

# Kooralbyn Valley MTB Endurance Series

## Ambassador

### Russell Worthington

Russell Worthington is an avid adventurer and endurance mountain biker. As a relative late-starter to MTB at 36 y.o., he commenced his foray into endurance training with a 4400km charity road ride (on MTB with a good mate) from Perth to the Gold Coast for the Make-A-Wish Foundation in 2008.

Upping the ante some-what, in 2009 Russell extensively planned and completed a solo and unsupported 7500km ride across 10 deserts of Australia to achieve a number of firsts including (still) fastest crossing of the 1850km CSR, first solo and unsupported ride of the 1350km Anne Beadell Hwy (Great Victoria Desert) which includes one 640km stretch without water; done on a 4" Fatback with 4" single-wheel trailer specially built to accommodate up to 40lt water. This ride raised over \$12k for the Royal Flying Doctor Service, and took 3 months.

Russell Worthington won the 2008 Kooralbyn 24hr, placed 2<sup>nd</sup> in both the 2008 & 2009 Insomnia 24hr events, 2<sup>nd</sup> in 2009 Ay-up Dusk till Dawn, and in 2010 was in 1<sup>st</sup> place 18hrs into the World 24hr Championships in Canberra in his 40-45 age-group when an asthma attack curtailed his race.

After an extended break from MTB racing, with other priorities in life, Russell Worthington is very keen to return to the endurance mountain biking stage. In 2018 he kicked off his return with a 4<sup>th</sup> place in the 2018 BVRT E2E (160km), 1<sup>st</sup> at the Kooralbyn 6hr, and a 3<sup>rd</sup> in his 45-49 age-group World 24hr Championship in Scotland.

Being an "old-hand" of the former glory days of the Kooralbyn MTB scene, Russell Worthington is super excited to see MTB back on the scene in this great venue, and super-stoked to be able to commit to all the races in the [Kooralbyn MTB endurance series](#) in 2019. Hope to see you there!

