coolenergy
TEMPERATURE RENTAL

Rental Press Release

Cool Running for Charity

On Sunday 25th April 2010, Cool Energy Director – Russell Wilson, completed the Virgin London Marathon and raised £4,200 for The Children's Trust in the process.

Russell (46), who also completed last year's race, managed to finish Sunday's 26.2mile marathon in 5hrs, along with a record 36,500 runners who also completed the course.

Russell Wilson nearing the end of the marathon on The Mall

"I would like to thank the company's staff and friends who have been extremely generous in their support and **The Children's Trust** – their help and encouragement has been truly fantastic.

Record Time

The run was really tough but the weather helped as it was a lot colder than last year and gave us all a helping hand to complete the course – I managed to run 9 minutes faster this year, which was really satisfying.

The Atmosphere

The crowds were again superb and spurred us on all along the route and I was tempted to pop in for a pint in one of the 81 pubs that line the route. A lot of them played music and there was a real carnival atmosphere all along the course.

The level of goodwill from spectators, organisers and the runners was really heart-warming and makes this marathon a pleasure to take part in.

I will be entering again next year!"

The Children's Trust Tadworth
For children with multiple disabilities

Russell ran in aid of **The Children's Trust**, who had a team of 300 runners at this year's event.

The Charity provides care, therapy and education to children with multiple disabilities. Further details can be found at **www.thechildrenstrust.org.uk**

Russell is still collecting sponsorship for this event and his fundraising page can be found at www.justgiving.com/russellwilsonics

Thank you.

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