

## ?Surrey woman completes dirty challenge for Diabetes UK

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Laura Tucker, a make-up Artist from Ashford, Surrey, took part in a muddy challenge to raise vital funds for Diabetes UK because her friend died of diabetes related complications.

Laura, 32, took part in the Tough Mudder Mud after being inspired by her work doing the hair and make-up for the Men's Fitness magazine cover models.

Tough Mudder is a 10-12 mile course that consists of 25-30 obstacles which include Monkey bars Everest vertical walls and electroshock wires.

She said: "Emily had Type 1 diabetes and died after having a hypo attack during her sleep three years ago. She was due to travel to Australia with her partner who unbeknown to her, was planning on proposing. Ever since her death I have wanted to take on a challenge so I could raise awareness and money for Diabetes UK.

"Emily was a keen runner and had taken on a few half marathons raising money for the charity. She had planned to run the London Marathon the year after she died. Knowing this I attempted to gain a place for myself, but as I was unsuccessful so I decided to take on the 12-mile muddy obstacle course instead to raise as much money as I could for the charity. I received an overwhelming response of donations from people who knew Emily and also a few anonymous donations. I'm hoping my constant social media posts and videos have raised awareness to such a cruel condition"

"Being asthmatic the course pushed my lungs to their limits but knowing I was raising money for Emily kept me going during the toughest parts. I crossed the finish line hobbling from intense knee pain but beaming with excitement, pride and gratitude to those who donated me."

Claire Lubbock, London Fundraiser for Diabetes UK said: "We're really grateful to Laura for helping us to raise vital funds to help people living with diabetes.

"The money raised will go a long way towards helping us support the 3.9 million people around the UK who are living with the condition, campaign to improve the quality of care available to them and work to stem the rising tide of diabetes. Our much-needed work wouldn't be possible without the help of our incredible fundraisers like Laura."

To still sponsor Laura visit [www.justgiving.com/lauratuckermakeup](http://www.justgiving.com/lauratuckermakeup)

– ENDS –

For further media information please contact Sylvia Lambe on 01372 731 365 or the Diabetes UK Media Relations Team on **020 7424 1165** or email [pressteam@diabetes.org.uk](mailto:pressteam@diabetes.org.uk)

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