

TREVOR JACOBS – *Ultra insanity*

By Daniel Green

Name: Trevor Jacobs

Date of Birth: One day in about 1951

Place of Birth: Bordertown, SA

Sponsors: Huh? Oh yes – Qantas provided me with a half price ticket to Europe once which was gratefully appreciated.

Currently Living: Yes! and in Canberra.

Marital Status: Married to Josephine

Occupation: Civil Engineer working in the water resource/environmental management field with the Murray-Darling Basin Commission.

Height: 178cm

Weight: 65kg

Shoe Size: 10

Hair colour: Brown-greyish mix

Favourite shoe colour: Anything really, except pink. They end up dirty looking pretty quickly anyway.

Most loved pair of runners you have ever had: My first pair of runners (Asics Tiger) in 1981 as they felt really comfortable compared with the Dunlop Volleys I'd been using before that. Today, it's Brooks Racer that I like best because they are comfortable, very durable and light so they are great for training as well as racing.

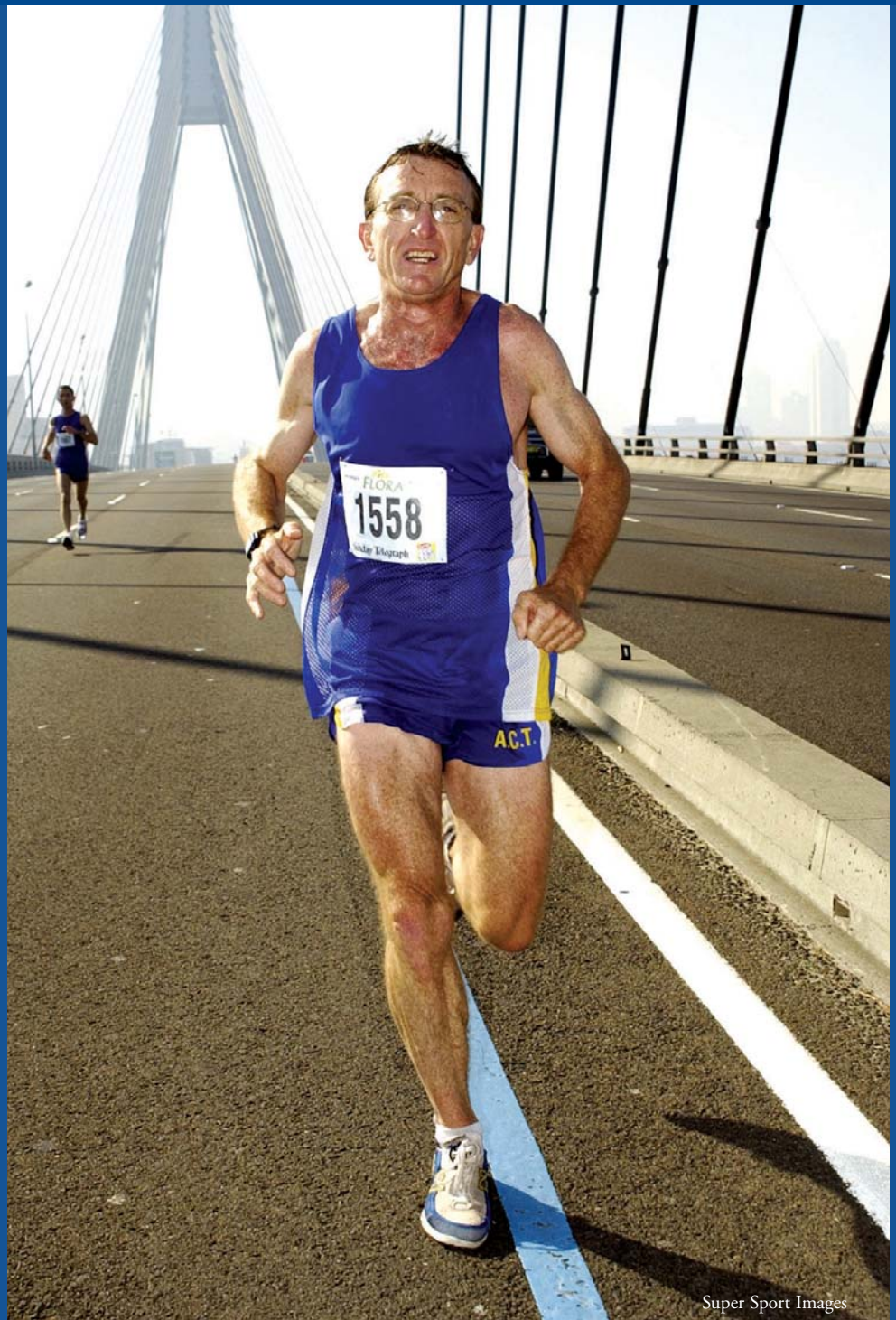
Favourite race:

