# Taking on the Manchester Half Marathon for NW Hearts Charity

## A first half marathon, £805 raised, and a new challenge ahead

As a Cardiac Physiology Degree Apprentice, I see first-hand how important heart health is and how much support patients and their families can need. NW Hearts Charity is also promoted within my department, so I was aware of the meaningful work it does across the North West. I wanted to support a local charity that has such a strong connection to my work, raise money for its cause and help spread awareness of the difference it makes.

The Manchester Half Marathon was my first half marathon, so preparing for it was a new challenge. I really enjoyed the process of building up my running, working towards a goal and sharing the journey with friends, family and colleagues. Fundraising became just as important as the training itself: it gave me an opportunity to talk about NW Hearts Charity and encourage others to learn more about its work.

Celebrating the fundraising challenge!!!

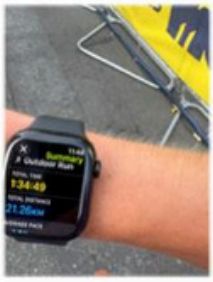
Sprinting to the finish line!!!

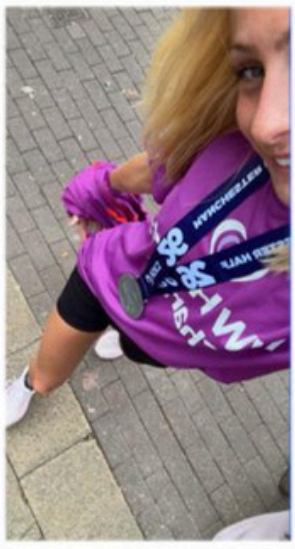
Crossing the finish line was a brilliant feeling, and I was so pleased that the effort had also helped raise money for a cause that means a lot to me. I raised £680 in donations, with Gift Aid bringing the total to £805. I'm incredibly grateful to everyone who donated, shared my fundraising page or encouraged me along the way. Their support made the experience even more special.

After enjoying the half marathon so much, I've now signed up for the full Manchester Marathon in April 2027. It will be another big challenge, but I'm excited to build towards it and continue supporting NW Hearts Charity. I'll be fundraising and promoting the charity again throughout the process, helping more people hear about its work across the North West.

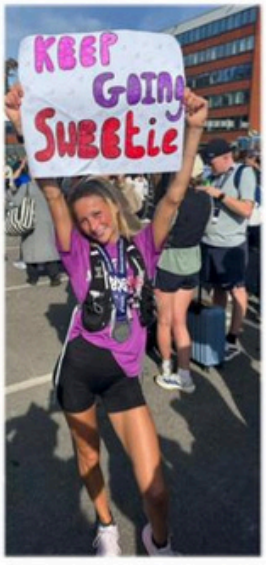
Taking part has shown me how a personal challenge can also be a way to give something back. I'm proud to support NW Hearts Charity through both my fundraising and my role in cardiac physiology, and I'm looking forward to seeing what I can achieve in 2027.

My recorded running time!



**Celebrating the finish with my half-marathon medal!**




NW Hearts Charity
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