

《2014年北极马拉松赛英文报道》

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The world ' s hardest marathon, and certainly the coldest, has taken place at Russia ' s Barneo Ice Station in the Geographic North Pole bringing competitors from around the world for a unique challenge.



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The race is run on Arctic Sea ice and is the standard distance 42.2-kilometres. It attracts a range of runners from military personnel to experienced marathon and ultramarathon runners - and those making their marathon debut at the top of the world.

Competitors have to complete 12 laps of the course but are able to retreat into a refreshment tent to regain body warmth - and hydrate themselves with hot drinks and snacks. Some also take the opportunity to add or remove layers of clothing that protect them from the harsh elements.



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Course marshals and timekeepers scrutinise the race while guards patrol with guns, to frighten off any polar bears who might be looking for a meal. The USA's Mike Wardian was first home in an impressive time of four hours, seven minutes, and 40 seconds. Germany's Anne-Marie Flammersfeld won the women's event.

"It feels great man, it's the **hardest** race I have done in a while, definitely the hardest marathon. I am unbelievably happy to be done." Mike Wardian, Men's Race Champion said.

"It is an amazing feeling to be at the finishing line after 42 kilometres and it felt like it was minus 30 degrees. My face is completely frozen." Anne-Marie Flammersfeld, Women's Race Champion said, "My fingers are numb, which was very disturbing when I was running because I couldn't then get changed and so everything now is frozen. Also my eyelashes froze and at times I couldn't actually see. But it's an amazing feeling and I'm very happy to be here at the finishing line."