



**Ultra Marathon Running**  
Training, Racing, Preparation/Recovery  
& Dealing with Injuries



**Runner's World**  
Perth's specialist running & triathlon store

1:30pm to 4.30pm, Sunday 29th Jan 2012, WAMC Clubrooms

Door prizes: raffle tickets \$2 or 3 for \$5. Raising money for Comrades Charities



**ULTRA MARATHON  
RUNNING SEMINAR**  
29<sup>th</sup> January, 2011  
**REGISTRATION FORM  
(TAX INVOICE)**  
**OR REGISTER ONLINE**  
[www.wamc.org.au/](http://www.wamc.org.au/)

**PARTICIPANT DETAILS:**

SURNAME

FIRST NAME

ADDRESS   
  
 POSTCODE

TELEPHONE - HOME

TELEPHONE - MOBILE

EMAIL:   
(By providing your email address you are agreeing to receive emails from the WAMC)

WAMC No.  WAMC Members  @ \$5.00 per person (on the day \$10) \$

Non WAMC members  @ \$15.00 per person \$

WAMC ABN 69 519 274 762 (inclusive of GST)

CREDIT CARD PAYMENT Visa  MasterCard

Expiry Date   
Cardholder's Signature

Mail the completed entry form (together with payment) to:  
WAMC, PO BOX 104, BURSWOOD WA 6100

Registrations accepted in person at **RUNNER'S WORLD,**  
**5 Fitzgerald Street (corner Roe Street), Perth** up to  
5pm Thursday, 26<sup>th</sup> January.

# Ultra Marathon Running

Training, race strategy, recovery & dealing with injury

**1:30pm to 4.30pm, Sunday 29<sup>th</sup> Jan 2012, WAMC Clubrooms**

## Speakers include...

### Richard Russell: 'Comrades Training Secrets'

In 1969, aged 19, Richard followed in the footsteps of his heroes and attempted his first Comrades Marathon (89km). With no idea how to train for an ultra, he ran out of steam and bailed at 60km. Since then he has become an expert on how to run this famous race, memorising each bend and hill, knowing exactly how each runner should prepare in order to achieve their best. He has taken close to 100 Perth runners with him on this annual pilgrimage, which he has completed 23 times! Running as an elite runner in the 1970s, he is content to run now for the love of this great race and the spirit it evokes in all who take part.

### Chris Watson: 'Preparation and Recovery'

There are marathons, ultra marathons and for the bravest of hearts, the 'Spartathlon'. Chris was the only Aussie to attempt the 2011 245.3km race between Athens and Sparta. It's one of the most gruelling marathons in the world over rough terrain, with a time limit of 36hrs. He was one of just 143 of the 370 starters who finished. He crossed the finish in 34 hrs 39m. Chris trained for 2 years for the event, running 200 to 250km a week in the lead up. He completed Comrades and the Kep 100km in June (a week apart) as training races! Chris will share with us how to prepare and recover in order to survive training and running at this level.

### Chris O'Neil: 'Racing Ultra Distance'

Chris started 2011 by running 4hrs 36m to break the 40miler (64.4km) course record set by the legendry Mick Francis. In June he ran the Comrades up run in 6hrs 37m. In September he finished top 30 in the World 100km Championships in 7hr 33m. He rounded out the year with top performances in every distance, ranging from 5km up to the marathon, finishing with a win at Rottneest marathon in 2:34. Chris will be running in the elite Nedbank team for the 2012 Comrades and again representing Ireland at the World 100km championship. Chris always makes time to help other runners and is credited with inspiring dramatically improved race times with his punishing techniques!

### Steph Martin: 'Dealing with Injuries'

Steph holds a BSc Human Movement & Exercise Science and BSc Physiotherapy. She has practiced extensively in Physiotherapy, OH&S and Rehabilitation. Ranked nationally as a tennis junior, and internationally as a senior, she saw the light and has become an ultra marathon runner! She completed her back to back Comrades with a Bill Rowan medal in 2011, which she says was the best experience of her life! As well as being a medical professional, Steph has experienced the disappointment of injuries first hand as an ultra runner, and will share with us her insights and tips.

**This seminar is for anyone interested in ultra distance running!**