

FULSTON FAMILY BLOG

EDITION #6 26/04/24

*"If we show **fortitude**, have high **ambitions** and are **mindful** of ourselves and our community, show **integrity** and **leadership** skills, together we can make great young citizens of the Fulston Family"*

Marathon Success!

On Sunday 21st April, Mr Patey, Mrs Bennett and Mr Box each took part in the London Marathon and Virtual Marathon. We want to take an opportunity to share their stories and congratulate them on their achievements! They each have demonstrated our values of **Fortitude**, **Ambition** and **Leadership**.

My dad and brother applied to run the London Marathon and were accepted through the ballot. With a desire to run in the same event as them, I managed to secure a 'Good For Age' entry from a previous marathon time. We decided as a group to raise money for Anthony Nolan which is a charity close to our hearts. When people ask me about running a marathon, I always say that the hard part is not the race itself, it's the months of training beforehand to prepare yourself for the event. The bitterly cold and dark morning/evening runs. The running through rain and wind to get 'race ready' when sitting on the sofa watching the football seems much more appealing - that's the hard part. But that is the most important part to prepare yourself for the event.

The London Marathon Event itself is the most incredible experience. Streets lined with supporters cheering and bands playing. It is a truly magnificent atmosphere in the capital. To complete the London Marathon at the same event as my dad and brother will be something that I will always remember.

Training for and completing a marathon, is similar to revising for and completing examinations. The hard work, is the months of hard work beforehand to prepare yourself for the real thing. You can't cut corners. The saying rings true, 'You get out what you put in. If you want more, give more'. Then you can celebrate your achievements afterwards.

Mr Patey, Head of House (Stanhope)

On Friday 23 February, I was offered a last minute cancellation place to run for the British Heart Foundation in this year's London Marathon and, in a moment of absolute madness, I accepted the place!

After having just 9 weeks to train, I completed the London Marathon on Sunday 21 April in 5 hours 32 minutes.

So far, we have managed to raise an incredible £3869 for BHF, in memory of my mother-in-law who we lost suddenly to a heart attack almost four years ago.

Mrs Bennett, Head of Business Studies

I never thought I'd be a runner. I've always been sporty, but never ran. In 2019 I was diagnosed with a deviated septum which was affecting my breathing. Early 2020, I had an operation to straighten it, but unfortunately didn't work. During lockdown, following the same path as a lot of others - I wanted to start running. I began with 3k's which seemed to leave me completely out of breath and wondering how I'd ever be able to run anything more. Fast forward four years, after I've thrown all the excuses of why I might not be able to run far and/or fast, out the window - I completed my first ever marathon on the 7th of April in Brighton, then completed my second marathon distance, running from Margate Train Station to Faversham Rec for the Virtual London Marathon, two weeks later.

Running has improved my general wellbeing, making me feel more positive in myself and my overall day-to-day life. I wake up easier, sleep better and have a lot more energy throughout the day. Couldn't recommend it enough.

Mr Box, Assistant Head of House (Hales)

This weeks Fulston Family Values Points...



Fortitude



Ambition



Mindful



Integrity



Leadership



Young Citizens

1781 4127 663

1087 1153 454