

Newsletter

July 07

Swiss 24 Hour Champs



Solid run in Basel, Switzerland gave me 5th in my age group and a distance of 116.6 miles.



Commonwealth Status for Ultras

The following announcement was made in mid May
"The International Association of Ultra Runners (IAU) and the World Mountain Running Association (WMRA) are pleased to announce that their proposal to stage a joint Commonwealth Championships for ultra distance and mountain running has been accepted by the Commonwealth Games Federation."
The first Commonwealth Ultra Championship will take place in Keswick, England in 2009.

Fat use in ultras



Picture shows the amount of fat I 'burnt' during the recent Swiss 24 Hour Championships – 1.1kg/2.4lbs! I'm very highly tuned to using stored body fat as fuel during my ultra long races. Endurance training increases the amount of fat stored within the muscles. I don't recommend this as a weight loss method as the fat will be replaced gradually during the recovery process!

I was able to find this out because I volunteered to take part in a scientific field study conducted by Dr. Beat Knechtle from St. Gallen, Switzerland during the Swiss race. Dr Knechtle is one the few researchers to specialise in research associated with ultra endurance athletes. The Swiss field study looked at changes in body composition during a 24hr race and the influence of mineral and vitamin supplementation on race performance.

More Talks – William speaks



I have done a couple more talks recently. I gave a talk on my Badwater race to the Sanday Afternoon Club and in March I gave a talk on motivation, goal setting and health to patients of Glasgow Chiropractic's Irvine Clinic.

St Magnus Festival



...and now for something completely different! In June I made one of my more unusual appearances - on the stage at the St Magnus Festival in Kirkwall! I was honoured to be asked to be the first performer to appear on stage at the world premier of an exciting project called "JumpStart".

JumpStart! brought together over 200 schoolchildren, dancers and sportspeople in a spectacular, choreographed display celebrating the diversity of Orkney sport. With choreography by **Andy Howitt**, film by **Tim Fitzpatrick** and music by **Gemma McGregor**, activities from fencing to freerunning, karate to bowling are showcased through dance and music against a background of filmed images of Orkney in action. In reality I had to run a few laps, lead in a lot of school kids, do some warm up exercises and then run on the spot for a minute or two before leading everyone off as the music ended.

A great experience and some great music played by Orkney band Blindspot.

Media Coverage

Some superb media coverage since the last Newsletter. Here are some significant examples:



Press & Journal



Sichel record sweet relief after ice cream and toenail trouble

I took two days, two lost toe nails and a two-mile hunt for ice-cream for Scottish ultra-runner

William Sichel to clinch his first national record.

Completing an incredible 213 miles – the equivalent of eight marathons back to back – at the recent Czech Indoor 48-Hour Championships, the athlete smashed a long-standing Scottish record by almost 20 miles. The previous 48-hour indoor best had been set by Canadian-Scot Al Howie in 1989.

Sichel said: "It has taken me many years to reach this level but it is a fantastic feeling to have broken a Scottish record at last."

But the Orkney businessman's long-distance record-breaking achievement was tougher than he expected. "The concrete running surface at the indoor stadium was extremely hard and made my feet sore and swollen," said the 53-year-old after the race in Brno, the Moravian capital. "I've rarely suffered such bad blisters or damaged toe nails. At the end I peeled off my sock to find two nails had completely fallen off."

Sichel, who only started entering ultra runs (races longer than the standard 26.2-mile marathon) in his early 40s, is fastidious about training and preparation for the four to five races he enters annually.

With the support of handler Alan Young, the Isle of Sanday athlete runs every race according to a very detailed plan. During the 48-hour event, sleep amounts to a maximum of four 20-minute naps, while food-stops occur

every four hours. Liquid food every 30 minutes acts as an energy supplement.

"Nothing can be left to chance in a race so I run according to a tried-and-tested schedule," said Sichel. "I won't stop for long during this length of race, just enough times to sleep off the worst of the tiredness and to eat a small meal."

