

Press Release

King's Lynn, 19th March 2010

Fighting Fit and Ready to Run

To most people just the thought of running a marathon brings them out in a sweat but not Jon Thaxton, 35.

Never one to shy away from a challenge former boxer Jon decided that, as well as taking on the mighty Virgin London Marathon on Sunday 25th April, he would challenge himself to run the full 26.2 mileson a treadmill!

The event, which took place on Saturday 13th March outside the Sportlink sports shop at Taverham Garden and Crafts Centre, raised funds for The Norfolk Hospice, Tapping House. Generally runners are advised not to attempt the full marathon distance in their training but the former British, European and World Lightweight Champion said "I am not bothered by the distance as I plan to take it steady and treat it as a training run. I won't be going for a specific time and I'll probably be stopping occasionally to chat to people". Jon, who is part of a five-strong team running the London Marathon on 25th April for the Norfolk Hospice, completed the Treadmill Challenge in an amazing 2 hours 85 minutes. He is hoping to break the three hour barrier when he runs it for real.

The Norfolk Hospice has been caring for people in Norfolk and the Fens for 25 years. Fundraising director Dianne Rowe said: "We are thrilled by Jon's efforts. We need more than £1m a year to meet the running costs of the Hospice and that figure is going up all the time as we extend our services to provide better support and care."

To find out how you can support Jon, or any of our other London Marathon runners, please contact The Norfolk Hospice on 01485 542891 or visit www.norfolkhospice.org.uk where you can link to their individual JustGiving pages - thank you.

Contact The Norfolk Hospice on **01485 542891** or visit **www.norfolkhospice.org.uk**

- ENDS -

Notes to editors:

Since 1984, The Norfolk Hospice, Tapping House, has been providing palliative care to people with cancer, neurological and other life-limiting conditions, to enable them to live life to the full for whatever time is left.

Our services include: holistic day care, home hospice support, bereavement support for families, regular carer support groups, transport, equipment loan and an information service.

The area we serve is large and covers West and North Norfolk, neighbouring parts of the Fens in North East Cambridgeshire and the borders of South Lincolnshire.

We care for over 200 people a month at the hospice and at home. Our care is provided without charge, and it costs £1 million a year to run our Hospice. We depend on the generosity of the community to survive: 85% our costs are paid for by the individuals, organisations and groups who give generously to support our vital care. We are a Registered Charity, with reg. no. 1062800.

In life nothing is certain but, with your help, we can ensure that we continue to provide the finest hospice care possible, now and in the future.

For media details, further information and photo opportunities please contact:

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