

Appeal for trekkers to follow in Dromara man's footsteps

THE Cystic Fibrosis Trust has announced details of the 2002 Donard Maxtrek.

The Maxtrek is a 36-hour mountain trek, and will take place on Slieve Donard, Newcastle on the weekend of 24th and 25th August 2002.

Cystic Fibrosis (CF) remains the most common, life threatening inherited disease in the UK and organisers are hoping a record entry for the 2002 Maxtrek will raise £10,000 to assist in the search for a cure for this devastating disease.

The charity is inviting Individuals, pairs and teams to register now.

The event is designed to suit everyone, from the serious adventure athlete, to the casual Rambler, and also those people who wish to achieve a single ascent of the highest peak in Northern Ireland.

The ultimate challenge (the Maxtrek) is to ascend and descend Slieve Donard 10.53 times.

This is equivalent to scaling the full height of Mount Everest from sea level (8848m), and descending back to sea level.

Challengers however may do as many or as few ascents of Slieve Donard as they choose.

Organisers recommend that participants trek at a gentle pace and 'knock off' some of the world's most famous peaks along the way. For example, 6 ascents in 36 hours is equal to a climb of over 5000m, that's higher than Mont Blanc.

Following each ascent, challengers are invited to take 'time out' at Base Camp, in Donard park and when daylight fades on Saturday, they can relax at the

Maxtrek BBQ, compare aches, pains and blisters with fellow Maxtrekers, get some well earned rest, and begin trekking again on Sunday morning (if they feel up to it!).

Guinness World Records have expressed a keen interest in the Maxtrek, and have notified organisers that the fastest times in the Solo category may appear in future editions of The Guinness Book of World Records.

To date only six Solo participants have completed the Maxtrek challenge.

Richmond Hanna from Dromara County Down set the fastest time of 21 h's 52 min 20sec in 2001.

The 2002 event is supported by Isaac Agnew Audi, Red Bull, Graham Tiso Ltd., and The Irish Worldwide Rescue Team.

Permission to stage the event has been kindly granted by The National Trust, The N.I. Forest Service, Down District Council and Greenhill YMCA Centre.

For further Maxtrek details log onto www.maxtrek.com or contact the Cystic Fibrosis Trust on Tel. 028 3833 4491

For those less adventurous the Cystic Fibrosis Trust 'Donard Dander' will take place on Sunday 25th August.

The Dander is a more leisurely stroll and is suitable for families. A 10.30am start should see most people back at base camp in time to join in the CF Trust Family Fun Day with face painting, bouncy castle, fun, games and BBQ from 2.00pm until 5.00pm.

For more details or to register please contact the Cystic Fibrosis Trust on 028 3 8 3 3 4 4 9 1 o r e - m a i l tmallon@cftrust.org.uk.