



## North-south run to help cancer charity

EIGHT runners from Cardiff are hoping to raise £20,000 for Cancer Research Wales by running the length of the country.

The octet, calling themselves Team Hope Wales 2008, leave Anglesey on December 6 to embark on their 230-mile charity run to Cardiff Bay.

The eight – David Ricketts, 44, Chris Jones, 41, Paul Newman, 35, Gareth Evans, 29, Mark Thomas, 28, Jonathan Hughes, 32, Kevin Maddox, 31 and Gareth Williams, 37 – hope to boost funds for the charity based at Velindre Hospital, Whitchurch.

Welsh sporting heroes Jonathan Davies, Ian Rush, Nigel Walker and Ryan Jones will join the runners on their final stage through the capital.

David said: "Cancer is no longer something that happens to other people, it is affecting more and more people directly and by association."

"All of us live in different parts of Cardiff, play sports for many teams and all work in different areas of business around the city, so we're really hoping our friends, colleagues and teammates can get behind us."

Cancer Research Wales charity director Maggie Hughes said: "Running the distance between North and South Wales is no mean feat and I wish them all the best in their training for the run."

"Thanks to David and the rest of Team Hope Wales 2008, much-needed funds will be raised for Cancer Research Wales so we can continue to provide funding for vital and pioneering research into cancer and its treatments in Wales."

To sponsor the runners, log onto: [www.justgiving.com/teamhopewales](http://www.justgiving.com/teamhopewales).