

21/5/07

Dear Páramo,

Just a short note to let you know that I'm back from the North Pole after completing the marathon run & bike. I had simply the run of my life over this difficult course in the cold conditions of -25°, with wind chill taking this to in excess of -35°. I managed to come in 5<sup>th</sup> place at the finish and was in 4<sup>th</sup> for most of the race. A couple of hours later the bike marathon started and I also came in 5<sup>th</sup> place in this race also. Due to the cold really taking its hold on my hands and feet, the last 6 miles were just a struggle as I was basically freezing up. Many competitors had to abandon due to both the cold and to exhaustion.

The Páramo kit performed superbly and I will forward more details of this to you with photos. I have unfortunately some frost bite which is slowly coming good again but am still able to compete. I came third in my vet class at the recent Knock Dhu international mountain race and am racing this Thursday in the Mourne and then the 24 hour mountain race in Southern Ireland.

Thanks again for Páramo's support - photo enclosed is after the race and a cup of tea at the geographic North Pole.

Regards  
Peter Bell