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RACE REPORTS FROM NEPAL 2013

1 November

We shall be leaving for Nepal in a week's time and I expect everyone is rushing around doing those last-minute things! We hope to send reports from Nepal on:

12 November - from Kathmandu after the fun run.

16 November - from Namche after the Thamo loop run

21 November - from Namche after the Gokyo trek

27 November - from Namche after the trek to Lobuche

29 November - from Namche after the race (with race results)

3 December - from Kathmandu after the prize-giving

Looking forward to seeing everyone in Nepal!

Diana

12th November, Kathmandu

Everyone has arrived safely in Kathmandu from all over the world for the 2013 Everest Marathon - from UK, USA, Canada, the Netherlands, Denmark, Austria, Switzerland, Brazil, Malta, Israel, Australia, New Zealand, Japan, India, and of course Nepal. Bags have been packed, and most importantly, weighed ready for the flight to Lukla early(!) tomorrow morning, and we are all ready to go!

Despite the General Strike in Kathmandu, there has still been time to enjoy ourselves with a "mini-Olympics" held in the gardens of Hotel Shanker - in fancy dress, naturally, which replaced the fun run, and an excursion the Swayambhunath Temples (Monkey Temples) and Durbar Square.



... Meanwhile, the medical team were experimenting with the Hyperbaric Chamber...



16th November - Namche Bazaar

On Wednesday brilliant weather meant that we could fly to Lukla early and get on our way to our first stop at lodges in Phakding. Next day we followed the Dudh Koshi river, through the Sagarmatha National Park gate at Jorsale to a new bridge which brought us to the steep climb to Namche Bazaar. On the way, we got our first view of Everest. The 3 groups were lodged in Khumbu Lodge, Hotel Sherpa Land and Thamserku View Lodge.



Looking down on Namche Bazar

On Friday, nearly everyone went to the famous Everest View Hotel where we had fantastic views of Everest, Lhotse, Nuptse and Amadablam. The afternoon was spent browsing through the fascinating shops of Namche Bazar.



This morning we jogged 3 miles out to Thamo and back, which will be the last 6 miles of the race...



Now we are going up to our first camp at Khumjung.

23rd November - Namche Bazaar

Last Saturday, after running the Thamo loop, we moved up to **Khumjung** (3750m) for our first of 12 nights under canvas. Next day was the long haul round the sacred mountain of Khumbiyula to **Mong La** (3962m) followed by a precipitous descent to lunch at Phortse Tenga. But we had to climb steeply up through the 'frozen forest' to **Dole** (4084m).



Enjoying Lemon Tea at Mong La

Our next stop was **Machermo** (4465m), three hours away, where we spent four nights for acclimatisation. Most of the group were capable of trekking to **Gokyo** (4791m) and climbing a snow-clad **Gokyo Ri** (5483m) for stupendous views of Ngozumpa glacier and the Everest panorama. **A big day involving more than 1000m ascent!** Sunny but cold weather allowed people to relax, wash clothes and chill out. Unfortunately there were two emergency helicopter evacuations: one for altitude sickness and one for a heart condition. This means that we lost our expedition scribe and photographer; hence this delayed blog.

Last Friday we descended 765m via Dole and Mpong La to **Kangjuma**, with its high-altitude bakery and colourful impeyan pheasants (the national bird of Nepal). Now we are back on the race course, with less than a week to go before the race. Tomorrow will be a hard day up the hill to **Tengboche** monastery.

29th November 2013

It was fabulous weather for the race yesterday and everybody is very happy. The race record was broken again by Ram Kumar Raj Bhandari and now stands at 3.40.43. Second was Bhim Bahadur Gurung (Nepalese army) who also beat the 2011 record in 3.45.20. Malcolm Attard from Malta was the first non-Nepali runner home in 13th place (5.47.22) and Caroline Watt (GB) was the first lady veteran in 24th place (7.05.19). There were 59 finishers and 7 people who were not able to complete the course.

Today is a rest day in Namche Bazaar to rest weary muscles, stoke up on yak steak and chocolate cake and do essential shopping! Tomorrow is the long walk back to Lukla and on Sunday the hairy flight to Kathmandu!

