

## News

# Lindsay's challenge

BY KATE CHAMBRÉ

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RECENTLY widowed and the mother of three small children, the wife of former motorcycling champion Darran Lindsay is soon to embark on a challenge that few of us could even contemplate.

Then again Kerry Lindsay, 30, from Lisburn, is an incredibly courageous woman.

This month and next Kerry will be taking part in not one but two marathons in memory of her late husband, who was killed last September, aged 34, while practising for the Killalane road races near Dublin.

One of Northern Ireland's best-known and most talented road racers, Darran was a former winner of the North West 200 and had been Irish champion four times as well as winning the Ulster Grand Prix.

The couple had three children – Ben, four, Zak, three, and Poppy, nearly two, and would have celebrated their sixth wedding anniversary on March 31.

They had been together for seven years prior to their marriage.

Yesterday, for the first time since her husband's death, Kerry revealed that life without Darran has never been so tough.

She said she is trying to stay strong for the sake of her children.

"As time has gone on the whole reality of what happened is only really hitting home now.

"After Darran's death there were a lot of people around and I had a huge amount of support. But, while I still have support, as time goes on it is getting harder.

"The kids keep me busy though and give me a reason for getting up in the morning," she said.

"It is still so hard to actually believe he is still not coming back. It's difficult to explain how I feel. Everyday is just so different. You go through a rollercoaster of emotions."

Speaking lovingly about her late husband, Kerry said that he was a devoted father to their three children.

"As soon as he came in from work at 5.30 in the evenings, he was completely hands-on. He'd bath them and put them to bed. He loved his children so much."

One reason for taking part in the Belfast City Marathon and the London Marathon within 15 days of each other, she explained, is to help with her grieving process.

"Training for the marathons has given me something to focus on and kept me busy."

The other reason is to raise money for the Injured Riders' Welfare Fund and the Motorcycle Union of Ireland.

"I wanted to do the marathons in memory of Darran and I wanted to put something back into the sport that he got so much out of."

"Motorcycle racing was something he loved so much."

With the help of more than 70 supporters who will be taking part in the Belfast marathon on May 7, Kerry hopes to raise at least £10,000 for the two charities.

Unfortunately, however, her training for both marathons hasn't gone as smoothly as she'd have liked.

"I have a knee injury at the moment and haven't been allowed to do any running."

"The injury is called illiotibial band syndrome and is to do with doing too much training too soon.

"I've been told that the injury requires complete rest."

To help her recovery Kerry has been



Everyday is so different.  
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rollercoaster of emotions

Kerry Lindsay

### FIGHTING

**BACK:** Kerry with Ben, four, Poppy, two, and Zak, three, at their home in Dundrod;

inset, Darran

Main picture: Bernie Brown



having acupuncture, laser and ultrasound treatments three times a week for the past four weeks. To keep her fitness levels up she has been cycling and walking.

"Knee permitting I'll probably have to now walk both marathons, which is really disappointing. However, I'm hoping I may be able to run parts of it."

"I have been training since December. My mum has been brilliant and has looked after the kids while I've been off training."

Initially Kerry was turned down in the ballot to take part in the London Marathon, but after winning a competition in Runner's World magazine she managed to get a place.

"I had to submit 100 words explaining why I should be chosen to win a place in the marathon."

"I wrote about Darran and that I wanted to do it for him."

Kerry admits she is slightly nervous about participating in the London event in just 11 days' time.

"I'm nervous about the whole London thing and getting lost because so many

people compete in the marathon.

"Two friends are coming over with me for support and I'm going to be staying with a friend's mum."

Kerry, who ran the Belfast City Marathon for the first time last year while Darran was away racing in Scarborough, says she's extremely grateful for all the support she's been given.

"I've had great support from everyone – 55 people are going to run nine miles of the Belfast City Marathon, while seven people are going to run it and seven people

are going to walk it.

"There will also be two relay teams taking part. Each person is helping raise money for the two charities."

Unsurprisingly, her children will be her main cheerleaders on the day of the Belfast marathon.

"Ben keeps saying 'Mummy I'm training for the marathon'. He'll probably run 10 metres of it."

"I am going to get t-shirts made for the kids and all the people who are taking part for the two charities."

If you would like to help raise money for the Injured Riders' Welfare Fund and the Motorcycle Union of Ireland contact

079 2848 4457

or send a cheque to  
**Kerry Lindsay,  
Hannahstown Road,  
Lisburn, Co Antrim.**

The Belfast City Marathon will be held on Monday, May 7.  
The London Marathon takes place on Sunday, April 22.



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