



# media *release*

**Wednesday 14 May 2014**

## **MARATHON RUNNERS RAISE MORE THAN £7,000 FOR THE ANIMAL HEALTH TRUST WITH THE HELP OF PARELLI NATURAL HORSEMANSHIP PROGRAM**

Two friends (and sisters-in-law), Julia Baldwin and Helen Cain, have raised £7230 for the Animal Health Trust (AHT) after completing the 2014 Virgin London Marathon, in April.

The pair, nicknamed the 'Ruff Runners', signed up to run the marathon on behalf of the AHT back in 2013 and began training together. Julia, from Old Newton, near Stowmarket and Helen, from Stowlangtoft just outside Bury St Edmunds, would often run the ten miles to each other's houses in preparation for the event.

In a bid to raise as much as possible for their chosen charity; the Animal Health Trust, the Ruff Runners decided to contact Parelli Natural Horsemanship - a home study program for horse owners to enable them to gain a better understanding of horse behaviour and to use this knowledge to help them in their everyday handling of horses - to see if they could help in raising funds. The level of support they received was to be completely unexpected.

The EAST team of Parelli Instructors joined forces to support Julia and Helen in a series of Demonstrations of Parelli Natural Horsemanship, to raise money for the AHT.

The EAST team, including Cath Langley, Jennifer Woods, Anthony Greenleaves, Jody Ruysen and Kim Rayner, all helped in hosting events around East Anglia, demonstrating how a better understanding of horse behaviour can help develop a better relationship with their horses.

The demonstrations covered the basics of handling horses on the ground to playing with them at liberty and eventually bridleless riding, and included basics such as bridling with ease, teaching your horse to be a partner for mounting and how to be safe when riding.

A total of four demonstrations were organised across the region, and were instrumental in the amount raised ahead of the marathon.

Speaking about the level of backing from Parelli, Ruff Runner Julia Baldwin said: "We simply could not have asked for more from the EAST team. We had been fundraising, organising and training for six months and we were exhausted. Parelli EAST had been with us for the last four months - they had become part of our team and helped us to raise more than £4,000. Their generosity was amazing; they travelled all over East Anglia for us and didn't charge us a penny. They donated all ticket sales to our target, so we really wouldn't have been so successful with our fundraising without them."

Cath Langley, a 2\* Parelli Instructor from the EAST team was the first point of contact for Julia and Helen. On getting involved with the Ruff Runners, she explained: "We were thrilled to come together to help support Helen and Julia on such a mammoth undertaking. Both were a huge pleasure to work with and it was wonderful to have raised such a huge amount for a truly deserving cause."

On running the Virgin London Marathon, Julia said; "after months of preparation and training we were now both desperate to realise all the fundraising that we had worked so hard to secure, and to put our bodies and minds into a physical and mental position to take on and complete such a feat."

Both finished with a time of four hours and fifty minutes, crossing the finish line hand-in-hand. Ruff Runner Helen Cain explained: "My goal at the start of this journey was to run the Virgin London Marathon with my best running buddy and wonderful sister-in-law Julia, and to raise a respectable amount for the AHT. This has been more than achieved. One of the best days of my life – we thank you AHT and Parelli."

**Ends**

**For further information, please contact:**

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**Additional notes:**

- The Animal Health Trust (AHT) is an independent charity, employing over 200 scientists, vets and support workers. It aims to improve the health and welfare of horses, dogs and cats through research. It also provides specialist referral services and continuous education to vets. Visit the website at [www.aht.org.uk](http://www.aht.org.uk)
- The Parelli Program is a people-training program focused on the study of horse behaviour and horsemanship skills. The program spans Four Savvys, or areas of development, through four distinct levels of skill improvement. To learn more about the Parelli Program visit [www.parelli.com](http://www.parelli.com)