

Challenges - Marathon

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STEPPING OUT FOR NORWOOD

Three hundred and ten blistered toes, 62 knackered knees and 31 achy backs. This is the grim prospect for one group of sponsored runners, who will be taking to the streets of London in this year's Flora London Marathon on April 13.

The 31 brave souls pushing themselves to the limit are hoping to raise in excess of £100,000 for Norwood, the leading children and family services organisation. They range in age from Liam Stern, aged 13 and a pupil at King Solomon High in Redbridge, who will be competing in the Mini Marathon to 60-year-old grandmother Flora Frank from Edgware, a veteran of several London and New York Marathons. Other participants combining in a varied line-up for Norwood include one husband and wife, one engaged couple, two cousins, one father and son and one mother and son. A quartet of North West London ladies, in response to jibes about limited mobility from their sporting partners, are rising to the 26.2 mile challenge by walking the route. As they were heard to confess recently, the only serious walking they had hitherto accomplished was the weekly trek around Brent Cross.

Over the past 14 years, Norwood has benefited enormously from the efforts of its Marathon runners. From just a handful of participants all those years ago to the present strong team, (superseding last year's group of 28); the organisation is putting forward the largest group running for a Jewish charity this year.

Jane Jaffe, head of Community Fundraising, says: "I never cease to be amazed by the stamina and perseverance of our Marathon runners. It makes me tired to even think about the 26.2 miles they cover on the day and the thousands of miles they cover in training. I would like to say thank you on behalf of the team at Norwood Challenges and all the people who benefit from the huge amount of money they raise."

For more information contact...

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