



Trifast's Christopher Morgan completes the London Marathon raising over £11,000 for The Back Up Trust



Trifast's Company Secretary, Christopher Morgan joined more than 42,000 people who participated in the 26.2 mile course, in this year's London Marathon on the 2nd October, using his wheelchair. The London Marathon is the 2nd largest annual road race in the UK, and is one of the global marathon majors.

Christopher completed the marathon in an impressive 4 hours 31 minutes, whilst taking in some of the most famous landmarks in the city – including Buckingham Palace, The Cutty Sark, Tower Bridge (as pictured below) and Canary Wharf.

Christopher, Trifast's Company Secretary comments:

"As you probably know I love a challenge, and when the opportunity came along to participate in the 2022 London Marathon, there was no way I was missing that.

What an amazing day, full of positive energy and motivational crowds! Thank you to my incredible training and running partner, Matt Hunter, in getting me to this point. It has been an incredible journey.

I did the London Marathon to raise money for [The Back Up Trust](#), whose vision is to ensure anyone with a spinal cord injury (SCI) can realise their full potential and have supported everyone with SCI for over 30 years."

Christopher, who is also a Board Trustee at Back Up and his friend Matt raised an incredible amount for the charity, over £11,000, and combined with the other Back Up runners/wheelchair participants, the charity secured over £36,000!

The donations support Back Up in delivering:

£15.00: Pay for a series of vital outreach telephone support calls to someone leaving hospital and adjusting to a new life.

£35.00: Pay for wheelchair skills for someone who is newly injured to help them learn essential skills to tackle ramps and kerbs and get around independently.

£50.00: Provide support to children as they settle back into school life, ensuring they are fully included in all aspects of education.

Abigail Lock, Back Up's CEO commented :

"A genuine thank you to everyone who donated. This means a huge amount to Back Up and will allow the charity to continue delivering on rehab programmes, wheelchair skills training, skiing, and outward-bound courses."

