

# Press Release

## **Ivybridge Adventurer to tackle the hardest 5 day running race in the world!**

By Richard Lander Stow  
8<sup>th</sup> May 2017

**THE DRAGON'S BACK** race is widely renowned as the toughest five day running race in the world, and it starts for the fourth time on Monday 22<sup>nd</sup> May 2017. On the start line will be **Ivybridge Adventurer Richard Lander Stow** running in aid of **Dartmoor Search and Rescue Team Plymouth**. The original race took part in 1992 and it has a fearsome reputation with 65% of the field expected to fail in the attempt. This incredible 5-day journey is 315 kilometres long with 15,500 metres of ascent across wild, trackless, remote and mountainous terrain. It travels north to south along the mountainous spine of Wales.

RICHARD has been training hard after successfully completing Iceland's toughest foot race in September 2016, The Fire and Ice Ultra, and has given himself every chance of successfully completing the Dragon's Back. With that said a finish is far from guaranteed with the first day alone covering 33 miles and 3823m ascent including many infamous Welsh mountains such as Tryfan, The Glyders, Crib Goch and Snowdon.

During the race the competitors will be wearing GPS trackers so you will be able to see how Richard is doing. The race starts at 0700 on Monday the 22<sup>nd</sup> May and finishes sometime in the afternoon/evening on Friday 26<sup>th</sup> May. The link to Richard's tracker will be available at the links below, and will be published before the race starts.

### **Dartmoor Search & Rescue Team (DSRT) Plymouth**

#### **Finding loved ones and saving lives in the communities of Plymouth, Dartmoor and the surrounding areas.**

RICHARD feels that DSRT - Plymouth are a worthy cause to raise money for with such an ambitious challenge and you can follow his progress at either of the following links:

[www.justgiving.com/dragonsback2017](http://www.justgiving.com/dragonsback2017)

[www.facebook.com/BikeRunSwim](http://www.facebook.com/BikeRunSwim)

RICHARD hasn't just randomly chosen DSRT Plymouth. They were an integral part to his Ivybridge Everest Challenge in January 2016 when Richard travelled up and down the most southerly tor on Dartmoor, Western Beacon, 28 times over 19 hours in torrid weather conditions. This was all done in aid of St Luke's Hospice where Richard's father passed away from a brain tumour 1 year before. DSRT Plymouth were there for the whole thing making sure that Richard and his supporters were safe on the hillside. They were the first people on the hill and the last ones off it.

Please do support Richard in his attempt. If you have any further questions then his contact details are below.

Richard Lander Stow

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Further contact details available on request.