

Interview with Mark

An extraordinary challenge and an interview with Mark Pattenden.

U I have been fortunate enough to meet and chat to an inspirational person online in the



past few weeks, his name is Mark Pattenden and he and I were chosen to represent The Great Wall Marathon for different reasons, me for the amazing following I have on twitter and thus bestowing upon me the great honour of being the first Westerner to represent China, Ireland, the worldwide running community and this awesome event. Mark in contrast was chosen to represent amputees worldwide and will be the first amputee to attempt 20000 steps of the #TheGreatWall in China on May 1st 2016. To be honest I really didn't know how I was going to write this interview or bio... but here I am writing it 😊. Mark lost his leg a few years ago but that hasn't stopped him from working hard and not giving in, rather it has spurred him on and given him an enormous drive to keep going no matter the odds stacked against him. In March of this year, he and his team who he only met once before through twitter took on the challenge of climbing Mt Everest for charity and raised £30.000 by completing it...To me this shows great character and strength of mind.



In the summary of Marks adventure to Mt Everest the challenges he faced were numerous, the main one of these was. His prosthetic leg, 7 days of enduring an abscess from a bad tooth, extreme temperature changes, constant climbing and the final stretch when he realised that there was something wrong with his stump and that it had become infected. Fortunately Mark's resilience was strong and he overcame the odds. So not only has Mark accomplished something remarkable for amputees,



but he is now going to join me in China. Then after The Great Wall Mark is planning to run 50 marathons in the 50 states of the US. It pretty much shows the insanity that most of us distance runners possess. I wish Mark all the best and hope to share a pint or 3 in celebration after the 20000 steps.

20000 STEPS
WHO'S UP FOR A CHALLENGE?



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