



News Release

Mountaineer has feet firmly on ground for Bayer Newbury 10K

Newbury, March 3, 2009 – Newbury-based explorer, Lee Farmer, who last year became the 180th Briton to summit Mount Everest, will face a slightly easier task on May 31 when he officially starts the 2009 Bayer Newbury 10km.

Lee will sound the klaxon to set 650 runners on their way around the multi-terrain course, and will be there to greet them when the first runners reappear just over 30 minutes later.

A highly experienced mountaineer and explorer, Lee is no stranger to the physical demands involved in training for running and multi-terrain events. He regularly puts himself through strenuous sessions in the gym, on the bike and out on the hills to maintain peak fitness.

He said: “Whether you’re climbing a mountain or running a road race, it’s a real test of physical and mental fitness, so it’s great to see so many people taking part, whether they are regulars or are new to the challenge.

“I was very impressed that Bayer and Newbury AC staged a sellout event last year, and look set to do so again this year. It’s very prestigious for Newbury to have such a big race, and I hope it becomes a flagship event for our town.”

Lee, who lives in Woolton Hill, is a professional mountain climber and explorer who has climbed eleven world high points including, famously, Everest in 2008, Cho Oyu, in Tibet and Aconcagua, Argentina. He also guided a team to the South Pole in December. He

has appeared regularly on regional television and radio and is in demand as a motivational and business speaker.

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Note to Editors

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