

# Marathon Report



## *Pam Deal – Marathon experience 2003*

The Marathon experience started for me when Lesley Fox telephoned me in mid-January to confirm that the Animal Health Trust could offer me a place to run in the 2003 London Marathon. My initial reaction was one of delight – very closely followed by apprehension. Could I do it? Could I run 26 miles around London – around anywhere? After some thought I said ‘yes’ I would do it – I would run for the Trust.

On the day of the Marathon I just remember that there were so many people on each side of the road all cheering us on. I remember hearing music – jazz, rock – live and recorded. I remember water ..... running through the showers, the water stations and drinking bottles and bottles of water.

I remember 17 miles and running for the next 4 or 5 miles worrying about ‘hitting the wall’ – I obviously by-passed ‘the wall’ as I did not meet it – thank goodness.

I remember Tower Bridge and seeing the fruit – banana, orange and lemon - being interviewed for television.

I remember overtaking two, or was it three, rhinos.

I remember Elvis overtaking me.

I remember eating all my jelly babies.

I remember running down the Embankment and becoming very emotional, realising that I had very nearly completed the London Marathon.

I remember turning the last corner and seeing the finishing line and hearing my daughter call out ‘Mum’.

I remember crossing the line and thinking ‘It is over - I have done it – I have run in the London Marathon, finishing without stopping or walking’. HOORAH!!

I remember thinking – ‘Thank you, Animal Health Trust for giving me the chance to take part in the run of a lifetime’.

*I would like to thank all those who supported me.*

*Pam.*



*Vincent Kernick, a former Metropolitan police officer, now living in the New Forest, was delighted at the treatment given to his cat, Bill. To show his gratitude he ran the London Marathon in support of the Trust.*

On Sunday 13th April the five gallant volunteers who ran for the Trust in the Flora London Marathon 2003 crossed the finish line in the following times:

- **Vincent Kernick 4 hours, 36 minutes and 31 seconds**
- **Holly Brown 4 hours, 49 minutes and 41 seconds**
- **Pam Deal 5 hours, 07 minutes and 08 seconds**
- **Kirsty Mayers 5 hours, 29 minutes and 45 seconds**
- **Douglas Mayers 5 hours, 29 minutes and 45 seconds**

We are sure you will agree, they all did a fantastic job. Collectively they all raised a staggering £20,291.17. Pam’s husband, Peter, has generously donated a further £15,000 over three years as his continuing commitment to the Fellowship Scheme.

Three of our runners, Pam, Kirsty and Douglas have put pen to paper to tell us about their experiences on the day.



## *Douglas and Kirsty Mayers – Marathon experience 2003*

Well what an experience! Mindblowing, exhilarating and exhausting, all 26 miles of it!! But we wouldn’t have swapped it for the world. An unmistakable, unforgettable experience!

Just to top it off, the English weather came through making it a lovely sunny day (even if I was a little sun burnt!).

To make it short and sweet, I think that sums up what an enjoyable time we both had running the London Marathon in 2003 for the Animal health Trust.

We hold our medals proudly and thank everyone out there who supported us to raise money for such a good cause.

*Many thanks, Kirsty and Doug.*



Guinness

## Hear what others have to say...

"During our married life my husband and I had four dogs, all Spaniels. Our last dog was a King Charles Spaniel, Guinness. He was 10 years old when, tragically, he seemed to be suffering from a neurological condition. He was unable to eat or drink properly and kept falling over. Our vet confirmed the worst, and it broke our hearts when he was put to sleep.

We hope our Legacy to the AHT can be used to research similar neurological diseases to the one from which Guinness suffered and other ailments, thereby easing the suffering of other small animals."

**Mrs E Thompson of  
Great Yarmouth, Norfolk**

## The Gift of a Lifetime

*You will already know that the Animal Health Trust is dedicated entirely to improving the health and welfare of cats, dogs and horses. Disease and injury represent the largest threat to animal welfare in the UK today and unfortunately there are no quick fixes. Reducing the suffering and pain caused to thousands of animals takes time, commitment and the expertise of our team of over 200 scientists, clinicians and support staff. It also costs a great deal of money and requires the support and enthusiasm of caring and charitable people willing to help.*

One of the most important and lasting ways you can help us to continue this essential work is by making a donation to the Trust in your Will. The gift of a legacy is the most lasting contribution you can make and it will not cost you a penny during your lifetime.

Over one third of the Trust's voluntary income comes from legacies. We are truly indebted to those supporters who had the foresight to leave a bequest to the AHT in their Will, safe in the knowledge that our work for the benefit of all animals would be able to continue for future generations. Today we would urge you too to consider supporting us in this way.

We have produced a free guide to give you useful information about making or changing a Will and leaving a bequest to your favourite charities. For your free guide, please complete and return the enclosed form. Alternatively, call our Fundraising Department on 08700 502424 or e-mail, [trust6@aht.org.uk](mailto:trust6@aht.org.uk).

For the sake of the animals that so enrich our lives, please consider making a donation in your Will to the AHT. If you have already done so, we should be most grateful if you would inform us, as this will help us to plan for the future and express our sincerest gratitude.



