

Mike Addelman, Staff

Why have you decided to join the Purple Wave?

It's a fabulous way to join with our wonderful University community – which is why I'm also involved as an organiser as well. And I love running; I have competed in three marathons, dozens of half marathons and of course the Great Manchester Run!

What did you have to overcome when deciding to run with us?

I've had a lot of health issues to deal with over the past year or so. I am the proud owner of a mechanical heart valve which I received after a six- and-a-half hour operation in September 2016, and had a couple of other operations as well. I also care for my wife Sarah who is very poorly. So it's been a considerable challenge to keep running.

Are you raising money for an interesting or important cause?

Yes, the Riffraff Society- an amazing group of madcap Greater Mancunians who believe in direct community action

How will it feel to run with hundreds of students and staff from the University?

It will reinforce what it means to part of an incredible organisation, bursting to the seams with talented and gifted people.

What do you want to achieve?

Before my health problems, I was a sub 50 minute 10k runner. I've had a few problems with my back of late – so on one level, finishing will be an achievement. But if I'm fit, 53 mins would be good. Maybe one day I'll get back to sub 50.

How important is running and physical activity to you and why?

Running and cycling are deeply important to me. They have literally kept me alive.

