

MARATHON MAN DOES IT FOR CAM-MIND

"A huge thank you to everyone who sponsored me for the London Marathon.

"I've raised over £1,700 for Cam-mind which is fantastic and I am proud to be supporting such a great charity."

"I had aimed to try and complete the marathon in less than four hours. I just missed this goal and finished the 26.2 mile course in 4 hours, 5 minutes and 23 seconds."

Tolan added, "It was a warm day and the first 15 miles were "comfortable," miles 15 through to 21 were less than comfortable, miles 21 through to 23 were painful and the final 3.2 miles were indescribable!"

**WELL DONE AND THANK YOU TO
TOLAN FROM ALL AT CAM-MIND**

