

Four days of cycling, swimming and running - coast to coast

# Endurance test helps heart kids

HELEN RAE  
Health Reporter

**INSPIRATIONAL** dad Ivan Hollingsworth is preparing for a tortuous challenge to raise cash for the hospital which saved his son's life.

The 38-year-old will lead a team on an endurance extravaganza as they push themselves to the limit in the hope of raising up to £20,000 towards building a playroom and outside play area at the Freeman Hospital's children's heart unit in Newcastle.

Over four days the group will cycle 140 miles, run 61 miles and swim one mile as they travel from Whitehaven in Cumbria to Tynemouth in North Tyneside.

Ivan, a former athlete, has already completed three Coast to Coast challenges in aid of the Children's Heart Unit

Fund (CHUF), a charity he is a trustee of. The dad-of-one, of Monkseaton, Whitley Bay, said: "I started training for this six months ago. It is going to be very, very difficult, particularly in the hot weather that is forecast over the days we're doing the challenge.

"Everyone has trained so hard, but it is something that you never feel totally prepared for. The money we raise is funding the rebuild of the playroom and outside play area attached to Ward 23 at the children's heart unit.

"The hard work people have put into the challenge will bring so much joy and happiness to some very poorly children."

Ivan's inspiration for his fundraising efforts is his son Seb, four, who was born with a heart defect which saw him undergo complex surgery at the Freeman aged just 16

## The C2C4 is as follows:

Day 1: Cycle 75 miles from Whitehaven to Keswick.

Climbing up the toughest climbs in the Lake District - two are in the top 10 climbs in the UK - including Hardnott Pass, Wrynose Pass, Whinlatter Pass and Honister Pass.

● Total climbing of 4,963ft

Day 2: Swim one mile

across Derwent Water and cycle 65 miles to Alston. Climbing up Kirkstone Pass and Hartside Pass

● Total climbing of 3,805 ft

Day 3: Run 35 miles to Close House Hotel.

Day 4: Run a marathon to Tynemouth (stopping half way, at the Monument).

weeks. Since then Ivan and his wife Nadine, 35, have pledged to raise as much as possible under their fund called Seb4Chuf, which to date has raised £308,000 for the state-of-the-art play facility.

The challenge, dubbed C2C4, will involve 50 people, which includes support staff, and begins on Sunday.

Ivan's close friend Ben Shephard, a popular tv

presenter, had hoped to join the team but has withdrawn due to work commitments.

South Shields-based company Utilitywise is funding the C2C4 challenge as one of the organisation's employees has a son receiving treatment at the children's heart unit.

To make a donation logon to [www.justgiving.com/seb4chuf](http://www.justgiving.com/seb4chuf) or text CHUF99 and either £5 OR £10 to 70070.



**LEADER** Ivan Hollingsworth knows the group are in for a tough time in the sun

Elm Bank  
Coastal Retreat



The little coastal park  
with the huge coastal views!

Our holiday home park offers stunning panoramic views over the Northumberland coastline from Berwick to Holy Island, Bamburgh and beyond.

FINANCE FROM  
**2.99%**

Ask about our  
new caravan  
relocation package!

Special First Time  
Buyer Deals

Tourers taken in  
part exchange

Fully sited holiday  
homes from only:  
**£12,995**

Call NOW to arrange a viewing!

Willerby  
**BOSTON  
LODGE**

- 40 x 20
- 2 bedrooms
- Full decking
- Panoramic views

SUPERB VALUE AT:  
**£64,995**



For more information, call Julie on: **01289 306629**



[enquiries@elmbankretreatberwick.co.uk](mailto:enquiries@elmbankretreatberwick.co.uk)  
[www.elmbankretreatberwick.co.uk](http://www.elmbankretreatberwick.co.uk)



Elm Bank Coastal Retreat, Cow Road, Spittal, Berwick-upon-Tweed, TD15 2QR