

Hi Paul

Further to our conversation at the Great Yorkshire Show. I write to council and the HCS to ask for sponsorship for the Great North Run in September. I am running it for Muscular Dystrophy and include my full story below. As most of council will know I have taken on a huge task and have since we spoke ran 10 miles on the way to the Royal Welsh Show. Any donation Large or small would be gratefully received.

Also if any members of council wish to sponsor me individually that is also fine.

Many Thanks

Tom Harrison

Moralee Herefords.

After loosing my brother in law to cancer last September my niece Charlotte Anderson gave me a stern talking to as I was litterally out of control, eating recklessly and way too heavy for my height 🙄. Since then I have lost 4 stone with the help and support of slimming world and of course my wife Di Harrison who has been with me all the way and cooked some amazing food. and started running. Now I'm the wrong side of 45 but I'm enjoying it. Alex Hughes has picked up the mantle of almost being my personal trainer and as her mother Bex has the condition it is my pleasure to be raising money for this charity. Anyone who knows me will know how "BIG" a challenge this will be for me but also that I'll give it my best shot. Please give generously and follow me on snapchat @moraleeherefords for weekly slimming updates 🙄. Muscular Dystrophy UK is the charity for the 110,000 children and adults living with muscle-wasting conditions in the UK. There's currently no cure, and in many cases, it limits lives. MDUK do vital work in funding pioneering research into treatments and cures as well as providing vital information, advice, resources and support for individuals and families living with these conditions. All donations, big or small, are greatly appreciated. Thank you!

Sent from my Galaxy