

Noel in tip top form for US endurance race



Noel Hanna who is taking part in a gruelling endurance run. SG36/909.

A DROMARA man who has already conquered the Himalayas is to compete against some of the world's top runners in a gruelling race in America.

Noel Hanna (31) will be up against 170 runners from the United States, Canada,

Japan Mexico and Ireland during the 13th annual Los Angeles Crest 100 mile Endurance Run.

The run will test Noel's stamina and fitness to the limit as most of the 100 miles will be mountain trails within the Angeles National Forest just North of Los Angeles.

The race will mean Noel will have to run at heights up to 9,300 feet in temperatures ranging from 90 degrees down to the 60s..

Noel hopes he will finish within 24 hours to receive the Sterling Silver Belt Buckle, or within the 33 hour time limit to receive a Bronze Ram Belt Buckle.

ENDURANCE

Noel, a fitness instructor, is no stranger to ultra endurance running. He beat 35 top runners in a stage race in the Himalayas which raised £18,000 for the Royal Victoria Hospital.

In addition to the physical

demands, further danger awaits with rattlesnakes and mountain lions which inhabit the area.

"I pretty much know what to expect," said Noel.

"This is a challenge which I want to do for myself. I have been doing quite a bit of training in the Mourmes and I feel pretty confident.

"As part of my training I have been running for about 100 miles each week in the mountains."

He will holiday in California with wife Joan after the event.