

Press Release

14th September 2009

GMTV's Life Coach To Start St Peter & St James Fun Run or Walk

Pete Cohen, GMTV's Life Coach, will be starting the St Peter & St James Hospice Fun Run or Walk which is taking place on Sunday 27th September. Pete will be motivating runners and walkers alike before they set off on the 6th annual Fun Run or Walk raising money for the Hospice in North Chailey. The event has raised more than £50,000 over the past five years and fundraisers are hoping that this year's event will be the biggest yet.

Gill Cronin, Head of Fundraising, said: "We're delighted that Pete is coming along to get things started and we expect there to be some impressive performances from both runners and walkers this year after being motivated by him! We have more than 150 people already signed up to take part but there's still room for more. Entry in advance is open until Friday 18th September otherwise people can enter on the day."

The route, which starts and finishes at the Hospice, goes through 5½ miles of beautiful Sussex countryside and there is also a ¾ mile Junior Fun Run for 12 year olds and under within Hospice grounds. Entry in advance costs £5 for adults and over 12s, £2 for 12 year olds and under, and £10 for a family of 2 adults and 2 children of 12 or under. Entry on the day costs £7 for adults and over 12s, £3 for 12 year olds and under, and £25 for a family of 2 adults and 2 children of 12 or under. Start times are from 10.00am for walkers, 11.00am for runners and 11.10am for the Junior Fun Run. Team entries are welcome and there will prizes for the best fancy dress. There are free refreshments at the finish line for all participants thanks to Forfars and American Express as well as a BBQ and other stalls.

Anybody wishing to take part can obtain an entry form by contacting the Fundraising Department on 01444 471598, by emailing fundraising@stpeter-stjames.org.uk, by visiting www.stpeter-stjames.org.uk or by picking up an entry form from one of the Hospice's charity shops in Burgess Hill, Haywards Heath, Lewes or Uckfield.

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For further information: Karen Lambert or 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 just 15% 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

Email: fundraising@stpeter-stjames.org.uk

Registered Charity Number: 1056114

Images: For logos and photographs please contact Karen Lambert on 01444 471598 or email karen.lambert@stpeter-stjames.org.uk