

The Nepali Long Distance Running Team

With your help, I hope to give the most talented Nepali runners the opportunity to compete on an international stage.

In 2010 I will be working with the Nepali long distance running team. My aim is to give their most talented runners the chance to compete on an international stage.

Nepal is the 12th poorest nation in the world, and so has little money to develop its athletes. Yet they have some real talent. As just one example, a couple of years ago, a local village policeman ran the London Marathon. With no specific training, running in plimsolls (he had no running shoes), and not using drinks stations (he didn't know what they were for), he finished 75th in just 2 hours 21 minutes.

Nepal has some absolutely stunning and challenging marathons of their own. They can't afford to travel overseas to race, so this is their training ground. In this environment, they always finish hours ahead of any Western runner.

www.annapurna100.com

www.everestmarathon.com

www.everestultra.com

www.lhasamarathon.com

My aim is to offer the winner of each of these marathons a prize that they will treasure – the chance to race overseas.

I want to offer them a travel and entry into the [Davos ultramarathon](#) with a set of running kit and nutritional support that will put them on a level playing field with other athletes. I will then train and support them through this race.

Davos is an excellent challenge. The terrain, profile, altitude and length of the race are ideal for the Nepali, so it should be an event for them to excel in. It's a major race, which will be ideal for them to showcase their talents.

[Runners World](#) are interested in this challenge too, and have commissioned me to write an article on this in 2010.