

FANS are to run the whole length of Offa's Dyke in seven days to raise money for the Welsh football supporters' charity Gol.

John Harris and Leigh James will tackle the 188-mile route in seven chunks - in effect running a marathon every day for a week.

The pair will leave Chepstow on Saturday, July 8 and arrive, hopefully with all organs and limbs in good working order, on Friday, July 14 in Prestatyn.

En route, they will pass through some of the most wonderful Welsh and English countryside either side of the border and are hoping they won't be too tired to enjoy the sights.

John, 49, an IT director who lives near Berkhamsted in Buckinghamshire, said: "We have run a few marathons, 30 between us, including three in three days on Britain's oldest trail, The Ridgeway.

"We thought that was going to be the height of our lunacy until a weekend away with our families on the Welsh border when we ran a few miles on Offa's Dyke. While running, Leigh told me the trail runs the whole length of the Welsh border and I joked we should run the whole thing. A lunchtime post-run pint sealed our fate as we persuaded each other it was a great idea."

Travel consultant Leigh, 48, a former Welsh league goalkeeper for Taff's Well and an ex-pupil at Radyr Comprehensive school in Cardiff, is now living in Sweden, but that doesn't stop him going to every Wales game.

He said: "Watching Wales play many times abroad in many out-of-the-way spots like Armenia and Azerbaijan has opened my eyes to parts of the world most people don't visit. We have had some amazing experiences and met some fantastic people. I even met the woman I eventually married on one trip.

"Some of these places are very poor and it has been a privilege to help local causes, like orphanages and children's homes, while we are there. The money we raise will go towards the work the fans' charity Gol carries out. Visits are being planned when we go to Moldova in September and Georgia in October."

Money can be donated

at <https://www.justgiving.com/fundraising/7marathons7daysoffasdyke>

- Gol (the Welsh word for 'goal') is the Welsh football fans' charity which helps underprivileged children, both home and abroad whenever the Welsh national team plays. Formed in 2002, Gol has helped over 30 orphanages, childrens' hospitals and schools, in 21 countries such as Azerbaijan, Macedonia and Ukraine.

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