

## Shawcity going for gold!



The buzz of the 2012 Olympics has spurred up motivation within the team to take part in a 10K race at Blenheim Palace in support of the British Heart Foundation on October 7th 2012. Shawcity are aiming to double their fundraising in order to not only support BHF but also Oxfordshire's, Wantage Counselling Service, in aid of the services they provide.

Wantage counselling services offer the opportunity to explore thoughts and feelings in a reliable, independent relationship where trust and confidentiality are respected and recognised as essential. Wantage Counselling Service aim to use the funding to help to subsidise their counselling sessions in order for them not to have to turn those who

need it away. The British Heart Foundation aim to play a leading role in the fight against disease of the heart and circulation, so that it is no longer a major cause of disability and premature death.

The team are already busy in training to prepare themselves for the race and are aiming to fundraise in support of both causes. The team aim to raise £2000 of donations. All donations and sponsorship raised will be split between both BHF and WCS

The running team consists of a mix of Shawcity staff, some of whom have been running for pleasure for a while and some who have only just started training. Spirits are high and the team believes that the run is achievable if they all stick together! The team runners include: Lacey Taylor, Neil O'Regan, Alex Graft, Nina Wilson, Gary Sumption, Veronika Vida, Ros Eltham, Hannah Sharma and Tracey Clay

Lacey Taylor, Finance Assistant, started running in May of this year as she was determined to get fit and generate a healthier lifestyle for herself. She has set herself a goal to run at 2 miles for 4 nights every week. Lacey stated *"Although I am new to running I am glad that I now have an objective to work towards. The day itself will be fun.... although I hope the weather is not as bad as it has been."*

If you would like to donate to these very worthy causes you can donate easily and securely online. [— click here for details.](#)