

RUNNING VIOLA

After months under wraps, on the 9th September I shared the news that I was disqualified from my initial world record attempt due to costume issues. So I amended it and on the 10th September I reclaimed my record at the Wirral Half Marathon in #THERUNNINGVIOLAMARKII . The addition of the skirt was done in a quick rush due to time restraints by myself and my Nan. I achieved a time of 1 hour 24 minutes and 29 seconds and subject to confirmation confirmed my place in the Guinness Book of World Records. Here is a link to the background of the remaking of the viola and the race itself: <https://www.youtube.com/watch?v=3Mtzac-aNfM&t=450s> and <https://www.youtube.com/watch?v=ezEqacBrOTc&t=13s>

The Running Viola is now in phase three of re-development and I am in training for the Marathon world record attempt on October 15th at the inaugural Birmingham International Marathon which will go past the new Birmingham Conservatoire and be streamed live to <https://www.facebook.com/therunningviola/>

If you want to donate to ARCO you can visit my just giving page on <https://www.justgiving.com/fundraising/therunningviolamarathonrecord>

Alistair Rutherford
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