

Press Release

29th March 2010

Going the distance – St Peter & St James Hospice Runners prepare for the first ever Brighton Marathon!

On the 24th of March 30 people took their seats at St Peter & St James Hospice in North Chailey to take part in their second seminar for the Brighton and London Marathons.

The seminar was based on “last minute preparation” held by personal trainer Jenny. Included was information on where the runners need to be in their training, tapering, and race strategy. The evening was rounded off with a nutritionally balanced meal of tuna pasta salad and bread pudding with a good old fashioned chin wag to see how everyone was progressing and who had what injuries!

One runner, Carina Jenkins, said: “I have done no running of this nature before so it’s going to be a big challenge for myself”.

40 runners in total are running for St Peter & St James in the first ever Brighton Marathon on the 18th of April and they are all set to raise a staggering amount of money. Joseph Babicki said: “I was running just for fun but now it’s for a purpose”

Pictured are some of the runners taking part in the Brighton and London Marathon – all together they will be running an incredible 1,231.4 miles for the Hospice.

Katie White said: “I am so proud to be wearing a St Peter & St James Hospice vest, and running on their behalf, my mum died here a few years ago so I know what amazing work they do. Bring it on!”

While Robin Burgess said: “Well it did seem like a good idea at the time!”

Many people running are doing so because they have had a family member at the hospice, Lisa Neal said: I lost my father-in-law here three years ago, I know the effort the staff put in and what wonderful work they do, why wouldn’t you want to run a marathon and raise money?”

The Brighton Marathon is on Sunday 18th April

- ENDS -

For further information: Gill Cronin on 01444 471598

Notes to Editors: About St Peter & St James Hospice & Continuing Care Centre

Our mission as a registered charity is to provide specialist care, love and support for those living with progressive, life limiting illnesses from East and West Sussex. We will endeavour to meet the needs of each patient, their family and friends. We aim to encourage and enable all patients to live their lives to their full potential despite their illnesses.

We care for patients from Burgess Hill, Haywards Heath, Lewes, Uckfield and the surrounding villages. Last year we provided care for more than 400 patients and their families. All of our Hospice services are free of charge and we receive less than 20% of our funding from the Government. This means we have to raise more than £1.4 million every year through fundraising. That’s £4,000 every single day.

If you are interested in working or volunteering at St Peter & St James please contact Human Resources on 01444 471598 or visit www.stpeter-stjames.org.uk.

Website: www.stpeter-stjames.org.uk

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Images: For logos and photographs please contact Gill Cronin on 01444 471598 or email gill.cronin@stpeter-stjames.org.uk