

Gold Coast Runaway Bay 100 kms Supermarathon

Sunday 11 June 2017

From recreational runner to world 100 kms champion in 9 years

Newly crowned world champion Kirstin Bull of Melbourne, explains how she progressed from a recreational runner then 1:53 half marathoner to a 100 kms world champion (Spain, 2016) in just 6 years. Bull will be the keynote speaker at this year's Supermarathon Clinic to be held on the Gold Coast on 11 June in conjunction with the Gold Coast 100 kms Supermarathon.

Other speakers will include Australian male record holder Tim Sloan, 5 time national champion Marita Eisler and 5 times sub 7 hour runner Don Wallace.

The 100 kms super-marathon doubles as the National 100kms championships hosted on behalf of Athletics Australia and Australian Ultra Runners. The Gold Coast 100 is the premier 100 kms for selecting the team to represent Australia at the World Championships. The next World Championships will be held in September 2018 at Zagreb in Croatia.

There are other event options of 50 miles (80 kms), 50 kms, 25 kms and 10 kms. Those in the 100 kms will be given 50 mile, 50 kms and marathon splits. The event caters for recreational as well as elite runners.



World champions, Kirstin Bull

Race Organiser Ian Cornelius said "This is a very exciting time for 100 kms running in Australia. The distance is hugely popular in Europe and America where it is not uncommon to have fields of more than 1,000."

"Our new run course of 6.25 kms loops is a great advantage. Some may view it as boring but the configuration lends itself to much faster times with food and drinks being more readily available." "The key to longer distance running is to properly manage fluid and energy replacement." Cornelius went on to say "the World Record of 6 hours 10 minutes was actually set on a 400 metres athletics track."

The field is limited to 500 runners. Event prices range from \$55 to \$200, less a discount of 50% for kids of 16 and under.

Tickets to the clinics are available for purchase.

Race singlets and commemorative medallions are included in the entry price.

Airfares to the Gold Coast, Australia's premier tourist destination, have never been so cheap.

[Website](#)