**Blog**

**Congratulations to Antonia D’Alessio for participating in Exeter’s Great West Run!**

*On Sunday 13th October, Antonia D’Alessio, Chartered Legal Executive at Gilbert Stephens Solicitors, participated in the Exeter Great West Run. Here is what she had to say about the day and her vigorous training in the run up to the big race…*

From running the Great West Run last year, I know my strengths and what motivates me to get to the finish line. I enjoy the challenge of running up hills and my favourite part of the race this year was running the hilly route around the University.

Having successfully completed the run in 1 hour 59 minutes last year, I was unsure whether I would be able to complete it so fast due to recently sustaining a rib injury from taking part in the Gilbert Stephens 2019 Battle of the Agents Go Karting Endurance Race. However, I certainly surprised myself by completing the race in a speedy 2 hours 6 minutes! I am so pleased that my strict diet and endless practice runs around Exeter paid off in the end.

One of my main motivations for this half marathon has been my fundraising for Hospiscare. Hospiscare is a local adult hospice charity which provides high quality care and support to people with life-limiting illnesses and their families.

As part of my fundraising, I set up a sweepstake to see how fast people thought I would complete the half marathon. Cindy Yeoman, Estate and Apartment Block Manager at Whitton and Laing, was the lucky winner and won a bottle of prosecco.

This year I was running in memory of a friend’s mum, so it was extremely important to me that I finished. Although I found the last 5km of the run incredibly difficult to push through, the amazing atmosphere of this event really got me through it. I was lucky enough to have support from Cindy Yeoman, Dana Mulligan, Marketing Manager at the firm, and of course my family who cheered me on from the side lines.

I have already booked my next couple runs which include the Exeter City Community Trust half marathon in February and a 10km in July. However, in the meantime I plan on resting up and enjoying all the food I can now eat!

I’d like to thank everyone who entered the sweepstake and supported me over the past few weeks; with your help I have managed to raise an incredible £150 for such a worthy charity.

Antonia

**Social Media**

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Read my full blog here [Link URL]

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