

15 September 2013

## JEREMY COLE COMPLETES GREAT NOTH RUN IN RECORD TIME!



Jeremy at the finish line with son Alex

Jeremy Cole, partner at Cole Associates Corporate Finance completed this year's Great North Run half marathon on Sunday 15<sup>th</sup> September in Newcastle in a personal best time of 1 hour 45 minutes, battling strong winds and rain.

"This is the 8<sup>th</sup> time I've run the Great North Run and it doesn't get any easier! It's inspiring and humbling to see so many people raising money for such a wide range of charities, and running with 50,000 other people definitely gives me a psychological boost when my legs start to complain. It's an amazingly well-organised event – my favourite half marathon of the year.

This year I ran with my son Alex. We chose to run for two charities – The Monastery of St Francis & Gorton, of which I'm a trustee, and the British Heart Foundation. It's not too late to donate:

Gorton Monastery: <https://mydonate.bt.com/fundraisers/jeremycollection1>

BHF: <http://www.justgiving.com/JeremyandAlexCole>

My next half marathon is the Conwy Half Marathon on Sunday 24<sup>th</sup> November.