"I stick to foods that I know will line my stomach but without affecting my digestion, such as mashed potato mixed with cheese, Ambrosia custard and ice cream."

But it was the ice cream that caused the most problems in the Czech Republic earlier this month. Young said: "William can only stomach a particular kind of ice cream while racing. It has to be the block type rather than the fluffy, creamy stuff. We had trouble finding any and in the end I asked a race helper to take a tram from the stadium for a couple of miles to the nearest shopping centre to go in search."

She found some and Sichel went on to pass Howie's previous record of 191 miles at 43 hours and 15 minutes. By the end of the 48 hours, having run 1377 laps of the circular stadium track, he took overall sixth position behind the winner, Tony Mangan, from Ireland, who recorded a world indoor best of 264.8 miles.

Sichel's latest feat comes after last year's world best Six Day performance race of 478 miles. He is also fifth on the all-time list of British road 24-hour races with 153 miles.

FIONA RUSSELL

Sichel storms way to Scottish record with impressive run

Athletics

by Fraser Clyne

ORNEY'S William Sichel set a Scottish indoor record of 344.20k (213 miles 164 yards) when finishing sixth overall in the Czech Republic 48-hour championships at Brno, Moravia, at the weekend.

The veteran ultramarathoner added more than 12k to the previous mark set by Adamantios Al Louas.

Sichel was just 8k short of the British record which has stood for 21 years.

Ireland's Tony Mangan won the race by setting a world indoor record distance of 426.17k (264 miles 143 yards).

Kirsty Law (Inverness Harriers), 26, finished seventh in the under-23 women's division with a time of 44:45 minutes at the European Winter Triathlon Cup in Yalta, Ukraine, on Saturday.

The competition, held in bitterly cold and windy conditions, was won by Germany's Holger Mader with 60.35m.

Law's compatriot, Susan McKee (Edinburgh Southern Harriers), was sixth in the hammer, clearing 56.82 behind Maria Smolyakova (Belarus) who won with 66.7k.

Top British performance came from Gaille Sayers (Belgian Harriers) who was silver medalist in the javelin.

Sayers threw 60.02 to finish runner-up behind the 2004 Olympic silver medalist and European champion Steph Hearn (Germany), who achieved a lifetime best of 61.14.

Little Workman (Banchory Strathaven AC) shared great form to take the silver medal in the AAA under-15 postathlon championships at Manchester Sports City on Saturday.

The Robert Gordon's College pupil, who was competing in England for the first time, achieved personal best performances in the 60m hurdles, high jump and 800m.

Kerry's Samuel Wanjiru broke the world half marathon record for the second time this year when clocking 59m 50s in the Berlin City Park City race at The Hague, Holland, on Saturday.

Wanjiru, 26, also broke the 20k world record en route with a time of 55:21.

His half marathon time bettered the 58:53 he recorded at Rotterdam last month, although this performance has still to be ratified by the IAAF.

Another Kenyan, Hilda Kibet, won the women's race in a lifetime best of 1:04:13.

Stewart White (Carmarthen) defeated Alan Smith (Orkney Harriers) to win the Cloughill hill race near Banchory, Perthshire on Saturday.

White covered the 2.4k course, which includes 45m of climbing, in 21:15 to finish 59 seconds clear of Smith.

Road Runners Photo Gallery



Lizzy Hawker in Korea



William Sichel

Sharon Gayter

Stunning debut in extreme six day event leads Orkney athlete to world's top spot
 Saturday 18th to Friday 25th November 2006

Orkney ultra endurance athlete William Sichel described himself as "stunned and flabbergasted" after winning his debut "No Finish Line" Six Day road running event in Monaco with a world's best performance for 2006 of 478.6 miles - equivalent to over 18 marathons in the six days.

"With all my experience over the years at ultra running plus my performance in the Badwater Ultramarathon in July I thought I would have a good chance of a decent run in Monaco but to cover over 18 marathons, beat last year's World No 2 runner, come back from being 50 miles behind the leader, to run further than anyone else this year and to run more miles in the second half of the race than the first, well that is the stuff of dreams."

