

The Flora London Marathon is not that far away, as this is written the web site countdown reads 1 month 22 days 15 hours 15 minutes. The Lighthouse Club has a big interest in this spectacular event: As a registered charity our Benevolent Fund has 5 Gold Places on offer every year. Two of our runners are in touch – Kevin Minton of the Contractors Plant –Hire Association and Justin Ffrench who owns J. Ffrench Plant Hire; both say they are making good progress.

### **Kevin Minton**

Kevin has the advantage of being a serious runner, although this will be his first Marathon. He writes:

Early February was a slow time – running through snow storms is OK if you're well wrapped up, but the risk of slipping was too great to allow many road miles. So this led to the disconcerting sight of a 52-year old man skipping rope in his back garden. I made sure to turn the security lights off first to avoid too many curious stares from neighbours – and sympathetic looks for my Rosemarie, my wife! But now that the snow and ice have gone, I am able to get out for some longer runs. Up to a regular 13 miles at the weekend now, in daylight as well, which allows me to concentrate a bit more on *how* I'm running, rather than *what* I might be running into. And thanks to Chris Pearson at Pike Signals, and his experienced tip about cold baths, not much stiffness or soreness. But I still need to keep on working at it if I am going to put on a good show for the Club, and there's a long way to go yet.

### **Justin Ffrench**

When it comes to running, Justin has no 'previous'. Watching last year's Marathon from the comfort of a (large) armchair He determined to 'have a go". At that time Justin turned the scales at 22.5 stone. Ten months' worth of dedicated, focused, training later and Justin's scales now register under 18 stone. That's a lot of pairs of little used Levis.

Justin's regular run takes him from Muswell Hill N10, goes up and over Alexandra Palace through Crouch End up to Highgate Village then back down through Muswell Hill – a total of 6.5 hilly miles. (Your editor writes: me and my Golden Retrievers are familiar with this part of London and 'hilly' is an understatement).

Justin's Jacqui writes:

We have got thousands of pounds pledged and we are in the process of taking the fund raising to the next level, and contacting all of Justin's Clients and Suppliers looking for their support and donations.

The Lighthouse Club doesn't have a facility for accepting on-line donations but you can pledge your support for either or both of these dedicated individuals.

Email Kevin at [kevinminton.cpa@btconnect.com](mailto:kevinminton.cpa@btconnect.com)

Justin at [jod@jffrench.co.uk](mailto:jod@jffrench.co.uk)

And a sweepstake on Justin's starting line weight could be fun.

[don@baldryuk.demon.co.uk](mailto:don@baldryuk.demon.co.uk)

But there would have to be a lot of input to make it worth while.

p.s. I'll get pictures soon.

And apologies to our three just as dedicated 'unknowns'.