

"I ran the Great Eastern Half Marathon on Sunday 11th October in aid of Cambridge CLAPA. At our 20 week scan at the Rosie, our baby boy was diagnosed with a unilateral, right-sided cleft lip. Like father, like baby!! Having been born with a bilateral cleft lip and palate 29 years ago, CLAPA is a charity that has been close to my heart through out my life. Now, even more so. In the short time we have known about Baby S-H having a cleft lip, the support and advice we have received from the Cambridge branch of CLAPA has been fantastic. Additionally, I underwent further repair work on my nose in June 2009, and the advice and care I received was exceptional and has given my family and I great faith in the care our baby will receive from the team as well.

My wife, Fi, and I ran this course as a couple last year, but Fi wasn't so keen this year (!). I completed the course of 13.1 miles in 1hour 47mins 22seconds. This wasn't as easy as I'd expected though, having rested slightly on my laurels due to deludedly expecting that my rugby training would see me through...I hit 10.5 miles and wondered where the remaining 2.5 miles were going to come from! However, with Fi and bump cheering me on from the sidelines, along with family and friends, they helped me achieve my aim of a sub-1:50 half marathon.

I'd like to thank everyone who sponsored me, people really dug deep and I was very touched by their generosity. I'd also like to thank my employer, British Sugar, who matched my fundraising effort, making the total raised over **£3,930.**"



The CLAPA Cambridge committee would like to say a huge thank you to Sam and Fi for their fantastic support and Sam's amazing effort. Well done for completing the half marathon. We are very grateful for your donation that will enable us to continue supply 'Welcome Packs' to every new born baby born with a cleft lip and/or palate across East Anglia (3 years supply, £2,700) The branch will also be able to finance a set of audio visual equipment for speech recording used by the specialist working with the core team in Norwich or another cleft centres. (£1,160)

THANK YOU!!!