

Noel Hanna, who only took up jogging three years ago, has stunned professional athletes by winning the toughest long-distance race in the world. Having never won a race before entering the 100-mile ultra marathon



in the Himalayas, Noel's achievement brings new meaning to the word superlative. Superfit Noel has now rewritten the record books by:

Braving sprints along narrow ridges at 13,000 feet on the world's highest mountain range:

Completing the race in 15 hours 54 minutes to shatter every previous record for the iron-man event;



Trouncing a field of the world's best athletes;

Bringing the coveted Himalayan Cup back to the British Isles for the first time.

Yet to County Down jogger's heroic feats were not motivated by personal glory. He did it for the Mirror's RVH Appeal and his 30 year old wife Joan, who had a brain tumour removed six years ago, raising money for a medical charity fund.

"He's always been a super-hero to me but now he's proved it to the world," Joan said.

