

News

Chris takes on an ultra challenge

FUNDRAISER FOR YOUNG VICTIMS OF CRIME

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A FATHER-of-two is taking on his first ultra trail-marathon in the Lake District this weekend to raise vital funds to help children harmed by crime.

Chris Shadforth, from Cambridge, set himself a £1,000 fundraising target for the 47-mile challenge around Lake Windermere which features 2,500m of ascent.

However the 41-year-old has already smashed that target and as of yesterday (Friday) had raised more than £1,500 for Embrace Child Victims of Crime, which supports children, young people and their families who have been harmed by serious crimes including domestic abuse, sexual abuse, exploitation

and violence. Last year Embrace says it supported 1,218 children in Cambridgeshire – twice as many as the previous year when they supported 609 in the county.

The charity takes referrals for its services from police, teachers and other safeguarding professionals, but also encourages families to self-refer too.

Mr Shadforth, who is director external communications and brand for Cambridge University Press and Assessment, said: "I have chosen to support Embrace on the recommendation of my sister-in-law who is a DCI in Cambridgeshire Police.

"She works with child victims of crime on a daily basis and regularly works with Embrace and has seen herself the excellent work you do to support young people.

"My self-inflicted ordeal will be nothing compared to what some children experience in their lives.

"I found my first marathon last month very hard.

"I got severe, and unexpected cramps in both quads at around 30km and needed the encouragement of other runners to get over the line in 4hrs 20mins.

"My first ultra, three weeks later, was much easier!

"But neither event had the length or elevation gain of Windermere, so I'm glad I've got 24 hours to complete it.

"I hope to get around in around 15 hours."

Anne Campbell, chief executive of Embrace Child Victims of Crime, added: "We are really grateful to Chris and all our individual fund-



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raisers who take on challenges for us to help fund our vital work with children and young people

"I hope the weather stays kind and lots of his friends, family and colleagues support his efforts."

To donate visit justgiving.com/fundraising/christopher-shadforth.

For further information about Embrace Child Victims of Crime, including the support available, visit embracevoc.org.uk.

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