

Ludo Depoortere

2nd age category M60

19th place overall

6 days ultra WC Policoro 2023



In The Picture

May 2023

Ludo has already entered many ultra races. He performs many long workouts and trains a lot, but in the meantime takes more rest between the long workouts. He enjoys life and what life brings him, but he also always tries to look at the next challenge. As long as health allows, that is the most important thing for him.

In 2016, you were the first man to reach the finish of the Authentic Phidippides Run with an average speed of 6.7 km/h and you have even started here five times. You already have a serious track record. Let's go over the most important ones?

I was indeed the first man, back in 2016, to reach the finish of the Double Spartathlon in about 77 hours. In other years, I also became the third and fourth finisher. At the Belgian Championships 24 hours I received the Bronze medal five times. But I also won it a few times, within my age category, as well as the Belgian Championship 100 km. Of course I have already participated in the Spartathlon itself and Milan-Sanremo (285 km). The Ultra Boucle des Ballons was a race with 5000 vertical meters over 208 km. The Mi Mil Kil is an ultra race over a course of 500 km. The organizer describes it as a reunion of experienced runners who want to measure themselves against others. He also organizes the Mil Kil, which is 1000 km. I finished sixth, at my edition, in a time of 105 hours, 52 minutes and 29 seconds. And in March of this year, I ran for six days at the Policoro World Cup. There I became second in my age category M60, after the German Willi Klesen.

Do you have a specific preparation before you start these long ultra races?

I always train with feeling. I don't have a personal trainer or coach and I don't use any special training schedules. But I do train a lot. And, certainly not unimportant, I also train on walking. Especially if I enter a multi-day ultra run. Compared to the past, I do take more rest after a long workout.

You once ran 250 km as a tribute to the victims of World War I, are there any new plans to do as a tribute or is there another race you wish to run in the near future?

I did indeed run the ultra Ghent-Wevelgem, which was 275 km long, as a tribute. But that was also my biggest disappointment. I stopped after 172 km. I might run again as a tribute, but I'm not getting too far ahead. I look at it day by day and in the first place we try to stay fit and healthy. In September I might do the World Trophy, which is another six-day race organized in Hungary, near Budapest. But in fact I prefer to run the 100 km events such as the Night of Flanders, the Dodentocht in Bornem, or the 100 km en Thudinie in Binche.

Do you have an ultra runner that you look up to?

The ultra runner I got to know at the 100 km walking events...Paul Beckers. I started looking him up and he has a phenomenal track record. I also look up to David Vandebossche nowadays. He lives in Opwijk. I sometimes join him for ultra races as a driver and/or companion. Finally, also this Frenchman: Jean-louis Valderrama. He runs a lot on crocs and he always reaches the finish line in time. Be it the Nove Colli or the Mil Kil. 1000 km on crocs...Phenomenal!

Thank you for the interview Ludo and we wish you lots of success in the future.

Kevin Simons