



CREASEYS

CHARTERED ACCOUNTANTS

Roger Ward fulfils his dream and completes the London Marathon, raising £5,800 for The Alzheimer's Society so far!

April 19th 2011



Here are my edited highlights:

- arrived at the Red Start at 7.30am
- tried to stay relaxed and go through my usual pre race routine
- assembled in "pen" 7 between "3:56 and 4:22" (projected finishing time) at 9.20am
- official start at 9:45am, reached start line just before 10.00am

Dear all,

The race was run and what a race it was!

Being an accountant, I thought to start off with some numbers:

My time 4:27:13

My place overall 15,605 (out of 34,710)

My place in my age category
(being 55-59) was 411 (out of 1210)

Split times (in minutes for each 5k) -
31/30/31/31/32/32/32/ and 33 (not exactly fast but steady)

As for the occasion, what can I say, I have never experienced anything like it and I will probably be talking about it for ages.

- completed first three miles, as planned, in about 29 minutes
- Mile 7 - thought what a crazy idea this is, but too late by then!!
- Mile 11 stopped (briefly) to say hello to wife and daughter
- Crossed Tower Bridge about midday
- Mile 13 passed first Alzheimer's Society cheering point - mad bunch!
- Sheer number of people has messed up my timing somewhat but feel ok
- Mile 16 and 17 seemed to fly by
- Mile 21 - new territory - having never run further than 20 miles before.
- Mile 22 - second Alzheimer's Society cheering point - keep going!
- Mile 23 - slowed up a little but still feel ok
- Mile 25 - disaster, body has had enough - feel dreadful
- Decided to walk for about 10 yards - lots of encouragement from crowds
- Thought best thing is "let's get this over with" so started to run again
- Passed Buckingham Palace, into the finishing straight and across the finishing line
- I have fulfilled a dream and completed the London Marathon
- Moved to "Meet and Greet" point - nearly passed out
- Very kind Alzheimer's Society volunteer walks me to reception point
- Have massage and food and drink - that's better!!

What a fantastic experience - my first and, yes - as promised - my last marathon.

A big thank you to The Alzheimer's Society, for awarding me the place, plus a huge thank you to you all for your support and encouragement.

Just to finish, as I started, with some numbers:

On line donations to date £3,046

Off line donations and pledges to date £1,706

Total to date (including gift aid recovery) - just under £5,800

Thank you very much indeed.

It would be great if I could break the £6,000 total and so if you have not yet donated and would like to do so, please go to my fundraising website at: www.virginmoneygiving.com/RogerWard or send me a cheque.

Every penny counts and it will make a real difference to helping people with dementia.

Best wishes.

Roger

Roger Ward FCA

Partner

Creaseys LLP

Tel: +44 (0) 1892 546546

Mobile: 07889 167839

Roger.Ward@creaseys.co.uk

www.creaseys.co.uk

