



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

1,000 miles: Charity Chair fundraising challenge for veterans

A retired Major General is on the final push of a gruelling 12-month challenge to raise money for veterans' charity Royal Star & Garter.

Major General Tim Tyler set himself the goal of covering 1,000 miles in one year, but after passing his target, is now hoping to push on past 1,100 miles.

The 69-year-old is raising money for Royal Star & Garter, the charity of which he is Chair, which provides loving, compassionate care to veterans and their partners living with disability or dementia.



Major General Tim Tyler on his cross trainer

He said he was inspired by the work of staff in the charity's three Homes in Solihull, Surbiton and High Wycombe: "I've done this because we ask all our staff to go that little bit extra for our residents. This is my bit extra, to try and get on the machine as often as I can and raise some money."

Since starting his challenge on 25 February 2022, Major General Tyler has passed his initial goal: "My original target was 1,000 miles, but I've passed that milestone already, so I'm shifting that target to see how far I can go past 1,100 miles."

He said the past 11 months had gone well, but not without the odd hiccup: "I'm averaging 8.3mph, which is above my target of 8mph. I've not been able to get on the machine as often as I had expected – I thought I would be able to do about 250 sessions, but it will be nearer 200 as a result of work, leave, family commitments and a bout of Covid. So I've had to do longer sessions than planned - mostly about six miles - which takes about 43 minutes. But I can honestly say that I have not struggled with motivation - that has been in good part due to the fact that I am being sponsored and because I know that the Royal Star & Garter carers do have to commit themselves and do that bit extra every day."



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Major General Tyler was commissioned into the Royal Electrical and Mechanical Engineers in 1972, becoming a Colonel Commandant in 2005. He was appointed Director-General Logistics (Land) and then Director-General Land Equipment as well as Quartermaster-General to the Forces, before retiring in 2008.

As an extra incentive, Major General Tyler is hoping people will sponsor him for every mile he does in excess of 1,100 miles. To sponsor Major General Tyler, go to www.justgiving.com/fundraising/tims1000

Royal Star & Garter is welcoming new residents in its three Homes. For more information on this, or working for the charity, go to www.starandgarter.org

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Video: <https://vimeo.com/794877878>

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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



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Royal Star & Garter
is a member of the
National Care Forum