

Councillors in marathon effort

Councillor Donald Wilson has run a marathon or two before, so if you support him by making a donation you can be sure that he will complete the challenge. Councillor Cammy Day however has not ever run a marathon, although he usually keeps pretty fit by running and cycling.



Cllrs Day and Wilson are both running in the London Marathon in April 2018.

In April they are both running the London Marathon.

Cllr Wilson is raising money for OneCity Trust and also St John and the City. [You can donate here.](#)

The former Lord Provost took up running during his term as the city's premier citizen in 2014 when he felt very unfit and did no exercise at all.

With the help of his trainer Andy McNaughton he completed the course in 5 hours and 3 minutes. He has now completed four

marathons and also lost over four stones in weight as a result.

Having initially set out to take part in the Wester Hailes Fun Run in 2014 which is only 5k, he can now be seen out on the city streets running around 25k twice a week, The two charities which he is raising money for are ones he holds dear.

The OneCity Trust fights inequality and exclusion in the capital. Founded in 2003 it came from the Lord Provost Commission on Social Exclusion. It funds many projects in Edinburgh and the recipients are both old and young. The St John and the City project provides defibrillators and training for Edinburgh. Donald was instrumental in getting this initiative off the ground. The result is that there are now life-saving defibrillators on all the city's trams, as well as at Edinburgh Castle.

It is often the way, but the device at the castle was put into use a day or two after it was installed and saved someone's life. Donald may also take part in the Edinburgh Marathon but it is only six weeks later and he is not yet committed to doing so.



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Cllr Day is raising funds for Alzheimer Scotland. You can support him [here](#).

We caught up with both of them out on a training run recently.

So [@cllrcammyday](#) and [@CultureCmmunity](#) are both running in the London Marathon on 22 April.... and they were out training together earlier this week pic.twitter.com/Wso0EHF556

– *Edinburgh Reporter* (@EdinReporter) [March 30, 2018](#)