

EVERYTHING YOU LOVE ABOUT TRAIL RUNNING

TRAIL



ISSUE
30

JANUARY / FEBRUARY / MARCH 2019

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NEW YOU RUNNING

- ◆ Running the 1,100km Cape Fold
- ◆ Cryo recovery to reduce injury
- ◆ Clench, stretch, squat: bio hacks

- ◆ Beat tick bite fever
- ◆ Maximalist shoes 101
- ◆ Two delish cocoa recipes
- ◆ Injured? Hello aqua running!

OLDER YOU

TIPS TO SHINE AS YOU AGE

5 Family Weekend Stays

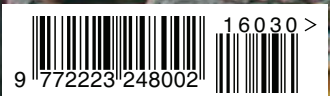
When to STOP

DNF or soldier on?

Calendar
94
RACES!

GEAR

34 RUN ALLIES
WIN SAUCONY
XODUS ISO 3



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BLAZING YOUR ADVENTURE SINCE 2011!

ISSUE 30 VISIT US TRAILMAG.CO.ZA

COVER CHANTEL NIENABER, TABLE MOUNTAIN
PHOTO LUCAS NIENABER

PURE TRAIL MAGIC!

Otter Trail Run | Harrismith Mountain
Vietnam | Karkloof100 | Stagger Trail

#TRAILEVENTS

EASTERN CAPE
17 November 2018



Tracy Zankeel (pictured) tied with Tarrin van Niekerk for the 100km win.
PHOTO: BRUCE VIAENE

SKYRUN

A last-minute change to the route (due to violent service delivery protests in Lady Grey) created an even more brutal course, compounded by temperatures reaching over 40 degrees.

Guy Allen, in his 1,385 word report of Cry Run 2018, described it thusly:

"When you hear hot, you think Cape Town mid-drought hot. It wasn't. It was Satan's toilet the morning after a mutton-bunny chow hot. Actually, a little hotter

than that. It was like the inside of a Woolworths pie hot. It was also dry and dusty. So dry, in fact, that I haven't been able to breathe through my nostrils since Saturday because they have fused shut with dust."

A massive congratulations to the 48.6% of the field who managed to finish, climbing Balloch Wall (500m vertical gain) twice in their 100km or 65km race.

📷 skyrun.co.za

STAGGER TRAIL

KWAZULU-NATAL
24 November 2018



Mandi and Rian Smit on Khanti Ridge. The race was the first stop for their honeymoon - a tour of Kwazulu-Natal. "It was my first 21km trail run, and definitely the toughest race I've ever done!" said Mandi.

Temperatures reached over 30°C at the inaugural 21km and 38km Stagger Trail: the rougher, younger sister of the long-standing Sani Stagger marathon and their marathon on San Pass.

Trail runners staggered up mighty climbs, along breathtaking contour paths, down valley sides, to finally descend along Gxalengenwa River, passing gorgeous waterfalls and rockpools. Backmarkers took many opportunities for a cooling dip along the way. The toughness of the route and conditions can be seen in finishing times: 2h15min to 8h20min for the 21km, and 4h13min to 9h48min for the 38km.

📷 samstagger.co.za PHOTO: GREG LABUSCAGNE

International events that rocked

Grand Raid

REUNION, 18-21 October 2018
Nine South Africans finished their races at Grand Raid de la Reunion! **Nic de Beer** was the quickest in the big daddy 165km Diagonale des Fous. He finished in 12nd place and 36h59min.

Andrew Hagen (138th place in

to it, and a course which is as fast as it is tough." He hopes to go back in 2019.

Himalayan 100 Mile

INDIA, 26 October - 2 November
There were runners from eight countries at the 28th edition of the Himalayan 100 Mile Stage Race, and South Africa was one of those.



Stephen Granger pauses to take in the Mount Everest panorama on Day 2 of the Himalayan 100 Mile Stage Race. PHOTO: HIMALAYAN RUN & TREK

Linda Doke returned to the race after a decade. "I wasn't nearly as fit as I'd been for it in 2008," Linda explained on her blog. "I knew this race would bite me hard. A decade hadn't dulled my memory of what this course entailed, particularly the much-revered Day 1, which involves an elevation gain of 2,526m during its 38km... not to mention the 976m descent halfway through its route!"

Linda placed second in the women's race, with winner Angela Meyers (US) setting a new record of 20 hours.

Stephen Granger ran his first Himalayan 100, and was moved by the scale of the mountains. "About 2km into the second day, we rounded a corner, and rising up in front of us was the majestic form of the Kangchenjunga massif - the third-highest mountain in the world.

"It was spell-bindingly magical. I stopped for some minutes just taking in the incredible majesty of the Himalayas. It helped that my race strategy had been to take it very easy on this section!"

Brendan Lombard was extremely competitive, placing ninth overall out of 433 finishers in 6h13min in the 63km CMT.

"Cappadocia was wild. A place which has an inexplicable beauty

Cappadocia Ultra Trail

TURKEY, 20 October 2018
A pair of South Africans took part, though neither did the 119km.

It was **Shafeeqah Gordon's** she won't forget. "Words cannot explain how today went down. I left everything out there. Crossing a finish line has never felt so emotional."

She was the 85th woman out of 290 finishers in 5h:32min in the 38km CST.

Brendan Lombard was extremely competitive, placing ninth overall out of 433 finishers in 6h13min in the 63km CMT.

"Cappadocia was wild. A place which has an inexplicable beauty

ULTRA-TRAIL® DRAKENSBERG 160KM | 100KM | 62KM | 30KM

26 - 28 APRIL 2019



Photo by Gavin Ryan



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