

The Magnificent Seven raise over £1000 for Havant and East Hants Mind in our first ever Great South Run

Many thanks and congratulations to all the 7 magnificent volunteers who ran and raised funds for Havant and East Hants Mind in the Great South Run last weekend. The band of runners from all over Hampshire participated in the massive 10 mile event to help support local children's and adult's mental health.



Each running their own race with their own motivations, we are incredibly grateful to these brave and fit individuals for their support and for championing our cause in the community.

Donning their Havant and East Hants Mind T-shirts and raising funds from their local community they have also done a great job in raising awareness of our work and the need for our services in the community.

Battling very windy conditions with no regard for hurricane Brian- a medal just isn't enough as far as we are concerned.

Sarah Platts (above) has raised over £120 and completed the race with a smile!

Paul Murray of Paul Murray Investments with colleagues Paul Daniel Hamblin and Amy

O'Connell, they took it upon themselves to set a fundraising total of £500 and have surpassed this.

Toughing it out to complete the run, Daniel rocketed his way across the line in 1hr 14 minutes, Amy close



behind sprint finishing in 1hr 16 minutes. Paul whose organisation last year raised over £1000 for HEH Mind during a sponsored yoga event completed the race in 1hr 46mins.

Paul told us – "As you know one in four of us are affected by mental health problems and I am so grateful to all our customers and the local community who sponsored our race for

this vital local cause". (Above & left) Paul and Amy with their medals Above right -Amy's amazing sprint finish.



Emma Louise Hay (left) who lives close to the HEH Mind's Wellbeing Centre in Leigh Park came in to see us a few months before the race and told us of her passion to support her local Mind having seen the impact of their work on members of the local community. Despite working full time and being a busy mum Emma Louise raised nearly £150 and looks very composed here after her race.

Emma Louise told us "I'm over the moon. Ten miles done with no stopping, and I beat my goal at a 1hr 26 min finish. I'm so, so happy. Thank you to all the marshals, the supporters, my friends and families, and to top it off I had a lovely prosecco surprise at the end from my friend, which I shall be drinking to celebrate. What a fantastic day.

Benjamin Snuggs also raised over £180, a big thank you to him. We are currently waiting to find out Ben's time but a great fundraising effort and support carried him to the finish.

Meanwhile while Kelly Parker (right wearing her HEH Mind T-shirt with her friends who also completed the race) was utterly determined and proved herself a real hero. Giving birth to son Noah in March, Kelly has recently started running. She took part in the Bournemouth half marathon earlier in the year and then decided to raise money for HEH Mind. Her "Just Giving" fundraising page said "I am rubbish at fundraising. I hate doing it, usually... I just run for me. But this is different... This is for Mind... mental health is so important and so often overlooked. It is a cause I thoroughly believe in". And that showed. Kelly told us she had a terrible start to the race – "I couldn't breathe... but after a good puff on my inhaler and a bit of a recovery walk I was off and the last 7 miles was really great. Running for Havant and East Hants Mind really kept me going when I could so easily have quit at the start! A massive thank you to everyone who sponsored me! Your support is amazing ♥ xx"



All of us at HEH Mind would second that. We would like to thank Kelly Parker, Ben Snuggs, Emma Louise Hay, Paul Murray, Paul Daniel Hamblin, Amy O'Connell and Sarah Platts for being the first ever people to run and raise funds for Havant and East Hants Mind in the Great South Run.

If you would like to raise funds – thanks to the guys above leading the way, we will now have an annual presence at the Great South Run and Hayling Billy 5 in the summer so please contact us to get a T-shirt and the resources you need to support us. Please contact us at info@easthantsmind.org

Or read more on our get involved pages on our website
<http://www.easthantsmind.org/great-south-run.asp#.WfHfrGhSyM8>