William came from behind to beat the race favourite, France's Claude Harel who led by over 46 miles at one point. Over 41 entrants were joined by hundreds of fun runners on the mile long course around the harbour in Monaco. William knew things were going well when he set a new personal best for 48 hours (167 miles) during the event.

William is indebted to his helper Alan Young who helped to make the whole event the success it was.

William is grateful to sponsors: dion networks, Loganair, Sheila Fleet Jewellery and The Orcadian. William is currently World No1 for all Six Day performances in 2006. William currently lies 5th

on the "All time" list of British road 24 hour performances with his run of 153.3 miles/246.70km in 2000.

William is a member of the Orkney Athletic Club and in November 2006 was honoured by the Orkney Islands Council for "outstanding achievements in sport".

William Sichel competing in the Self Transcendence Sri Chinmoy 24 Hour Track Race 14th to 19th October 2006 at Tooting Bec London.

20

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Swiss challenge

Orkney's world number one, six-day ultra distance athlete, William Sichel, drops down in distance when he tackles this weekend's Swiss 24-hour championships in Basel on May 12-13.

Still fresh from his Scottish 48-hour record in March's Curch Championships, William is looking for another good performance in the 15th running of this popular and prestigious ultra-distance event, held in the peaceful St. Jacob's Park on the outskirts of the city.

The race has attracted a record entry for both the 12-hour and 24-hour events. The entry of 96 for the 24-hour, non-stop, event is world-class and includes former European Champion Jens Lukas from Germany. The race has been awarded the Swiss Championships for the second year in succession.

William said: "This is one of my favourite events. Always well organized, a delightful location, a competitive field and I won it in 2000, with my best distance to date - 153.3 miles."

He heads to Switzerland in good form, having just had two weeks warm-weather training in the quiet resort of Playa Blanca in Lanzarote. He will be supported by his regular crewman Alan Young who will tend to William's every need during the race.

Fifth place in Swiss 24-Hour challenge

Orkney's world number one, six-day ultra distance athlete, William Sichel, raced over just one day last weekend in the Swiss 24-Hour Championships in Basel, Switzerland. Covering 116.59 miles for fifth place in his age group and 18th place overall from the 106 starters.

He said: "I had a good steady run and finished strongly. Like any of these super-marathons I had good and bad patches, but was pleased to come through them well. During the race I rehearsed many things for use in future multi-day races like the 48-hours and six-day events."

He tested different food and drink combinations, foot care procedures and running hard to the end. William is now using the 24-hour events as his bread and butter races, honing his training and preparation for his specialist multi-day events.

A record number of runners contested the 12 and 24-hour events which also included the Swiss Championships. Runners had to endure a hot weekend in the scenic St. Jacob's Park, with temperatures climbing to 27°C on the Saturday and topping 28°C on the Sunday morning, further testing the athlete's endurance. William also participated in a medical research project at



William Sichel attempts to cool down as the mercury hits 28 degrees in Switzerland.

the race and underwent a battery of tests and measurements, both before and after the event. Results will be revealed at a later date.

His next event will be the Austrian 24-Hour Championships in July.

William is grateful to sponsors Myprotein and Loganair.

With his wife, Elizabeth, he runs the Orkney Angora (hand dyeing specialists) mail order business in Sandoy, Orkney.

Although born in the Warwickshire village of Welford and brought up in the southeast of England, William has lived in the Orkney island of Sandoy since 1982.

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 william@williamsichel.co.uk Web site: http://www.williamsichel.co.uk/

William's CV:
 Scottish 100km Champion (1994)
 British 100km Champion (1999)
 Basel 24hr, Switzerland, outright winner with 153.3 miles (2000), European 100km Championships: Team bronze medal (1997)
 World 24hr ranking No12 (1996 & 2000)
 "Across the Years" 24hr, Phoenix, Arizona, outright winner (2005)
 First Scot, ever, to complete the world's longest point-to-point race - the 153 mile "Spartathlon" in Greece (2005)
 Masters World 100km Champion (1998)
 World 24hr Championships (2004) Age-Group Silver
 Guinness World Records (treadmill) 100 miles & 24hrs (2002)

British event record in the 29th running of the "World's Toughest Race" the Badwater Ultramarathon (2005)

Represented Great Britain 11 times since 1996:100km team x 8 & 24hr team x 3.

