Ready, Steady, Go! Rachael Runs to Raise Funds for Sanctuary

Thursday 22 August, 2013

The Mare and Foal Sanctuary's Rachael Owens is donning her running gearin order to raise money for the charity's horses and ponies.

Rachael, who has worked at the Sanctuary for two years as the charity'sLoan Home Co-ordinator, will be tackling The Great Western Run in Exeteron Sunday 13^th October 2013.

The half marathon, which is 13.1 miles in length, is the first distanceevent that 30-year-old Rachael will be running since her school days.

By taking on the tough challenge, Rachael is hoping to raise £2000 forthe Sanctuary in order to help the charity rescue and rehabilitate horses and ponies in need.

Rachael, who has been passionate about horses all her life and has been riding since she was 16, said: "Day in day out, I see first-hand all the hard work that goes into caring for the Sanctuary's horses and ponies. This is what spurred me on to tackle the marathon and help as much as I can.

"I'm aiming to raise £2000 in total. It's a tall order, but I know the money would mean so much to the charity and would go a long way in helping to cover the cost of feed, vet visits, medicine and other essential items."

Rachael's taking the run very seriously, attending gruelling 'boot camp' sessions and running 5 miles at least 3 times a week. She said: "I haven't run in years, so I'm a little nervous! My family, friends and colleagues have all been so supportive though.

"Training was hard to begin with but it's slowly getting easier. All the exercise does leave me with some very achy muscles, but thankfully I have a friend who is trained in sports therapy, which has helped!"

Despite the hardships of her training, Rachael is staying positive. She continued: "This is a huge challenge for me, but it's definitely worth all the aches and pains – hopefully, I'll be able to raise enough money to help the Sanctuary care for more horses and ponies that so desperately need our help."

*To make a donation, please visit Rachael's BT My Donate page at: http://mydonate.bt.com/fundraisers/rachaelowens1

*You can keep up with Rachael's training and progress on our website mareandfoal.org and on our Facebook page www.facebook.com/mareandfoal

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