I have so many favourite races that I generally follow a yearly cycle. Currently they include the 6 Foot Track, Canberra Marathon/50km, City to Surf, Oxfam Trailwalker, Brindabella Classic and various mountain races, together with a few rogaines and orienteering events. I like them all really! Today though, my favourite of the favourites would have to be the 6 Foot Track because it seems to suit me really well as I can finish close to the leaders more so than in any other race, giving a nice feeling.

Your top 3 running experiences/performances:

As part of a team:

1. Being in the winning open team for the 2004 Aussie Rogaining Champs.
 2. Winning the Sydney Oxfam Trailwalker in 2003.
 3. Completing the "do-it-yourself" 3 Peaks in the Blue Mountains with David Baldwin and Adrian Sheppard, following and falling behind solo adventurer Emma Murray
- As an individual:
1. Setting the Brindabella Classic course



Super Sport Images

record with the numerically perfect time of 3.33.33 in 1992.

2. Setting a 6 hour track Aussie record (later equalled by Yiannis Kouros) in 1992
3. Running 3.37 in the 6 Foot Track in 2005, setting a new M50 record.

Really I could have equally mentioned here running the Comrades in 1994 (the first time for a very long period where overseas runners were permitted after apartheid ended), running overseas in a series of 100km championships for Australia in the 1990's, the 3 peaks and 2 peaks,

Crackenback Challenges and on and on it goes!! Loved it all.

PB's for your favourite distances:

5,000m 15.32
 10,000m 32.45
 half marathon 71.33
 marathon 2.30.32
 50km; 3.05.06
 6 hours track 83.6km
 100km 7.08.55
 12 hours 134.38km
 24 hours track 201.2km

Trevor, we hear you initially started running through encouragement by your brother-in-law (Ken Enyon – a tireless steward for distance running in the ACT).

That's true, partly, as Ken was certainly a big influence after I moved to Canberra in 1982. But before that, I switched from playing Aussie rules and soccer to running after my wife and sister got involved with running in Adelaide. This switch suited me at the time as it was a sport that better suited our young family as it could be pursued at convenient times, which wasn't always the case with team sports. I took to running like a duck to water!!

What age were you when you started and how did you begin competitive running?

I was about 30 when I started running as my main sport and exercise regime, and I suppose I first ran "competitively" when I made it into the ACT marathon team. Apart from that I ran competitively with athletics clubs in inter-club events, with the Adelaide Harriers in SA and then Weston Creek in ACT.

What were your first few years like?

It was a hard slog when I tried to keep up with the faster club runners in SA and the ACT. But that was fine – hard training and racing paid dividends.

At the time you started running did you ever think you would get so involved in it?

No, at that time I never envisaged doing the many interesting things that have come my way. I've always had the approach of finding out more about things that interest me, and proceeding to see just how far I can take it – in the running world this meant that I was spurred on by observing



Trevor – always a character!

just how fast and far others could go, and thinking "I wonder if I could run as fast/far as them?". I'd then test that thought out.

How many road marathons have you run over the years? And what have been your best performances as a spring chicken (under 45 years of age) and since turning 45?

45 marathons, plus heaps of other events beyond the marathon of course. Fastest marathon under 45 was 2.30.32 at Perth in 1990, aged 39, and fastest marathon over age 45 was 2.35.51 at Gold Coast in 1997, aged 45.

You are a legend in off road (trail) ultra marathons. What would you rate as your top two trail races? Give us some details from these events?

The top two are without doubt the Brindabella Classic and the 6 Foot Track. Brindy started in 1987 -I mentioned to my wife at the time that I was just going out early to do a bit longer than usual Sunday morning run, and then a few hours later came back home and said I'd won Brindy and had better go back for the awards ceremony. I'm pleased with my record since then, because out of the 18 Brindy's held so far, I have 10 wins, 5 seconds and 2 thirds and have only missed it once in 1990 when overseas doing the 100km Champs in the USA. I had always wanted to do the 6 Foot Track for many many years but never did as I thought it would detract from the Canberra Marathon. But 2 years ago I decided it was time to give it a burl, and immediately found my niche, coming 2nd in 1993, 6th in 1994, and 5th this year.

