

CELEBRATIONS

SIX pages highlighting the important events in readers' lives



In association with Mercedes Benz of Chester



Lecturer happy to see football focus on women

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Karate kids get a kick out of sports club open day

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Long-term employee in at the deep end at zoo

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Charity team will aim to run 188 miles in three days through Himalayas in record attempt

Runner's fundraising peak



ULTRA CHALLENGE: Lizzy Hawker is swapping Chester for Everest for a 188-mile run through the Himalayas. Main picture by Victoria Tetley VT180907RUN-001

AN ULTRA-RUNNER from Chester will next month attempt a foot-blistering 188-mile run through the Himalayas. Lizzy Hawker, of Whitefriars, who trains on Chester's canal towpaths, is aiming to beat the record for the non-stop trek from Everest Base Camp to Kathmandu. Attempting to complete the historic route in less than three days and with

By Laurie Stocks-Moore
little sleep, she will set off with friends Mark Hartell and Stephen Pyke on October 25 facing more than six miles of ascent and eight miles of descent. All three have competed internationally and set numerous records in mountain and endurance races. Lizzy, 31, who won gold at last year's

100km World Championships, says: 'I feel inspired being in the mountains but there are times when you have to focus really hard. 'We will start high in the mountains where it will be cold before running into sub-tropical weather in Kathmandu. 'We will carry iodine tablets in case the water is not safe to drink. We aim to run straight through but if anyone has a bad patch we'll try to have a

short nap of about 45 minutes.' Nepalese runners will join the trio en route bringing moral support and local knowledge of the trails. For 10 years, the political situation in Nepal has been unstable as the Maoist party attempted to gain influence within the political process through a 'people's war'. A peace agreement was signed in November 2006 and fully democratic elections take place next month.

The troubles have damaged the vital tourist industry and the runners hope that publicity gained from their run will help to support its recovery. The £15,000 they hope to raise will go to Community Action Nepal, which supports remote communities and Right to Play, an international humanitarian organisation using sport as a tool for development of children and youth in disadvantaged areas of the world.

Sponsor the trio's efforts online at: <http://www.justgiving.com/run-everestbc-kathmandu>