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The 30th Himalayan 100 Mile Stage Race

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A Successful 30th Himalayan 100 Mile Stage Race

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The Himalayan 100 Mile Stage Race has long been the ultimate challenge for those looking to push the limits of their stamina and endurance. It is regarded as a benchmark event in the field of endurance running.

It's a five-day stage event with a total distance of 100 miles. The event checks-off a lot of boxes: it's small (max 70 runners) so you get to know everyone, it's international (far-flung location, runners from many different countries), it's incredibly well-organized, and it provides the ideal springboard to visit the sights of one of the most exotic countries in the world. In addition, the fact that the distance is spread out over five days ensures that none of the daily distances ever exceed a marathon.

Now, it has successfully completed 30 years the Himalayan 100 Mile Stage Race draws a diverse group of competitors from all around the world. In 2022 there were participants from 8 different nations. (France, Singapore, Austria, Switzerland, the Philippines, Malaysia and India.)



The event is mostly held in the Sandakphu and Singalila National Parks in the Darjeeling region of West Bengal. The race occurs at the base of the Himalayan range and four of the world's five tallest peaks (Everest, Lhotse, Makalu and Kanchenjunga) provide a stunning background for the majority of the five days of the race. This year a new category "Himalayan 100Km Stage Race" was also introduced.

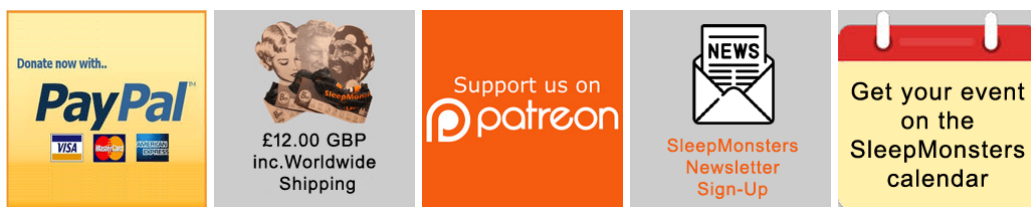
The winner in the male category of the 30th edition of Himalayan 100-mile Stage Race was Maik Becker in an overall time of 20 hours and 2 minutes. In the female category Veronique Messina was first in 23 hours and 2 minutes, and she placed second overall.

The eldest male runner was Sir Helmut Linzbichler 81, and in the female category it was Mrs. Brigitta Linzbichler 75, (winner of 100km race).

CS Pandey, the event's Race Director, said; "Since its inception in 1991, the major goal behind the event has been to conserve India's Himalayan environment and local heritage for future generations. Our race is not so much about time or records, it's about the experience: the challenge of the day's route, the environment and the allure of running in front of the majestic backdrop of the Indian Himalayas."

For information about the 2023 Himalayan 100 Mile Stage Race/Himalayan 100K Stage Race, which runs from Oct. 27th to November 3rd, and includes sightseeing in Darjeeling, the Golden Triangle, and the Taj Mahal, visit <https://himalayan.com/>

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