COOKHAM LADY CYCLES, SWIMS, CLIMBS AND RUNS 900 KM IN MEMORY OF LOVED ONES

Thursday 1 September, 2016

On the 17th September Samantha Luff (32) from Cookham, Berkshire, will cycling, climbing, swimming and running 900km from West Kilbride to Cookham in memory of three members of her family who lost their lives to pancreatic cancer – the UK's fifth biggest cancer killer.

Sam is motivated to take on this immense challenge to raise funds and awareness for national charity Pancreatic Cancer Action after losing her grandfather to pancreatic cancer in 2001. Four years later it took the life of her grandmother and in 2014, her partner, David, also passed away from the disease.

This emotional journey will take Samantha from the birth place of her grandmother, in West Kilbride to Huddersfield where David was born and onto West Derby, the birthplace of her grandfather. Finally the challenge will end in Cookham where they are all laid to rest.

To celebrate finishing the challenge and to raise further awareness of pancreatic cancer there will be a party fundraiser at the Cookham Sailing Club starting at 5.30pm on Saturday 24th September – everyone is welcome!

Samantha says: "I am doing this challenge for David, because he taught me so much about love, about life.

"Despite his terminal diagnosis, he never gave up on hope, every single day he showed a determination that was truly inspirational and his strength, indescribable.

"This is for him, and my grandparents, for the life they shared with me, for the strength they gave me and for the love they showed me."

Finally Samantha says: "**You never know how strong you are, until being strong is the only choice you have.**"

Samantha has friends and family joining her on different parts of the journey and is very keen for people to join her in this challenge.

She says: "Join us along the tow path on our run from Henley, get on your bike and come for a ride, come and cheer us along the river, or just come and party with us when it's all over.

"It's all about spreading the word so come and get involved."

Pancreatic cancer survival rates remain shockingly low at just 4% and 24 people die a day from the disease. Pancreatic Cancer Action is committed to working towards earlier diagnosis of the disease so that surgery, currently the only cure, is made available to the sufferer. Ultimately this will lead to improving survival rates.

Ali Stunt, Founder of Pancreatic Cancer Action, said: "We are very grateful to Samantha for giving her time to support Pancreatic Cancer Action in this amazing challenge.

"As a charity, we rely on the generosity of individuals to help us continue our vital work. These funds enable us to continue research into early diagnosis and raise awareness of pancreatic cancer."

You can find out more about Samantha's challenge on her website: http://www.fullcyclechallenge.co.uk/

To help Samantha reach her target please visit: https://www.justgiving.com/fundraising/fullcyclechallenge

For more information on pancreatic cancer and Pancreatic Cancer Action please visit their website: www.pancreaticcanceraction.org

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