

Clubbing together to support charities

STEVE Brown completed Sunday's London Marathon and still had enough energy left to go out night clubbing.

The Wanderers caretaker boss completed his first ever marathon in four and a half hours and then got on his feet again to dance the night away in celebration of his achievement.

Brown put himself through the pain barrier to run London as a tribute to boss John Gorman and his late wife Myra.

She died from cancer in February prompting Brown to take up the 26.2 mile challenge alongside Wanderers' colleagues Keirina Rowlands and Murray Moore.

Brown burned off 5,500 calories in the race – the equivalent to three days of eating – as he earned £4,500 for Cancer Research.

He covered the first 21 miles in a speedy three hours and 20 minutes but then took an hour and ten minutes to do the last five miles.

He said: "I thought I had broken the back of the race but then I seized up. I got blisters, cramp in my groin and my Achilles was sore. My body wasn't coping but there was no way I was going to give up and when I crossed the finish line it was very emotional.

"Coming up The Mall in front of



Heroes: Keirina Rowlands, Bodger, Steve Brown and Alan Dunham with Murra Moore inset. For Bodger's story see page 164

all those people knowing that I had done it was amazing."

And when he had the medal around his neck Brownie got a second wind.

He went to the Professional Footballers Association award dinner in the evening and finished off by going clubbing.

He said: "I think it was the adrenaline of the day and finishing

the race that kept me going. I couldn't help it once I was in the club and the music started I just had to get up and dance."

Moore was the first of the Wanderers contingent to cross the line.

The Blues physio finished his first ever marathon in three hours and 34 minutes and then kicked himself for stopping to have a

natter with his family and a picture taken with a friend.

He said: "Originally I said I wanted to do it under four hours but now I think I could have done it in under three and a half if I had not stopped."

And he was delighted to raise the money for Cancer Research after his father in law died from the disease.

Wanderers office girl Keirina Rowlands also got round her first ever marathon as she finished in 4.19 running with Alan Dunham from the Wanderers Community scheme.

She said: "It was an amazing day and I'm still buzzing from it. I think it is going to be the start of a new running life for myself."

Like Brownie she was running for Cancer Research as her nan is suffering from the illness.

Dunham ran the race with her as he completed his third London Marathon.

He said: "We helped each other around. When Keirina was complaining I talked her out of it and when I was slowing she kept me going."

He raised more than £800 for Victa, a nationwide charity which helps to support the families of children with visual impairment.