

PRESS ALERT – FOR IMMEDIATE RELEASE



Chichester Mum-of-four (55) tackles two marathons in two weeks to raise funds for Alzheimer's Society in memory of her own mother

Hazel Rochez is running

- THE BRIGHTON MARATHON: SUNDAY 12th APRIL 2015
- and
- THE LONDON MARATHON: SUNDAY 26th APRIL 2015

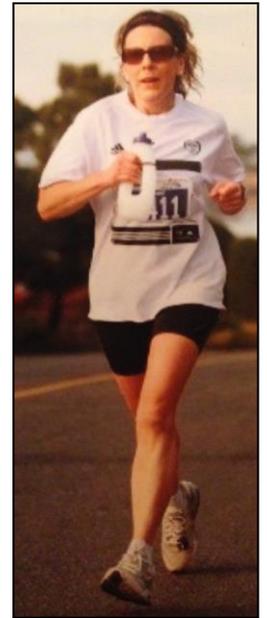
These two marathons will be the 12th and 13th that Hazel has run in aid of Alzheimer's Society

To sponsor Hazel in the Brighton and London Marathons go to:
<https://www.justgiving.com/Hazel-Rochez/>

Hazel hope to raise £2,000 through these marathons (to bring her total fundraising total to more than £21,000 for Alzheimer's Society)

Hazel's mother was diagnosed with Alzheimer's in 2001 and died in 2003. Hazel says, "In 2002 Mum suffered a bad fall and she died a year later – but we felt that we'd lost her long before she actually died."

Hazel ran her very first marathon the following year, 2004, to raise money for Alzheimer's Society in memory of her mother. Hazel (whose past marathons have included London, New York, Berlin, Vancouver Island, Portsmouth and The South Downs Way) says, "Alzheimer's Society is such a worthwhile cause. 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. Please help me, if you can, to raise funds for their vital work with people whose lives have been affected by this cruel disease."



*"It is something I can still do for Mum.
All it is really, is just putting one foot in front of the other for a few hours."*

Feature suggestions/interview topics: Hazel's training routine in the build-up to a marathon • 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 should you do if you think a friend or family member may have symptoms of dementia? • Can drugs help in the treatment of dementia? • Double-bereavement: What is it like to lose a loved-one to this terrible disease – sometimes years before they actually die? • 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 15 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. As well as 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 in simple, secure and safe: <https://www.justgiving.com/Hazel-Rochez>

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 Brighton and London Marathons go to:
www.brightonmarathon.co.uk and www.virginmoneylondonmarathon.com



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