

Edinburgh woman supporting Race for Life 2013



An Edinburgh mum who survived cancer has been chosen as guest of honour to start this year's Cancer Research UK Race for Life in Edinburgh with her 11-year-old daughter.

Alison Brown, is issuing the rallying cry 'Cancer, Edinburgh's coming to get you' as she urges women of all ages to join her by signing up now for the event.

Cancer Research UK tell us that "Every hour, around three people are diagnosed with cancer in Scotland – and that's why mums, daughters, sisters and friends of every shape and size are needed to join together as a formidable army and take on cancer at either Hopetoun House, South Queensferry, on Sunday 5 May 2013 or at Holyrood Park, Edinburgh on Sunday 16 June 2013.

Alison, who was diagnosed with breast cancer on Hogmanay 2010, said:- "When I was first diagnosed with cancer, at first I felt scared and devastated. You don't think it will ever happen to you but I was so determined to get through this for my family." In January 2011, Alison began four months of chemotherapy. Surgery followed in June 2011 and then two months of radiotherapy.

Alison who is a clerk of court, was relieved to find the chemotherapy had been successful and the tumour had shrunk. She said: "I still had these moments where I would think, I might not make it to Christmas but as I came to the end of the treatment I started to think 'maybe I will be okay'. I wanted to get out of hospital to be there for my family, so I could support my son Jamie who was starting his Standard Grade exams and my daughter Rosie who was just eight-

years-old at the time.”

To celebrate, Alison’s husband Andrew suggested a trip to Vancouver, a place the couple had always dreamed of visiting.

Alison continued: “I couldn’t believe that I got to spend my 47th birthday at the top of Whistler Mountain as it was something I’d always wanted to do. I also thought I don’t want this to be the last time I am here and I’ve said to my husband if I am still around at 50 I want to come back here. I feel healthier, fitter and more positive than I did before I had cancer. I lost a bit of weight. And I think I just feel more upbeat in how I look at my life. It’s a great feeling to be able to do something to help and I am really looking forward to being part of Race for Life.”

Alison added: “Taking part in Race for Life is my way of fighting back against cancer. I’m so grateful for the research that has helped me and now I want to help others by supporting Cancer Research UK’s work.”

Cancer Research UK’s Race for Life in partnership with Tesco is running an inspiring women-only series of events which raises millions of pounds every year to help defeat cancer by funding life-saving research. Although the number of people diagnosed with cancer is going up – largely due to the fact that people are living longer and cancer is predominantly a disease of old age – the good news is that, thanks to research, survival rates have doubled in the past 40 years. More people across Scotland are now beating the disease than ever before.

Cancer Research UK event manager for the Lothians, Hamish Moir, said: “Alison is a real inspiration and we are thrilled she has agreed to start this year’s Race for Life event in Edinburgh, setting 3,400 women on their way to completing a 5K. Race for Life is an amazing way to celebrate life and what’s inescapable is the power and strength that comes from

thousands of women joining together to confront cancer. We hope that women in the Lothians will follow Alison and Rosie's lead and enter Race for Life in either Edinburgh or South Queensferry and raise money to hit cancer where it hurts. There are over 200 cancers and we won't give up until we find cures for them all. It's fighting talk and we mean every word we say. Cancer, Edinburgh is coming to get you."

By raising money through Race for Life, the charity says that people in Edinburgh and the Lothians are helping Cancer Research UK's doctors, nurses and scientists make advances in research which will help more men, women and children survive. Last year, more than 4,000 women took part in the Edinburgh and South Queensferry Race for Life events and raised over £303,000. This year, organisers need just as many women and girls to stride out to help raise money for vital research.

Hamish continued: "Race for Life is always such a great day. Participants may be decked out in pink or fancy dress but don't be fooled by the tutus and tiaras – Race for Life is cancer's worst nightmare."

Participants come in all shapes, sizes, ages and levels of fitness. They are from different backgrounds and walks of life but they are united by their absolute determination to take on cancer and beat it.

Hamish added: "Race for Life is non-competitive. It doesn't matter how fit or fast you are. Taking part is about joining together against a disease that affects all of us. You can walk the 5k route, run it, jog it or even dance your way round if you prefer. Please take the first step by signing up today."

Cancer Research UK receives no government funding for its ground-breaking research but, with help from the people of Edinburgh and the Lothians, the charity intends to bring

forward the day when all cancers are cured.

Thanks to the generosity of its supporters, Cancer Research UK was able to spend over £4 million last year in Edinburgh on some of the UK's leading scientific and clinical research. The city is home to the Edinburgh Cancer Research UK Centre where researchers focus on bowel, breast and ovarian cancers.

To enter Race for Life today go to www.raceforlife.org or call 0845 600 6050.