How many and what types of ultra races have you completed? What has been the worst ultra running experience that you can remember?

I've mainly run in road and trail runs. In the last few years I've done a few rogaines (and orienteering) events and really like running and walking through the bush. The worst ultra experience is easy to answer – it was in December 1992 when I ran in the Australasian 100km Championships in New Zealand. 1992 was the year that I was probably at my peak fitness, so its a bit of a shame that I couldn't do a good time at this event. What happened was I cracked some ribs falling



2005 Six Foot Track Finish

off a bunk bed the day before the race when I was trying to catch a spider. It was probably a silly thing to do, but I wrapped my rib cage up and went in the race anyway, with a "suck it and see" attitude. I decided I had not gone all that way and to all that trouble just to watch the race. Anyway after coming last for the first few km, my ribs started feeling a bit better and I then had a good patch for a while in the middle of the race, but then towards the end it started getting rather bad again. I ended up with a slow time (8hr 13min).

You currently hold the Australian 6-hour track record (jointly held with Yiannis Kouros). When did you do this record? Did you feel it was close to your maximum potential for this event? Have you competed over this distance recently?

It was in June 1992 in Melbourne and I haven't done another straight 6hr race since. The 6 hour record was rather incidental though as the race was actually a 50 mile race where I decided to go and do 100km. I set a new Aussie 100km record (the previous record was set some 17 years earlier by Martin Thomson, on the road though I think) as well as this 6hr record along the way. Yiannis also broke my 100km track record some years later, as well as equaling my 6 hr record.

The Run For Your Life team were dumbfounded by your recent record-breaking effort at the Six Foot Track Marathon (45km Trail race) where you broke your own men's 50+ record by close to 5 minutes. How did you manage to take such a large chunk off an already phenomenal record (the next fastest male over 50 in the six foot is close to 30 minutes slower than Trevor's record and he holds the three fastest times for an over 50), especially given you are now a year older? How far were you running in training prior to the Six Foot?

I put in a lot of extra training for the 6 Foot, starting in December 2004. My weekly training mileage averaged about 80 to 90 miles (130 to 145km) a week with lots of hills, usually at least one race a week and 100 to 200km of cycling.

Trevor Jacobs has a reputation for being like a tornado when running downhill. What is your secret to downhill running?

Hmm... Good question – I don't really know the answer, apart from the fact that I do seem to do relatively better on downhill compared with uphill. I think that the secret could be short quick steps rather than long pounding ones. Shorter quick ones damage your leg muscles less, which becomes important in a longer event.

We are aware that you teamed up with David Baldwin and Adrian Sheppard to win the 2004 Australian 24-hour rogaining championship. Have your rogaining experiences been enjoyable? Do you consider these events to be harder than a marathon or an ultra marathon?

Rogaining is a fantastic sport – I really like it due to the challenges and team interactions that take place. The rogaining people are really amazing and so talented – I have much to learn still about this sport. Marathons and, say, 50km road races are the hardest types of events though, because they stress and damage your body more. Ultras and rogaines may be longer in distance but their intensity is lower, they do less damage and therefore you recover a lot quicker compared to a marathon.

Is it true that you are actually the hardest man on earth? Are your legs made of some form of metal? And have you ever had an injury?

Ha ha – not it's not true, sad to say. In fact, I had my first injury a week after the Canberra Marathon/50km as a result of me trying to run fast again too quickly (stupidly chasing others around Lake Burley Griffin) – I pulled a hammy about 1km from the end, and it took me about 2 weeks to get over it. But luckily it's fine again now. I don't get injured very often though, and I guess that's because I back off at the right time (editor's note: that last statement is such an important one, backing off at the right time is vitally important).

Finally, are you a genetically modified version of Tin Tin who has aged, or was the cartoon character actually based on a young Trevor Jacobs?

Yeah, the cartoon is based on me, and I earn massive royalties from it which enable me to finance my crazy sporting pursuits! haha. For those that may not know what we are prattling on about here, my good friend little Dr Roothey has explained the Tin Tin phenomenon as follows:

"It comes from a medical paper that someone wrote where he examined head injuries to Tin Tin (the cartoon character) over his series of adventures.

He summarised that due to all the injuries Tin Tin had developed a condition where he didn't age." Further, Dr Roothey says:

"Thus I decided that you must be Tin Tin, as you don't seem to age at all, and it must be all the knocks that you get on your adventures!"



1997 Masters Games



2004 Canberra Times 10k