

**MEDIA RELEASE: For immediate release**

**Add in date**

**Description of yourself including where you live and your reason for running**

**e.g: Bristol Mum to run the TCS London Marathon in memory of her son**

**Devon plumber, who survived meningitis, prepares to race to defeat the disease in the TCS London Marathon.**

**Cheshire student set to take on London Marathon to support Meningitis Research Foundation**

A Bristol mum of three, who survived meningitis, is gearing up to run the TCS London marathon to raise money for a charity that supports families whose lives have been impacted by meningitis.

Full name, from local area (e.g. Winterbourne) is be taking on the 26.2mile course, on Sunday 2nd October, to raise funds for the Meningitis Research Foundation (MRF) which funds lifesaving research, advocates for change and provides support for families affected by the disease.

Summarise your story e.g. For name, the charity is a cause close to her heart after contracting viral meningitis two years ago. She is now keen to help others whose lives have been impacted by the disease.

Name is one of more than 200 Meningitis Research Foundation runners racing to defeat meningitis, raising vital funds and awareness, ahead of World Meningitis Day 2022, which takes place just three days after the London Marathon on Wednesday 5th October.

Globally, bacterial meningitis kills 1 in 10 people who contract it and causes life-long disability for 1 in 5 survivors. Symptoms can be confused with other illnesses, like COVID or flu, and it can kill within hours.

Every year, people from all over the world come together for World Meningitis Day to raise awareness of the disease. This year, for the first time in history there is a Global Road Map to Defeat Meningitis by 2030.  By turning the World Health Organisation’s road map into reality, it could save more than 200,000 lives every year and significantly reduce disabilities caused by meningitis. To mark World Meningitis Day activities will be taking place worldwide to raise awareness of the signs and symptoms, the vaccines available and that it is a disease that needs global attention and effort to be defeated.

This will be name’s first marathon and to prepare for the event, he, she, they have been training by summarise details of training e.g. running x miles for x months.

Name said: Add your quote and include your reason for running for Meningitis Research Foundation: e.g. “I am racing to defeat meningitis to mark World Meningitis Day because…

Name has have already raised amount through add examples of fundraising activities.

Ian Beningfield, Head of Fundraising for Meningitis Research Foundation, said: “Meningitis can happen to anyone, anywhere, at any time and is a race against time because it has the potential to kill within hours. Our vision is a world free of meningitis and the clock is ticking to make every day to 2030 count. We are incredibly grateful to first name and all our marathon runners who have trained tirelessly for many months, at times in extreme weather conditions, in preparation for this year’s event. Not only are they helping to bring greater attention to a global health issue that needs to be defeated, but every penny raised will be used to help fund vital research and support families impacted by this devastating disease.”

To sponsor name, visit: justgiving.

For information about how to get involved in World Meningitis Day and join the global effort to defeat meningitis, visit: [www.worldmeningitisday.org](http://www.worldmeningitisday.org/)

**ENDS**

***Notes to editor***

For further information, please contact: add your contact information.

For further information about the Meningitis Research Foundation please contact: media@meningitis.org

***About the Meningitis Research Foundation***

Meningitis Research Foundation is a leading UK, Irish and international charity, working to defeat meningitis wherever it exists.

We fund and support vital scientific research. We campaign and provide information to the public, health professionals and researchers that promotes prevention, early diagnosis and treatment, and raises awareness of the diseases. We also provide direct support and ongoing personal help to individuals and families affected, whether they are living with impairment caused by the diseases or coping with the death of a loved one.

Find out more at [meningitis.org](https://www.meningitis.org/) and follow on: [Twitter](https://twitter.com/M_R_F)[|](https://twitter.com/M_R_F)[Facebook](https://www.facebook.com/meningitisresearch) | [Instagram](https://www.instagram.com/meningitis_research/)  | [LinkedIn](https://www.linkedin.com/company/meningitis-research-foundation)