

JEFF'S RUN FOR HOLLY AND TO RAISE FUNDS FOR THE TYPE 1 DIABETES FOUNDATION



EVENT: MELBOURNE HALF MARATHON

DATE: SUNDAY 13 OCTOBER

DISTANCE: 21.6 KMS

PREVIOUS ATTEMPTS SUCCESSFULLY COMPLETED:

July 2015- Run Melbourne Half Marathon 21.6 kms– Time 1h 49m- Average Pace 5:04 (min/km)

July 2016- Run Melbourne Half Marathon 21.6 kms – Time 1h 55m- Average Pace 5:19 (min/km)

GOAL:

To just complete! 3 years on from my last completed half marathon and now 41 years of age, the body hopefully will push the boundaries and survive to get me across the line.

REASON:

This is my first ever fundraising event pledge and something that I am really passionate about doing for my daughter and family, and also more broadly for the wider community of individuals and their families whose lives have been impacted by Type 1 Diabetes.

So please read my story of the impact Type 1 Diabetes has had on my daughter and families lives and pledge a donation to the Type 1 Diabetes Foundation via the link.

Even the smallest of contributions will go a long way in helping people and families, who unfortunately through no fault of their own are now connected to the daily struggles Type 1 Diabetes presents.

THANKS JEFF DOWNES