

Warwick runs it in New York

Report by **Richard Duncan**

A **POCKLINGTON** man has been pounding the pavements of New York to raise money for a children's charity.

Food scientist, Warwick Anderson, ran the 27-mile marathon in aid of the Children with Leukaemia.

ING New York City Marathon is one of the world's most popular road races, drawing more than 100,000 applicants each year.

Many world-class professional athletes take part and the event attracts two million spectators and 315 million worldwide television viewers.

Over the three-hour run which began at Staten Island, Warwick passed through four of the five Big Apple's boroughs before finishing in Central Park.

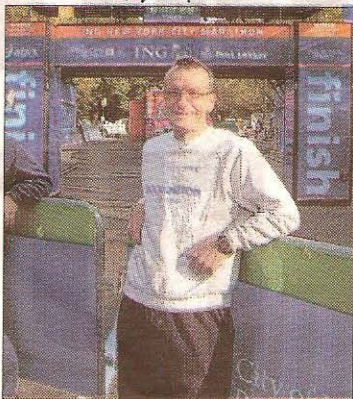
Warwick said: "It was a once in a life time opportunity and I thoroughly enjoyed it.

"The atmosphere was amazing. There was a real buzz. You are waiting around from about 5.45am so you get a real sense of togetherness with the other runners."

The Pocklington Runners member, who has also taken part in the London Marathon, prepared for the event by doing three eight-mile runs per week followed by one 15-mile run at the weekends.

Warwick helped raise more than £1,000 through collections in local supermarkets, online, and through work colleagues.

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I DID IT ... Warwick Anderson, who completed the New York Marathon

The 40-year-old said among the high points of his run was seeing the "awe inspiring Manhattan skyline". There were also more challenging parts of the run.

He said: "At the 23-mile point I just hit a brick wall. I had a terrible pain down the left hand side of my back and no other option but to slow down, but I was determined not to stop.

"At the final mile I remember hearing my wife Sharon shouting, I looked up and saw her waving which really spurred me on to the finish because I knew that I was almost there."

Despite the intense demands of the race, Warwick is already preparing for his next challenge – the London Marathon in April next year.

Anyone who wishes to sponsor him can visit www.bmycharity.com