

## James's Marathon blog 2010

James is running in the Virgin London Marathon to raise money for Keech Hospice Care. Over the next few weeks, he will post regular updates about his training and his feelings about the big day in April.

Name: James Bolton  
Age: 32  
Lives: Northampton

### Why am I running the Virgin London Marathon 2010?

I consider myself to be a fairly fit and healthy individual, but make those claims without ever having run a race longer than 10km. However, I do not think I would be running at all if I did not have a worthwhile cause to support.

### Why I am supporting Keech Hospice Care?

I previously ran a 10km race for a Meningitis charity, as my little boy was diagnosed with it when he was born. I really enjoyed the experience and was keen to help another charity. As my company, Travis Perkins, supports Keech as its Head Office charity, I decided entering the London Marathon would maximise my ability to raise money for a worthwhile cause.

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