

# Newsletter

September 07

## Latest News

### Austrian 24 Hr Champs



Best 24 Hour performance for 3½ years in Austria covering 134.5 miles. Produced a huge effort over the final hours to 'snatch' the bronze medal in the dying minutes of the race. Shared the podium with race winner and world record holder Kouros of Greece.

### Spartathlon Training Camp



Completed a successful Spartathlon Training Camp in the Scottish Highlands from August 24-26th. Organised by Alan Young/dion\_networks the camp was

based in Fort William and involved five training sessions with quality recovery in between - 'crash training' in other words. Increased my confidence in off-road running and downhill running on rough stony trails at night in particular. This will help me tackle the small, but significant off-road section of the Spartathlon with confidence. Pictures show me descending on Ben Nevis and just completing some night hill reps on the Devil's Staircase.

## New Sponsors



A warm welcome to new sponsors Lows from Kirkwall, Orkney. [www.lowsorkney.co.uk](http://www.lowsorkney.co.uk)

## Upcoming Events

### SPARTATHLON 07

28-29 SEPTEMBER

**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 19 year old British Six Day road record at the Monaco Six Day race.



I have now done my first major web site interview for the dynamic Scottish Sports site ["In the Winning Zone"](http://www.inthewinningzone.com). It will appear on the site in early September. [www.inthewinningzone.com](http://www.inthewinningzone.com)

**BBC RADIO SCOTLAND**

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

**Austrian press coverage**

**FORREST GUMP**

**Full name** Forrest Gump  
**Also known as n/a**  
**Year of birth** 1942 (estimated)  
**Place of birth** Greenbow, Alabama, United States  
**Profession** Soldier; shrimper; groundsman

Developmentally challenged entrepreneur/chancer who overcame early-life leg muscle defects to play All-American college gridiron, and ping-pong for the US Army. His regime of eating when hungry and sleeping when tired has since been seen in a myriad of training routines. Lithe, athletic frame belies the boxes of chocolates his mother encouraged him to eat as a boy.

**Do like he does and...**  
**Run very long distances**  
 William Sichel ([williamsichel.wordpress.com](http://williamsichel.wordpress.com)) is an ultra-runner of ultra-marathons: any race of over marathon length measured

in either distance or time taken. He recently completed the Czech Indoor 48-hour race with a distance of 344.267km; about 214 miles. You can stop as much as you want during a race of this kind: Sichel had two 20-minute naps. "It really is an issue of mental strength," explains Sichel. "The training is the same as marathon training, only longer. I was a good marathon runner, and I dropped from 6-minute miles to 6.5-minute miles, and found I could keep going. For a race, I set three goals: one I'd hope to do on a bad day; the one I would do on a good day; and the barrier-breaking one I hope to do if I run my best ever. Hopefully, I move through them. Up to 100km, I can survive on energy drinks. Above that, I'll drink something and eat every half an hour: usually either mashed potato or ice cream. Then at every fourth hour I have a small meal, pasta maybe. You want tasty food because it's mentally stimulating after long distances."

**myRace Magazine**

**The Orcadian**

# Revealing research into ultra-athletes

Buoyed by his success in the previous 12 months, Sunday-based ultra-distance runner William Sichel is preparing for the Austrian 24-hour championships on July 21 and 22. In the latest of his 'On the Run' articles, William also outlines his hopes for the future.



As I make my final preparations for the Austrian 24-hour championships taking place on July 21 and 22, it is interesting to reflect that, in my opinion, the last 12 months have been my most successful since starting ultra-distance running in 1994. A British record in the world's best endurance race, the 135-mile Badwater Ultramarathon in California last July, a course record and 2006 world best six-day distance of 478.6 miles in the Monaco race in November and a Scottish 48-hour record of 213.92 miles in the Czech Republic in March this year, completed a fantastic 12 months. Furthermore, I successfully completed all other races. Quite a year, wouldn't you say? One thing this demonstrates is the rate of experience in these extreme endurance races. After all, I'm 13 years older than when I started, so any physical losses have been more than compensated for by preparation, training and race

