

MAD DOGS AND ENGLISHMEN

In April, in the Sahara Desert, Morocco a 230km race will be run in which each runner has to be totally self sufficient. The 15th Marathon Des Sables is regarded as the toughest foot race on earth. This is actually equivalent to running five and a half marathons in six days carrying a full pack!

The route which is kept secret until the last minute is broken down into sections which include one 14km night run. Each participant must carry all his or her own food and cooking facilities for the complete event but the organisers provide a berber tent each night to collapse into. The average temperatures during the day are going to be between 86 and 120°F and at night between 40 and 58°F. The event will be covered by over 1,000 television channels in over 150 countries



raise money for the Rainbow Trust. The Trust is a Childrens Charity in the UK which seeks to support families traumatised by the impending death of their child. The children may have various diseases including Leukaemia, Hodgkin's Disease, Cancer etc and may be as young as 22 months. In addition the trust provides care for bereaved families long after the child has died, supporting them through the healing process.

Tony needs your support in this worthy cause and is hoping to attract donations or sponsors. You might decide to sponsor him on a Riyal per mile completed, you might decide to simply donate a small amount. You might do something on a personal level and you just might be able to interest your own or another Company in a larger sponsorship agreement.

CHARITY APPEAL

But why on earth would anyone want to put themselves through it?

What ever you do, please do something!

One man, Tony Mason, from the British Embassy in Riyadh will be participating in the event in order to

Contact Tony directly at the Embassy if you like or give Kevin Lynch a call if you prefer to be less direct. Tel Riyadh 488 0077

Picture: Tony Mason: training in the desert near Riyadh

ANOTHER WAY TO CROSS THE DESERT



Zahid Tractors sponsored another event recently which gave participants chance to see a little more of the desert surrounding Riyadh. The event attracted the junior British elite triathlon squad who came out to Saudi at the end of October. The lads are aged between 16 and 19 years old and had just completed their season back home. For some it was the first opportunity to train abroad and to see a very different culture. Ten of them accompanied by the Chairman of the British Triathlon Associathon and one of the National Coaches stayed out here for two weeks.

be looking at the 2004 Olympics and beyond. The junior squad has spawned such World Triathlon Champions as Spencer Smith and Simon Lessing who will be looking for Gold at the Sydney Olympics.



The visit was part of the Sports Memorandum which promotes Youth Sport & Welfare between the British & Saudi governments. It is hoped to arrange a similar visit at the end of this year. The boys in this squad will