

Business

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Coach Chris helps law firm staff get on track



Pictures: John Allen PL/A20120026E-001/3

RIGHT: Coach Chris Menlove-Platt (far right) is training Wolverstans staff for the Plymouth Half Marathon. Above: on the road

A TOP athletics coach is helping a city law firm, who are celebrating their 200th anniversary, get on track for the Plymouth Half Marathon.

Chris Menlove-Platt is mentoring a team of runners from Wolverstans ahead of the 13.1mile run on June 3.

Employment law specialist and race participant Eoin Fowell said between high kicks and sprints: "He's giving us a beating. I didn't expect this - and this is just the warm-up."

Some of the Wolverstans team are regular runners and some haven't donned their running shoes since leaving school.

by REBECCA RICKS

Herald Reporter

Chris, a UK Athletics-qualified Coach in Running Fitness, said: "They are not beginners - they are in the early stages of preparing for a half-marathon.

"A lot of people in training end up injured, so if you can learn proper techniques at the beginning then that's much better."

Sophie Critchley, 23, a paralegal (assistant solicitor) at the law firm, hasn't run since school, but is pressing on with preparations. "I'm not very sporty," she said.

"I've not run a marathon before. I signed up because it's a big



thing for Wolverstans and it's good to get involved."

Wolverstans celebrates its 200th year in 2012 and the firm is part of the way through an extraordinary fund-raising anniversary year, with the aim of donating £2012 every month to a charity associated with Plymouth.

Rebecca Tamblin, Wolverstans marketing executive, said: "Not

many firms can say they've been around for 200 years. The reason we're doing this is to give back to the community. Plymouth is our home and that's why we want to give something back."

One of the ways the firm is fund-raising is by participating in the Plymouth Half Marathon.

"The race is a centrepiece of our fund-raising," added Eoin.

"There are 125 staff at Wolver-

stans and 30 of them are running - it is up to 50 if you count their family and friends and clients. I nearly fell off my chair.

"When you have clients volunteering to do the run for our project, it makes you so glad to do this. Plus it really is a good way of team-building internally. Everybody is motivated to raise money and get fit doing it."

CITYfile

A BANKING rally yesterday helped London's leading shares index recover some of the heavy losses it suffered in Tuesday's £33 billion rout.

The UK's top flight slumped 2% on Tuesday as renewed fears over the eurozone debt crisis, particularly Spain's ability to carry out its austerity programme, added to concerns about the strength of the US recovery.

But bargain hunters snapping up cheaper shares helped the FTSE 100 index rise 39.2 points to 5634.7 today, with heavily weighted banks and mining stocks in particular demand.

It was a similar story overseas, as the Dow Jones Industrial Average in the US was up 0.8% as the London market closed, putting it on course to end its worst run since August last year.

Germany's Dax was up 1% and France's Cac-40 rose 0.6% following heavy falls yesterday.

The calmer sentiment on world markets was reflected in Spain and Italy's bond yields, which were slightly lower following worrying rises yesterday.

However, yields for both countries remained well above 5% as fears persisted that they will sink under the weight of their debt mountains.

The pound was up at 1.59 against the dollar as it regained some of Tuesday's losses with the help of better than expected British Retail Consortium shopping figures for March. But sterling was flat against the euro at 1.21.

London's banks were among the biggest risers as Barclays added 3% or 5.8p at 212.1p. Taxpayer backed Lloyds and Royal Bank of