



## Justine Sprawling

Justine is a mum of two, Brooke and Caleb. Brooke was diagnosed with A-T at the age of two and a half but it has not stopped her enjoying school. Brooke attends a school for additional needs where she gets to experience hydrotherapy, rebound therapy and P.E. lessons on a weekly timetable.

Brooke has been the ongoing motivation for Justine through the fundraising challenges she has carried out and the A-T Society's 30<sup>th</sup> anniversary in 2019 gave her further incentive to raise money.

Justine joined the festivities for our 30<sup>th</sup> anniversary and organised events to help us celebrate, she set herself the challenge of three fundraising events during 2019.

Starting by organising a family fun day in a local village hall in May, offering cake stalls, drink stalls and even a performance from the JDT music academy, Justine welcomed local families for a fun afternoon raising over £240.

The second event saw Justine determinedly training for her own mini triathlon over a few months. Justine pledged that she would raise £330 in a week by splitting 30 miles on the treadmill and bike and swimming 30 lengths of her local pool all in 7 days. This was successfully achieved in July during one of the hottest weeks. Despite taking a fall Justine completed the challenge and the fundraising goal within the 7 days as planned.

With one more challenge to carry out Justine will be participating in a 5km obstacle race with her son and his friends. There is just no stopping her and so far she has raised over £570.

