Marathon mum heads to London

Friday 21 April, 2017

A young Mum is to take part in the London Marathon with four fellow runners for Francis House Children's Hospice.

Sian Dobson-Hughes, 32, from Cheadle in Greater Manchester, gave birth to baby Albie in September last year, and just 6 weeks later was back out running – often pushing the buggy as she trained.

A pastoral and academic care worker at Wright Robinson College in Gorton in Manchester, Sian looks after the progress of vulnerable students.

Sian said: "I have spent my working life supporting young people and children who are born into difficult circumstances, and for the last seven years I have committed myself to various sports-related challenges to raise money for charities in and around the Manchester area."

During the cold winter months Sian and training buddy Lauren Iredale, pounded the cold rainy streets of Manchester in preparation for the 26.2 mile course.

"I massively missed running when I was pregnant and wanted to challenge myself as soon as possible. On New Year's Eve I ran 13 miles and felt great, it was good to know I still had a relatively good level of fitness," said Sian.

With the support of her family, Sian and husband Rory Scott took part in the Limassol Marathon in March, less than 6 months after Sian gave birth.

Sian said: "I am nervous and excited, Lauren has completed a marathon before and we'll run the course together. We're looking forward to crossing the finishing line and getting a medal,

"We chose Francis House not just because they care for the child or young person with life-limiting conditions but they also support the whole family, often for many years, through the difficult times they face," said Sian.

Family and friends will be accompanying the pair to London, including baby Albie who will be seven months old on April 23, the day of the race.

The pals were given a special tour of the hospice by chief executive David Ireland. Joined by fellow marathon runners Tim Lovatt and James Gowin, employees at Altrincham based software firm Aquila Heywood, whose staff have been fundraising for the hospice for nearly 3 years.

"The months of training have been grueling but when you come to Francis House it's incredible, and it's only here because of donations from lots of people. So although the training has been pretty horrible, it really isn't the worst thing in the world," said Lauren.

The pair have set a fundraising target of £4,000. Sian and Lauren at https://www.justgiving.com/fundraising/SianandLozza

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