

You'll spot them early in the morning or late at night - pounding the pavements and footpaths around Henfield - intrepid marathon runners, some inspired to try their first marathon because this year Brighton is staging its' very own.

For one local runner, Ashley Carr from Woodmancote, the Brighton Marathon will be a family affair. Brother Bradley and sister-in-law Lecia (who owns taste...deli in Henfield) will also be running the marathon, and he will be cheered on by his wife Kate and two children Henry (15) and India (13). Ashley explained his motivation for the run.

"I've always thought one day I'd like to do it, I'm Brighton born & bred so this seemed the ideal opportunity. My aim is to keep a steady pace and run the whole way, I have no time target but I will give it my best shot.

"I am running for both Winston's Wish (*see below*) and St Peter & St. James Hospice. The hospice has strong links with the football team I am involved with as director, youth team manager and player - Burgess Hill Town FC. A good friend of mine, Jim Thompson, was looked after there and received incredible care. He was manager of Burgess Hill Town when I was a young player, I knew him for 20 years. The club adopted St Peter & St James Hospice as their charity, and I am pleased to support them as a tribute to Jim."

**If you would like to support Ashley please go to [www.justgiving.com](http://www.justgiving.com) and type Ashley Carr into the search box.**

## Winston's Wish

the charity for bereaved children

"Winston's Wish holds a special place in my heart - their expert and caring support guided me and my two young children through the painful, confusing and overwhelming early days of bereavement after the sudden and shocking death of their father.

"They helped us steer a path through the journey of grief which at times felt like we were wading through treacle, helping us to understand and express our feelings and how to remember their daddy... helping us to heal and live with the huge loss to all of our

*The inaugural Brighton Marathon was a long time in the making, but there was overwhelming reason to believe it would work. The London and Edinburgh Marathons were the only sizeable 26 mile events in the UK - and London itself rejects 100,000 people are year now. If ever an indication of unsatisfied demand were required, that is a great one!*

*Brighton & Hove is just an hour south of London, boasts a fabulously vibrant atmosphere, wonderful seafront views and - despite the hills of the city - great communications by Road, Rail, Air and Sea. It's also the south-east's biggest city outside of London and last year welcomed over 8 million visitors, confirmation that the city has so much to offer.*

*So what could make more sense, in a city that already had excellent 10K and Half Marathon races and with all the above taken in to account, than to offer the tens of thousands of would-be marathon runners, a full marathon race as an alternative to London - at more or less the same time as London?*

*The Course itself is surprisingly fast. The only hills after the start in Preston Park, are in the first mile (ironically) and then intermittently between 5 miles and 11 miles; the last 15 miles of the race are dead flat, or even downhill! After 35 years in the running business, I am confident this is a course that is fast for those who care, stimulating for those who know they'll be out there for a few hours (!) and offers wonderful opportunities for family and friends to see their running loved one on several occasions.*

*Some charities still have places available (check out [www.brightonmarathon.co.uk](http://www.brightonmarathon.co.uk)) - in case you suddenly feel inspired!*

*April 18th will be a unique day for Brighton and will be without any doubt, the city's largest one-day fundraising event. I hope you can join us!*

**Tim Hutchings - Race Director**

lives. The support that we received from Winston's Wish was truly life changing, helping us to move on through our sometimes hard and difficult journey to a place where we could feel it ok to laugh again.

"I have been working with Ashley for over a year now and I was delighted when he agreed to raise money for Winston's Wish from taking part in the inaugural Brighton Marathon.

Our focus in the lead up to the marathon is on building upon his upper body strength and maintaining flexibility whilst at the same time working on his core strength with specific pelvic / hip stability exercises to improve his core control. (Core stability issues often lead to the most common sports injuries we see in runners and most runners would greatly benefit from including core stability work in their training programme.)"

Liz Marks

*Liz works with clients on a 1-1 basis and also teaches a number of Pilates classes at the Henfield Leisure Centre. She is a fully qualified and highly experienced Pilates teacher and strength coach and is passionate about her work. She can be contacted on 01273 495911 or visit her website [www.elizabethmarks.co.uk](http://www.elizabethmarks.co.uk)*

# MARATHON CHALLENGE



## LIZ'S 10 TOP TIPS FOR MARATHON TRAINING

1. Wear proper running shoes (it is advisable to buy these from a specialist running shop who can give you expert advice).
2. Don't ignore an injury...it is always best to get advice and treatment before an injury becomes too serious.
3. Always warm up, stretch and cool down before and after your runs.
4. Include some interval training into your schedule, which includes short bursts of faster running followed by short durations of slow running. This will improve your speed and also your ability to run for a longer time. Also try to include some core stability exercises into your training.
5. Get plenty of sleep. The body recovers and gets stronger during sleep.
6. Plan for one long slow run per week and increase the distance by one mile per week.
7. Plan to taper off your running in the last 4 weeks of training to ensure that you are in peak shape for the big day.
8. Be mindful of your diet and water intake. You will find a lot of advice about this in the running magazines and on the internet and you will find that your energy levels remain high if you are planning your diet carefully.
9. Keep up your motivation by logging your training in a 'running diary' and also finding a 'running buddy'.
10. Enjoy the actual day...you will have spent many weeks building up to your marathon and for some of you it will have been a challenge. It is a great experience and one that you will never forget!!