



## 2024 Rookie Ambassador 50km

### Matt Drysdale – August

Had a great experience on my long run over the weekend, meeting and running for a bit with 3 legends who are in training for the SC100. I also learnt some interesting Olympic facts along the way! I've got some work to do fitness and conditioning wise but my ankle has not felt as strong as it does now in the past few years.



Anyways, since my last update, I've tackled a mountain in a storm (Arthur's seat) which was a great experience, I love running two bays trail. I came back to find a tree had fallen, narrowly missing my car.

I've done a few naked runs which is very liberating (Strava free so you need to be the judge of whether they actually happened or not!) and have been keeping up the strength training. We just got back from a relaxing week in Bali. Our first kid free holiday in 21 years!

I feel I'm coming along nicely as I'm training for the distance not a time. Looking forward to the next 5 weeks of training 😎

*I'm in it for a good time not a fast time!*

