

The background is a dark, high-angle photograph of a rocky mountain trail. The terrain is rugged and covered in dark grey and brown rocks. In the lower-left quadrant, a small group of hikers is visible, appearing as tiny figures against the vast, rocky landscape. The overall lighting is dim, creating a moody and adventurous atmosphere.

**SO YOU WANT  
TO DO  
AN ULTRA?**

Melinda Marchal



- Types of Ultra
- How much support do you get?
- Key events / Companies
- Complementary training
- Safety on the trail
- Further resources
- What next?











# TYPES OF ULTRA

Distance

Stage race

Multi-day

Backyard

Series / Grand Slam

FKT

Technicality

Sky Race



# HOW MUCH SUPPORT DO YOU GET?

Marked trail vs self-nav

Checkpoints

Supported vs Unsupported

Crew

Facilities

Pacers

Cutoffs



# KEY EVENTS / COMPANIES

## National Trails:

**NDW**

**SW Coastal Path**

**Thames Path**

**Lake District**

**Brecon Beacons**

**Hadrians Wall**

**Cleveland Way**

**Offa's Dyke Path**

**SDW**

**The Ridgeway**

**Peak District**

**Snowdonia**

**West Highland way**

**Pennine Way**

**Cotwold Way**

**Peddlars Way**



# KEY EVENTS / COMPANIES

Nationally famous events:

The Spine Race (Winter or Summer)

The Dragons Back

Ultra Trail Snowdonia

Lakeland 100

Arc of Attrition

NDW 50/100

SDW 50/100

Hardmoors 100

Lakes in a Day

Northern Traverse (and Lakes Traverse)

LEJOG (or JOGLE)



# KEY EVENTS / COMPANIES

## Key UK Events companies:

Centurion

GB Ultras

Ultra Running Ltd

UK Ultra

Cockbain Events

Ultra-X.

## Good for beginners:

EnduranceLife

Threshold Trail

Rat Race

LDWA

XNRG



# KEY EVENTS / COMPANIES

## International Events:

UTMB (CCC, OCC, TDS)

Marathon des Sables

Tor de Geants

Comrades

Leadville 100

Ice Ultra

Transgrancanaria

Barkley Marathon

Western States 100

Ultra Trail Australia



# KEY EVENTS / COMPANIES

## FKTs:

The Big Rounds: Bob Graham (Lake District, England), the Charlie Ramsay (Scotland) and the

Paddy Buckley (Snowdonia) round

Pennine Way

Ridgeway

Trans Cambrian way

Trans Peninne way

West Highland way

Thames Path

NDW

SDW

# KEY EVENTS / COMPANIES

**Multi-day stage races:**

**Dragons Back**

**Great Lakeland 3 day**

**Ring o'fire**

**XNRG challenges (Druids Ridgeway, etc.)**



# KEY EVENTS / COMPANIES

Closer to home:

Country to Capital      Thames path 100

Wendover Woods (Chilterns)      NDW      SDW

Hurtwood 50 (Surrey)      Thames Ring

Beyond the Far side (Crooked Tracks, Wiltshire)

Running Tribe Ultra (Bucks)      Ridgeway

Phoenix events (Surrey)      Great Stones Ways ultra

Hundred Hills (Chilterns)      Rose of the Shires,

Greensand Way Ultra      Thames Trot

Threshold Trail video:

<https://youtu.be/CgsZ3Uteeac>

Ultra Trail Snowdonia video:

<https://youtu.be/MB8DbIKDheY>







# COMPLEMENTARY TRAINING

1. Strength Training

Strengthening &  
Conditioning

Yoga

Heavy weights

2. Cross training

3. Specificity...



# COMPLEMENTARY TRAINING

## 3. Specificity...

Elevation gain

Terrain

Heat

Altitude





# SAFETY ON THE TRAILS

## Overprepare:

Spare calories

Extra layers

Extra water

Toilet paper

Bivvy bag

Headtorch

Waterproof

Hand wipes

Doggy bags

First Aid Kit

which has...

## SAFETY ON THE TRAILS

### First aid kit:

Tape, bandages, scissors, tweezers, plasters, blister powder, steri-strips, iodine, anti-chafe wipes, paracetamol, immodium, antihistamine



# SAFETY ON THE TRAILS

**Check your route:  
Use heatmaps wisely!**

**OS Maps, Strava, Garmin,  
Google satellite view**

**Safety apps  
(Beacon,  
LiveTrack,  
WhatsApp...)**

**Compass & map?**

**Charger & cable?**

## FURTHER RESOURCES

### Podcasts:

Tea and Trails (+ Run to the hills)

The Run Smarter Podcast

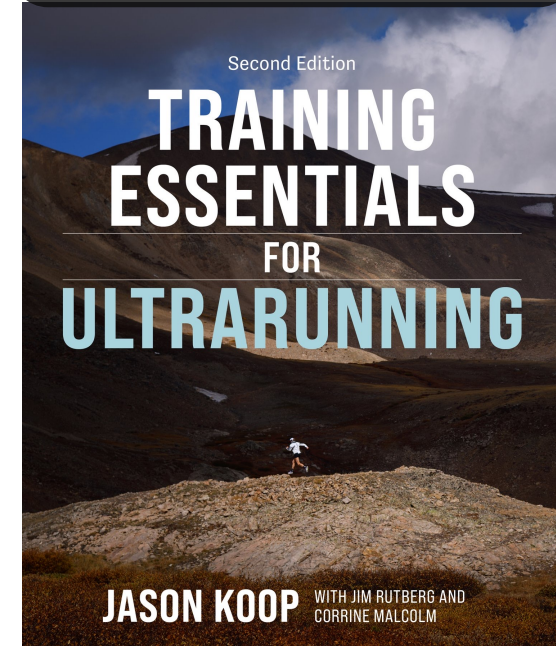
KoopCast

Athlete Climate Academy

Hit Play not Pause

Athletes Unfiltered

### Books:



Adharanand Finn top  
20 book list on Twitter



# WHAT NEXT?

**Volunteer!!!**



**Questions?**

**Ask me!**

**Melinda Marchal**  
**wmUltrarunner**



**UESCA**

**Ultrarunning Coach**



