



PRESS RELEASE

LOCAL [WO/MAN] UNDERTAKES TO RUN 5 MARATHONS IN 5 DAYS FOR WOUNDED HEROES

[INSERT NAME OF RUNNER], from [insert local town], has decided to take part in a 131 mile super challenge in aid of a military charity, Project 65.

[S/He] will be taking part and promoting the charity's 131-mile FORCES MARCH challenge, which has been created by the charity to unite civilians with personnel from the military and emergency services to raise vital funds for the care and support of wounded UK armed forces heroes.

Running or walking in teams of 4 or more, the sponsored participants will cover precisely 26.2 miles a day on five consecutive days starting in Ilfracombe, North Devon on Thursday 27th May and will finish in Bulford, Wiltshire on Monday 31st May. Entry details and additional information can be found at www.forcesmarch.org.uk

[Runner's name] tells why [s/he] has got involved, "[Insert a suitable quote here]."

Project 65 aims to raise £1,000,000 by the end of 2010. The money raised will be divided between [The Royal British Legion](#), [BLESMA](#), [St Dunstan's](#), [RAF Benevolent Fund](#), [Army Benevolent Fund](#), and [Help for Heroes](#).

ENDS

For further information or an interview with [Runner's Name]:

Please either contact:

- **[Runner's Name]** on **[phone number]** or email **[email address]** OR
- Danny Greeno, Chairman of Project 65 on 084473 65 2 65 or email greend2@o2.co.uk

Notes to Editors:

About [runner's name]

[Insert a couple of paragraphs here about your life and your motivation for taking part in Project 65]

About Project 65

Project 65 was established in 2007 to raise funds through challenge events for organisations which provide vital care and support to wounded armed forces personnel and their families.

Some of the funds raised from the charity's first challenge event, THE RUN TO PEGASUS were used to create a simple but lasting memorial to the men of the Coup de Main operation at Pegasus Bridge, Normandy. The memorial is now situated next to the original bridge and was unveiled by General Sir Richard Dannatt on 6th June 2009.