

# A Day In The Life Of...

## Kate Walford, #TeamAN London Marathon runner 2019 & 2020



### Is there a special reason you chose to take on this challenge with Anthony Nolan?

I sadly lost a dear friend to blood cancer in November 2018 and Anthony Nolan were a huge part of his care and treatment. My friend had already raised a huge amount of money for the charity before he passed, and I promised I would carry on helping the charity in his memory.

### What did you find was your most successful fundraising idea?

A big event is definitely the way to go!

I organised an afternoon tea at a hotel for 100 guests. I also held a raffle and an auction at the same event. It helps to be super organised and organise raffle prizes from local companies well in advance. This one event alone raised over £2,000.

I also posted pictures and stats of all my training runs on social media, the good and the bad! This encouraged people to donate as they could see the hard work I was putting into training.

### **How did you find the support from the Events Team?**

The support I received from the charity was and continues to be phenomenal. The training day was also very informative and well worth attending. The amazing support made such a difference to my first marathon experience.

### **What did it feel like crossing the finish line?**

Running down The Mall and crossing the finish line was like nothing I have experienced before. You feel extremely emotional, but you are buzzing at the same time. The feeling that I had taken on my first marathon and finished in a respectable time (5:20) and knowing how proud my friend would have been was the best feeling and one I will never forget.

### **What was your highlight?**

There are so many highlights, but one for me was seeing my family and my late friends' wife on Tower Bridge which was also the half way point. It was a great boost and an amazing feeling to see them.

The Anthony Nolan cheer points were also such a great boost and the noisiest!

### **If you were speaking to a new runner who had never done the London Marathon before, what would be your top tips?**

My main tip would be to find a training plan that fits in with your lifestyle/schedule and stick to it as best you can. What works for other people may not work for you. Make sure you get in those long runs towards the end of the plan - you will reap the benefits on race day.

Do not beat yourself up about bad runs. There will be days where you feel like you can't go on and struggle. Just pick yourself up and have a better run next time. Long distance running for me was about a positive mental attitude and telling yourself anything is achievable. Remember why you're running – it will get you through!

Vaseline should be your best friend on long training runs and race day! You can never apply too much.