

FACTS ABOUT BRAIN TUMOURS

- Brain tumours are the most common cause of cancer death in children under the age of 15.
- More men under 45 and women under 35 die from brain tumour than any other cancer.
- Currently brain tumour research receives only 0.7 percent of cancer research spending in the UK.
- Every brain tumour and cancer is different – the prognosis varies according to the grade of the tumour.

RUNNERS

CHARITY FOCUS

The Brains Trust is a tiny charity, started four years ago, by director, Dr Helen Bulbeck, whose daughter, Megan, had been diagnosed with a grade two brain tumour as a teenager and told there was nothing that could be done. That was almost eight years ago, but Helen didn't give up, and Megan, who was busy handing out leaflets in the charity tent on race day is doing brilliantly.

Tessa Watson who makes up one of the team of four explained what makes *The Brains Trust* a unique charity: "Helen is the difference. There are at least 14 other charities funding research into brain tumours and cancer, but Helen offers a support role and helpline. She's been there, and is able to talk to people going through the same thing."

Like most charities, *The Brains Trust* rely on funds raised by runners, and they can get runners in events, including *The Great South Run*, *The London Triathlon*, and of course, *The Royal Parks Foundation Half Marathon*. "We get one place in the *Virgin London Marathon* every five years," she explains. So, if you're looking for a charity to support, contact tessa@brainstrust.org.uk, and find out more about their work and events at www.brainstrust.org.uk.



THE ROYAL PARKS FOUNDATION HALF MARATHON

■ 12,500 runners, cheered on by 40,000 supporters, ran the 13.1 mile route in a bid to raise a massive £3million for 200 charities around the UK, including *Mind*, *Asthma UK*, *Help a London Child*, *Right to Play* and *Unicef*.

■ It was a double triumph for Kenya, with victory for both male and female runners. Edwin Kipkorir, 21 completed the race in 1:05:40 and was the overall winner. The first female to cross the line was Mirriam Makewa, 24, who completed the race in 1:14:01.

*The first celebrity to cross the line was Nell McAndrew, featured in this month's *Women On The Run* on page 24. She ran the race in 1:28:05.

■ There were lots of famous faces including Ben Fogle, Tana Ramsay, Jenni Falconer, The Cheeky Girls and Ricky Groves. Jenni Falconer was the second celebrity across the line with an impressive time of 1:35:05 and followed closely by Ben Fogle with a time of 1:37:03. The Cheeky Girls ran a respectable time of 2:15.

■ *The Royal Parks Foundation Half Marathon* takes in four of London's stunning Royal Parks (Hyde Park, Kensington Gardens, The Green Park and St James's Park) and offers magnificent views of Buckingham Palace, the Houses of Parliament, the London Eye, Marble Arch and the Royal Albert Hall.

■ *The Brakes Food & Fitness Festival*,

which takes place in the Hyde Park race village each year, added a gastronomic atmosphere to the day. Featuring a fantastic farmers' market, hog roast, demonstration kitchens and food sampling there was sensational British fare for everyone to enjoy. Activities included Kele Baker from *Dance Al Fresco* leading Cha Cha, Merengue and Jive sessions; belly dancing, kick boxing and yoga classes; plus live music from four piece jazz band *Funklicity*.

■ As well as the half marathon there was a 3k event, for 11 to 16 year olds which takes in the last 3km of the half marathon, and a *Hearts & Heritage Walk*, new this year, which followed a stunning 13.1 mile trail through four of London's Royal Parks and comprised two waves: the 'heritage' wave designed for those interested in learning about the 500-year history of the parks and the 'hearts' wave for people in search of love. The hearts wave aimed to turn speed dating on its head and create some meaningful introductions for singles amid the beautiful surroundings of the Royal Parks. There was also live, interactive entertainment along the route for walking couples to take part.

■ For further information or to enter next year's race, you can find out everything you need to know at www.royalparkshalf.com or for the youth race, www.pulse3k.com.