



I think it's safe to say that everyone I know either as a friend, family member or work colleague knows someone who has had contact with the Douglas Macmillan Hospice, either as a patient through the day hospice, specialist palliative care or received care and support in one form or another.

Early in 2007 I decided to improve my general health and well being, and with the support of family members, friends and work colleagues I started to diet and lost two stone over a six month period. I joined a local gym and when Michelin agreed to pay the entry fees for any employee who entered the race, I filled in my application form and sent it off ready for the event in April 2008.

I was keen to test my fitness and planned to run the event however, a knee injury sustained in the gym put paid to this



'Christmas picture postcard scene, duly setting off with sunglasses to combat both the snow glare and the sunshine'

and after five weeks physiotherapy I was given the all clear to power walk the event with my wife Helen.

Sunday 6th April (Race day) arrived, and after a heavy snowfall on the Saturday evening all of the participants were greeted with a Christmas picture postcard scene, duly setting off with sunglasses to combat both the snow glare and the sunshine.

I was one of 65 Michelin employees that entered and supported the



Neil Walker

event, and raised sponsor money. Thanks are extended to my many sponsors, who through their generosity enabled me to hand over £1,400 to a very worthwhile charity.

Congratulations to everyone who took part and completed the challenge, and thanks to the Douglas Macmillan Hospice for planning the event.

Anyone fancy sponsoring me next year.....??