

OU Marathon Runners

Ashley Grote (Hf 95) confesses he was a hopeless sportsman! Music was his thing but he could run. After his daughter Emily was diagnosed with a brain tumour in 2014, becoming a patient at Great Ormond Street Hospital for Children in London, Ashley realised a long-held ambition to run the London Marathon. In that first year, he raised over £20,000 for GOSH charity. To date he's completed eight London marathons for GOSH and has raised just under £160,000 for this special charity that continues to support his family so much.

www.justgiving.com/teams/emilygrote



Running has always been a big part of **Eliza (Sa 13) and Imogen (C 13) Ross-Smith's** lives. They ran the TCS London Marathon 2023 for Prostate Cancer UK and commented:

"It was an unforgettable experience running the race side by side in matching vests - quite a contrast to the Routh where we competed for our individual houses. It was an unforgettable experience, but what we missed from our Uppingham days was the Chaplin and his bucket of holy water getting us through the last excruciating mile towards the finish line!"



Photo credit: Prostate Cancer UK

Lily Johnson (L 12) was not a runner at school and remembers doing the Routh on a freezing day in Lower Sixth and just being pleased to make it round without slipping on the ice! But four years later she took up running, short distances at first but, after being hospitalised with sepsis, she built up more and more miles during her recovery, eventually committing to a half marathon in May 2020 for the Sepsis Trust. She was forced to run the race alone due to the pandemic but realised how much she enjoyed longer distances and pushing herself. She's since run four marathons and in May this year completed her first ultramarathon, clocking up 60 miles (nearly 100km!).

"I wish I could go back to my 17-year-old self and tell her to not roll her eyes at the suggestion of physical exertion – but to embrace the challenge as it's possible to go so much further than you think you can!"



Phoebe Aldrich (Fd 13) loved participating in the Routh and was proud to be the fourth girl to finish the race whilst in the Upper Fifth. Since leaving Uppingham she's kept up her running, completed her first London marathon this year, finishing in 3hr 28 minutes. Phoebe raised £2,800 for MENCAP and is looking forward to her next challenge, the Paris Marathon in 2024.

"Running at Uppingham inspired me and now that I am an OU, the Cross Country event in January was a wonderful way to reminisce."



Malcolm Tozer, Uppingham staff from 1966 to 1989 and Athletics Coach, was **Wyn Fanhshaw's (WB 65)** primary inspiration to keep running throughout the 53 years since he left Uppingham in 1970 (the first year the School had an unbeaten Senior Athletics team). He writes:

"Cross Country and The Routh also played their part in developing that wonderful feeling of running through nature and the countryside, irrespective of weather conditions, something I have been able to maintain for the last 38 years. I have completed two London Marathons, the first in 1973 when I was running for The Intensive Care Unit, Carshalton Hospital. Having never previously run further than 15 miles. I 'hit the wall' twice at 19 and 25 miles, but it was the fantastic support of the crowd which powered me through to the finishing medal. My second attempt was 39 years later, last year, when I ran for the British Heart Foundation and specifically for their 'Heart Healing' patches. Thanks to the generosity of many, including a number of OUs who were part of that 1970 unbeaten Athletics team, I exceeded my fundraising target and raised £3,400.

Through work I have travelled throughout the world, visiting many cities and communities. To cope with a demanding role, I ran in the early mornings whenever I could. This enabled me to see local sights that I would otherwise have never seen and gain a better insight into how the locals went about their everyday lives. It is these memories of so many different local cultures which have stayed with me and created a huge sense of pride.

Hopefully there are many more enjoyable miles ahead, so thank you Uppingham (and Malcolm) for propelling me forward in such an environmentally friendly and purposeful way."



Our thanks to all of those who shared their running stories.

If you are raising money for charity, whether running or through any other activity, the OU team would love to hear from you on ou@uppingham.co.uk. The OU Charity Fund provides small donations to OUs who are raising money for good causes. Please provide a Just Giving or Virgin Money Giving link (or similar charitable donation page) so that a donation can be made online.

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