

FOR IMMEDIATE RELEASE

## Marathon runners rest up after raising thousands for The Royal Star & Garter Homes

Three London Marathon runners are resting their weary feet after raising money for The Royal Star & Garter Homes on Sunday (28 April).

Joanna Arnold, Piers Fox and Rikky Toyer all completed their first ever marathons, collecting thousands for the Charity which cares for ex-Servicemen and women and their partners living with disability or dementia.



Joanna and Rikky ran together, providing support for each other, and completed the race in just over six hours. Piers managed to run his 26.2 miles in 4.06 hours.

Piers' granddad Norman Knowles was cared for at the Charity's old Richmond Home before moving to the Surbiton Home. He died in 2018. Before becoming a resident, Norman was a volunteer at the Charity, and would often take

young Piers with him to help with residents. The Woking dad (below), 42, raised close to £4,000 and said: *"Physically, it was the toughest thing I've ever done in my life, the marathon felt never-ending! There were a couple of times when my feet were aching and I was struggling, but I thought about my granddad, and I looked at all the other people taking part and the crowd, and it got me through it."*

Rikky (above, with Joanna), 36, is a Royal Navy Commando who was inspired to run for The Royal Star & Garter Homes after a chance conversation with a friend. The Green Beret, from Boston, Lancashire, is a Helicopter Engineer with the Commando Helicopter Force and stationed at RNAS Yeovilton. So far he has raised over £600. He said: *"The crowd were amazing and really helped get us through. It was great to have this opportunity and raise money for the Charity because it does great work and amazing things for veterans."*



Joanna, from Horsham, took part to thank the Charity for care it provided her grandmother Muriel Webster, who lived at the Surbiton Home for two years before her death in August 2018. The 35-year-old raised nearly £2,300.

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**The Royal Star  
& Garter Homes**  
Caring for the nation's military family since 1916

Caley Eldred, Director of Supporter Engagement at Charity said: *"I just want to thank Rikky, Joanna and Piers for raising this substantial amount. They each had very special reasons to choose to The Royal Star & Garter Homes, and I'm grateful they did."*

Joanna, Piers and Rikky are still accepting sponsorship money. Click on their Just Giving pages to give:

To sponsor Piers, go to <https://www.justgiving.com/fundraising/piers-fox>

To sponsor Joanna, go to <https://www.justgiving.com/fundraising/joanna84>

To sponsor Rikky, go to <https://www.justgiving.com/fundraising/rikkyt>

END

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### **About The Royal Star & Garter Homes:**

**The Charity provides award-winning care for military veterans and their partners who live with disability or dementia.**

The Royal Star & Garter Homes is a charity founded in 1916 to care for the severely injured men returning from the battlegrounds of the First World War.

Today our friendly, state-of-the-art Homes offer a pioneering approach to nursing, dementia and therapeutic care. We have award-winning Homes in Solihull, West Midlands and Surbiton, Surrey. Our third Home in High Wycombe, Buckinghamshire, opened in April 2019.

We continue to expand our services to reach even more veterans. In 2018, we were able to support 186 residents in our Homes and 36 guests at our Day Care service. We also offer interim care for young disabled Service personnel. We provided 11,700 individual sessions of physiotherapy and speech & language therapy last year to support our residents' health, and over 5,600 places to residents for activities, outings and events, to promote well-being.

We are proud to have enjoyed Royal patronage since our foundation, including that of Her Majesty Queen Elizabeth II from 1953 to the present day.

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