



Phenomenal fundraising by Essex man Gareth Davies A 1000 miles run, Mont Blanc climbed and his first marathon completed

January 15th 2013: Gareth Davies, 31, is a secondary school teacher from Essex with a difference – in early 2012 he set himself three extraordinary goals to raise money for the Lucy Faithfull Foundation and Stop it Now! UK and Ireland. On December 15th he finished his 1000 miles in less than 1 year, at Leigh-On-Sea, marking the end of a phenomenal fundraising effort.

Along with his challenge of running 1000 miles in one year, Gareth also wanted to climb Mont Blanc and complete his first marathon. In August he travelled to Western Europe and managed to climb to an astonishing 4000m with his friend and colleague, Laine Taylor.

Gareth, who teaches at St-Clere's School, Stanford-Le-Hope, said: "The climb was tough and I wanted to get to the top – but I had to respect the early signs of altitude sickness. On reflection, it was more likely to be a case of sunstroke. I drank 6 litres of water at our overnight stop at the Refuge de Gouter, but unfortunately once I'd hydrated it was too late to summit".

Gareth added that there are early plans in place for a 2nd Mont Blanc attempt next year and he's currently looking for climbing partner/s to join him.

His third challenge was to take part in his first marathon and he did this in Luton on November 18th in 4 hours and 21 minutes.

When asked why he chose to support Stop it Now! Gareth said: "Everyone has heard of the NSPCC and I wanted to find a charity that was less known but does amazing work. I read about some other children's charities and Stop it Now! stood out to me by a mile."

Stop it Now! is a UK-wide campaign dedicated solely to preventing child sexual abuse. It runs national and regional projects and a confidential Freephone Helpline for anyone with concerns about sexual abuse.

Spokesperson for the campaign, Deborah Denis said: 'Gareth set himself some incredible challenges for the year and it's been a pleasure to watch his progress. He, and his friends and family, should be very proud of his achievements. In the current economic climate, fundraising efforts such as Gareth's are incredibly important to Stop it Now! and we are extremely grateful.'

Gareth has raised over £550 so far.

"It has been an incredible year for me with so many memorable experiences that have changed my outlook on life. I believe that anything is possible if you have a strong enough desire to succeed. What started out as a few crazy ideas back in November 2011 turned out to become a dream come true. I feel privileged to have had so much support and so many donations from friends, work colleagues and family and I hope to encourage more funding in the future.

'In particular, I would like to publically thank a few people who have made important contributions. Firstly to Laine Taylor who attempted Mont Blanc with me and managed to convince me that my

safety was more important than summiting; my football manager Steve Bland who made some very important contacts and helped publicise my fundraising page, and finally my wonderful girlfriend Emma Foskett who has supported me from day one. She is my unsung hero who has taken part in many competitions with me and had to adjust her lifestyle to enable me to meet my goals.”

When asked what his philosophy in life is, Gareth said simply: “Life is about living. Do what makes you happy, just as long as you don’t hurt yourself or anyone else on the way!”

To make a donation in support of Gareth’s determination go to <http://uk.virginmoneygiving.com/GarethDavies81>

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Notes to editors:

Please find attached a selection of pictures of Gareth Davies.

For more information and/or interview opportunities, please contact Deborah Denis on ddenis@stopitnow.org.uk | 01372 847160 | 07540 690 315

1. About Stop it Now!

Stop it Now! UK and Ireland is a national campaign and Freephone confidential Helpline. It aims to prevent child sexual abuse by increasing public awareness and empowering people to act responsibly to protect children. Stop it Now! believes that it is the responsibility of all adults to take positive action to prevent the sexual abuse of children. Stop it Now! is an alliance of leading children's charities including the NSPCC, Action for Children, Children England and The National Association of People Abused in Childhood, working with the government and child protection agencies, to promote public education and prevent child sexual abuse. The Stop it Now! helpline has been operating since 2002 and aims to prevent child abuse by encouraging abusers and potential abusers to seek help and by giving adults the information they need to protect children safely. The helpline is funded by the Ministry of Justice and the Lucy Faithfull Foundation.

www.stopitnow.org.uk

2. About the Lucy Faithfull Foundation

The Lucy Faithfull Foundation is celebrating 20 years of protecting children from sexual harm in 2012. Named after its founder, Baroness Lucy Faithfull of Wolvercote, the Lucy Faithfull Foundation is the only UK-wide child protection charity dedicated solely to reducing the risk of children being sexually abused. It works with entire families that have been affected by abuse including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members. Drawing on expert knowledge about child sexual abuse the charity offers a broad range of services for professionals and members of the public. These include: assessments, intervention and treatment of known offenders, case specific advice and support, training and development courses and workshops, educational programmes for internet offenders and their families, circles of support and accountability, internet safety seminars for schools (teachers, parents and children) and Parents Protect! training for professionals, parents, carers and other adults. www.lucyfaithfull.org.uk. It also runs the Stop it Now! Campaign and Helpline (0808 1000 900) www.stopitnow.org.uk