



TWDC Press Release – Marathon Man

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**Article** : TWDC: Marathon Man  
**Web Address** : [www.saharamarathon.co.uk](http://www.saharamarathon.co.uk) & <http://neilcornick.saharamarathon.co.uk>  
**Sponsorship Link** : [www.saharamarathon.co.uk/cgi-bin/fa.pl?action=show;cuid=67](http://www.saharamarathon.co.uk/cgi-bin/fa.pl?action=show;cuid=67)  
**Headline** : The Water Delivery Company sponsors Multi Marathon Man  
**Copy** :

Marathon man, Neil Cornick will be braving temperatures of 120F from March 22<sup>nd</sup> when he takes part in a 151 mile race across the Sahara desert. Neil will be joining 600 runners from 22 countries when he begins the Marathon Des Sables in Southern Morocco. This race is widely regarded as the world's most gruelling foot race.

During the six days of the race, Neil will have to carry all his food and equipment on his back, and at night will sleep in makeshift tents in the desert. We have helped Neil by sponsoring the entry fees for the race and helping him in his donation to the race charity, Facing Africa - [www.facingafrica.org](http://www.facingafrica.org). If you wish to make a donation please follow the link above.

WZ MARCH 14, 2007

# Marathon man unveils costume

A Balham man will be braving 120F temperatures later this month when he takes part in a 151-mile race across the Sahara desert.

Neil Cornick, 35, of Mayford Road, will be joining 600 runners from 22 countries, on March 22, when he begins the Marathon des Sables in southern Morocco, widely regarded as the world's most gruelling foot race.

He is running for the charity Facing Africa, which provides support for African children who contract Noma, a gangrenous disease that eats away its sufferers' faces.

Mr Cornick said he and friend John Dyson agreed to sign up for the race during a drunken conversation last year, but did not expect to be given a place.

"We were having a few beers and we said we should set ourselves the challenge," he said. "We were being tongue-in-cheek but we put our names

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on the waiting list.

"Then we heard in November we had got in. It was a shocker."

During the six days of the race, Mr Cornick will have to carry all his food and equipment on his back, as well as an anti-venom pump in case of scorpion stings.

The nights will be spent in makeshift tents in the desert and Mr Cornick will live on meals of freeze-dried pasta bolognese and apples and custard.

Mr Cornick said he was looking forward to the challenge. "I want to see how far I can push myself," he said. "My friends say I won't do it. They say 'this is Neil who goes to the pub twice a week' but I want to prove to people that anyone can do something if they have the motivation."

Mr Cornick has spent £3,000 on entry fees and equipment for the race.

Local business the Water Delivery Company has helped him. But he is also looking for other companies to come forward to soften the financial blow, particularly since his wife is expecting their first child.

Mr Cornick's wife, Gail, is six and a half months pregnant and he admits the cost of the race was difficult to justify with a child on the way. But he says his wife fully backs his decision. "My wife has been really supportive," he said. "She has told me to get on with it and to get back quickly."

To support Neil visit [saharamarathon.co.uk](http://saharamarathon.co.uk) and follow the links to Neil Cornick.

For more local and regional news, go to [surreycomet.co.uk](http://surreycomet.co.uk)



Kitted out for action: Neil Cornick Doodlegrip WA12070