

# OUR HEROES

BY CATHERINE BOLADO

**DESPITE** sweltering heat Dorset's London Marathon runners pushed past the pain barrier to raise thousands of pounds for charity.

Temperatures in the capital reached 19 degrees as people hit the streets for the gruelling 26.2 mile course.

Kenya's Emmanuel Mutai took

## Runners do us proud as the temperatures soar for race

home the men's marathon gold with a time of two hours, four minutes and 40 seconds and Mary Keitany, also from Kenya took women's gold with a time of two hours, 19 minutes and 19 seconds.

In the wheelchair event Great

Britain's David Weir took the gold in a time of one hour, 30 minutes and five seconds and in the women's competition the USA's Amanda McGrory took gold with a time of one hour, 46 minutes and 31 seconds.

In the rest of the race the temperatures proved too much for some runners and St John Ambulance were kept busy as runners when down with heat exhaustion.

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■ **COMPASSION for World Farming** runner Sandra Hood, from Dorchester, was one of Dorset's quickest runners with a time of three hours, 41 minutes and 50 seconds.

She was running the marathon to highlight the plight of farm animals and show that a vegan diet can be healthy.

She said: "I'm absolutely thrilled, I'm just over the moon.

"It's been very hot weather and when I was running round I was thinking of the animals in factory farms shut up and that kept me going.

"I wanted to show that you don't have to eat animals to be fit."

She added: "It got to 20 miles and I didn't look at my watch as it has put me off before and I started to think I can do this in under four hours.

"I got a second wind. The crowds were so wonderful, they cheered me on."



**DIDN'T THEY DO WELL – DORSET RUNNERS AND THEIR TIMES**