

Tim Gilding completes SIX half marathons for skin cancer research

Local man, Tim Gilding, 32, has completed six half marathons to raise money for the British Skin Foundation's skin cancer research. Tim, originally from New Zealand but now living in Ringwood has raised over £500 and counting.



Tim explains, *"In my opinion skin cancer doesn't receive enough publicity in the UK, but is quietly becoming more prevalent as we fly to hot destinations and bake ourselves to a burnt crisp, all for a "bit of colour". Coming from one of the worst places in the world for skin cancer and melanoma (New Zealand) and with a family history rife with skin cancer, I personally believe this is a cause which deserves more recognition."*

To complete his challenge Tim tackled and completed half marathons all over the UK including:

- ABP Southampton Marathon – 23rd April – Southampton
- Liverpool Rock 'n' Roll Marathon – 28th May – Liverpool
- South Downs Trail Marathon – 17th June – Chichester
- Caterham Rotary Half Marathon – 23rd July – Redhill
- Two Tunnels Railway Race – 20th August – Bath
- New Forest Marathon – 10th September – Brockenhurst

Tim said of the challenge, *"Smashed it! That's six half marathons completed in six months, topped off with a personal best on the last one! Thank you everyone for all your encouragement and generosity: that's the thing that gets me through when I'm on Struggle Street! If you haven't already, please make a small (or large!) donation to the British Skin Foundation who have supported me throughout this entire process, and whose work is invaluable but under-recognised. Every little bit helps!"*

For more information on skin cancer and sun safety please visit www.britishskinfoundation.org.uk.

Show your support for Tim by donating here:
justgiving.com/fundraising/GiveMeSomeSkin

For further information please contact:

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The **British Skin Foundation** is the only UK charity dedicated to raising funds for all skin diseases and skin cancer research. Our unwavering commitment to funding quality research means we won't stop until we've found cures for common skin problems like eczema and acne through to potential killers like malignant melanoma. To date we've raised £16 million to fund research projects since 1996.



BSFcharity

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More images available on request
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