

Flora gets serious in Tiberias

8 January 2007

An **Edgware** resident has successfully completed the **30th International Tiberias Marathon** in Israel to raise money for Norwood, the UK's leading Jewish charity for children and families with disabilities and social difficulties. **Flora Frank**, a power walker and long-standing Norwood supporter, achieved a fantastic time of approximately 5 hours and 50 minutes for the event, which took place on 4 January 2007. Flora has now completed **14 marathons** on behalf of Norwood: ten in **London**, two in **New York** and now two in **Israel** and hopes many more people will take part. She will also be taking part in this year's London Marathon on 22 April and plans to raise **£15,000**.

The course, set against a breathtaking rustic landscape, followed the shore line of the Sea of Galilee or Lake Kinneret, situated below sea level, winding through ancient historical landmarks and crossing the Jordan River to turn at Kibbutz Ein Gev and head back to Tiberias. Flora and **900 other participants** completed the 42.2km (26.2mile) Marathon. 300 runners took part in a shorter 10km course along with 600 soldiers from various branches of the Israel Defence Forces.

Speaking at the end of the race, Flora said: "I am delighted to have completed another marathon and to have raised funds to support Norwood's vital work with children and families in our community. I hope others will decide to run for Norwood too."

Running the Marathon in Israel was even better the second time round; the views are spectacular, we were cheered on by children from the kindergarten and by bands playing along the way. For the first time in the Israeli marathon, I saw a partially sighted runner complete the course with a buddy runner, that was very inspiring for me."

If you would like to follow in Flora's footsteps, why not run a marathon or create your own challenge in aid of Norwood?

Norwood organises several sporting Challenge events every year, including marathons in London and New York, but if, like Flora, you'd like to create your own challenge we will support you all the way. Or else, why not take part in Norwood's international bike rides and treks with friends or colleagues.

To find out more about any of our challenges, call the Norwood Challenges Team on 020 8420 6834, email challenges@norwood.org.uk or log on to www.norwood.org.uk/challenges

For more information please contact David Wosner, Public Relations Officer at Norwood on 020 8420 6900 or email: david.wosner@norwood.org.uk

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