

Raising funds in memory of Mark Goodchild



In April 1982 I ran my first distance race - the inaugural Southampton Marathon. Since then I have run numerous races of all distances, become a Life Member of Lordshill Road Runners and a member of the 100 Marathon Club, and am still running, albeit somewhat more slowly than when I started.

The Southampton Marathon has been reborn, after an absence of 33 years, and I will be running it again on 23rd April 2017; my 111th marathon.

As many of the recipients of this e-mail will know, the Goodchild family suffered the tragic loss of our eldest child, Mark, who took his own life in July 2015 after suffering a toxic second marriage during which he endured domestic abuse in all its forms. In Mark's memory a number of friends and family ran the Southampton Half Marathon in 2016, raising money for the Mankind Initiative – a charity that supports men who are victims of domestic abuse.

I do not run many races in aid of charities, mainly because I have run so often in the past, but the Mankind Initiative has been offered a free place in the London Marathon in 2017 and the charity's Chairman offered the place to either myself or Polly Cziok (nee Rance), Mark's oldest friend, in recognition of the fund raising we achieved for the charity at last year's Southampton race. I had already entered the 2017 Southampton Marathon and have run the London Marathon a number of times, so Polly and I agreed that she would take the London place and I would continue with my plan to run in Southampton (both races are on 23d April, St George's Day). We will both be running to support the Mankind Initiative and would be very grateful for any donations made in further memory of Mark.

I know that many of you have given generously in the past, as a tribute to Mark, but Polly and I would ask you to consider contributing again, to help other men who are suffering as Mark did, without reaching the depths of despair he endured. Polly has set up a giving page and donations can be made by using the following link.

<http://uk.virginmoneygiving.com/MemoryofMark>

Thank you.

Derek Goodchild, father of Mark

12 January 2017