

Fullflow staff take on a charity challenge.

Springtime is marathon season and two members of the Fullflow team took up the challenge in order to raise money for charitable causes. James Payne, Project Manager and Martyn Bramhall, Technical Manager, took to the hilly streets of Sheffield in order to compete in the Yorkshire half marathon. The route boasts one of the most scenic routes in the UK, combining a great city centre start and finish with some of the Peak District's most spectacular views. With weather ideal for marathon running, James running in support of Sheffield Children's Hospital and Martyn running in aid of Child Bereavement UK both successfully completed the course within their target times.



Just to make things a little more of a challenge for himself, on April the 30th Martyn went on to complete his April challenge by taking part in the Mallorca 167 cycling event. This ride was over a distance of 167km (102 miles) with 10,500 ft of climbing around the mountains of Mallorca.

However, the weather was anything but Mediterranean with rain, fog and cold winds. This made the challenge all the more harder, as the mountain roads become very slippery in the wet. However, he managed to stay on his bike and completed the course in a time of 6:16:33 giving him an average speed of 26.61 km/hr (16.5 mph).



www.childbereavementuk.org