

PRESS RELEASE

Amtrak runners help disabled get mobile



14 October 2004... A team of novice runners from Bristol company Amtrak have raised £2000 for charity after completing the 10 mile Great South Run. The team was headed by the company's marketing manager Jane Hart as part of Amtrak's commitment to raise money for Motability. The 15,000-strong field completed the 10 miles through the streets of Portsmouth last Sunday (10th October).

Motability provides disabled people with safe, reliable and affordable vehicles. Amtrak has pledged to raise £9000 over the year with other fund raisers including dress down days, a parachute jump, raffle and Christmas event.

"It has been a real challenge for everyone. I could hardly run a mile when we started training, but that is nothing compared with one of our team, Helen Howard, who had major surgery to remove a tumour on her lung earlier in the summer. She faced the ultimate challenge and we are overwhelmed by her efforts" says Jane Hart.