

**ADRIAN
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DISTANCE**



PARRAMATTA Sun



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On the run: Adrian Raftery will soon take part in the New York Marathon.
Picture: Natasha Pears.

A marathon effort

By Nicholas Baker

ADRIAN Raftery has become a familiar sight around the Parramatta area.

At well over six feet tall and always wearing his red cap, the Granville resident has been running a 30km course around western Sydney every Sunday for the past few months.

This intense training regime is because on the November 4, Mr Raftery will take part in the New York Marathon to raise funds for the Heart Foundation in memory of his late father.

"When my dad was ill last year, I made a pledge that I would help make a difference to the lives of other families," Mr Raftery said.

"Just about anyone can shave a head

or grow a moustache to raise funds for charity – and good on those that do – but not many are willing to take on a real physical challenge and run 42km."

Mr Raftery has already raised over \$30,000 for the cause, thanks to a variety of fund-raising events and initiatives.

Over 37,000 runners take part in the New York Marathon each year, with entries limited to elite athletes and those who are raising funds for charity – 24 Australians will run for the Heart Foundation, who aim to raise a minimum of \$144,000 between them.

Donations and information on Adrian Raftery: www.teamrafters.com.au and heartchallengesny.kintera.org/teamrafters