

The Dogman is Dog-meat!

Well finally it's all over the dogman marathon is done 4 hours 11mins and 26sec and boy does it hurt running those last 5k!

Apart from a bit of pain I really enjoyed the experience, most people out on the course were very supportive, and there were plenty of high fives going round. People were shouting out "come on dogman" and barking at me, so I had a good laugh at that. A big thanks to Debbie and Megan who cycled around the course and collected for the SPCA, and a big thanks to the SMOG netball girls who were marshalling the course – they gave me a big cheer when I passed their check points.

42km is a hell of a long way to run and I take my hat off to people who have completed a marathon, the battle with the mind is the hardest part, your legs say stop but your mind say "don't you dare stop".

The amount raised for the Wellington SPCA is still being counted, with more donations being made after I'd completed the run. But I can tell you we have cracked the \$1000 target that I set out to raise, so a massive thanks to everyone who donated.

The publicity in the Dominion Post in the week leading up to the race was fantastic and certainly sparked more people to donate to the great cause.

I am undecided on my next exercise goal, but I'll be sure to keep you informed when I come up with the next crazy idea!

Last but not least:

Keep exercising, eating well and look after your body you only get one!

Andrew
Dog-meat running

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