

## **The Arc 50**

This weekend was host to one of the most challenging extreme coastal races in Cornwall; The Arc of Attrition and the Arc 50.

The Arc of attrition is notably one of the UK's toughest 100 mile ultra's, this is a point to point race from Coverack to Porthtowan taking experienced ultra runners along the stunning and dramatic coast path, which completes an Arc around the entire South West of Cornwall.

Runners are required to be self sufficient for long periods of time with strict cut off times of 36 hrs for the Attrition and 15.5 hrs for the Arc 50; they may also be subjected to potentially extreme weather conditions, therefore not a race for the faint hearted!

The Arc 50, also a point to point race commenced yesterday morning (28/01/23) with competitors geared and ready to go at 08:30am.

The race started at Minnack Theatre, Porthcurno to Porthtowan, with a total elevation of approx 2271m with one main checkpoint on route at St Ives at roughly the 29 mile mark; providing competitors with food and hot beverages and toilet facilities. In addition the Mudcrew hosts also provide several mobile support crews shadowing front, mid and rear runners for the duration of the event.

Taking on the challenge of the Arc 50 this year, were NRR members Mark Gilbert and Julia Davis, who finished alongside 185 other brave competitors.

Finishing in first place was Mark Derbyshire in fantastic time of 07:39:31 and First Lady back was Fiona Pascall in a great time of 08:18:46.

Julia Davis was 2nd lady back and 5th overall in an impressive time of 08:32:42. Mark Gilbert also had a fantastic race and achieved a great time of 10:51:07 he states " the race went really well for me, felt strong all the way through, I didn't have any expectations, just wanted to finish so was really pleased to find out my official time"

Fantastic performances by both, huge well done!