William's Personal Bests
 Marathon: 2:38:17 (1995)
 100km: 7:07:49 (1996)
 12hr: Track 141.50km/87.92 miles (2001)
 24hr: 246.70km/153.3 miles (2000)
 48hr: 264.25km/164.2 miles (2006)
 6 days: 770.32km/478.6 miles (2006)

Editor's Notes:
 The next RRC Questionnaire will feature William in Roadrunner 183 Summer 2007

Stop Press: Dan Coffey sent me the following email:-
 Brno 48 Hour Race Friy 16th to Sunday 18th March.

Tony Mangan (Ireland) set a new indoor World Record with 426.178km/264.8miles after and absorbing battle with Kenji Okiyama (Japan) 412.909km/256.6miles. William Sichel set a Scottish Record in 7th place with 344.267km/213.8miles. A photo of William in the Six Day Race is on the back cover.

Sichel drops a distance to tackle Swiss 24 Hour Championships

ORKNEY'S world number one, six day ultra distance runner, William Sichel, 24 hour champion in Basel, Switzerland, is heading to Basel, Switzerland, to compete in the Swiss 24 Hour Championships in Basel, Switzerland, on the weekend of May 21-22. Sichel took his 24 hour record in the Swiss Championships in Basel, Switzerland, in 2006, when he ran 116.59 miles in 24 hours. Sichel is looking for another top performance at the international event and is confident of success.

distance event held in the beautiful Swiss Alps for the first time in 2006. Sichel, 53, took the 24 hour record in the Swiss Championships in Basel, Switzerland, in 2006, when he ran 116.59 miles in 24 hours. Sichel is looking for another top performance at the international event and is confident of success.

competitor field and I was in 2006 with my best distance time of 153.3 miles. William Sichel is determined to go to Basel and take the 24 hour record in the Swiss Championships. He has been supported by the Orkney Heritage Society and the Orkney Running Club. Sichel is looking for another top performance at the international event and is confident of success.

William is grateful to sponsors Myprotein and Logana. He is grateful to sponsors Myprotein and Logana. He is grateful to sponsors Myprotein and Logana.

Fifth for Sichel in Swiss 24-hr race



COOLING DOWN: William Sichel soaks himself after running in the heat of Basel in the Swiss 24 Hour Championships.

Sporting spectacular steals the show



Hoo's hid qaian?

Name: William Sichel
Age: 53
Occupation: Partner in the Sanday-based, mail order business Orkney Angora.
Single/Married: Married to Elizabeth since 1982.
Family/Pets: Tanya almost 24, grandson Logan 2 1/2 and Bailey 2 1/2. Pets, just one cat - Peccy - and a few rabbits.
Where are you happiest? Running on the roads and beaches around Sanday.
What's in your pockets right now? Tube of lipsal, loose change and a hanky.
What would be your perfect day? Long run around Sanday in the morning, lunch with all the family and watch a good film at night.
What's your poison? After a race, a cool Guinness. Otherwise I'm a very moderate drinker but have been known to enjoy a small Highland Park, sherry, wine, silovitz and peach schnapps.

— not all at the same time I hasten to add!
What was your childhood ambition? To be a vet and then as a teenager 'to be world class in a sport'.
Have you fulfilled it? Never became a vet but have certainly worked closely with small furry animals for much of my life. The sporting one I'm still working on, but definitely getting there.
What one thing would improve your life? Being a foot taller and being able to run a bit faster!
What one thing would improve Orkney? Running up transport?
What annoys you about yourself? Hugely patient with myself but impatient with other people.
What annoys you most in others? Lack of consideration.
What three things would you take to a desert island? My wife, a pair of running shoes and a good book.
One thing to do before you die: Break a world athletic record.

