



Working up a sweat as she prepares for the London Marathon, Lisa Dove (left), who will be running for The Samaritans, is put through her paces by her personal trainer, Helen Janousek. NS

Marathon challenge

A CANCER scare prompted Lisa Dove to reassess her life as she approaches her 40th birthday, and now she is hoping to wing her way around the London Marathon course.

The massive challenge will not only allow her to prove to herself how far she has come, but will give her the opportunity to support a charity which is very close to her heart.

Student Lisa (39) will pound the streets of London on April 13 in aid of The Samaritans. For the past year she has been a volunteer with the Elgin branch, so knows first hand the invaluable and often life-saving role of the helpline. And she is even thinking of running the event dressed as a mobile phone for added appeal.

"Running a marathon is something I had never thought about until last year," said Lisa, High Street, Portknockie.

"I had two cancer scares which made me take a good look at my life, and I decided that running a marathon was something I wanted to do before I turned 40."

She was unsuccessful in securing a place in the marathon in the general ballot, but then

Lisa to head for London to help Samaritans

■ By FIONA McPHERSON

applied to The Samaritans and was offered a chance to run for the charity. She must, however, raise a minimum of £1,700 for The Samaritans, and is appealing for help to reach that target so she can stride out to achieve her personal goal.

Ms Dove was drawn to The Samaritans because of previous experience she had in supporting and counselling people, particularly victims of domestic abuse.

"People need to understand how important The Samaritans are to people. I can't think of anything I would rather do with my spare time," she explained.

Lisa began her new exercise regime in

November, working each week with personal trainer Helen Janousek, who she described as an inspiration, and already she has noticed a marked improvement in her health, with previous breathing difficulties she suffered no longer bothering her.

She also takes her two Jack Russell dogs on long walks every day, much to their enjoyment, as well as exercising at home.

"I feel much better, and everyone has noticed the change in me," she said.

"I also gave up smoking two years ago, having started smoking when I was 11, and that has made a real difference.

"I have friends who have run in marathons before and a friend who did a rafting event for the Lifeboat appeal. We are always daring each other to do things, so I set my sights on the marathon."

Lisa is determined to reach her fund-raising goal as she knows how vital it is for The Samaritans to continue helping people in times of need. She plans to run a number of events and is appealing for donations which can be handed in or sent to the Elgin office of The Samaritans at 21 Greyfriars Street.