

Scot bidding to set new polar record for charity

Press release: March 31, 2015

- *Glaswegian mother of two set to become the first Scot to complete the southern and northern-most marathons run on earth*
- *Ultrarunner competing in North Pole Marathon on April 9, run entirely on the frozen water of the Arctic Ocean*
- *The 2014 Commonwealth Baton Bearer running again in aid of Alzheimer Scotland*

FIRST, she set records conquering Antarctica's most gruelling ultra-running events. Now, two years later, Audrey McIntosh, 51, has her sights set on becoming the first Scot to complete the three polar marathons when taking part in the North Pole Marathon on April 9, 2015.

McIntosh, a mother-of-two from Glasgow, will be one of only 45 of some of the world's best endurance runners from 22 countries to take part in the extreme event, known as 'The World's Coolest Marathon', held in sub-zero temperatures that could reach as low as -40C.



Picture: Mike King

It started when the business consultant embarked on the biggest challenge of her life for her 50th birthday in 2013, when becoming the first Scot to complete the Antarctic Ice Marathon (*pictured, above*) & 100km Ultra Marathon, held just 28hrs apart.

The veteran achieved the phenomenal feat of becoming the only woman to complete the 2013 edition of the 100km Antarctic Ultra Marathon, finishing third overall and becoming the second-fastest ever female over the course, completing in 17hrs 19 mins.

Now, McIntosh has only has the North Pole Marathon left to complete this stunning Polar Odyssey, run in aid of Alzheimer Scotland. To date, McIntosh has raised £15,000 for the charity and is seeking to smash her target of £20,000 for a cause close to her heart.

McIntosh is aiming to complete the event in six-to-seven hours, in which the punishing mental and physical obstacles will be like none other. Runners will require the presence of armed marksmen to provide protection from polar bears and highly trained medical personnel to monitor the athletes in the hypothermic environment.

Run on ice floes, just 6 – 12 feet of frozen sea will separate the competitors from 12,000 feet of ocean.

With underfoot terrain likened to 'running 26 miles on wet sand', the prospect of poor visibility 'like running through cotton wool' and extreme energy-sapping cold will present a whole different set of challenges from the average marathon.

Avoiding sweating will be crucial to McIntosh, while taking on water and nutrition becomes difficult as the body's digestion attempts to shut due to the effort of running in freezing temperatures.

McIntosh says: "This will be a tough challenge physically and mentally, probably my toughest to date, but I am prepared and motivated to succeed by my fundraising".

This remarkable athlete will be assisted by New Zealand blackcurrant supplement CurraNZ to aid blood flow to her extremities, reduce fatigue and promote endurance and recovery for the event.

Using the supplement to promote recovery and reduce muscle soreness will be crucial, as McIntosh plans to compete in Glasgow's 53-mile Ultra Marathon, The Hoka Highland Fling, just two weeks after the North Pole Marathon.

To support Audrey, go to <http://www.justgiving.com/Audrey-McIntosh1>

-Ends -

Media enquiries, contact:

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NOTES FOR EDITORS

About Audrey:

- Glasgow based business consultant, project manager and a working mother of two who loves to run.
- Awarded the 2014 Commonwealth Baton Bearer (for charity fundraising and encouraging people into sport) and Exceptional Volunteer Award by Alzheimer Scotland.
- McIntosh's build-up has been supervised by the Sports Science department at Glasgow University.
- McIntosh will depart on Sunday, April 5, 2015 for Norway.
- Race director of the highly successful Loch Katrine Running Festival
- She will use the New Zealand blackcurrant supplement CurraNZ during the extreme event to aid blood flow and oxygen delivery, plus cardiovascular and digestion support to optimise her endurance and recovery.

Audrey's achievements:

2013:

- First Scot to complete the Antarctic Ice Marathon & 100 km Ultra Marathon together
- First Lady (3rd overall) in the Antarctic 100 km, 4th Lady in the Antarctic Ice Marathon

2014:

- Commonwealth Baton Bearer (for charity fundraising and encouraging people into sport)
- Second Lady in age category in the Scottish Ultra Marathon Long Series, 5th overall
- Awarded Exceptional Volunteer Award by Alzheimer Scotland
- Placed 3rd overall lady in the Volcano Marathon held in the Atacama Desert, Chile in extreme heat and at altitude.

About the race:

- The North Pole Marathon will be held over 26.2 miles on the Arctic Circle in total daylight.
- It is the only certified marathon that is run entirely 'on' water, the frozen water of the Arctic Ocean.
- Recognised by Guinness World Records as the Northernmost Marathon on Earth
- Only approximately 350 people from 40 nations have successfully completed the event
- There have been 12 North Pole Marathons to date
- Competitors will assemble in Spitsbergen, the largest island in Norway, before departing by Russian cargo plane for the Arctic on April 8.
- A temporary ice camp and runway will be built at their destination for the purpose of the event.

Among the world-class athletes taking part in 2015 are:

- Czech Republic's Petr Vabrousek, winner of the 2013 Antarctic Ice Marathon in record time, 2011 ITU Long Distance Triathlon World Cup winner and veteran of 150+ Ironman triathlons.
- Finnish Marianna Zaikova, the first woman to run 7 Marathons on 7 Continents in 7 Days in January.

IMAGES FROM 2013 ANTARCTIC MARATHONS

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