



Surf Coast Century Rookie Ambassador for 2023

Jarrold Bloomfield

THIS IS ME...

Watch my intro here: <https://youtu.be/Hsg6tx4efqc>

My name is Jarrold Bloomfield (AKA JBomb) and I am proud to be the 2023 rookie ambassador for the Surf Coast Century 100KM Ultra Marathon race. I'm 38 years old and so far the furthest distance I've ran is 20KM.

Seven months ago I made some substantial life changes. I realised I wasn't happy with some of the decisions I've made throughout my life and I knew that there had to be a better way. I gave up drinking alcohol which had previously been a large part of my life & troubles. I commenced an 8 week challenge with my personal trainer. I managed to lose roughly 7KG (8% body weight).

Once that challenge was completed I instantly knew I needed another larger goal to keep me ultra focussed. A friend of mine suggested this event and here I am. I commenced training for the marathon 8 weeks ago.

I have 2 children (Harrison 13, Levi 12) and I decided it was time to be the Dad I want to be, I need to show them that with hard work, grit, focus & determination, you really can be anything you want to be.

In addition to running in the marathon for my own personal reasons, I am also working with the Pat Cronin Foundation to raise \$100,000. This charity focuses on eliminating the 'Coward Punch'.

They educate school children on the impact of violence in our society and aim to teach our younger people about the consequences of their actions.

I look forward to sharing my journey with all others and being part of the ultra running community by working and sharing our insights together WE CAN DO THIS!



JBomb