

## Alison's warming up for the swim of a lifetime



Alison Lievesley is taking on the challenge of a lifetime this summer when she sets out to swim the English channel to fulfil a childhood ambition. She will also be helping to raise money for the Surrey Care Trust's Swingbridge Community Boats.

"Swimming the channel was something I thought I'd like to do when I was 11, and then didn't think about for years," she said.

Last year, when she was training for another event alongside would-be channel swimmers, she finally decided to go for it. Her father Lew Lievesley is a volunteer with Swingbridge, so Alison happily agreed to a suggestion that people could sponsor her on her epic swim, which is set to take place sometime in late July or early August, depending on tides and conditions.

But Alison says the key motivator is personal satisfaction. "I am doing this for myself, as a challenge, because it makes me feel good," says the 32-year-old hospital doctor.

The channel crossing of 21 miles is her swimming biggest challenge yet. The fastest swimmers make it across from Dover to Calais in just under seven hours; the slowest could be in the water for 24 hours. "I am hoping to be somewhere in between the two," says Alison. If you would like to sponsor Alison on her swim, there is a page at the Just Giving website (the full address is [www.justgiving.com/alisonswimmingthechannel](http://www.justgiving.com/alisonswimmingthechannel)) and there is also a link from the events page at [www.SurreyCareTrust.org.uk](http://www.SurreyCareTrust.org.uk).

## Caroline is swimming... and biking... and running!

Dr Caroline Keddie from Aldro School, Shackleford is well-known for relishing the challenge of mind-boggling mathematical conundrums. But then she is a maths teacher.

Now she is embracing the "challenge of challenges" in physical endurance, by participating in the tri-athlon event known as the Ironman, taking place in Germany this summer. It comprises a 2.4 mile swim, followed by a 112 mile bike ride followed by a marathon-length run.

Caroline quotes the words of the army commander who founded Ironman: ""Swim

2.4, ride 112, run 26.2. Then brag for the rest of your life!"

Well, after a trio of amazing achievements, Caroline will be entitled be incredibly proud. We are very grateful that she is raising money through sponsorship to support the Surrey Care Trust.

She has a fundraising page on Just Giving ([www.justgiving.com/carolinekeddie](http://www.justgiving.com/carolinekeddie)) and there is a link from the events page at [www.SurreyCareTrust.org.uk](http://www.SurreyCareTrust.org.uk).

→→→ [www.surreycaretrust.org.uk](http://www.surreycaretrust.org.uk)

## pedal power duo



Jon Herbert and Mark Pascoe have raised nearly £1,000 on the Capital to Coast Cycle Challenge for the Surrey Care Trust. Jon used to work with young people for the Trust and Mark Pascoe is married to Magda Pascoe, who runs the Under-16s programme at our Woking Learning Centre.

## run run run



Sian Avenell and Serafim Zoukas, two of the staff from our Woking Learning Centre, both finished the ASICS British 10k Road Race in London in a speedy 1 hour, 3 minutes. Also running for the Surrey Care Trust were Antonio Sellari, Alan Hurst, Niki Hurst-Smith, Jason Smith and Alan Edwards.



# Fun, games and car washing too



We were thrilled to be chosen as one of the good causes to benefit from the Charity Day at The Chandler C of E Junior School at Witley near Godalming, just down the road from our Milford office. Well done to all the children, the head teacher Mr Tim Burgess, pictured at the top far left, and all the staff who ran or walked the Chandlerthon and set to with a busy day of car washing and organising a mini fete. Our thanks as well to all the parents who supported this fantastic fundraising effort in support of several local charities.