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STEPPING OUT: Clockwise, from bottom left, Nadine Hollingsworth with son Seb, Ben Shephard on the run and talking to nurses at the Freeman Hospital



Marathon effort from Ben & pals

TRIO'S 145 MILE CHALLENGE

By COREENA FORD
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TELLY presenter Ben Shephard had a helping hand from Tyneside runners for the home stretch of a marathon charity mission.

The former GMTV host yesterday finished an astonishing coast-to-coast run which has seen him and two close pals run five marathons in five days, all to help North East charities.

And he called upon people to join the trio for the last eight miles, from the Freeman Hospital, Newcastle, of the 145-mile journey which began last Saturday in Cumbria.

The 35-year-old completed the run to raise funds for the two charities which have given constant support to his best friends when their sons needed it and the pals – Ivan Hollingsworth and Andrew Roberts – are running alongside him.

Together, they are raising money for the Cystic Fibrosis Trust to help children like Andrew's son Ethan, three, who suffers from the illness.

They are also fundraising for the Children's Heart Fund Unit at Newcastle's Freeman Hospital, where Ivan's son Seb needed a life-saving heart operation.

Ivan, 35, is a former competitive athlete of some standing and this year alone plans to complete the Great North Run after the Coast to Coast.

Andrew, of Chester-le-Street, County Durham, was joined by his wife Catherine for the run, having prepared together by taking part in the Redcar Half Marathon in June.

To make a donation visit their webpage at www.Seb4chuf.org.uk

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