



MARATHON TASK ... (L-R) David Wragg, Nicky Jackson, Adie Holmes, Tracey Holmes and Paul Bone gearing up for the London Marathon on Sunday

Marathon task tackled on streets of London

SUPER-FIT athletes will be putting their stamina to the test this weekend as they line up for the London Marathon.

The six members of Pocklington Runners will be pounding the streets of the capital on Sunday for charity.

Adele Shipley, David Wragg, Nicky Jackson, Adie and Tracey Holmes and Paul Bone have all picked a cause for which they want to raise money, including the Multiple Sclerosis Trust and Children with leukaemia.

Most of them have competed in the race before, which sees thousands of people take to the

Report by **Nick Frame**
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streets of London to run the gruelling 26-mile course.

For Paul Bone and Nicky Jackson, who are both 39, it will be their maiden marathon.

Nicky said: "I think both of us are quite nervous about it because we haven't done the distance.

"We've been training for four months for London but have both run shorter distances previously.

"All of us have had bad running days and some minor running injuries but there's been really good camaraderie with the group to keep us all going."

The pair have completed a 22-mile run together in recent weeks but face being at different starting points during the race.

"I think we'll all be running separately as we all have different paces but we'll see," said Nicky, who lives in Bolton.

"It would be good to finish under five hours but basically just to finish would be good."

Tracey, Paul, Adie, and Adele are running for Children with leukaemia and can be sponsored by ringing (01759) 304958.

Nicky is running for the MS Trust while David is running for Tommy's, the baby charity.

They can be contacted by logging on to:

www.justgiving.com/davidwragg and
www.justgiving.com/nickyj

With thousands of runners from across the globe expected to take part, the race will start at 9am on Sunday.