

Arthritis sufferers face 42km challenge

By VICKY WAY
WINTEC journalism student

The Hamilton Arthritis Marathon will see 100 people take on the Waikato River for charity on September 4.

Marathon founder Kim Raggett aims this year to raise \$10,000 and have at least 100 people competing.

The marathon, now in its second year, is to be used by Arthritis New Zealand as a

launch for its appeal week and is aimed at raising awareness and funds for the 530,000 New Zealanders living with arthritis.

Participants can walk, jog or run the 42km — the course will be divided into sections so people can compete either as individuals or teams.

Miss Raggett says the marathon will take participants on two circuits along the river, starting and finishing on Grantham St.

"The river is so beautiful; it is a great chance to showcase our city."

After being diagnosed with rheumatoid arthritis at a young age, Miss Raggett set up the marathon to challenge herself and to help change the stereotype of who is affected by arthritis.

"Many people do not realise you can get it so young, I wanted to help other people realise that there are things people with arthritis can achieve, that they may not think possible."

Miss Raggett encourages anyone not entering the marathon to volunteer and says many businesses are getting involved and helping with sponsors and spot prizes.

"We need all the volunteers we can get. You can help at the water stations or at the finish line."

Martin Poppelwell, acting president of the Hamilton Marathon Clinic, says if you are planning on running the marathon you should start training now.

"You will need to be running 50-60kms a week. It is a fun event but you will need to be motivated and have a relatively good level of fitness."

With an eight-hour closing time Poppelwell adds participation is the most important thing.

"It may take you eight hours



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MARATHON EFFORT: Hamilton Arthritis Marathon organisers Kim Raggett (left) and Carol Hall are planning on a big turnout for the September charity event.

to complete — but you will have done it."

For more information and

how to register contact Carol Hall on (07) 839 1209 or email carol.hall@arthritits.org.nz

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