Our CEO’s husband, JP, prepares to run 26.2 miles for Blood Pressure UK

John Paul Boyd, 37, is a Management Consultant in the telecoms industry. He lives in London with his wife Katharine and baby daughter, Sylvia. He explains why he’s taking on this ‘ridiculous, frankly ludicrously long run’.

Q You’re already a runner, will this be a tough challenge for you?
A I ran the London Marathon in 2008, it’s taken me nearly a full decade to forget the pain.

Q Will you be wearing fancy dress, for example, a rhino costume or a post box?
A Not currently planning to, although that may change nearer the time. Last time I ran it was particularly dispiriting to be overtaken by five marines in full combat gear carrying a canoe over their heads.

Q How are you training for the run?
A I run 5K most weekends and I’m gradually getting more used to long runs. I’m aiming to run about five times a week with a combination of sprint training, middle distance and one long run.

Q How do you prepare yourself for a training session?
A I always set a target – whether that’s distance or time, and try to push myself a bit further than the last time.

Q And how do you wind down afterwards?
A I’d like to sit on the sofa and do very little but our baby, Sylvia, usually has other ideas.

Q Who or what inspires you?
A My family being proud of me for getting through the ordeal.

Q How are you going to reach your fundraising target?
A From recollection of last time it’s really difficult to raise £2K. I’ll start by going cap in hand to friends and I’ll run cake sales at work, and I have a few more ideas up my sleeve. If any Positive Pressure readers are feeling generous, please sponsor me at http://uk.virginmoneygiving.com/JohnPaulBoyd

Q Why have you chosen to support Blood Pressure UK?
A Both of my parents had heart attacks but survived, but one of my wife’s friends recently died of a heart attack at a young age, it’s very sad to think that all that pain and anguish could have been prevented. I believe anything that helps to combat heart disease, raise awareness and save lives is very worthwhile.

Q Do you have any tips for someone looking to start long distance running?
A You can do it! When I last ran the marathon I started from a very poor baseline of health. There’s a scene in the film Run Fat Boy Run where lead actor Simon Pegg starts running down the street and is out of breath after two minutes, that was me in mid-January 2008. I panicked, stopped drinking and started training three times a week, and I managed to get round the marathon.

Could you be a fundraiser for Blood Pressure UK?
If sporting challenges aren’t your cup of tea, there’s lots of other ways you can help – like drinking tea for example. Perhaps you could invite people over for a coffee morning and cake sale, team up with friends to put on a book sale, or if you have green fingers, start sowing seeds for a garden open day and plant sale this summer.

Our A-Z of fundraising ideas will have ideas to suit you at www.bloodpressureuk.org or simply get in touch. We can provide posters, collecting tins and other resources to support you.

Reach us at: Email: info@bloodpressureuk.org Telephone: 020 7882 6255 Letter: Fundraising Team, Blood Pressure UK, Wolfson Institute, Charterhouse Square, EC1M 6BQ