

# HOT NEW CHALLENGE FOR NOEL

## Sahara Desert Race

By Raymond Stewart

**THERE** must be some explanation for Ballynahinch man Noel Hanna taking his bike into the sauna. Why, it's as hot as the Sahara in there!

Well that's exactly the conditions Noel needs to get used to before he sets off on his latest endurance challenge.

The 32-year-old fitness instructor and civil servant heads to Morocco next month to prepare for the annual Sahara Desert race, a 220 kilometre energy-sapping run in temperatures of between 120 and 140 degrees.

Over 600 runners will start the race which will be shown by over 100 television channels throughout the world. Each runner must carry everything they need for six days in the desert, including food and cooking utensils.

And as part of Noel's preparation he has been riding his bike on rollers in the sauna with a heavy rucksack on his back.

If you can't stand the heat ...



Noel Hanna — hot days ahead in the Sahara