



Press Release
For Immediate release

Cardiff

Local Physiotherapist takes on a 12-Hour Endurance Challenge for Help for Heroes

Paediatric physiotherapist Gemma Passmore, 26, can usually be found working with children at the new Childrens Hospital for Wales in Cardiff but in her spare time she is found training hard for a massive challenge.

On the 24th July, Gemma, will be completing a 12 Hour Endurance Challenge at DW Sports Fitness for Help for Heroes. The challenge will see Gemma spend: 4-hours on a Rowing machine, 4-hours on a Bike, followed by 4-hours on a Treadmill, with the only break allowed being for the bathroom!

Gemma, whose Dad is in the army and is the main inspiration for her adventures, recalls moving to Cardiff 18 months ago and not being able to run more than about 2 miles. “When I moved here, I decided I needed to get fit and the gym also seemed like a great place to meet new people so I joined up – I didn’t expect it to develop into a personal challenge! Since being a member at DW, I have gone from being able to run about 2 miles to completing the Cardiff Half Marathon and even running in the Worlds first Kilomathon (26.2km)!”

“Its really, really hard keeping up with the training targets around work. I’m up to about 2 hours on each machine now and have had quite a few problems with blisters and getting my nutrition right”

“The gym has been great at helping me train and the staff have been really supportive. Marc Robinson (Cardiff Sports Nutrition) is also being a great help trying to keep me going with a lot of advice and energy bars. “

Help for Heroes provides practical support to soldiers who are injured in current conflicts in the world.

“Help for Heroes is a great charity. I am so lucky that my Dad has seen active service and come back unharmed” says Gemma. “Its great to know that there are charities out there that support our soldiers who aren’t so lucky. I had to have surgery on both knees when I was at university and was told I wouldn’t be able to run again but being around dad and seeing what the soldiers achieve made me realise my problems were nothing. My 12 hours (of pain) is nothing compared to what a lot of these guys go through”

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Gemma, who is hoping to raise over £1000 for Help for Heroes, is appealing to anyone that can support her by visiting her online fundraising page at www.justgiving.com/gemmas12hours.

You can pay by credit or debit card, and the money will go directly to Help for Heroes. Where supporters are UK taxpayers, the charity will automatically receive 28% extra in Gift Aid, which makes Justgiving the most efficient way of sponsoring Gemma.

END

Notes to Editors

For further information or to arrange a photo call please contact Gemma Passmore on 07766 414191 or DW Sports Fitness (Lucy or Alison) on 02920 660800.

For further information and photos on Gym for Heroes contact enquiries@gymforheroes.co.uk

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