Smokey

"Our first three cats were all rescued animals, two had been the helpless victims of neglect, one of which was Smokey. In the 1980s, an agricultural spray used on peas affected all three of them - damaging their liver, kidneys and pancreas - and causing their premature death. They are still sorely missed today.

It was an early decision of my husband and I to leave our complete estate to the leading authorities that exist to prevent

and cure illness and disease suffered by companion animals - particularly to the charities that achieve progress through the advancement of veterinary practice and science. With expert advice given by our own wonderful vet, we have chosen to leave half of our estate to the dedicated professionals at the Animal Health Trust."

**Mr & Mrs J Taylor of Beccles, Suffolk**

### In this issue:

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- Benji's workout

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Registered Charity No: 209642



## Benji's story

Briars' Starfighter, a 10 year-old Dartmoor pony, fondly known as Benji, was referred to the Animal Health Trust with an abnormal breathing condition. He and his 5 year-old owner, Emily Noakes, had been competing in lead-rein showing classes but he developed this condition when being prepared for ridden classes. He came to the Trust to undergo testing on the treadmill and was diagnosed with an abnormal soft palate. Vets all over the country refer horses with such conditions to be assessed here at the Animal Health Trust. Last year, the treadmill facility was used to study the important areas of performance assessment and upper airway investigation in more than 70 horses. Although we see horses of all shapes and sizes, Benji is certainly the smallest client we have ever had on the treadmill, as you can see from the picture! He has now had laser treatment at Rossdale & Partners in Newmarket and hopefully he and Emily will soon be back in the show ring.



*Respiratory Mass Spectrometer*

## Mass Support

Through the continued support of Vivienne Cracknell of Food Brokers Limited, the AHT has recently purchased a Respiratory Mass Spectrometer for the Centre for Equine Studies. This specialist equipment, costing £39,500, will help provide better treatment and diagnosis for horses with respiratory problems, and will be used alongside our treadmill facility. The gift was made by Vivienne in memory of her father, Desmond Cracknell, himself a great advocate of the Trust. The AHT would like to thank all at Food Brokers for their tremendous generosity.

Food Brokers Ltd also show their support by sponsoring the Food Brokers Animal Health Trust Trophy at their race day in Newmarket on 19th July.

## Thank you for your support

Project Telecom in Nottingham very kindly held a 'casual day' in support of the Trust. They raised a total of £290.31.



The Elkhound Leisure Klub once again very kindly held a dog show with all proceeds coming to the Trust. The event raised £537.00 and they have kindly donated this to the Centre for Small Animal Studies, Ophthalmology Unit

A big thank you to the West Torrington and District Canine Society who have supported the Trust for many years. They hold two shows annually and have raised £14,500 for the AHT since their inaugural meeting in 1978.

During their recent dog show, Hugh Edgar our Director of Clinical and Laboratory Services, received a cheque for £1,000 from Mrs Una Spratt, a founder member of the West Torrington and District Canine Society, and Chairman Mr Anthony Hickenbottom.



## New hydrotherapy bath for Centre for Small Animal Studies

Thanks to the amazing generosity of Dr Elsie Wallace, the CSAS now has a fantastic new hydrotherapy bath and shower. Dr Wallace responded to our Equipment Wishlist in last summer's edition of the AHT News.

Dr Wallace came to visit the Trust on 3rd May to see the new hydrotherapy bath and shower in use, and was extremely impressed with the facilities and level of care that we are able to offer animals who are staying with us. Jo Handley-Howard, our Kennels Manager, gave her a tour of the Centre for Small Animal Studies, and explained how the bath and shower were in constant use and of great benefit to the dogs in our care. A plaque is mounted on the wall next to the bath to commemorate Dr Wallace's dogs.

Dr Wallace also responded to our appeal in this spring's newsletter! Her donation enabled us to purchase six new recovery mats which help make post operative patients comfortable while they are in our care. Without the generosity of committed supporters like Dr Wallace, we would not be able to continue our work.

Thanks must also go to: Ancol Pet Products for allowing us to choose £100 worth of new grooming equipment from their catalogue, and Mrs Dorothy Riley for donating £100 to purchase new cotton bath towels. Several items on the Wishlist remain outstanding, including:

### Tissue Processor (cost £4,000)

A secondhand Tissue Processor is needed to facilitate the preparation of histology slides for the equine orthopaedic research programme, and as a back-up for the machine currently used in diagnostic pathology of equine infectious diseases. We have the opportunity to obtain a second hand processor for £4,000.

### Electrolysis Unit (cost £1,000)

This is used to remove and prevent further growth of eyelashes that are rubbing on the surface of the eye and causing irritation and damage to the cornea and conjunctiva. This unit would allow us to remove the source of discomfort in a great many animals. Twenty gifts of £50 would allow us to buy one.

### Trays for Washer-Disinfector (cost £50-£120)

We have now purchased the Washer-Disinfector, and require new instrument trays for use in this piece of equipment. They cost £50-£120 each depending on the size. We need approximately 30 in total.

### And a special request from our Centre for Small Animal Studies

They require a 10 metre roll of VetBed, a specially designed material for lining the sleeping areas for cats and dogs. This will cost £250.



