

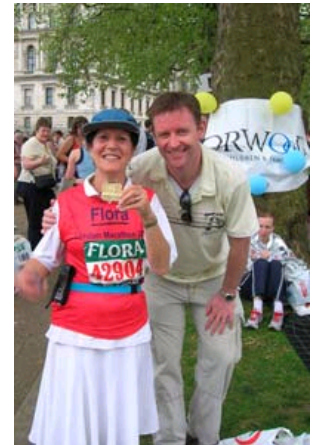
Marathon runners give their all for Norwood

The heat and humidity made the running conditions far from ideal – even the race favourite, Haile Gebrselassie had to pull out after 19 miles – yet nothing could stop 21 heroic Norwood fundraisers from completing the Flora London Marathon on Sunday 22 April. Norwood once again fielded the largest number of runners of all the Community's charities and not only did they clock some fantastic finish times, they also managed to raise a phenomenal £75,000 for the UK's leading Jewish charity for children and families.



This year, the runner with the fastest time in the Norwood team was a woman. Thea Gudgeon, a fitness instructor from Watford, clocked an outstanding time of 3 hours 17 minutes, while Andrew McCormick from York was the fastest man in a time of 3 hours 29 minutes. First-time runner Philip Hertz, from Stanmore, finished in 4 hours and 39 minutes, raising an amazing £10,000.

Edgware resident Flora Frank completed her 11th London Marathon in 6 hours 05 minutes. It was her 15th marathon in total for Norwood – she has also tackled two Tiberias Marathons and two New York Marathons. She raised around £11,500, with the majority going to Norwood. She said: "It was extremely difficult because of the heat, but I kept myself hydrated and was pleased to finish in around six hours. The crowd were fantastic, the atmosphere was amazing and please G-d I'll be there next year too."



David Rosenfeld, from Radlett, managed a time of 4 hours 31 minutes. He was running his fifth marathon for Norwood and raised nearly £2,000. His sister, Carol, lives at one of Norwood's residential homes in North London for adults with learning disabilities. He said: "I am so pleased to have finished and raised more money for Norwood, which provides an amazing service for people who really need it. The way they support the Community is fantastic – they have supported my sister for many years."



Ian Tate, Norwood's Head of Challenges, was full of admiration for the 21 dedicated Norwood challengers. He said: "Our runners have shown incredible drive and commitment, both in terms of their training and their fundraising. I'd like to thank them all for raising a fantastic amount of money that will help us to continue to support children and families in our Community."

For further information, please contact David Wosner, Public Relations Officer at Norwood on 020 8420 6942 or email david.wosner@norwood.org.uk



©2012 Norwood

Norwood Ravenswood is a company limited by guarantee registered in England and Wales under no. 3263519 and registered as a Charity no. 1059050. Registered office: Broadway House, 80-82 The Broadway, Stanmore HA7 4HB