

Why do you compete in ICEBUG24 and which advice would you give to a first time ICEBUG24 competitor.

Icebug 24 is a great event, soft underfoot (mostly) and fantastic scenery. If you're not serious about winning treat it like a long hike in the hills, take some rests and even try to catch some sleep, you are bound to pass a cabin during the event where you could catch a couple of hours sleep!

Training and preparation before the race?

It will help immensely to be a confident navigator, and some experience using a GPS will definitely come in handy. Try to train off road as much as possible, otherwise your feet and ankles won't hold up to 24hrs of off road.

Nutrition plan – How to plan drinking, eating and what kind of nutrition and high energy foods do you recommend?

Go to the supermarket and buy lots of nuts, dried fruit, chocolate bars, small cheeses, chips, plus a few energy gels and bars (ex Maxim). If you pack one item per hour you will have about the right amount of food.

How to plan and use energy, to do when energy levels are low?

If you bonk then it is time to eat one of the energy gels.

It is important to drink the right amount, take one of two cycle bottles each and fill up from creeks along the course. We treated our water with Xnix (Cl) each time we filled up. If you carry too much water it will slow you down up the many hills!

Do have any specific equipment that you recommend?

You will probably get very sore feet. To make things better though go and buy some expensive hiking socks, fairly thick so you have more padding. Then make sure you have shoes that are half to one size too big so your toes don't get mashed on the downhills. Or even consider light boots as they grip around your ankles and stop your feet sliding round in the shoe, which usually means a few blisters after 24 hours otherwise. Last year I ran in Icebug SISU olx shoes and they were great. The ground is mostly soft so you don't need as much padding in shoes as you would expect for such a long time on your feet.

What to choose from when buying,

You will also need a headlamp, but mostly just to read the map as it never really gets dark during the night, unless there are extremely dark clouds of course.