

Golden Bond runner for Bath Half Marathon – DHI Client Testimonial

This client will represent DHI as a Golden Bond runner in the Bath Half Marathon in March 2010 for the 4th consecutive year. They have shown tremendous dedication and strength of character by committing themselves to the training required, raising generous sponsorship which has contributed to the service which supported them and will continue to help others.

“At the point where I stopped drinking in Autumn 2006, I was pretty much a physical and mental wreck, unable to run a hundred yards without collapsing and wheezing, let alone thirteen miles. Getting myself fit again became an important focus, and a healthy way to fill my time, establishing a weekly routine of training following the advice of the fitness instructors at the YMCA gym.

With persistence, I started getting noticeable results and in September 2007 I ran a 10k (approximately 6 miles) run for charity, at which point I started training in earnest for the Bath half marathon. This was the first one I'd run, and though the weather wasn't great the running keeps you warm, and it was an experience to be part of a kind of tide of humanity, almost as far as the eye could see.

Apart from the natural high of the event itself, the preparation for it showed me the rewards of persistence and dedication, of setting yourself a clear goal and working for it even if sometimes you don't want to. Two years ago, I could hardly get it together to wrestle a drink down my neck first thing in the morning. Now I'm fitter than at any time in the last fifteen years, and I can pay back some of what has been given to me.”

If you would like to sponsor this client or any of our other Golden Bond runners in the Bath Half Marathon, taking place on Sunday 7th March 2010, please contact Hannah Weisberg on 01225 329411 or email hannahweisberg@dhibath.org.uk.