could purchase the treadmill, but also requested whether the council may consider sponsoring him in respect of his equipment.

"Much of Mr Sichel's training is undertaken on his domestic treadmill, which is now coming to the end of its useful life."

Councillors unanimously agreed to donate the treadmill to Mr Sichel — ranked third in the world for the six-day running event — in order to support his training as an international athlete.

Sichel all set to contest first 'home' 24-hour race

Sanday-based runner William Sichel, 54, Scotland's leading ultra-distance internationalist, travels to Perth this week to compete in his first 24-hour race in Scotland. The inaugural "Perth Ultra Fest", organized by Scottish Athletics, will comprise four different events, including a 100km, a 24-hour race and two relay events to be run on Saturday/Sunday September 13/14.

He said: "It feels really strange to be running in my home country after 11 years of running these events elsewhere. I think this will be my 24th, 24-hour race so I'm

looking forward to having a good performance."

About 22 runners will start the 24-hour event at 10am on Saturday morning and 18 will toe the line, two hours later, for the 100km (62 miles) race.

Runners will have more than half an eye on the forthcoming Commonwealth Ultra Championships to be held in Keswick, in September, 2009. This event will feature a 24-hour and a 100km event and Scotland will hope to send teams to both.

William hopes he will be fully recovered from his epic, record-breaking out-

right win in the Hamm Six-Day race in Germany, which ended on July 5. William covered 532.6 miles for his second national ultra-distance record. This is currently the world best distance on the track this year, with all the top runners having done a track six-day this year.

In order that more people can become involved in his event and follow his progress, William has arranged for his website to be updated during the event — www.williamsichel.co.uk.

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



Silver in Scottish 24-hour championships



William Sichel grinding out a good finish in Perth with the assistance of crewman Shaun Brassfield-Thorpe.

Sanday runner, William Sichel, 54, took the silver medal in the inaugural Scottish 24-hour championships, held as part of the Perth Ultra Fest last weekend.

Running a 24-hour event for the first time in Scotland, William completed 125,709 miles, a season's best. He was also first in his age group and, more importantly, just passed the Scottish Athletics' Commonwealth 24-hour championship qualification distance of 124,5 miles. The first Commonwealth Championships for ultra distance running, featuring the 100km and the 24-hour events, will take place in Keswick, in September, 2009.

The 22 starters had to brave westerly rain for the first 12 hours on the spectacular 1.5 mile course around the Inches in Perth. Conditions then cleared and steadily improved, with a glorious autumn Sunday morning finish.

He said: "That's a few bad patches during the race and had to really dig in for a good finish, which I achieved. My crew of my daughter Bella and training adviser Shaun Brassfield-Thorpe had to really work over the last three hours to get me over the 124.5 mile target."

The winner was Dundee's Stephen Maslin, 40, who ran a huge personal best of 148.8 miles for a comfortable victory.

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



William accepts his silver medal in Perth.

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ORKNEY TODAY

Silver for Sichel in Scottish 24-hour event

ATHLETICS

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Running a 24-hour event



WILLIAM SICHEL running in Perth.

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Orkney quick off the mark with physical activity and sport strategy

by ROBERT LESLIE

ORKNEY has been quick off the mark in taking one of the first authorities in Scotland to produce a strategy for physical activity and sport following the launch of the second national strategy, *Reaching Higher*, in February 2007.



STRATEGY LAUNCH: Susan Hainworth of SportScotland and Peter

partnership manager for SportScotland said, "You have been very quick off the mark in taking one of the first authorities in Scotland to produce a strategy for physical activity and sport following the launch of the second national strategy, *Reaching Higher*, in February 2007.

Speaking at the launch of the Orkney document at the Pickaquoy Centre last Wednesday, Susan Hainworth, partnership manager for SportScotland said, "You have been very quick off the mark in taking one of the first authorities in Scotland to produce a strategy for physical activity and sport following the launch of the second national strategy, *Reaching Higher*, in February 2007.

The strategy aims, intended by around 50 people from sporting groups and the wider community, to set out with an overarching performance from Stephen Reid and his colleagues, looking only sports and creating some exciting routes to engage others into active and sport.

With the event introduced by Orkney's senior sports manager Kelvin Henderson, Hainworth set out the national ultra-distance runner William Sichel was on hand to share his story, including fitting in during several changes of what when he was younger. But it was his description of using the sporting context to get through the struggles and attainment of technical issues that particularly gripped the audience, with William telling of working sports clothing and making health every day even when he was recovering from chemotherapy at an Aberdeen hospital.