From The Herald

“Willpower – the unfathomable commodity that drives champions”
 Doug Gillon

Orkney Heritage Society Magazine

ATHLETICS

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William also participated in a medical research project at the race and underwent a battery of tests and measurements both before and after the event. Results will be revealed at a later date.

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William is grateful to sponsors Myprotein and Logana.

AM waiting for two old friends to die. Both have been cancer. They are receiving palliative care, because no more can be done. Only withdrawal, in defiance of all logic, delays the inevitable. Their willing spirit denies the weakness of the flesh.

Withdrawal is unfathomable. It is defined as the ability to control oneself and determine one's actions. It is the key to every diet and attempt to kick addictions, alcohol, tobacco, or harder drugs, and it remains the final challenge.

The cliché of modern sport is that the winner repeats it sooner. Cited football legend Vince Lombardi, who had an ad for his own sports equipment, said: "The difference between a lack of strength, not a lack of knowledge, but rather a lack of will." A catalogue of sport champions epitomises leading a philosophy: If you can force your heart and mind and mind.

To serve your team long after they are gone. And to hold on when there is nothing in you. Except the will which says to them: 'Hold on'.

Years in the earth and everything that's in it.

Ronan McKinnon All defined George Foreman for seven brutal rounds in the Rumble in the Jungle before George won the fight by initial heavyweight in the eighth.

But perhaps the greatest initial heavyweight in the eighth. Perhaps the greatest initial heavyweight in the eighth. Perhaps the greatest initial heavyweight in the eighth.

It was the single most emotional sporting moment I have ever witnessed. It does not diminish others. Chessman Steve Redgrave overcame diabetes (injections six times a day) and recurring colitis. "17 weeks of the club" as he coyly put it, in his first competitive Olympic games.

Olympic Champion Alexander Popov sustained a six inch deep stab wound from a water main valve.



Moutaineer Joe Simpson was cut from his partner's rope and left for dead. Yet he escaped from a deep crevasse, then crawled with broken bones for three days to reach safety.

of the game in Camp Nou in midweek, made his Old Firm debut on the Saturday, and gained his first Scotland cap in a friendly against Sweden. Friendly? You, Geneva stamped on his left knee, and it seemed his career was over. Four operations later he is now said to be on the brink of a first-team return.

The marathon is fertile soil for wilderness. Jim Alder was leading the 1998 Commonwealth Games event by 40 metres when he took a wrong turn. Bill Adcock had grabbed a 40-metre lead when Alder reached the track, but he dug into reserves he did not know existed, and won gold.

Paul Tergel also took a wrong turn. In Berlin three years ago, yet the Kenyan held off compatriot Sammy Kibei by six seconds and set a world record. Tergel, who was 12.4 ft tall and one of the most dramatic marathon finishers ever.

I can't see top US McMillan as the female epitome of iron will. The former world 10,000m champion and Flora London Marathon winner is 5 ft 10 in tall and 130 lb. She has an appearance for 30 years, aged 42.

It is for Louisiana House, helping motivate more than 200 charity runners. "There's only so many times you can get folk to run without doing it yourself," said Liz Yetmore.

The lake hides the truth. She has had 14 foot operations and almost had it amputated after winning the Scottish cross-country title in 2010. She reced on despite breaking metal pins holding her leg in together.

Sunday will be very hot, especially since my dad recently died of cancer, said Liz. She will be among the 33,000 runners. Most have no idea whether they can finish. Yet most will. — by willpower

TOMORROW
 Kolin Ferrie on why his eyes are still shining at world cup

Long Distance Running by William Sichel

I moved to Sanday in 1982 and for the next 10 years was too tied up with rebuilding the ruins, getting married and starting a family to be able to train much. I had been heavily involved with sport before moving to Sanday. In the early '60s I began to have a little free time and started to run again - the aim being to 'get fit for my 40th birthday!' I competed in the Hoy Half Marathon in 1962 and got such a buzz out of it that it reminded me just how much I had enjoyed my running in the past. The result was that I got back into regular training around Sanday and resumed my marathon running in late 1992 and through 1993, becoming British Veterans Marathon bronze medalist that year.

marathon. I realised that I recovered quickly. After a few more searching questions he suggested that I might be good at ultra distance running and why didn't I aim for the Scottish 100km (62 miles) Championships being held in Edinburgh in July 1994. That was like a red rag to a bull and I was immediately interested. I was advised to try an intermediate distance before tackling the 62 mile race so I travelled to the Isle of Man to compete in a very hilly 40 mile road race. I came second and an ultra runner was born.

