

Flora Frank runs again!

7 February 2008

Great grandmother completes Tiberias marathon to raise money for Norwood

An Edgware resident has successfully completed the 31st International Tiberias Marathon in Israel. Flora Frank, a power walker and long-standing Norwood supporter who recently became a great grandmother, completed the 26.2 mile course in approximately 5 hours and 45 minutes.

She has now completed 16 marathons on behalf of Norwood: eleven in London, two in New York and now three in Israel. As well as the Tiberias marathon she will be taking part in the London Marathon in April, and aims to raise a combined total of £15,000 for Norwood, the UK's leading Jewish charity for children and families with disabilities and social difficulties.

The course, set against the breathtaking rustic landscape of the Jordan Great Rift Valley, followed the shore line of the lowest freshwater lake on Earth, the Sea of Galilee or Lake Kinneret, situated 209 meters below sea level, winding through ancient historical landmarks and crossing the Jordan River to turn at Kibbutz Ein Gev and head back to Tiberias. The windy conditions made the event even more of a challenge for the 1000 participants.

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. The scenery was stunning and it was very emotional competing in the land of our fathers."

If you would like to follow in Flora's footsteps, why not run a marathon or create your own challenge in aid of Norwood? The Charity 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. Alternatively, you may like to 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 further information please contact **David Wosner**, Public Relations Manager at Norwood on 020 8420 6942 or email david.wosner@norwood.org.uk



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