

Just to let you know that I successfully completed the Cardiff Half Marathon on Sunday in a time of 1 hr 40 mins 47 secs. I was slightly short of my personal best time, but the race went really well, and most importantly it was great to be part of an event that is believed to have raised over £1million for various charities.

It was stated that about 11,000 people took part in the race, which was a record! The weather was perfect for running and it was no surprise that the winner finished in 1hr 5 mins!

My two friends, Lesley and Peter Kyle wore fancy dress, Les as a Dalek and her husband Pete as 'The Doctor'; as they are both keen Dr Who fans, and Cardiff is the main filming location for the programme. I have attached a photo of me, and one with Les (Dalek). Both Lesley and Pete work for Smithkline Beecham and have raised approx £250 on behalf of my fundraising efforts, so I'd like to thank them personally, and would like this acknowledged on the Mesothelioma Web page (if possible?). Peter may be able to send you other photos with the three of us?

I'd also like to thank Andrew Ducksbury (copied) for his on-line donation of £50.00 which is very kind!

I've attached a link to the Wales Online website that gives more information about the marathon, so please take a look as there are photos (incl Daleks).



Andy with his well deserved medal



Lesley and Andy