



## **Pictons IT Specialist Goes All Rock and Roll in Aid of Dementia**

John Gardiner, the IT specialist at leading and award-winning regional law firm Pictons ran 26 miles in Liverpool's recent Rock and Roll Marathon to raise money for Dementia UK.

Rock and Roll is a franchise which has races all over the USA, with others in Liverpool and Dublin. John says "This is my fourth Marathon, I've done the London Marathon twice and the Chester Marathon once. I wanted to do this Rock and Roll Marathon because I wanted to see around Liverpool and I have only been once, many years ago, and the Marathon medals are big and chunky!

"I chose Dementia UK as my charity because it was 'Dementia Week' not so long ago and a lovely lady, Maria Collins from Home Instead, came in to tell us all about Dementia. We were all inspired and became 'Dementia Friends' which means we know about Dementia, what it can do to people and how to help those that might have Dementia."

John's target was to raise £500 for this great charity and you can still donate on his fundraising page <https://www.justgiving.com/John-Gardiner-keeponrunning>