If you would like to make a donation towards any of the items listed above, please call 08700 502830.

## Win a MINI Cooper

I would like to purchase:

Mini Cooper Cards @ £25 £

I enclose a cheque made payable to Animal Health Trust  Please debit my credit/debit card.

Card No:

Expiry Date:  Issue no (Switch):

Name

Address

Tel no:  E-mail:

Signature  Date

For your chance to win a Mini Cooper, just answer the three questions below, detach the coupon and send a donation of £25 for each Mini Cooper card requested. If your answers are correct, your tickets will be placed in a draw and the winning card will be drawn at the AHT United Kingdom Equestrian Awards Dinner on Friday 10th October 2003 at the London Hilton on Park Lane.

When you have completed the coupon, please return it to:

Fundraising Department, Animal Health Trust,  
Lanwades Park, Kentford,  
Newmarket, Suffolk CB8 7UU

- All questions must be answered correctly for Mini Cooper Cards to be entered in the draw
- One Mini Cooper Card will be allocated for each £25 donation to Animal Health Trust
- A maximum of 1,500 cards are for sale
- If all cards are sold, subsequent entrants will be refunded without delay
- Coupons must be with the Animal Health Trust by 6th October 2003

In which year was the Mini re-launched by BMW?

1981  1991  2001

Which horse won the Cheltenham Gold cup in 2002 and 2003?

Best Mate  Desert Orchid  Red Rum

In which part of the UK is the AHT based?

The Midlands  East Anglia  The Lake District



# Supporting the Animal Health Trust



Registered Charity  
No. 209642

Our research programme has resulted in numerous successes ranging from the development of vaccines for distemper in dogs and influenza in horses to the discovery of the causes of many hereditary diseases. These achievements would not have been possible were it not for the incredible generosity of our members and supporters. The Animal Health Trust needs your help for this to continue.

## Donation Form

Mr, Mrs etc. \_\_\_\_\_ Initials \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Amount of donation £ \_\_\_\_\_ (please make cheques payable to 'Animal Health Trust')

Credit/Debit card:  Mastercard  Visa  Switch  Delta  CAF Card

Card No:             Issue No. (Switch only)   Expiry:

Signature \_\_\_\_\_

If you wish to make a regular annual donation of the above amount, please complete the direct debit instruction below.

On which date would you like this to start? Day \_\_\_\_\_ Month \_\_\_\_\_

(please allow 2 weeks from sending us this form)

By signing the Gift Aid Declaration below, you can increase the value of your donation to the Trust by 28% AT NO COST TO YOU.

## Gift Aid Declaration

I wish the Animal Health Trust to treat all donations I make from the date of this declaration, until I notify you otherwise, as Gift Aid donations.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (see notes overleaf)

(Do not detach)



## Instruction to your Bank or Building Society to pay Direct Debits

Please complete this form using a ballpoint pen and send to: Animal Health Trust, Lanwades Park, Kentford, Newmarket, Suffolk CB8 7UU



Originator's Identification No.

1. Name and full postal address of your Bank or Building Society branch

To: The Manager _____ _____ Bank or Building Society Address _____ _____ Postcode _____
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4. Bank or Building Society account number

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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5. AHT reference number (if applicable)

<input type="text"/>
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6. Instruction to your Bank or Building Society  
Please pay Animal Health Trust Direct Debits from the account detailed on this Instruction subject to the safeguards assured by The Direct Debit Guarantee.

2. Name(s) of account holder(s)

<input type="text"/>
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3. Branch code (from the top right hand corner of your cheque)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Signature(s) \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

Banks and Building Societies may not accept Direct Debit Instructions for some types of account.

## Gift Aid Notes

1. **If your declaration covers donations you may make in the future:**
  - please notify the Animal Health Trust if you change your name or address while the declaration is still in force.
  - you can cancel the declaration at any time by notifying the Animal Health Trust - it will then not apply to donations you make on or after the date of cancellation or such later date as you specify.
2. **You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the Animal Health Trust reclaims on your donations in the tax year (currently 28p for each £1 you give).**
3. **If, in the future, your circumstances change and you no longer pay income tax and/or capital gains tax equal to the tax that the Animal Health Trust reclaims, you should cancel your declaration (see Note 1).**
4. **If you pay tax at the higher rate, you can claim further tax relief in your Self Assessment Tax Return.**
5. **If you are unsure whether your donations qualify for Gift Aid tax relief, please telephone the Animal Health Trust Finance Department on 01638 751000; or you can ask your local tax office for leaflet IR113 *Gift Aid*.**

## The Direct Debit Guarantee

- **This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society.**
- **If the amount to be paid or the payment dates change, you will be told of this at least fourteen days in advance.**
- **If an error is made by the Animal Health Trust or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.**
- **You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us.**



***Please send the completed form to:***

**Animal Health Trust  
Lanwades Park  
Kentford  
Newmarket  
Suffolk  
CB8 7UU**

**For further information, please call  
08700 502380 or email [trust3@ah.org.uk](mailto:trust3@ah.org.uk)**