

A Day in The Life Of...

Stephen, #TeamAN 2018 Simplyhealth Great North Run & other challenges



Why did you choose to take on these challenges?

We needed something else to focus on when our son Jacob was first poorly as our whole support network kept asking how they could support and help. Like any other parent in the same situation we started to google how many people were currently on the register in case we needed support from Anthony Nolan, and we were shocked at how few people were. I just couldn't get my head around the fact that people are walking around not knowing they could be a perfect match for somebody in need, so we decided to do all we could to raise money and awareness for Anthony Nolan.

So, we decided to commit to the Great North Run as it's such an iconic event, and being on our doorstep, me and Kirsty have been talking about doing it for years.

We also decided to do the Gateshead 10K for two reasons; firstly, it's a more manageable distance for people who couldn't do GNR, and secondly, it's a good stepping stone for GNR training.

The Ben Nevis trek came about as my sister's boss is part of a walking group that does an annual walk, so we tagged along and used as another great opportunity to

raise more awareness and sponsorship... (Why not climb the biggest mountain in Britain eh?)

It's not about the money we have raised, it's about the education and the people who have signed up because of Jacob's story. The money was our way of covering the cost of all our connected family and friends signing up.

What did you find was your most successful fundraising idea?

Challenges; not having just one event, as straight away you limit who can take part. For example, not everyone can run 13 miles, so we had a charity football match with 40 players. Not everyone plays football, so we are doing a bike ride, a golf day. That also drives awareness through more people.

What is your pre-race day ritual?

Just drink plenty of water, ensure my playlist is right to get me through the run.

What did it feel like crossing the finish line?

Brilliant, just knowing we have completed something for a greater cause, supporting a fantastic charity that provides hope to so many families in need.

What was your highlight?

Seeing Jacob when we finished and waving at fellow AN runners – it made us feel part of something.

If you were speaking to a new runner/trekker, who had never done this before, what would be your top 5 tips?

1. Buy the correct equipment, seek advice prior to buying anything.
2. Train, follow a training plan the best you can. Don't over train as you will get injured.
3. Find people to support you and train with, as it can get boring if it's just you, running clubs are great, with people of all ages and ability.
4. Music - gets you through the pain!
5. Remember what you are doing it for.