# Press Release | 12.04.24

**TeamQEH in top gears for GEAR 10K!**

A group of people in a blue tent

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Nurses, doctors and an array of healthcare professionals at The Queen Elizabeth Hospital are gearing up for the Grand East Anglia Run (GEAR), donning their running shoes to raise money for the QEHKL Charity.

For over two decades, GEAR 10k has been a highlight in King’s Lynn social calendar, drawing thousands of spectators to cheer on more than 3,000 participants.

This year, a 21-strong contingent from TeamQEH is joining the ranks, each with their own motivations and goals for the gruelling Sunday 5 May event.

Over the past nine months, employees from various hospital departments have been diligently preparing for the race. From charge nurses to junior doctors and cancer support officers, a diverse array of employees have been training hard, driven by a shared desire to raise funds for the hospital’s QEHKL charity which works to support patients, carers, and staff.

Among them are Critical Care colleagues and running partners, Katie Kavanagh and Cathryn Smith, both eager to return to the sport after a hiatus. Cathryn expressed her gratitude for the opportunity, saying: “I wanted to run GEAR to motivate myself back into running after a back injury and surgery stopped me three years ago. Thank you for giving me the opportunity to do just that.”

Another participant, Mark Demonty, aims not only to conquer the 10K but also intends to join his six-year-old son in the ‘Mini GEAR 2K’ race following his own run. Mark, a Senior Information Analyst, shared: “I started a coaching role with a local girls' football team, which I still do, but I’m trying to get back into my running this year! I’m also more than happy to support a charity that has already done so much for our hospital and local community.”

In addition to training and seeking sponsorships, some of the hospital's team have actively engaged in other fundraising activities. For instance, members of the Cancer Care Team recently organized an Easter bake sale and raffle to boost their fundraising efforts.

Georgina Ward, project manager of cancer services, said: “We are so grateful for anyone who bought a raffle ticket or purchased a cake from our stall. Without them we wouldn’t have been able to raise this money which we hope will make a difference to the patients at The QEH.”

So far, the twenty-one runners have collectively raised just over £1,600 in total. If you want to show your support the local hospital by donating to the charity, please visit our [JustGiving page](http://qehkl-inet01/finance/forms/Payment_Request.docx?web=1) or email [Charity@qehkl.nhs.uk](mailto:Charity@qehkl.nhs.uk) for further information.

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**Notes to editors;**

**The QEHKL Charity** helps to transform care - funding the medical equipment, research, training and facilities for our patients and staff.

The charity exists to support those receiving care and working at The Queen Elizabeth Hospital, King’s Lynn. It enhances patient, carer and staff experience through supporting projects, activities, and training over and above that provided through NHS funding.

Nearly every ward across our hospital has felt the positive impact of donations, fundraising and gifts in wills - all thanks to thoughtful and generous individuals who want to make a difference in their local community.

For media enquires only, please contact Communications Team, [media.enquiries@qehkl.nhs.uk](mailto:media.enquiries@qehkl.nhs.uk) or 01553 613216.

For all other enquiries, please contact QEH Switchboard on 01553 613613.