craft. Improvements in the fine-tuning of pacing and nutritional plans for each race have been especially important. This is as much an art as a science and comes down to finding out precise individual requirements at times of huge physical, mental and emotional stress. As my GP says, "you are working at the extremes of human physiology." Nowadays, there is a wealth of scientific data gathered from running and cycling research, but much of it is done on a handful of subjects, using a treadmill or bicycle ergometer with durations of an hour or two. It is tempting to extrapolate these research findings and apply them to my field, but I know from experience that this can result in false positives with disastrous consequences in races. Research results are useful as a guideline, but anything I use must be tested in at least 24 hours

of course. I was delighted to see that the study focused on changes in body composition during a 24-hour race. Along with about 20 other volunteers, I underwent a battery of tests prior to the race and the same tests were repeated after the event. It was interesting to discover that my body fat percentage was above 1.6% before the race began and 11.5% afterwards. I actually used up 1.3kg of fat normal within my muscles and also trains my body to make greater use of fat as a fuel to energise my running, especially when I am unable to match energy expenditure with every intake.

What this does highlight is how especially adapted ultra-endurance athletes have become for the unique demands of their events. I am able to use the fat stored in muscles and other areas of my body as a rich source of metabolic energy. I also demonstrate that weight loss in races isn't all fluid loss. Endurance training increases the amount of fat normal within my muscles and also trains my body to make greater use of fat as a fuel to energise my running, especially when I am unable to match energy expenditure with every intake. In Austria, I will be using this knowledge to help, I hope, produce another good performance. All part of the preparation for my attempt on a new Scottish record in the world's longest point-to-point race, the Greek 'Spartathlon', in September and a British record attempt in Monaco at the Saturday race there in November. William Sichel is sponsored by Myprotein, Loganaire and The Orkadian.



William Sichel shows an equivalent to the amount of body fat he used up during his last 24-hour race.

# Orkney Today

## William to attempt Austrian 24 Hour race

### ATHLETICS

ORKNEY'S world number one, six day, ultra distance athlete, William Sichel, travels to the Steiermark region of south west Austria for the Austrian 24 Hour Championships this weekend, July 21 and 22.



Always a hot race and prone to heavy downpours, the competition is also likely to be stiff. The event has attracted a strong field of over 170 entries in the men's event with over 20 nationalities represented. The top Austrians will be targeting this major race and a strong contingent of Hungarians, amongst others, will cross the border to provide serious opposition.

This extreme endurance event is being run on a 1.4 mile road circuit around the town of Worschach and forms part of a Festival of Running that takes over the town from Friday to Sunday. The festival includes children's races, a half marathon night race and the 24 hour individual and team relay. The narrow, valley roads

will be clogged with traffic as participants and spectators arrive to experience this annual sports extravaganza.

This event represents a drop down in distance for William who is still fresh from his Scottish record in the 48 hour event (213.92 miles), set in the Czech Republic in March and his 2006 World Best Six Day performance

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# Press & Journal

## Orkney's William Sichel finished third in the Austrian 24-hour road running championships.

The British ultradistance international, who was lying seventh at the halfway point, worked his way through to complete a total of 216.44k, while winner Yannis Kouros (Greece) won with 250.61k.

## Bronze for Sichel at Austrian 24-hour championships

Sunday-based ultra-distance athlete, William Sichel, came from behind in last weekend's Austrian 24-Hour championships, to snatch the bronze medal by a dramatic 700 metres in the final lap of the super-endurance test.

William's distance of 134.5 miles was his best for three and a half years and puts him at the top of the Great Britain rankings so far this year.

For the last two hours of the race, William was able to increase his pace from around 15 minutes a lap to 13 minutes for the tough, 1.4 mile course around the town of Worschach, in south west Austria.

By doing this he was able to reel in the athletes lying in front of him. In the early stages of the race, William was in 21st place, from 170 starters, but gradually moved up the field as the heat wave — temperatures peaked at 32 degrees C on the first day — and the undulating course affected many runners.

There was great excitement prior to the start, as a last minute entrant was the multiple world ultra-endurance record holder Yiannis Kouros, from Greece.

