

## **Press Release**

**King's Lynn, 21 September 2009**

### **10km for man, one giant help to Hospice-kind**

In May of 2009, 2,000 runners set off from Tuesday Market Place in King's Lynn to run 10km in the Bepak Grand East Anglia Run. Amongst them was 20 year old Stuart Dexter, who, having been encouraged by a running partner and college friend, was entering his first ever running race and in the process raising what eventually amounted to £558 for The Norfolk Hospice, Tapping House.

Stuart, now 21, says "I chose running because it was something anyone could do, you can just go out and start training straight off the bat". However, Stuart wasn't running for purely selfish reasons, he also wanted to tangibly improve the lives of others, and to that end decided to run for a local charity. "I wanted to run for a local charity where I could see, and appreciate the good my running could do for others. My Mum then suggested I run for the Hospice and the rest is history" Stuart, a trainee engineer at May Gurney explains. Running for charity allowed Stuart to stay motivated, even whilst on holiday in the United States when he continued to go out every day for a run "most people ran in the early morning or evening, not me I waited until it was 80 degrees outside" he jokes.

Stuart went around all his family, friends and colleagues getting sponsorship, a process he says was helped by the outstanding generosity of all concerned. Stuart's employers, infrastructure services company May Gurney, offered to match anything Stuart raised up to £250. His efforts were duly rewarded and Stuart has since been able to present to the Hospice a cheque for £558 – almost half of which came from May Gurney.

The Norfolk Hospice, Tapping House would like to thank Stuart for his efforts, and both the Hospice and Stuart would like to express their gratitude to everyone who donated and in particular May Gurney.

Contact The Norfolk Hospice on **01485 542891** or visit **[www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk)**

- ENDS -

**The Norfolk Hospice - Tapping House**  
(Reg. Charity No. 1062800)

Since 1984, the Hospice 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.

We care for over 200 people a month at the hospice and at home. Our care is provided without charge throughout Norfolk and the Fens 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.

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

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

**Andrew Lawn**

Fundraiser (Events & Marketing)

**The Norfolk Hospice**

Tapping House  
Common Road (West)  
Snettisham  
King's Lynn  
Norfolk  
PE31 7PF

Tel: 01485 542891

Email: [andrew.lawn@norfolkhospice.org.uk](mailto:andrew.lawn@norfolkhospice.org.uk)

Website: [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk)