

She did it! Christina completed marathon challenge for tinnitus charity

Monday 11 October, 2021

Christina Kennedy, 42 from Daventry, Northamptonshire, completed her first ever marathon as she finished the virtual Virgin Money London Marathon on 3 October. She took part in the marathon in support of the British Tinnitus Association (BTA), a charity that has helped her manage her tinnitus, a debilitating condition that affects around 80,000 adults in Northamptonshire alone.

The British Tinnitus Association's vision is "A world where no one suffers from tinnitus" which Christina fully supports. She shared: "Sunday 3 October 2021 is a date I'll never forget. I still can't quite process how the hell I did it, but I did. Big thanks to my bestie who was by my side in her car checking in on me. Thank you to everyone that came out and joined me during my final five miles – they were testing and painful. I did the run for British Tinnitus Association but also for myself, my hard work and determination have paid off. Never in my life did I ever think I'd get a medal for completing a marathon, I feel a bit choked. It's been an amazing journey and I've met some amazing people along the way with some amazing stories. This is just the start of something new. Challenge yourself – it's the best feeling ever!"

The BTA's Fundraising Officer Jess Pollard commented "We're thrilled at Christina's amazing achievement. As someone helped by our tinnitus support team she understands how important our services are and is dedicated to raising crucial funds and awareness for tinnitus. Thank you, Christina!"

Please congratulate Christina on by donating to her fundraising page at justgiving.com/fundraising/christina-kennedy4, or visit tinnitus.org.uk/challenge-yourself to take part in your own challenge.

- Ends -

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Editors Notes

About the British Tinnitus Association

The British Tinnitus Association is an independent charity and the primary source of information for people with tinnitus. It helps to facilitate an improved quality of life for people with tinnitus through a range of support options including support groups, a helpline and its website, while also taking steps to bring forward the day when tinnitus is cured. The charity works to inform and educate medical professionals and the community on what tinnitus is and how to manage it. The British Tinnitus Association wants "a world where no one suffers from tinnitus". It wants to find better ways to manage tinnitus and, ultimately, to help find a cure. In 2020, the publication of its [Tinnitus Manifesto](#) led to [more than 120,000 people signing a petition](#) for more funding for tinnitus research to find cures.

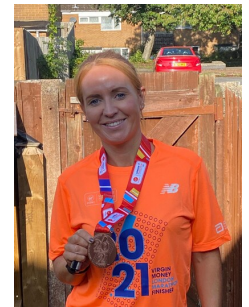
Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

Facebook and Instagram: @BritishTinnitusAssociation

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The British Tinnitus Association is a registered charity. Registered charity number 1011145.

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