"I was slightly nervous but certainly not in the end," he said. Councillor John Eccles highlighted the benefits that

Orkney could reap from being involved in the 20 of Scotland group completed in gaining a lasting legacy from the 2012 Commonwealth Games in Glasgow. Councillor Eccles said Orkney needed to be in a position to benefit from the promise from the national of a lasting legacy for the whole country.

However, he also noted his concern that the same procedures were inhibiting people from volunteering in sport and young people's activities, and suggested that Orkney should consider its own strategy to do better. The new strategy is about people who are not sport-people - a key aim being to encourage participation from the whole community, whether through simply going for a walk in through high-level performance. And John Henderson, community health partnership manager at Orkney, stressed the need to work in partnership, including cycling or walking to work, participating in events, but also the need that lack of physical activity was a health problem in itself.



REACHING FOR NEW HEIGHTS: Stephen Reid's strategy speech at the Physical Activity and Sport Strategy launch at the Pickaquoy Centre.

Sichel to contest first 'home' 24 Hour race

ATHLETICS

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on the track this year with all the top runners having done a track six day this year.

In order that more people can become involved in his event and follow his progress, William has arranged for his web site to be updated during the event www.williamsichel.co.uk

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

Meanwhile, William is to be given a redundant treadmill from the Pickaquoy Centre to help with his training.

Members of the council's education, recreation and cultural services committee unanimously agreed last week that they should donate the piece of equipment to the Sanday-based athlete because of his international

standing in his sport.

New gym equipment was installed at the Pickaquoy Centre earlier this year as the original equipment had come to the end of its useful life.

Knowing that this upgrade had taken place, William had offered to buy one of the old treadmills from Picky to help with his distance running training.

But officials recommended that the council should simply donate the equipment to the runner in view of his dedication to sport as a role model for others.

Councillors wholeheartedly supported the recommendation and so the redundant treadmill is likely to be gifted to Mr Sichel after the decision is approved by the full council.

Duo going the ultra-distance

ORKNEY AND PETERHEAD RUNNERS AIMING FOR SCOTLAND PLACE AT KESWICK

William Sichel and Alan Reid will compete in the Scottish ultra-distance road running meeting at Perth this weekend with the aim of gaining selection for next year's inaugural Commonwealth championships.

Reid (Peterhead Harriers Club), a former Great Britain international, is hoping to be enough to win a place in the 100k race.

The 2006 Keswick meeting, which is also to feature women's racing, has been given special Commonwealth Championship status with a view to the longer-term possibility of these events being



Alan Reid
100k race target



William Sichel
also 24-hour runner

part of the more experienced competitors in the Scotland squad this weekend.

The currently club member was in the side that struck four gold in Alaska five years ago.

William Sichel built on that success while last clubmate Angus Blake won the race and former Aberdeen runner Tony Fildes finished second.

Earlier Nations (Danbury Massachusetts) will compete for the Scotland junior team in Scotland.

The 16-year-old expects to benefit largely from the experience as he has a couple more years in this age group.

HAVE YOUR SAY:
FANR@GMAIL.COM

held, although unfortunately, there have been problems.

It was an individual silver at the 100k race in 2000 when he also picked up a team bronze.

Chalmers was also a team of four medalist in Edinburgh in 2005 and a team bronze medalist at Vale 74 Race, July in 2002.

Aberdeen's top Wilkie is

Mason on course for Commonwealth date

DUNDEE ATHLETE RUNS LIFETIME BEST

ATHLETICS

BY FRASER CLYNE

DUNDEE'S Steven Mason looks set to represent Scotland in next year's inaugural Commonwealth ultra-distance road running championships after winning the Perth 24 hour race at the weekend, while Carnegie Harriers' Pauline Walker should be joining him after breaking her own national record for the event in the women's contest.

Mason improved his lifetime best performance by 11 miles when completing 148.755 miles in the allotted time.

Walker finished runner-up with 130.345 and set Scottish 100 mile (17hr 12min 22sec) and 200km (22:48:28) records en route.

Orkney's William Sichel was third overall with a distance of 125.326 which is also inside the Commonwealth selection guidelines, although the team will not be named until next year.

Another two Carnegie athletes, Lyn Kuz and Fiona Rennie, were second and third respectively in the women's race and they too finished well inside the required distance for the Commonwealth championships to be held at Keswick. Rennie is Walker's twin sister.