Photograph of William finishing the world's hottest and toughest 135 mile Badwater Ultra Marathon through Death Valley in America.

From then on I started to train and race seriously and a whole new issue of athletic life opened up for me. Nowadays I have my own fitness suite at home with treadmills, bike, weights etc and the quiet roads of Sanday at my door. I train almost every day but not only running, I include cycling, rock walking, and 'pajoggling' (running while floating upright in the swimming pool supported by a special vest). This is an impact-free method of training and is recovery.

The next major challenge will be on November 18th when I attempt my first Six Day super-endurance race in Montserrat, something completely mad for the end of the year, but it will be a supreme challenge for me.

Next year I will try for some

Scottish ultra marathon records over 48 hours in the Czech Republic as well as runs in the world's longest point-to-point race.

Editors' Note: William wrote this article for us last year and finished the super-endurance race in Montaco, with a world's best performance for 2006 running 478.6 miles in the six days. What a feat!

Tam's Tally of Orkney Books 2007

Available at Stromness Books & Prints 1, Graham Place, Stromness	Maggie Ferguson	John Murry	25.00
First Wash of Spring (Vol. 4 Orkney Letters)	George Mackay	Steve Savage	17.50
Collected Poems (New in P/B)	George Mackay	John Murry	18.99
Orkney - Photographs Stronsey's Garden Beds	Geonic Moberg	Brian Stronay	5.99
Helicopter Dreams Bloody Orkney's Virginia Schuler	Ron Ferguson	Farnham	9.99
Place Names of S. Ronaldsay & Burray	George Lamb	Bellevue	20.00
Water Tales (Reprint)	George Mackay	Polygon	6.99
Island of the Women (New in paperback)	Alanna Knight	Polygon	6.99
As Orkney Murder Now & Then Notes and Letters	Andrew & Sigrid Appleby	Allison & Daphy	7.99
Mr Mac & The Blue Goose James M. Irvine	Mac Pirie	Jan Pirie	15.00
Between the Wind & the Water	James M. Irvine	Widgaher Press	18.99
Minor Master - Ferried Tales	C. William Jones	Margaret Headley	8.00
Ben Orkney	David Leather	Wesley Heritage Trust	10.00
Wesley Heritage Trust	David Leather	NIS Research	10.00
On Holy Ground - Ecological Sites of Wentry Orkney from Old Photographs (Re-issue P/B)	Gordon Wright	Wesley Heritage Trust	14.50
Six Day Super-Endurance Race in Montserrat	Various	Orkney Bird Report	6.00
Professed Lies - Journey to the West of Scotland Golf	Andrew Gird	Wildfield & Nicholson	12.99
History of A. Broadland - History of the Parish of Cup	Jacky Wood	Wildfield & Nicholson	19.95

Upcoming Events

July 21-22nd: Austrian 24Hr Championships, Worschach.

August 24th-26th: Training in the Highlands
Long weekend in the Scottish highlands preparing for the off-road section of the Spartathlon

September 28-29th: Scottish record attempt at the world's longest point-to-point race, the Spartathlon in Greece. Athens to Sparta 153 miles.

November 18-23rd: Attempt on the 24 year old British Six Day road record at the Monaco Six Day road race.

Significant Recent Results

July 06: Badwater Ultramarathon – 135 miles through Death Valley
British record, 7th overall and 1st in age group with a time of 31hrs 36mins 11secs.



November 06: Monaco Six Day road race

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



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