

CABBIES ON THE RUN!

Think of a runner and let's face it, it's not a London cabbie. But one cabbie Freddie Senner, 56, jumped out of his black cab to run a 5k as part of the count down to the 2012 Olympics. Freddie, from Maidstone, Kent, stood out among the other ten drivers in a home-made plastic cab complete with hat. Cheered on by his family and crowds, he was all smiles as he crossed the finishing line in Hackney Marshes on Saturday 12th September. But then he has run the London marathon 20 times! Three2go, a not for profit social enterprise, organised the 'Cabbies on the Run' 5k race on Hackney Marshes, in the shadow of the Olympic Stadium construction site. Three2go is an annual race series of events, which will play an important role in a major celebration of community involvement in sport, linked to 2012. It involved a point to point trail marathon, going down the scenic Lee Valley from St Margarets in Herts, often along the tow path and finishing in sight of the rapidly developing Olympic Zone. There was a 5k and 1k race around Hackney Marshes – accessible to runners of all ages and abilities from toddlers to 90+ and including those with disabilities.

After the race Freddie said: "People don't think cab drivers keep fit but some of us go to the gym

and like running. Cabs are terribly uncomfortable so it's good to step out and stretch your legs by going on a run or to the gym. Not all of us sit and eat chips in our cabs." Fellow cab driver and runner Mary Clarke, 38, from Hackney, east London, added: "People think cab drivers sit in greasy spoons and eat all day. This shows once you get out and about you feel so much better." The London Taxi Drivers Association (LTDA) thinks it's such a good idea that they sponsored a special cabbies trophy. Stuart Pessock editor of TAXI, the LTDA newspaper, said: "In this climate, taxi drivers have to work longer hours and don't want to make the effort to exercise. Sitting in a taxi for long periods of time is not good for you. The 5k is a great idea for motivating drivers."

Mayor Boris Johnson said: "London's Black Cabbies are part of the fabric of our great city. It is fantastic to see them embracing the importance of a healthier lifestyle."

Kate Hoey, the London mayor's commissioner for sport, said: "This is a really excellent initiative by taxi drivers – one of the best known icons of London. Taxi drivers will be so important during the Olympics, it's great that they're participating in sport to try to get fitter. The Three2go annual races are a great way for Londoners to get fitter,














and for families, and older people, to get involved in sport."

Also lending their support on the day was actress Charlotte Emmerson, and twin sister Annie, who is a world class dual athlete runner and television commenter.

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