

## **TAMWORTH GATE GALLOP IS THE LATEST STEP IN AN INSPIRING JOURNEY FOR BEVERLEY**

When Beverley Hill was diagnosed with breast cancer eight years ago, she knew her life would change forever – but what she never expected at the time was that it would change her life for the better.

Yet this is exactly how the 50-year-old feels as she looks back on her illness today.

Not only has she recovered from cancer following successful treatment, but the disease has also provided the spark for Beverley to achieve levels of health and fitness she has never before experienced.

And this incredible journey will continue when she takes part in the Tamworth Gate Gallop 10km run in aid of St Giles Hospice on Sunday 27<sup>th</sup> June.

“It might sound strange, but breast cancer really did save my life,” says businesswoman Beverley, of Wilnecote, Tamworth.

“It’s given me a second chance and an opportunity to realise what’s important in my life – and now I’m fitter, slimmer and healthier, I’ve never felt better!”

After undergoing surgery and radiotherapy, Beverley managed to beat the cancer into remission but afterwards began to steadily put on weight.

Aware that obesity might increase the chances of the illness returning, she embarked on a health and fitness regime, losing more than four stone in the process – but difficulties in her personal life soon put her back at square one.

Now, however, Beverley has discovered a new way to stay healthy with Fit Camp UK, and by taking part in the fun outdoor exercise classes hosted by the company in Tamworth, she has found a way of keeping fit without having to resort to fad or crash diets.

Fit Camp UK is one of the sponsors of this year’s Gate Gallop and personal trainers Dave Hughes and Simon McNeilly, who run the company, are encouraging their clients to join in with the event – something Beverley is only too happy to do.

“For me, taking part in the Gate Gallop shows just how far I’ve come with my health and I’m really looking forward to it,” Beverley adds. “At the same time, it’s a great

chance to give something back to a really good local cause, and hopefully I'll raise a few pounds through sponsorship for St Giles Hospice.”

The Gate Gallop gets under way on the morning of Sunday 27<sup>th</sup> June at the Anker Valley Complex off Moor Lane, Tamworth, and includes a 10km race, a 5km fun run, children's races and a variety of other fundraising activities.

Entry costs £8 in advance for the 10km race (£10 on the day), £5 for the fun run (£7 on the day) and £2.50 for the children's race, which can be entered on race day only.

Further information and online entry forms are available at [www.gategallop.co.uk](http://www.gategallop.co.uk), and participants are encouraged to raise additional money for the hospice through sponsorship from family, friends and work colleagues.

St Giles Hospice is a registered charity offering high-quality medical and nursing care for people with cancer and other serious illnesses, as well as providing support for their families and carers.

Patients come from across the hospice's catchment area, which ranges from Ashby-de-la-Zouch and Atherstone in the east, to Cannock and Walsall in the west – and from Burton and Uttoxeter in the north, to Sutton Coldfield and Coleshill in the south.

Care is offered at the hospice's facilities in Sutton Coldfield and Whittington, between Lichfield and Tamworth, or in patients' own homes across the region.

St Giles spends over £6 million every year providing its specialist services. With just a third of this funded by the Government, the registered charity relies heavily on donations and fundraising.

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**For press enquiries, please contact:**

**Rob Webb or Jane Crocker, Tel: 01858 461111 or email: [mail@webbpr.net](mailto:mail@webbpr.net)**