

PRESS RELEASE

A 1000-mile Marathon of Marathons

Back in March of this year, James Hardiman (57) from Eastleigh was over 21 stone, and was walking with a stick because his knees were so bad. And yet on Sunday 17th July James, and wife Susan, completed the Thruxton 10k road race as the first lap of their marathon of marathons... and two months later, on September 18th, they completed the New Forest Half Marathon.

And in just two weeks time they will run the Clarendon Way half-marathon, and are planning to complete the Disney World full marathon in Florida in January. But all this is just a part of their training schedule, building up to the Cape Town Two Oceans Ultra-Marathon (34 miles!) next April.

To most of us the thought of running 34 miles is quite terrifying, but as Susan pointed out, “by the time we’re standing on the start line in South Africa we will have run over 1000 miles in training; that puts the last 34 into perspective!”

And why are they doing it? “We were on a weekend training course called ‘The Journey’ and were impressed both by the power of what we were being taught, but especially by the amazing work that The Journey charity, Journey Outreach, is doing for children in South Africa”, says James. “I wanted to show ordinary folk that if I could do it, so could they”. Thirteen weeks later, and 240 miles into his 1500-mile training schedule, James was 35 lbs (2½ stone) lighter and well on his way. By the end of the New Forest Half marathon the training total was up to 455 miles.

“I couldn’t have done it without all the support that I’ve had”, said James, “firstly from Susan, who had an injured Achilles tendon when she joined the training program, but also from my running friends, the physiotherapy department in Winchester, from the folks at The Journey, and many more”.



James and Susan are keen to pass on what they’ve learned in the last three months, so if you’d like to discover the hidden potential inside you (or simply shed a few extra pounds), check out James’ website, www.co-met.org.uk.

And if you’d like to support James and Susan in their fund-raising efforts in support of Journey Outreach, local charity Tools for Self Reliance, and Dreams Come True Charity, keep an eye on the website for the chance to donate online.



Eastleigh couple James Hardiman and Susan Courtney finish the first lap of their marathon of marathons