

# YOU A BIT TIRED, DAD?

## Charity champ

**RUNNING** man Ivan Hollingsworth has pushed his body to the limit through several marathons, completed two tough Coast-to-Coast challenges and skied down a mountain in a skimpy tankini to raise money for the Children's Heart Unit Fund (CHUF).

The charity is based at the Freeman Hospital, where three-year-old Seb has been treated by the expert team.

Seb was just hours old when he was diagnosed with a complex heart condition known as Tetralogy of Fallot, and medics operated when he was 16 weeks old.

Thankful beyond words, the couple have since devoted their energies to raising funds for CHUF.

For more information about Ivan and Nadine's fundraising work, visit [seb4chuf.co.uk](http://seb4chuf.co.uk) or read Ivan's new blog at [seb4chuf.wordpress.com](http://seb4chuf.wordpress.com)

## Shattered Ivan's 100-mile hell in aid of heart unit



**ALL OVER:**  
Ivan, son Seb, and wife Nadine at the finish

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**THIS is the moment when superhero dad Ivan Hollingsworth was reunited with his family . . . having run an astonishing 100 miles in just 24 hours.**

The Whitley Bay dad battled blisters, muscle aches, torrential rain and freezing conditions through the night to complete the challenge.

The run was the latest effort by the man determined to raise cash for the Children's Heart Unit at the Freeman Hospital in Newcastle after they saved his son Seb's life.

Seb, now three, was born with a congenital heart defect and was given life-saving surgery at the age of 16 weeks.

Having carried out all manner of physical challenges, Ivan set his heart on running 100 miles – non-stop – in a day.

He set off from Eyemouth in Scotland at 11am on Good Fri-

day and reached Tynemouth, North Tyneside, bang on target at 10.30am yesterday.

He said: "I am in so much pain right now, I can't tell you.

"I felt something on my toe pop when I got to Blyth.

"But I'll give you 24 hours in intensive care watching your child – that's rough.

"This isn't rough. This pain goes away, I've stopped running now.

"But there are parents sitting in intensive care now just watching their children and praying they stay alive.

"This is for all those kids and those parents."

Ivan's wife Nadine was closely following in a support vehicle for most of Friday night – and she says there were some very dark times as she watched her husband battle through agonising pain.

She said: "It has been horrific at times, so emotional.

"At around 4am we had been in Warkworth where the fantastic physio Nick Gilks gave him a sports massage, but it was cold and raining and he just froze.

"He was in a dark, dark place. He asked for his iPod, got some tunes going and we started flicking through photos of Seb on our phone. We both started crying and I said, "That's why you are doing this."

To make a donation, text CHUF99 and the amount you would like to donate, to 70070.

**24 hours in intensive care watching your child – that's rough. This pain goes away**



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