

## **Press Release**

16<sup>th</sup> April 2009

### **Get Fit for Free!**

A Sussex Hospice is offering free places in a high profile local sporting event in a bid to raise much needed funds for their work. St Peter & St James Hospice are offering people free entry into The Sussex Triathlon as long as they can raise a minimum level of £150 in sponsorship. The event takes place on 31 May 2009 at Ardingly College, near Haywards Heath and has a range of events for different ages and ability levels.

St Peter & St James' Karen Lambert said: "We are delighted to have this opportunity and hope there are lots of people out there who will get involved, whether they are serious triathletes or just want to give it a go for fun. It should be a great day and if we fill all of our charity places, we will raise at least £7,500 towards providing our vital services to patients and their loved ones."

The swim, cycle and running event is in its sixth year and now includes junior races, a swim run option or relay teams for those people who do not want to tackle the whole triathlon.

Race Director Dan James said: "St Peter & St James is such an important charity in our local community. It is fantastic that the triathlon will be raising money directly for such a worthy cause as well as encouraging Sussex people to get a little fitter. In the current economic climate giving people the opportunity to do an event for free is a win-win for both the athlete and the charity. We aim to make it a special day for the fund raisers"

Sponsorship proceeds from the Sussex Triathlon will go to support St Peter & St James' work at their site which is nestled in the Sussex countryside in North Chailey and their work in the community. The Hospice services are free of charge to patients and their loved ones and the charity receives just 15% of their funding from the Government which means they have to raise over £1.3 million every year through fundraising. That's £3,600 every single day.

### **Entering The Sussex Triathlon**

Entry Forms for charity places can be printed from the event website at:

<http://www.urbanrace.co.uk/documents/SussexTriHospiceEntryForm2009.pdf>

Charity entrants will receive the £50 deposit fee back once £150 has been received in sponsorship by St Peters & St James Hospice. Entry to the race includes a pasta meal, race t-shirt, medal for finishers and a free massage.

Sprint Distance (Swim 500m, Bike 24km, Run 5k)

Novice Distance (Swim 250m, Bike 24km, Run 2.5k)

Team Relay (Swim 250m, Bike 24km, Run 2.5k)

Aquathlon (Swim 500m, Run 5k)

- ENDS -

**For further information:** Karen Lambert or Gill Cronin on 01444 471598