

## 《奔跑吧兄弟！男子为做慈善完成5000英里长跑》

导读:近日，英国的韦恩·拉塞尔沿英国海岸线完成了全程达5000英里的长跑活动，筹集到了近三万英镑的慈善资金。拉塞尔表示自己此举是为了纪念去世的姐姐。



A man has completed a 5,000-mile (8,000km) solo run around the British coastline, during which he has slept rough and spent less than £3 a day.

????????????????????5000????8000????????????????????????????????3???

Gloucester-born Wayne Russell, 34, has run the equivalent of about 200 marathons since he began the charity challenge on 6 September last year.

??34?????.????????????????????????????????200??????????????????

He finished the journey in Greenwich at about 15:45 BST.

????????15:45??????

The run has raised about 28,600 pounds for the Superhero Foundation, which helps families in need of medical treatments.

????????????????28600????????????????

On completing the challenge, Mr Russell was greeted by a large crowd of friends, family and well-wishers.

????????????????????

He said: "I'm absolutely overwhelmed, to be honest.

???"????????????"

"Having spent the best part of the last year alone, running into such an incredible reception was mind-blowing."

"????????????????????????????????????????"

Mr Russell said the trip was inspired by the death of his sister, who died aged 35, and who "dedicated her life to charity".

??????35????????????????????"????????????"????????????????????

"I want to thank every single person that donated, shared and supported me and my run," he added.

?????"????????????????????????????????????"

"We've raised more than 25,000 pounds for an incredible cause, and I just can't imagine a more perfect end.

"????????????????25000????????????????"

"I just hope I've made my family proud. I wish my sister could have seen this."

"????????????????????????????"