EVEREST MARATHON 2013 - RESULTS

Place	Name	Country	Time
1	Ram Kumar Raj Bhandari	Nepal	3.40.43 -new record
2	Bhim Bahadur Gurung	Nepal	3.45.20
3	DB Kulung	Nepal	4.04.47
4	Sudeep Kulung	Nepal	4.13.09
5	Upendra Sunwar	Nepal	4.29.12
6	Ngawang Tenzing Sherpa	Nepal	4.47.30
7	Bhakta Bahadur Jirel	Nepal	5.04.29
8	Pasang Sonam Sherpa	Nepal	5.07.44
9	Ngima Tenzing Sherpa	Nepal	5.07.45
10	Narayan Acharya	Nepal	5.40.57 - joint first veterans
10	Raj Padan	Nepal	5.40.57 - joint first veterans
12	Raju Roka	Nepal	5.44.43
13	Malcolm Attard	Malta	5.47.22 - first non-Nepali
14	Kabita Muskam Nachhering (F)	Nepal	5.59.43 - first lady
15	Steve Lang	GB	6.02.52 - second non-Nepali
16	Paribartan Rai	Nepal	6.18.55
17	Bijaya Thapa Magar	Nepal	6.22.53
18	Osmita Nachhering Rai (F)	Nepal	6.33.32 - second lady
19	Sagar Tamang	Nepal	6.45.24
20	Beth Thompson (F)	GB	6.50.16 - third lady, third non-Nepali
21	Kristina Schou Madsen (F)	Denmark	6.59.50
22	Matt Smart	GB	7.01.27
23	Dave Fawkner	GB	7.04.10
24	Caroline Watt (F)	GB	7.05.19 - first lady veteran
25	Wilf Duivenvoorden	Netherlands	7.05.24
26	June Grey (F)	Eire/New Zealand	7.23.25
27	Brent Lindsay	GB	7.25.38
28	Rachel Leckey (F)	GB	7.30.19
29	Russ Murray	GB	7.32.41
30	Chris Conroy	GB	7.33.10
31	Avi Blaiberg	Israel	7.35.47
32	Scotty Porter	GB	7.40.09
33	Brent Weigner	USA	7.47.22
34	Paul Ward	GB	7.48.23
35	Toni Blajs	Austria	7.48.52
36	Mark Hobson	GB	7.59.04
37	Doug Strachan	GB	8.14.36
38	Paul Simpson	GB	8.30.32

39	Malc Smith	GB	8.31.28
40	Andy Evans	GB	8.42.59
41	Mark Bennett	GB	8.46.06
42	Gary Zamis	USA	8.47.55
43	Dave Sayer	GB	8.48.19
44	Neil Curry	GB	8.50.33
45	Dalila Frei (F)	USA	9.15.55
46	Pat Boden (F)	GB	9.6.40
47	Gordon Irving	GB/USA	9.16.48
48	Trin Booth (F)	GB	9.43.28
48	Paul Buckley	GB	9.43.28
50	Sarah Daniell	New Zealand	9.46.31
51	Vicky Willan (F)	GB	9.54.12
52	Lloyd Donnelly	Australia	9.59.21
53	Rob Shenton	GB	10.22.14
54	Margot McCloy (F)	USA	10.23.29
54	Michal Ploskonka	Poland/USA	10.23.29
56	Lindsay King (F)	USA	10.43.04
56	Steve Manuel	Canada	10.43.04
58	Carrie Saylor (F)	USA	10.52.39
59	Tom Daniell	New Zealand	10.57.35
Sweep Team			
	Ram Chandra	Nepal	
	Dr Wendy Dodds	GB - chief doctor	
	Peter Eagan	GB	
	Hari Roka	Nepal - Nepali coach	
	Pasang Kami Sherpa	Nepal	
Did not finish			
	Hans Geiger	Switzerland	Gorak Shep/Chorkhung
	Manoj Haveri	India	Gorak Shep/Chorkhung
	Charlie Tweed	GB	Gorak Shep/Chorkhung
	Matt Bridgwater	GB	Pheriche/Chorkhung
	Els Duiven voordn	Netherlands	Pheriche/Thamo/Namche
	Julia Sayburn	GB	Pheriche/Thamo/Namche/Thamo/Namche
Aid Posts			
	Lobuche Dr Paul Simpson, Noeleen Evans (F)		
	Duglha Ginny Walkingshaw (F)		
	Pheriche Dr Simon Milligan, Kurt Schürch		
	Pangboche Yael Blaiberg (F)		
	Tengboche Dr Ruth Crawford, Adrian Davis		
	Sarnassa Dr Alistair Parks, Hilary Dewhurst (F)		
	Chorkhung Bruce Walker, Jeff Dewhurst		
	Thamo Hilary Dewhurst (F)		
	Namche Bazaar Dr Helen Jeffries, Caroline Wilson (F), Diana Penny Sherpani (F)		

