

## **PRESS RELEASE**

**December 2012**

### **Bracknell dad takes on 20-run challenge to honour baby daughter and raise money for charity**

Bracknell dad Dave Allen will be embarking on the first of 20 fundraising runs on January 2<sup>nd</sup>, in memory of his daughter Chanah who died when she was just ten days old.

Housing officer Dave, who is also dad to Connor 18, Callum 13 and Faye 3 is raising money for the stillbirth and neonatal death charity, Sands, which supported him and his family when Chanah tragically died 20 years ago.

“Chanah would have turned 20 in 2012 and it feels right that I should do something to honour her memory and to help the charity which gave us so much support when she passed away,” says Dave. “I thought long and hard about what I could do, and decided that as she would have celebrated her 20<sup>th</sup> birthday in April, I would complete 20 runs to honour each of the years she would have spent with us.

“It’s only now when I look back to the time when Chanah died, that I can fully appreciate the support Sands gave to me and my family. I was very young at the time, only 19 years old, and it was the most devastating thing I have ever had to deal with. Sands got involved straightaway and helped us to cope.”

Dave will kick-start the new year with a 10 mile race on the Epsom Downs in Surrey, and will then go on to complete the other 19 runs throughout the year, with the grand finale in Reading on 3<sup>rd</sup> November, his 40<sup>th</sup> birthday.

“There is a mixed bag of runs – some much harder than others – including 4 half marathons and an endurance run,” he says. “I have lots of support from family and friends and am hoping to get a few of them involved along the way, particularly for the endurance run which will last for 24 hours.

“I don’t have a set target of how much I want to raise for Sands, as I believe every single penny will help the charity and I appreciate times are tough for everyone right now so even the smallest donation will be appreciated. ”

Visit Dave’s website to find out more about his challenge: [www.run4chanah.co.uk](http://www.run4chanah.co.uk)

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For more information, contact:

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**Key Information about Sands:**

Sands, the stillbirth and neonatal death charity, was established by bereaved parents in 1978 and obtained charity status in 1981.

Sands core aims are to:

- Support anyone affected by the death of a baby;
- To work in partnership with health professionals to improve the quality of care and services offered to bereaved families; and
- To promote research and changes in practice that could help to reduce the loss of babies' lives

Sands is a national organisation, with over 100 regional support groups across the UK.

Helpline: 020 7436 5881

Office: 020 7436 7940

Web: [www.uk-sands.org](http://www.uk-sands.org)

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