

## Kerry Rigby's 874 virtual walk

I started supporting Mental Health Research UK (MHRUK) in 2010, in memory of Mark Robinson M.R.C.V.S. Myself and my colleagues at Park Issa Vets have raised thousands of pounds for MHRUK by doing various challenges during this time

In June I had the bright idea of doing Lands' End to John O Groats (874 virtual walk), but unfortunately no one had the same enthusiasm as me and so decided to do it by myself.

I set myself 12 weeks to complete the challenge but did it in 9. Every morning at 4.30am I set off and did a 10 mile walk before going into work for the day. On a Monday, Friday, Saturday and Sunday I walked between 20-26 miles a day. Its common knowledge that I get lost on a straight road, so I was very grateful that on three occasions I had company from very good friends and was able to see some fantastic views on my walk.

I am very humbled that so many people want to remember what a fantastic vet Mark was and they are happy to just keep giving in his memory, for this reason I will continue to raise awareness for mental health and MHRUK.

The final figure raised for the walk was £4,165.00, this makes a grand total of £22,845.00 raised since Park Issa started their fund raising for MHRUK.

