She did it! Helen completed her biggest challenge yet as she finished virtual marathon

Monday 11 October, 2021

Helen McElhone, 46 from Beeston, Nottingham, completed her first ever marathon in 5 hours and 35 minutes when finished the virtual Virgin Money London Marathon on 3 October. Helen was running in support of the British Tinnitus Association (BTA), a charity that is close to her heart as she lives with tinnitus herself, a debilitating condition that affects 127,000 adults in Nottingham and Nottinghamshire alone and one in eight nationwide.

The British Tinnitus Association's vision is "A world where no one suffers from tinnitus" which Helen fully supports. She took part in the marathon to raise vital funds and awareness to make sure people can access the support they need now, and fund future tinnitus research, to ultimately find a cure.

She shared: "I can honestly say that taking part in The Virtual London Marathon was one of the most difficult things I've ever done, but it feels like such an achievement to have completed it. I had the most incredible day, with the best support team ever! Any time I was feeling low or finding things difficult someone would just 'appear'. From my work colleagues cheering me on, my children supplying me with jelly babies, my friend running on the canal path with me to my husband and sister popping up on their bikes to give me some much-needed encouragement. They were fantastic!"

"I crossed the finish line (my parents were holding the ribbon) with applause and cheers from my supporters who'd gathered in our local park and felt like the world was cheering for me."

"It was such a special day, one I won't forget for a long time and to be running and raising awareness and funds for an incredible charity made it all worthwhile."

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

Please congratulate Helen by donating to her fundraising page at justgiving.com/fundraising/helen-mcelhone, or visit tinnitus.org.uk/challenge-yourself to take part in your own challenge.

- Ends -

For more information

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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

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signing a petition for more funding for tinnitus research to find cures.

Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

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

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