



£6,000 raised for the British Heart Foundation

I wanted to bring you up to date on the marathon and the fund raising.

I was overwhelmed and even a little humbled with the level of support, which has raised so far over £5,500, which with promises yet to come in should finish near £6k! This has put me in at the 3rd highest current on-line fundraiser for BHF which is a testament not to me but to all those who have supported me.

As for the race itself, I finished in 15,103rd place, in a time of 4h6m, 13m better than London in 2006. I'm going to have to do another marathon to see what i can do as the effects of cramps I had days before hadn't gone away as I had hoped but started back at mile 5 and by mile 20 my calf muscles were locked up solid, which made the last 6 both very painful indeed but also slow! I never add salt to food (except chips!) so failed to keep up the minimum needed during my training till a helpful solicitor pointed this out to me so I went on a high crisp diet! But not in time! Good advice though and remarkably enough for free!

Knowing how much support I had received helped me to keep going (including the determination to extract the full 10p per mile from my 14 year old daughter). It was a fantastic experience & one I was certainly remember including the 4 hours being made to sit on a NY sidewalk from 5am till past 9 waiting in the cold & absolute dark of a marquee not only for dawn but the race to start. Which may explain the stinking cold I have had since returning!

Once again, many thanks.

Peter Taaffe
Principal
Bresnan Walsh