

Fundraisers go the distance for Ben

Members of Team Ben Hammond successfully completed the South Coast Challenge on Saturday to raise money for the charity Cardiac Risk in the Young (CRY).

Fourteen members of the team took part in the challenge, with 10 of them walking the full 100km challenge non-stop from Eastbourne to Arundel.

The other four completed the 55-kilometre half challenge, walking from Eastbourne to Brighton.

Team Ben Hammond was set up in memory of Ben Hammond, a former Homewood School pupil who died suddenly last year from an undetected heart condition aged just 15.

Ben's dad, Steve, who was among the walkers, said: "The weather was glorious although extremely hot for walking such a distance which brought with it its own challenges. All four half challengers made it to the 55km finish between 14hrs and 11mins and 14hrs 19mins.

"The full challenge competitors walked through the night and completed the 100km distance finishing at Arundel between 10.03am and 2.40pm on Sunday, taking between 25hrs 46mins and 29hrs 09mins.

"The path took us through some wonderful countryside along the South Downs with some tough uphill sections. Walking through the night brought different challenges with no moonlight and only head torches to light



Sheralyn Hammond at the 55km finish line of the South Coast Challenge with Archie Hammond who came to greet her

the way through some of the most remote places along the South Downs.

"On top of that your body was telling you that you needed to sleep, but we had to push on.

"Altogether, we raised £8,300 for local screening events. That's enough for one screening event and £3,300 towards another."

■ To donate to the full challengers visit uk.virginmoneygiving.com/tbh100km; or for the half challengers go to uk.virginmoneygiving.com/team/tbh50k



John Ball, Jo McBride, Ian George, Sam Sweatman, Steve Hammond and Tom Ball at the South Coast Challenge 100km finish line