



Paul and Sarah put their heart and sole into it.

Paul Griffiths (MD) and Sarah Ashworth (BDM) are facing a tough challenge – they are becoming **Heart Runners in the Great Manchester Run to help raise vital funds for the British Heart Foundation (BHF).**

Paul (age 43, married and with three children) decided to take part after having coronary artery surgery in December 2008. Prior to this incident Paul considered himself to be fit and healthy. The surgery has essentially saved and changed his life. Together with the help of Wythenshawe Hospital, Stepping Hill Hospital and the BHF Paul is back and fighting fit. – incredibly, more so than previously.

Sarah has done this race before but this time, decided to run in support of the BHF (and to

beat Paul's time!) after seeing the incredible progress Paul has made with the help and support of the BHF.

You are still more likely to die of heart disease than any other serious illness, including cancer. It causes 4 out of 10 deaths. All funds raised by Heart Runners will help ensure the BHF continue its vital research into the causes and prevention of the disease.

If you would like to sponsor Paul and Sarah in the Great Manchester Run please follow this link. www.justgiving.com/corkgriffiths

Many thanks in anticipation of your support



Paul Griffiths and Sarah Ashworth

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