



# Royal Star & Garter

Care with courage

**FOR IMMEDIATE RELEASE**

## **RAF High Wycombe runner preparing for 'pain and tears' as she takes on punishing 105km challenge**

A Senior Aircraftman from RAF High Wycombe is taking on a gruelling challenge to raise money for Royal Star & Garter.

SAC Jessica Webster will run 105km (65.2 miles) in 24 hours on a treadmill and nearby park, starting at 6am on Wednesday, 17 November.

She is hoping to raise £1,000 for Royal Star & Garter, a charity that provides loving, compassionate care to veterans living with disability or dementia, with Homes in High Wycombe, Solihull and Surbiton.



*The 27-year-old is preparing to run 105km in 24 hours*

The 27-year-old's father, grandfather and great-grandfather have all served in Army or RAF, and SAC Webster chose to raise money for Royal Star & Garter because of support it provides the country's military family: "I really love what they stand for and what they do. I like the fact that they'll be there for me in the future if ever I need them."

The challenge will take place on a treadmill at the station's gym hall, and on open space at nearby Walter's Ash.

Taking part in endurance challenges is nothing new to SAC Webster, who joined the RAF in 2017, but this is the most daunting. She said: "I ran the 340km distance from RAF High Wycombe to Edinburgh, but that was over a one-month period. So I think this will be my toughest challenge. I know it's going to get harder as I tire, and I imagine there will be a few tears! I know I'll suffer and be in pain, but I'll have a lot of support, and I'll keep reminding myself of the end goal and why I'm doing it, so I'm confident I will complete it."



*SAC Webster joined the RAF in 2017*



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Lauren Baker, Senior Community Fundraiser at Royal Star & Garter, said: "This is a seriously demanding 24-hour challenge, and I want to thank Jessica for taking the time to train, fundraise and run for Royal Star & Garter."

To sponsor SAC Webster, go to: <https://gofund.me/ca555b7e>

## [Ends]

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### **About Royal Star & Garter**

Our charity provides loving, compassionate care to veterans and their partners living with disability or dementia.

**Twitter:** @starandgarter

**Facebook:** facebook.com/starandgarter

**Website:** [www.starandgarter.org](http://www.starandgarter.org)



Royal Star & Garter  
is a member of the  
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