



ROGER'S 10K LONDON RUN

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On 11th July 2010, just 3 months short of my 65th birthday, I will be participating in the London 10K run – that's 10,000 metres!! I am not a natural distance runner and have never attempted anything of this nature before. I am having to work pretty hard at getting my body ready for the task.



I will be raising funds for **Epilepsy Bereaved** (EB) with whom I have a close association. The charity was there for my wife Sandie and me when we lost our beautiful Becky to SUDEP (Sudden Unexpected Death in Epilepsy) in May 2004. In October 2009 I was appointed to the charity's Board of Trustees. EB is a very small charity that provides bereavement counselling to those who have lost family members to epilepsy and also promotes/funds research into SUDEP which claims around 500 lives p.a. in the UK alone. The charity relies almost entirely on donations to fund its activities.

The 10K race starts at Hyde Park Corner and proceeds along the Embankment to the Tower of London. The Embankment is then retraced as far as Westminster Bridge over which the runners reach the south bank of the Thames. The bridge is then re-crossed, followed by a circuit of Parliament Square from where the 'oh so welcome' finish line is reached in Whitehall. Becky's aunt, Carol Staff, will be my "running buddy" during the race.



Your generosity will be so, so appreciated. Every pound counts. Please, please sponsor me by visiting the Just Giving site (address below). When donating please, if applicable, tick the Gift Aid box as that adds considerably to the value of your donation for the charity without costing you anything extra.

If you prefer to donate by cheque then please make it payable to SUDEP and post it to me at 31 Basingstoke Rd, ALTON, GU34 1QH.

To read Becky's Story please visit www.rsauqa.co.uk/epilepsy_bereaved.php

For more about Epilepsy Bereaved and SUDEP please visit www.sudep.org

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