

In The Picture

July 2016

Mieke Dupont

BC 100 km 2015

Belgian Record holder 100 km



Mieke Dupont, process manager at Van Roey Vastgoed, lives together with her husband and five children in Ghent. Additionally she is the only female (international) chief referee for triathlon and duathlon. Her personal record for the Iron Man is 9h32. Since 2014 she started ultra running.

A couple of months ago you had to stop running due to a stress fracture. It looks like a painful injury, isn't it?

I had a femur stress fracture. Most runners have it on their shin. I can't compare because this is the first time that I have a stress fracture. This isn't only painful. I couldn't lean on my leg either. It took about two months before I could climb and go down the stairs without problems. Apart from the trainings that you miss, there were a lot of worries to run the house and being able to do my job.

Do you do things differently now than before your injury?

While we were searching for the cause of the stress fracture, the doctor discovered that my blood values were substandard. I'm trying to follow my sports diet very fussy, not to lose weight (always welcome), but out of fear of having substandard blood values again. I also try to anxiously avoid asphalt or concrete. The Finnish Track, all gravel paths along the River Lys and the unpaved route at the Blaarmeersen are my regular tracks now. It takes a lot of effort because I tend to stumble over every tree root of half a centimeter, but also because my pace, which is already low, even goes a lot lower.

You've just had a prolonged injury, but you also started preparing for the WC 100 km. Did you maintain the condition via alternative trainings or you had to start again from scratch?

It's becoming fun again even though the road ahead is still long. It's really starting from scratch again. Training alternatively wasn't so obvious. At the time I stopped triathlon because I couldn't

bicycle longer than 45 minutes without intense pain at the back. It's still a problem today. Bicycling for an hour isn't much when you want to maintain your condition. On top of that it was painful for my leg, so it wasn't really a training option for me. I did swim now and then, just like rowing on the ergometer. That's good to maintain your condition for two to three weeks, but that's it.

Do you fear that you will relapse in injury?

The training scheme of my trainer starts Monday. What I do until then, is what he calls 'playing'. I started training very carefully. After doing nothing for three months I've had enough of it, also because I realised that the preparations for the World Championship would be almost shorter than the period I have rested. Early August I started running for 10 minutes. The day after 15 minutes. Then a day off. In the meantime I'm running 1 hour and 45 minutes and it starts to feel as 'running' again. After the first trainings I had pain everywhere, and it was so hard to determine whether it was the injury that had not completely cured or just some muscle pain. Now I feel almost nothing. But I won't jump the gun. I'm still deeply concerned.

Thank you for the interview Mieke. We look forward to your participation in the WC 100 km!

We wish you good luck.

Kevin Simons