

Paul Monaghan joins the 100 Marathon Club

Is it a bird? Is it a plane? No, it's Paul Monaghan! Congratulations to our Webmaster and Committee Member who in September joined the prestigious 100 Marathon Club.

It's a remarkable achievement. 100 marathons, that's 2,620 miles or the equivalent of running from Palmer Park to Rome and back followed by a jog to Paul's hometown of Liverpool. Or in Paul's language it's 200 bottles of wine, 100 of videos you may have seen on social media and countless photos in what has been an fun filled journey.

Having run a total of 7 marathons in Liverpool, it comes as no surprise that this was where Paul ran his first marathon in 2011. It wasn't an easy journey for Paul. A relatively late comer to the sport, he began running 5K's as a part of a lifestyle change. The 5k jog/walks turned into 10k and then Paul went for the big one and hasn't looked back. For many of us running a marathon is a goal in itself. I'd guess most people have either sponsored someone at some point to run a marathon or have ran for charity themselves. What Paul did after his first marathon is somewhat unusual, but extremely bold. He signed up to run not 1, not 2, not even 5 but 10 marathons for charity and in doing so raised £1,000 for The Stroke Association. The 10 marathons included one in the driving rain at Milton Keynes as well as making many happy memories around Europe including in Warsaw, Frankfurt and Nice.



pic: Left, Paul's first marathon in Liverpool, Right, the finish line in Spain.

Anyone connected to Paul on social media will know that he has a passion for traveling, meeting new people and immersing himself in different cultures. This is echoed in the manner of his journey, which has taken in 21 different countries and 49 marathons outside of England. If you were to put Paul on the spot and ask him which is his favourite, the answer will be a swift, passionate response; New York! Why? The crowd support throughout the whole weekend, from the expo to every inch of the 26.2 miles and the buzz in the city afterwards.



pic: Left, Paul shows off his bling in NYC; Right, fancy dress at Medoc in France

I've been fortunate enough to have ran many marathons with Paul including Malaga, Marrakech & Limassol, but it was in March 2015 when we travelled to Richmond for The Thames Meander Marathon that changed his marathon journey. It was here that he met Caroline Jackson for the first time and a new relationship was born. In a little over two years Caroline has shared in 61 of Paul's marathon experiences. According to Caroline, Paul has no pre-race rituals, however I know he has two; firstly, I've never seen him run without his sunglasses even in the rain and dark clouds and secondly, I've never known him run a marathon without taking his selfie stick out and having his photo taken with random strangers to boost his likes on social media.

Paul's a good man. He is great at bringing people together and knows how to have a good time. It was a pleasure to be a part of his 100 marathon celebrations at Richmond running festival in September when he was inducted into The 100 Marathon Club by running buddies and marathon legends Pete Morris and Martin Bush. 100 marathons is a fantastic milestone and with other countries and continents to explore, Paul's marathon adventures will continue.



pic: Left, with Caroline in Pisa; Right, celebrating his 100th Marathon in Richmond