David Gardiner (Kirkintilloch Olympians) won the Scottish 100km title at the same venue, clocking 7:36:11 to finish more than eight minutes ahead of title-holder Paul Hart (Dumfries). Both men were inside the Commonwealth selection requirements.

SICHEL SETS SIX DAY PB

Scotland's leading ultra distance runner William Sichel smashed his PB and recorded a massive victory in the six-day track race at Hamm near Dortmund.



Sichel ran a third consecutive personal best distance, by over 30 miles, recording a staggering 532.56 miles.

This distance gives Sichel the overall Scottish six-day record (modern), the Great Britain age group record and is the second best performance in the world this year.

All meaningful opposition had evaporated by the end of day one when Germany's leading athlete Wolfgang Schwark decided to withdraw. Sichel went on to win by over 172 miles from the second-placed finisher.

"I was disappointed when Schwark withdrew as I had gone to Germany for a head-to-head with the world leader but this wasn't to be."

"I really believe now that the sky's the limit and a distance in excess of 600 miles is in me. The ancient record set in 1882 is now well within my grasp as well. The scale of my improvement is unprecedented in this sport and many more records are now at my disposal."

Runners battled hot weather in all but two days, with temperatures in the 30's being quite the norm. During the final 18 hours the athletes had to run additional distance as a flash flood damaged the inner lanes of the track turning them to sludge.



Sichel's next race will be in Scotland when he competes in the Perth Ultra Fest on September 13th/14th.



26 Sunday Mail September 28, 2008

Scot in record bid to run 560 miles in 6 days

By MIKE MERRITT

A SCOTS athlete hopes to break a world record by running more than 500 miles in just six days - on a diet of mince and tatties, porridge and oatcakes.

William Sichel, 54, prefers traditional fare to protein bars to train for the challenge in Athens in April.

He hopes to run 567 miles, the distance from Edinburgh to Paris, to beat the record set by fellow Scot George Cameron in 1982.

William said: "My ambition is to run over 600 miles in six days, which has only ever been achieved by a handful of people."

"There is no prize money at stake in Athens - just

pride and honour." William - who runs an angora wool firm on the Hebridean isle of Sanday - runs 60 miles per week and lifts weights. He reckons his diet is vital to his success.

Meals are porridge and mince and tatties with oatcakes and Kit Kats as snacks. He also has a pint of Guinness after a race.

He said: "I've learned so much in the last two years, especially about pacing and nutrition, that I believe my best is yet to come."



Champion: William

Re J. 13 Sept 08.

Significant Recent Results

July 08: Hamm 6 Day track Race, Germany



Outright winner with 532.6 miles—
All-Time Scottish Track Record
and British M50 Record

November 07: Monaco Six Day road race



Overall winner with a course record of 809.230km/502.8 miles (over 19 marathons). Third best ever Scottish performance since records began.

September 07: Spartathlon - Athens to Sparta

9th overall in 29hrs 01min 29secs.
Huge personal best knocking over 4hrs 13mins off my 2005 best.
Best ever performance by a Scot.



March 07: Czech Indoor 48hr Champs

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



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)



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Personal Column

I was born in the Northamptonshire village of Welford in 1953 and lived there for my first 10 years. My father was born in Kelvinside, Glasgow before moving south at a young age.

My teenage years were spent in the south east of England - Tonbridge and Sevenoaks.

I am one of nine children (5 girls and 4 boys) and am the middle child.

I am a graduate of Chelsea College, London University where I obtained my BSc (Hons) in Human Biology (with physiology) in 1976.

Immediately following graduation I followed my first love - table tennis. In pursuit of excellence I lived and trained for 6 months in Japan (1977) and for 6 weeks at the Beijing Institute of Physical Culture in 1980.

I retired from table tennis in 1981 whilst playing on a semi-professional basis for the Dutch club Evro Salamanders.

I immediately took up marathon running recording 2hrs 43 mins in the Birmingham Peoples Marathon in 1981.

Following my retirement from my table tennis career I decided I wanted to return to rural life. My initial interest in the Orkney Islands was due to the low cost of some land and properties. However, the more I investigated the area the more interested I became. I decided to go up there for a month in May 1982 to look around.

I have lived in the Orkney island of Sanday since 1982. I married Elizabeth there later that year. We built our own turf-roofed house there and started a business. The business developed into the current mail order thermal clothing and wool enterprise known as Orkney Angora.

