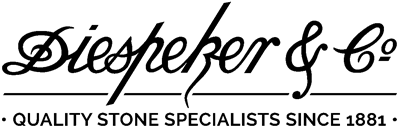
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Press Release with Pictures for immediate release

**13th March 2023**

**STARTS**

**London 2023 is Milestone Marathon for John!**

On April 23 dedicated runner John Krause will reach a milestone in his marathon running career.

John, 62, who lives in Wimbledon and is MD of natural stone and terrazzo specialist Diespeker & Co in Bermondsey will be running in the London Marathon, impressively his 200th marathon.

John has only been taking part in marathons since he turned 40. He said: “It was only supposed to be one marathon, aimed to help me get over a bit of a mid-life crisis and raise funds for Diabetes UK in support of my niece, Sam. I didn’t even like running. Yet here I am in 2023 preparing for marathon number 200 – and I still don’t like running!”

In recognition of that first run, John is again fundraising for Diabetes UK.

His first race was 23 years ago, at the London Marathon of 2000. Since then, he has run marathons around the world, including New York, Berlin, Sydney, Toronto, Queenstown, Seville, Amsterdam, Malta, Barbados and China. His fastest time was 3:08 in the 2015 London Marathon. John has also represented Great Britain in a number of long distance races.

He will be joined in the London Marathon by colleague David Batt, who is foreman at Diespeker. David is at the other end of the scale, as this will be his very first full marathon. David was approached by a neighbour who’d seen him out running. “He told me a charity slot had come free for Fight for Sight, which has a mission to prevent sight loss through its pioneering research.

“The charity is very relevant to me and my family. My dad’s mum lost her sight, and my mum’s dad became partially sighted. And there was another connection with Fight for Sight’s Tommy Salisbury Choroideremia Fund, which supports research into choroideremia, as Tommy lives locally to me. I couldn’t say no!”

Both the first time runner and the veteran marathon man will join around 50,000 others taking on the famous race. Their family, friends and colleagues all wish them luck!

**ENDS**

**Images (no credits required)**

**John Krause marathon number 125 New Zealand**

**John Krause marathon number 100 London**

**Notes**

Diespeker & Co is a specialist supplier of natural stone and man-made materials for flooring, tiles, cladding, worktops and treads, for the commercial and domestic sectors.

The company was founded in 1881 in Hamburg and expanded into London where it was one of the first companies to offer terrazzo and mosaic to the UK market.

Diespeker offers a rare service at its factory in South East London where traditional hand-casting skills are employed to create bespoke designs. This enables the company to also match existing materials for refurbishment projects. The factory boasts the latest in Italian cutting and polishing machinery, as well as an impressive showroom displaying over 500 standard tile designs.

Standard materials are imported from trusted suppliers in Italy where they can be cut to a much thinner finish than in the UK if required.

The full service includes site surveys, technical support, drawing, supply and installation and an exceptional aftercare package.

Diespeker has supplied and installed standard and bespoke solutions for such prestigious clients as The Royal Albert Hall, The Royal Academy, The Waldorf Hotel, WeWork, Bob Bob Ricard, Paul Smith and Wimbledon Tennis Club.

[www.diespeker.co.uk](http://www.diespeker.co.uk)