

A hundred miles in the Himalaya

IF YOU'RE LOOKING for something agonising to do next November or you want to prepare for the Christmas stuffing, then the well-known Indian travel agent C.S. Pandey may have the race for you. He recently organised the 7th Himalayan Run and Trek, a five-day event that covers a hundred miles of terrain in the Darjeeling area. The third day is a full marathon reaching altitudes of almost 12,000ft but with excellent views of the

Everest region, Makalu and Kangchenjunga. First to finish the whole event was British runner Noel Hanna in 15hrs 54mins. Hanna completed the marathon in 4hrs 39mins, pretty good going uphill and at altitude. The first woman to finish was the American Suzanne Roat in 17hrs 26mins. If you'd like to take part on the 8th Himalayan Run and Trek then you can fax Mr Pandey on +91 11 227 0061 or email him at hrtpl@del2.vasnl.net.in