



Adrian Young from Crystal Palace conquers 2013 Snowdonia Marathon Eryri For Starlight in memory of his sister

Going the extra mile for a cause that has a close personal significance to him, 31 year old Adrian Young from Crystal Palace recently conquered the 2013 Snowdonia Marathon Eryri in an impressive 4 hours and 7 minutes, a time that put him in the top quarter and in 677th place.

Known as the UK's toughest road marathon, the Snowdonia Marathon Eryri is a 26.2 mile challenge that encircles Britain's second highest mountain, Mount Snowdon. Although it boasts some of the most stunning scenery to be found on the UK marathon circuit, the event also offers steep inclines and, as a result of its location, uncertain weather conditions.

Held on 26th October, Adrian chose to enter the race to raise funds for Starlight Children's Foundation, which is a national charity that grants wishes for seriously and terminally ill children and provides entertainment in hospitals and hospices across the UK.

Starlight is particularly significant to Adrian because it granted his sister a wish almost 20 years ago. His sister, Kirsty, was referred to Starlight because she was sadly terminally ill with a brain tumour and the charity arranged for her and her family to have a wonderful weekend in London, during which they stayed at the luxury Waldorf Hotel and watched a West End show.

After the marathon, Adrian commented, *"The event had a great atmosphere and it was lovely running such a picturesque and challenging course. Raising money for Starlight was also a wonderful feeling, since the charity brought so much joy to my family."*

You can still sponsor Adrian by visiting <http://www.justgiving.com/agard>

Information

For more information, please contact Henny Vere Nicoll on henny@starlight.org.uk / 020 7262 2881 # 231.

Starlight grants once-in-a-lifetime wishes for seriously and terminally ill children, restoring the magic and fun of childhood and giving the whole family happy memories to share, whatever the future holds.

Starlight also creates entertainment in every hospital and hospice throughout the UK. Sick children go to Starlight parties, laugh their way through pantomimes, go out on Starlight Escapes, play games and watch films on the Starlight Fun Centre, and enjoy the toys and puzzles of the Starlight Distraction Box. Happy children respond better to treatment and Starlight helps children to forget about their illness and simply have a bit of fun.