

## **FOR IMMEDIATE RELEASE**

Local girl Stephanie Richards is to take on The 2015 Virgin Money London Marathon on behalf of Gloucestershire charity Hop Skip and Jump.

Stephanie, who grew up in Avening, near Tetbury, is taking up the gruelling challenge to support the work of The Hop Skip and Jump Foundation, who provide respite day care for children with disabilities and special educational needs.

Now based in Dubai, Stephanie has been training for the course by running ultra marathons in the desert, running up to 100km at a time in the scorching heat.

Stephanie said: 'I love doing Ultras because they are so difficult! I like to challenge myself and see how good I can be. I used to do horse riding and coxed a rowing team – both of those are very hypocritical, telling others what to do whilst not doing it yourself – now it's all down to me!

'I've always wanted to run the London Marathon as I've heard the atmosphere is amazing. I'm really looking forward to taking part – the route, the people, the spectacle – I can't wait!'

Clarissa Mitchell, founder trustee of Hop Skip and Jump: 'We are so thrilled to have Stephanie running the marathon on our behalf. We will be cheering her on every step of the way! The Marathon is such an iconic race and it's great to have Hop Skip and Jump represented on the streets of London this year.'



You can sponsor Stephanie and support the fantastic work of Hop Skip and Jump by visiting her Virgin Money Giving Page: <http://uk.virginmoneygiving.com/StephanieRichardsHSJ>

### **Fact File**

**Name:** Stephanie Richards

**Age:** 33

**Job:** Economic Development Consultant

**Best Marathon Time:** 4 hours and 2 minutes

**Target London Marathon Time:** Under 4 hours

**Furthest Distance Covered:** 100k Ultra Marathon – London to Bletchley Park

**Equipment:** Saucony

**Favourite Running Tunes:** Avicii

**Secret Weapon:** Avocado and Lentils – great for energy and taste really good

**Favourite Place to Run:** The Cotswolds for the hills, Dubai for the weather, Oman where you get both!

**Training Regime:** I've been doing lots of hill work which strengthens muscles and is great cardio. It also improves perseverance – a must when you're going so far! I'm trying to build the mileage up at the moment and aiming for around 40-50 miles a week.

**Why Hop Skip and Jump? :** Hop Skip and Jump really is a brilliant charity and I have seen how hard everyone works to make a difference to the families they support. It's great to be able to help the Hop Skip and Jump team through doing something I love

**Favourite Thing to Do Outside of Running? :** Travel the world – it's great to see new places and try new things – it always triggers new ideas!