



**BEST FOOT FORWARD:** Barefoot runner John Woodward at the start of the Cross Bay Challenge at Flookburgh, having already run from St Mary's Hospice, Ulverston

JOE RILEY

# John does run in bare feet

**A HALF** marathon across Morecambe Bay was just the mid-section of an athlete's epic run from Ulverston to Lancaster – in his bare feet.

John Woodward left St Mary's Hospice, Ulverston, at 11.30am on Sunday and arrived at St John's Hospice, Lancaster, four-and-a-half hours later.

The 62-year-old had already run seven miles across the bay when he lined up in Flookburgh among 450 entrants for the annual Cross Bay Challenge.

The rest of the field crossed their finish line at Hest Bank – but the barefooted runner's journey didn't end until 4pm, when he reached St John's.

Mr Woodward, who has run barefoot for 27 years, lives in Kirkby and works in

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Lancaster as a therapist for Cancer Care – to which all proceeds from the Cross Bay Challenge and a separate six-mile walk were donated.

He said: "I got everything from sea-washed turf, sand flats, tarmac roads to dog poo and bits of glass. It keeps you on your toes."

Another remarkable Cross Bay Challenge entrant was 76-year-old Peter Ellison, of Carnforth.

Asked how he keeps in such good shape, Mr Ellison said: "I do between five and 12 miles, four or five times a week."

"I eat well and look after myself. Red wine – that's the stuff. I have a glass or two every day."

