
Support Gail London Marathon 17th April 2005

Shock Horror!

On 27th November I was opening my post. Fortunately, I was sitting down. "Oh no" I said (or words to that effect). Jeremy asked, "What's the matter?" "Oh no" I said again even more desperately. "What's happened?" he asked. "I've got a place!" I said. "What in?" "The London Marathon!" I replied.

Get Running!

I had applied in 2003, thinking it would be a good way to mark my 60th birthday but was unsuccessful. When the forms arrived this year I thought 'why not?' and applied again. I assumed there was little chance of my getting a place in the ballot and thought no more about it. So this came as a great shock.

At a party that weekend I met Jill Mavin, who offered to be my running partner. You may have seen us running, or more often walking, around the villages and lanes. We are getting better and the walking sessions are getting less and the distances are increasing. Christmas put a stop to serious exercise but I am sure we will be back into training proper after the New Year.



Worthy Causes

I have decided to run to raise money for two causes: firstly, the **Lawrence Home Nursing Team** who provide nursing care in the home for the terminally ill – a wonderful, local charity. Secondly, for **St. Anne's Hospital, Liuli in Tanzania**.

St. Anne's serves a population of 200,000 people in 27 villages in a very isolated part of Tanzania on the shores of Lake

Nyasa. It is always short of money for salaries (which makes it very difficult to keep qualified staff) and medicines.

I spent most of my childhood in Tanzania and feel this is one way to repay all that this beautiful and very poor country gave me.

Sponsorship forms will be appearing around the villages in March, so I hope that you will all feel able to help me raise as much money as I can for these worthwhile causes.

All contributions to:

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