

## **Press Release**

29<sup>th</sup> March 2010

Pain is temporary; glory is forever as St Peter & St James Hospice Runners prepare for the London Marathon 2010

In 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 Marathon.

“Last minute preparation” was the subject held by personal trainer Jenny. Included in the seminar was information on their race strategy, psychological issues the runners may face and how to overcome them, preparation for the week before the marathon as well as what to do on the day. The evening was rounded off with a nutritionally balanced meal of tuna pasta salad and bread pudding (in line with their schedules) along with a chat about where everyone was in their training and what injuries had been sustained!

Seven participants are running for the Hospice this year and they will be joining over 30,000 runners who will be following the 26.2 mile course from Greenwich to The Mall.

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

Lee Willett, one of the runners for the London Marathon said: “I lost my dad last year and it was one of the hardest things I have had to go through, the staff at the Hospice made him so comfortable in his last few days and were a tremendous support. If all I have to do is run a marathon to give back to someone else who is yet to go through this then it has all been worth it”

The London Marathon takes place on Sunday 25<sup>th</sup> 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](http://www.stpeter-stjames.org.uk).

**Website:** [www.stpeter-stjames.org.uk](http://www.stpeter-stjames.org.uk)

**Email:** [fundraising@stpeter-stjames.org.uk](mailto:fundraising@stpeter-stjames.org.uk)

**Registered Charity Number:** 1056114

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