

Charity marathon worth the effort

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ACHING joints were forgotten when Peter Williams, from Mansell Construction Services at Swaffham, handed over £610 from his London Marathon run to a local charity.

The 55-year-old planning supervisor took just under six hours to complete the 26.2-mile course through the capital in April at his first attempt, after five years of applying to take part.

His effort raised a total of 1,830 in sponsorship to be shared between Swaffham and Litcham Home Hospice Support Group, the British Heart Foundation and Cancer Research UK.

Mr Williams personally presented the cheque to the hospice group's fundraising chairman Dave Routledge and secretary Mrs Jackie McCarthy when they called at Mansell's offices on the EcoTech Business Park.

Mr Williams described preparing for and running in the London Marathon as a "once in a lifetime" experience. He ran more than 25 miles a week after Christmas in training and kept to a high carbohydrate diet.

"It was time-consuming but I enjoyed taking part, and it was very uplifting with all the crowds cheering you on," he said.

"My workmates and family took pity on a poor old soul and were generous in their sponsorship. Some of the professional services we use also contributed towards the total."

Grateful Mr Routledge said: "It's a wonderful gesture. He is a local guy supporting a local charity – we rely on this type of support to keep us going."

He said Mr Williams had been back at work the morning after the marathon, "but he had not told his workmates how much he was aching!"

Mr Williams, who wore the three charities' logos on the front of his marathon vest and his sponsors on the back, has sent the other charities cheques by post.