Welcome everyone please gather around as safely as you can.

Welcome to The Breakfast Run, which is renamed **Mark’s Run**.

Mark always enjoyed The Breakfast Run both **the racing** and the **community of running** AND the cooked breakfast. We’ll have to enjoy the second part of that next year.

Today is about **celebrating Mark and running together as a club**.

It’s an honour to welcome Basia, together with Mark’s parents, Linda and Chris. As well as his sister, Penny and brother-in-law Ian. And of course, Ella, Mark’s niece, to Mark’s Run today.

Basia and Marks’ family would like to thank you, Eynsham Road Runners, Mark’s running club – affectionately known by him as ‘the church’ - for today and for Mark’s Run.

Mark’s family will be **planting an Oak tree for Mark** at the junction of the sheep fields, Chalet turn at 11 today. You are welcome to take a look at the Oakling and remember Mark at your leisure. It’s a fairly tight corner so we won’t be convening there later today as one large group.

Mark was a really talented runner, with a strong running style. Many of us here had some unforgettable running (and cycling, swimming and walking…) adventures with Mark. I achieved by best running with Mark. I wouldn’t admit this, but I think he had the edge, with an ability to put 10 or 20 seconds improvement into his minutes per mile pace, and hold on, despite the pain. Although I did get you on the marathon time, Mark.

Mark lost his brave battle with mental illness. It’s wrenching to know that we won’t run with Mark again.

Mark’s run is a celebration of a creative, opinionated, sweet, witty, vulnerable and inspiring runner, member of Eynsham Road Runners, and a great friend. It is a celebration of friendship and community.

We will be brightened by Mark’s memory and enlightened by his bravery.

Good luck, everyone! Enjoy your run, today!