

Marathon effort for Salford trio

By Pamela Welsh

THREE fitness fanatics from Salford have been pounding the pavements of the Big Apple to raise money for charity.

The three runners are all medical professionals and knew exactly how to handle the gruelling 26-mile race, which took place on Sunday, November 4.

Lindsay Fitzgerald, a trained musculoskeletal podiatrist, didn't put a foot wrong in the world-famous road race, crossing the finish line in just 3hrs 45m, and took in some of the city's most famous landmarks on the way.

The 30-year-old was running to raise money for Bowel Cancer UK and has managed to rack up over £2,000 in sponsorship.

Lindsay, from Walkden, said: "It was really great, but it was quite difficult.

"The last four miles were really hard. I had trained up to 21 miles and I could really feel it when I hit the 22nd."

The marathon route took in all five boroughs of the metropolis, finishing at Central Park.

Lindsay said: "Most finishers wore their medals while walking around New York later that day and the day after the marathon, and the Americans were all so interested in how you had done.

"They all gave you a round



LINDSAY Fitzgerald, from Walkden, at the end of the race

of applause and congratulated you. I even got my name in the New York Times because I finished under four hours. I'm not sure I'd do it again though!"

Also tackling the 26-mile race were two medics from a Salford surgery.

Dr Babu Raj, from the Orient Medical Centre on Orient Road, Hope was joined by colleague Sister Mary Madden, practice nurse at the



Dr Babu Raj and practice nurse Mary Madden from the Orient Road Medical Centre, Orient Road, Hope, with their medals

centre, for the race.

Dr Raj, 49, was raising money for research into multiple sclerosis, an illness which his wife Shobha, 48, has had for more than 20 years.

He said: "I completed the race in six-and-a-half hours and I was really pleased with my time. It was hard work, but I managed to get through it!"

"I've done half marathons before but this was my first

full marathon. I'm definitely tired now!"

Mary, from Swinton, completed the race in 4hrs 17 minutes, and raised over £1,500 for research into cystic fibrosis.

She said: "I wanted to do this one because I've done the London Marathon and other runs and I wanted to do this one. People have been very generous and it was a great experience."