

Issued on behalf of Team Hope Wales and Cancer Research Wales

November x 2008

North-South Challenge for Cancer Fundraisers

Pounding the streets on a winter's night is not most people's idea of fun.

But for eight amateur runners from the capital the training is nothing compared to the challenge they have set themselves in aid of Cancer Research Wales.

On December 6, the runners in the self-styled Team Hope 2008 will begin their gruelling 230-mile charity run from Amlwch on Anglesey to Cardiff Bay which they hope will raise £20,000 for the Cardiff-based cancer charity.

But rather than take the easy option and spread the distance over a few days, the team is planning to complete the run by the next day by covering the distance in a relay.

Race organiser David Ricketts (44) from Lisvane and his team of friends, Chris Jones (41), Paul Newman (35), Gareth Evans (29), Mark Thomas (28), Jonathan Hughes (32), Kevin Maddox (31) and Gareth Williams (37) are hoping to reach the £20,000 target that they have set themselves for the challenge in aid of Cancer Research Wales.

And the team has inspired Welsh sporting greats Jonathan Davies, Ian Rush, Nigel Walker and Ryan Jones to join them on the final leg of the run through the streets of Cardiff to their finishing line at the Roald Dahl Plass at 3pm.

For the team captain and his dedicated runners the decision to take part in the race was a simple one. Dave Ricketts said: "Cancer is no longer something that happens to other people, it is affecting more and more people directly and by association and because of this we wanted to help Cancer Research Wales to raise money to continue to research this devastating disease.

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“Because of the mix of ages in the team we’ve got a real diversity in fitness levels, but it has just meant that some of us have had to train even harder in preparation to play our part in the run.

“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 that our friends, colleagues and teammates can get behind us and the extremely deserving cancer charity.”

Maggie Hughes, Charity Director for Cancer Research Wales, said: “Dave and the other runners in Team Hope 2008 are a real inspiration and their determination is truly commended.

“It will be great to see the team arrive back in Cardiff Bay alongside some of Wales’ greatest sporting heroes and it is thoroughly appreciated that they are doing so in aid of Cancer Research Wales.

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

To find out more about the people involved in Team Hope Wales 2008 visit www.teamhopewales.com or to pledge your support to their run in aid of Cancer Research Wales visit www.justgiving.com/teamhopewales

ENDS

Notes to editors:

- Cancer Research Wales is totally separate from the national charity ‘Cancer Research UK’.
- Cancer Research Wales was formed in 1966
- The charity’s headquarters and Research Facility is based in the grounds of Velindre Hospital, Whitchurch, Cardiff.
- All money raised by Cancer Research Wales is spent in Wales
- The money funds scientists and their pioneering cancer research projects around Wales
- Cancer Research Wales also funds the only dedicated cancer research library in Wales
- The charity’s patrons include Nigel Walker and Huw Edwards
- The research team is headed by Professor Malcolm Mason
- Millions have been raised by the charity in the last few years alone



Team Hope Wales **2008**

