

Noel Hanna is first local past the post in Adrenalin Rush

Dromara endurance racer gives super human effort

DROMARA man Noel Hanna was the first local man to make it past the finishing post in last week's Adrenalin Rush.

Noel captained Team North South Tactel Inspira to a second overall finish and a first place finish in the three-man team

JOHN HOOKS

category.

An experienced endurance racer, Noel picked his team from athletes he raced against at such events as the Death Valley Challenge and the Ego Challenge. They were America's Marshall Ulrich and Peter

James from England.

Noel was delighted with the team's second place finish behind Team Parrot from England but was certain they could have done better.

"The two other lads finished a race in Nepal on May 15 and they were still feeling the effects.

"If our whole team was fresh then I have no doubt that we could have won the race outright," said Noel. To the average person interested in keeping fit, the race seems just impossible, especially after Noel revealed that his team only slept for nine hours during the whole four day race.

They left Banbridge on Monday and cycled to Slieve Croob and then onto Tullymore for the section in the Mourne Mountains.

This section saw the racers trek across mountain ranges, boulder along a river, jumar up a rock face (climb with a harness), and abseil down a mountain.

The racers also had to jumar down the face of the Silent Valley dam.

They then had to jumar up the bikes for another mountain section.

SLEEP

A couple of hours sleep and then it was onto Castlewellan for a stage which saw the racers ride a horse for 10 miles. One competitor rode while the

other two ran alongside the horse.

They then moved along the coast to Rostrevor and down to the Narrow Water where they had to pull themselves across the water on a raft and make their way up to Portadown on the bikes to meet the boat at Lough Neagh.

During the boating stage, Noel's team mates capsized their boat which meant that Noel had to fish them out along with their gear and bikes.

After this section it was time for another section on the mountains around Cookstown.

Then it was back into the boats and a paddle towards Portadown, although they had to divert their boats along a drain, which was only the width of the boat, for two miles.

Finally, the racers finished the event with a 20 mile cycle back to Banbridge.

This was a superhuman effort from Noel and his team and it was later discovered that it was only the top two teams who covered the whole course.

"The organisers changed the course once we were through some stages," explained Noel.

Noel now hopes that his adventure with his team mates will lead to some doors being opened for him to compete in other races.

At the minute he is considering to take part in a race in Borneo.



Team Raid celebrate completing the grueling Adrenalin Rush competition which started and finished in Banbridge. The competition took the teams on a 300 mile circuit around the Mourne and Lough Neagh. BL23130MC



Adrenalin Rush organiser Brian Elliott presents a medal to one of the