Kouros eventually won the race with 155.7 miles, followed by the Ukraine's Andriy Solodovnikov in second place. Third place went to William Sichel.

He said: "I've never had to 'sprint' for the last two hours of a race before.

"It required a huge effort both mentally and physically at the end of a grueling 24 hours, but I was so pleased to be able to do it and grab a podium position at the end. It made it all worthwhile.

"To be on the podium of a major race, with Kouros, was a dream come true for me and was a huge reward for my performance."

As well as the heat and the tough course, William, and handler Alan Young, had to cope with the non-arrival of their luggage — it only turned up two hours after the race had started, some 50 hours after they had arrived in Austria.

"We both had to use all our experience to cope with the stress of the lost luggage," explained William.

"Luckily, I always carry my shoes as hand luggage but everything else was missing. I actually started the race wearing old table tennis shorts borrowed from the guesthouse owner."

William's next event will be an attempt on the Scottish record in the World's longest point-to-point race — the 153 mile Spartathlon, in Greece, at the end of September.

William is grateful to sponsors: Myprotein, Loganaire and The Orkadian.



William Sichel, who described his bronze medal win at the Austrian 24-hour championship as a "dream come true".

## Sichel for Austria race

continued from Page 40 of 478.6 miles set in Monaco last November. All part of what he considers has been his best 12 months since entering the sport of ultra distance running in 1994.

William's most recent race was the Swiss 24 hour Championship held in Basle in May.

"I hope to run farther than the 116 miles I did in Switzerland. I've sorted out a better routine

for eating and drinking and training has gone very well these last months so I feel that many things are in place for a good performance," he said.

In order to allow more people to be involved, William has arranged for his website: www.williamsichel.co.uk to be updated regularly during the event.

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## Sichel snatches 'last gasp' bronze in Austrian 24hr championships

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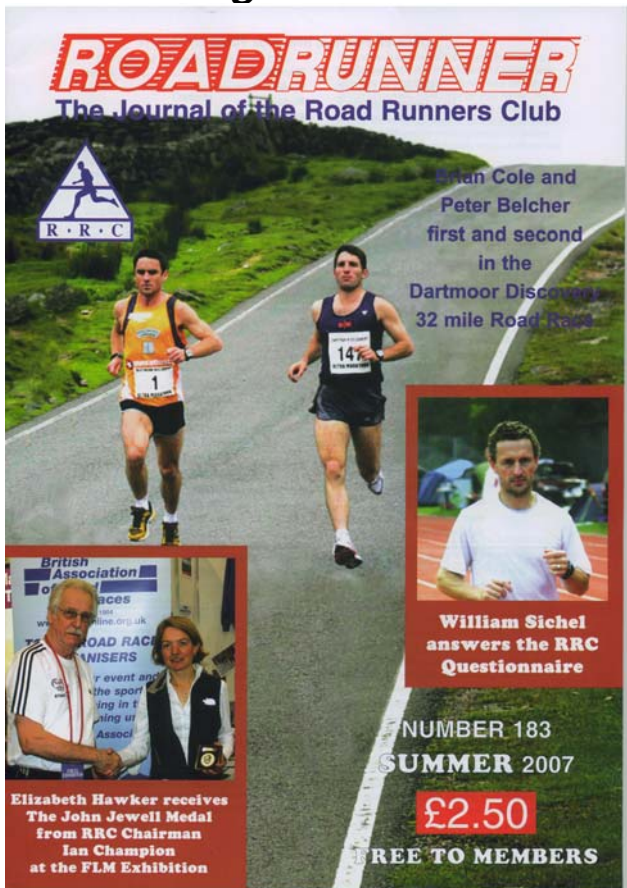
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## Two page feature in Road Runner Magazine



### ***“Did you know?”***

The Six Day race reached a peak of popularity in the late 1800's - the pedestrian era - with regular major indoor races in London and New York. The Scottish Indoor Six Day record dates back to 1882 and was set in New York by émigré George Noremac (or George D. Cameron to give him his correct name - Noremac is Cameron spelt backwards and was his professional name) - 912.90km/567.20mles!

### ***Significant Recent Results***

#### **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.



#### **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*

