



## Charity night success

A CHARITY night has raised almost £2,000 for a local cause.

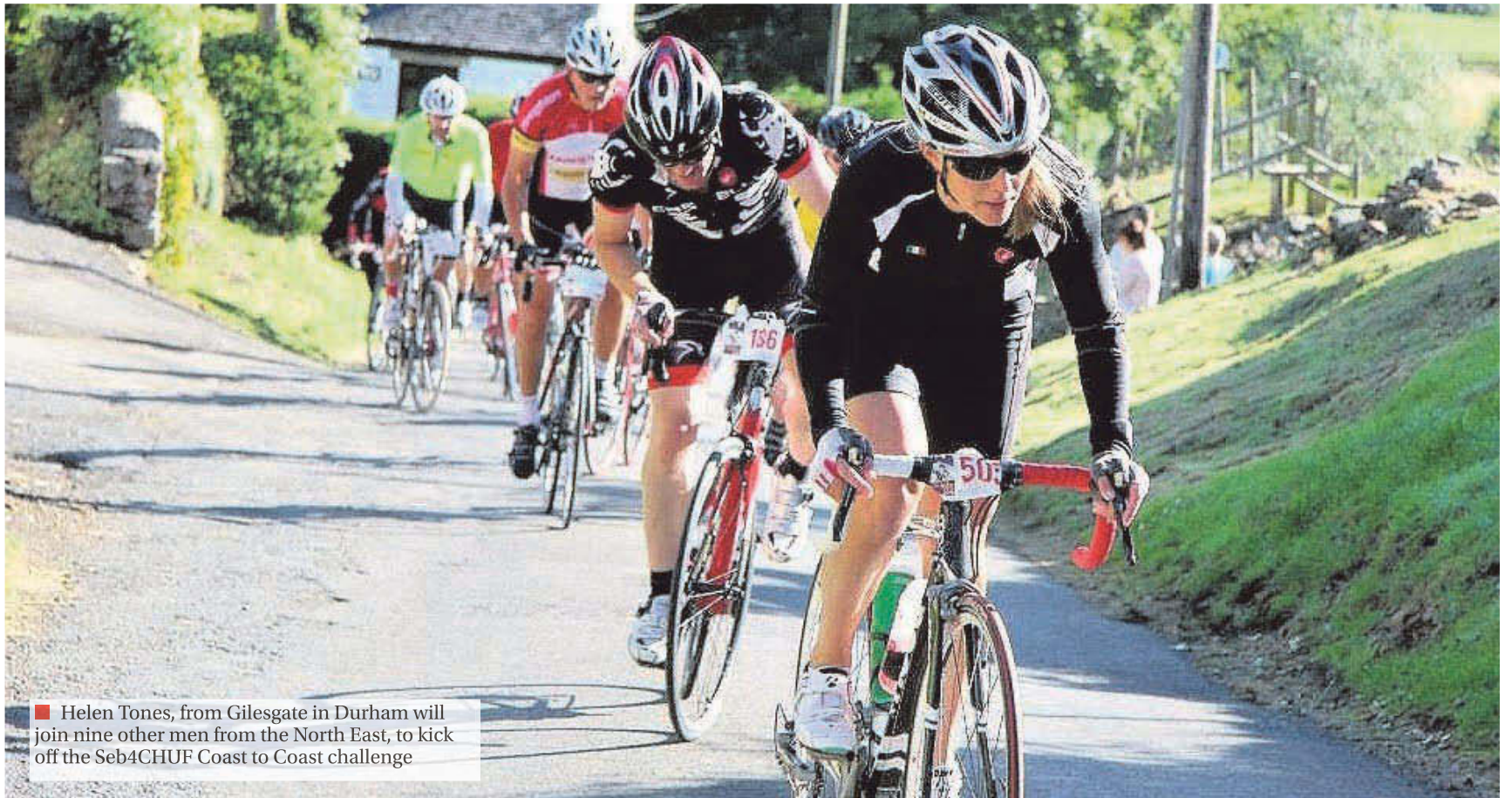
Jenny McArdle organised the fundraising raffle at The Windsor in Kingston Park, Newcastle, on June 28, for the Heart Research Fund.

The night raised £950 and has been match-funded by staff at Barclays Bank in Northumberland Street.

Jenny, who organised the night for the charity as her partner John Gray is currently on the waiting list for a new heart and lungs, said she wanted to thank everyone involved.

"I want to thank the staff at The Windsor and the landlady," she said.

"It has been match-funded by Barclays so I want to thank Graham Bunn and Gary from there. I also want to thank Flo Higgins and photographer Aiden Malone as well as Pauline Brown and all my children."



■ Helen Tones, from Gilesgate in Durham will join nine other men from the North East, to kick off the Seb4CHUF Coast to Coast challenge

# Iron man tasks for Helen

**Helen Rae**  
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SUPERFIT Helen Tones will become the first woman to take on a 202-mile charity challenge for the region's children's heart unit.

Helen, from Gilesgate in Durham will join nine men from the North East in Whitehaven, tomorrow morning to kick off the Seb4CHUF Coast to Coast four-day challenge.

The group, hoping to generate as much money as possible for the charity, which raises funds for the Children's Heart Unit at Newcastle's Freeman Hospital, will cycle, swim and run their way across the country, touching their toes into the North Sea at Tynemouth on Wednesday.

This will be the fifth time the challenge has been attempted. It was devised by Children's Heart Unit Fund trustee Ivan Hollingsworth and his friend Andrew Roberts. Both have completed the previous four and will also take part in this year's challenge.

Helen, a Durham

Council exercise instructor, said: "I'd heard lots about the past C2C challenges, but had never felt confident enough to be able to either complete the challenge or do the team and myself justice."

However, mum Helen, 39, was won over when she decided to take part in a day-long 200km duathlon, for CHUF.

"I was running in front of Ivan and I heard him talking to somebody else about where the proceeds were spent and how every penny was really crucial," she said.

"Then said there's always coffee and cake waiting for the team at the end of each day. That got me over the line!"

She added: "There's already been a tremendous team spirit generated in the build up, so the thought of completing this huge task as part of that team, and raising much needed funds for charity is something I'm really excited about."

Ivan said: "She's a tough, determined character and an incredible athlete. There's no doubt she'll put quite a few of us in her shadow across some of those daunting climbs."

"I know all 10 of us will enter the challenge with some trepidation, but that team spirit and camaraderie - and of course remembering why we're all doing it in the first place - is a massive motivation for us all."

Ivan's son, five-year-old Sebastian, is a beneficiary of the unit. When he was just days old, Seb underwent life-saving heart surgery.

Ivan added: "Without the Children's Heart Unit at the Freeman, Seb simply would not be with us."

Anyone wishing to donate can text CHUF99 and the amount to 70070 or visit [www.seb4chuf.org.uk](http://www.seb4chuf.org.uk)



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