



**Chichester Mum-of-four (57) takes on her biggest challenge so far...
[The 100km South Coast Challenge 2016](#)
to raise funds for Alzheimer's Society in memory of her own mother**

Hazel Rochez is running 100km (just over 62 miles) from Beachy Head, EASTBOURNE to ARUNDEL across the South Downs in just TWO days: **27th – 28th August 2016 (Bank Holiday Weekend)**

Hazel has already run 14 marathons in aid of Alzheimer's Society and, with other fundraising activities she has raised more than £21,000 for the charity.

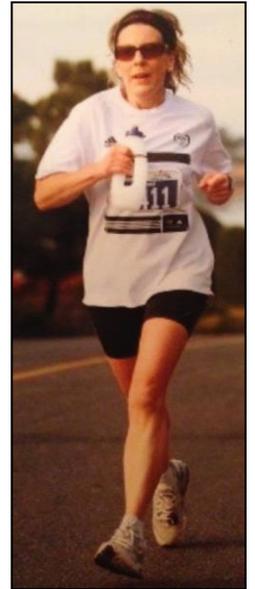
To sponsor Hazel in the 100km South Coast Challenge 2016 go to: <https://www.justgiving.com/fundraising/Hazel-Rochez1>

Hazel's mother, Thelma Jenkinson, was diagnosed with Alzheimer's in 2001 and died in 2003. Hazel says, "Alzheimer's is such a cruel disease. We felt that we'd lost Mum long before she actually died." Hazel ran her first marathon in 2004, to raise money for Alzheimer's Society in memory of her mother.

The 100km South Coast Challenge 2016 starts in Eastbourne on Saturday 27th August and ends in Arundel on Sunday 28th August. The route on The South Downs Way and Coastal Path passes through some of the most beautiful scenery in East and West Sussex. Hazel will run approximately 50km (just over 31 miles) each day with an overnight break in Brighton.

Hazel (whose previous marathons have included London, New York, Brighton, Berlin, Vancouver Island, Portsmouth and The South Downs Way) says, "This is my biggest challenge so far – running more than two marathons in two days! It will be very tough but the thought of raising money to help the work of this wonderful charity will keep me going."

"Running to raise funds is something I can still do for Mum. All it is really, is just putting one foot in front of the other" says Hazel Rochez



Alzheimer's Society funds research and provides much needed support for people who have Alzheimer's and Dementia – and for their families. As the population continues to age many of us are or will be affected by dementia in some way. Alzheimer's Society is the UK's leading dementia care and research charity for people with dementia, their families and carers. It also provides support and care for people with dementia.

Feature suggestions/interview topics: Hazel's training routine in the build-up to this 100km challenge • Taking up marathon running in middle-age • Could anyone run a marathon? • What is it like to look after a person with dementia? • What are the early signs of Alzheimer's and other dementias? • What to do if you think a friend or family member may have symptoms of dementia? • How to help a dementia sufferer to get the most out of life.

About Hazel Rochez: Hazel has lived in the **Chichester** area since 1986 and at Crockerhill, four miles from Chichester, for the past 16 years. Her four children were brought up in Chichester and attended local schools. Hazel's father, who is now in his nineties, lives in nearby Barnham. Hazel is a Level 3 Personal Trainer and STOTT Pilates Instructor (Register of Exercise Professionals Accredited). She teaches one-to-one sessions and small groups at her studio as well as in the great outdoors. In addition to marathon running, Hazel also organises numerous other fundraising events to support Alzheimer's Society.

Hazel Rochez is available for interviews.



About Alzheimer's Society: www.alzheimers.org.uk



Alzheimer's Society is the leading UK care and research charity for people with Alzheimer's disease and other dementias, their families and carers. Many of the Society's 20,000 members have personal experience of dementia, as carers, health professionals or people with dementia themselves, and their experiences help to inform the work of the Society.

Donating via JustGiving website is simple, secure and safe: <https://www.justgiving.com/fundraising/Hazel-Rochez1>

Once you donate, they'll send your money directly to the charity – saving time and cutting costs for the charity.

For further information about The South Coast Challenge 2016 go to: <http://www.southcoastchallenge.com/>



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