



Race Report

100 Mile Himalaya Challenge

Date: November 2010
Location: Indian Himalaya Region

By: Peter Chittenden

This is an Ultra Multi-Stage Race consisting of 5 Races of varying distance and at altitudes from 6600ft to 11800ft including The Everest Challenge Marathon. in 5 consecutive days in the Indian Himalaya Region.

Race Day 1, started after an early breakfast with a 1.5 hr. bus journey from Malik to the start at Maneybhanyjang at 6600ft. and was a 24 Miles route that zig zagged up and down and around the mountain with steep inclines and declines but climbing upwards to the finish at Sandakphu at 11815ft. on some of the roughest Terrain I have ever run upon. The Garmin sat. navs. showed we had climbed 10200ft of altitude on this stage.

Race Day 2, started with an early call to see the sunrise over the Mountains, a truly magnificent experience as we were looking at a panoramic sunrise over with views of 4 of 5 of the highest mountains in the world, Mt. Everest, Lhotse, Makalu, and Kanchenjunga. Today's race was 20 miles on an undulating course from Sandakphu 10 Miles out to Molle and back, at altitude with more steep inclines and declines on similar rough terrain.

On the return leg I was suddenly stopped in my tracks by a Black Himalayan Bear crossing about 20ft in front of me we both stared at each other for a few seconds before it continued on its way, Scary or what I drew a sharp breath before continuing on my way looking behind me. At the finish, I was informed yes there are wild bears in the area but they are not harmful.

Race Day 3, The Everest Challenge Marathon, 26.6 Miles from Sandakphu to Molle then 4 Miles onto Phulet at 11380ft where we returned to Molle at 18 Miles, this section was again undulating and steep in stages as the previous two days, terrain being no better. At Molle the course started to drop down into the valley gently at first, after a while it became very steep onto an undefined track with very deep ruts and steep steps made up of loose logs, the decent was around 4000ft in some 4 or so Miles, this section never seemed to end. At the bottom we reached the river and onto a undulating muddy/rocky track which again seemed to go on forever, finally reaching the finish at Rimbik at 6350ft.

There was some discussion at the finish as to the distance of today's race the Garmin sat. nav. Recording it as nearer to 30+ Miles.

Race Day 4, 13 Miles from Rimbik to Palmajua at 6560ft. at last on tarmac. The start was downhill to the river below at 4975ft. the an undulating section along the river with last 5 miles uphill to the finish at Palmajua. We were then taken by bus back to Rimbik.

Last Race Day 5, 17 miles. We were taken by bus to-day back to Palmajua for the start, prior to the start everyone was shaking hands and embracing and wishing each other good luck.

I had a target today that was to get close to 4.00 hours for this stage as this allowed me to achieve a time of around 36 hrs, so decided to run without a backpack or camera only carrying my water bottle.



The first 6 miles was uphill but again on tarmac the middle section was undulating and the last few miles was a gradual downhill to the finish at Manebhanjang at 6600ft. where we started on Day 1. The finish was very emotional some of the competitors were waiting there and so was the Indian Race organizer to embrace all finishers.

We were then taken by bus the 1.5 hrs back to Malik for the presentation and gala dinner.

At the presentation all competitors were invited to collect their certificate and plaque individually, to cheers and applause, another emotional time, a surprise for me was to be presented with the 2010 Challenge Trophy for Senior Man.

There were 61 runners and 1 walker who was on a shorter course, from around the world. There were 16 trophies on offer and UK runners picked up 6 of them. The first male was a Spanish Mountain runner in just over 16 hrs. with an English runner 2nd in around 16.5hrs. first female was also Spanish with an English Runner in 3rd. Place

My Total Time was 35hrs.39 mins. with 8 finishers behind me, so was very pleased and chuffed.

Overall a great Challenge and wonderful experience, the scenery and views especially with Everest in the background was just fantastic together with the friendship of all the competitors especially their concern as to my wellbeing as the OAP of the group, will stay with me forever.

One thing this Challenge has taught me is that no matter what age you are if you have a goal or wish to achieve something then with a little help, faith and effort there is no reason why you should not achieve it or at least try.

Since coming home I have been asked would I do it again, I have mixed feelings on this, but who knows perhaps I could return in my 75 year, now that could be a Challenge. !!!!!