

JP TAKES ON THE LONDON MARATHON 2017

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