Press release

16 January 2020

**Podium 4 Sport join the resolution to support people rebuilding lives after stroke**

The Stroke Association is delighted to announce a new partnership with Podium 4 Sport for its eagerly anticipated 2020 Resolution Run in Belfast.

Sports retailer Podium 4 Sport is sponsoring the popular charity 5/10k run which is taking place on **Sunday 23 February** at **Queens’ Sport, Upper Malone, Belfast.**

The sports store is offering incentives and prizes to encourage all participants to fundraise and support the Stroke Association’s local services which include specialist family support, speech and language therapy and counselling for people affected by stroke.

All participants who raise £20 or more on JustGiving.com will be sent a 20% off voucher and Podium 4 Sport will provide special spot prizes to those raising over £500 on the online fundraising platform.

The Stroke Association’s Belfast Resolution Run is rapidly becoming a favourite in the local running calendar. Participants can choose to run or walk either 5k or 10k to raise vital funds to help the Stroke Association provide specialist support and fund critical research. Just £29 could pay for the emotional support someone needs to begin to rebuild a life after stroke.

**Paul Montgomery, Fundraising Manager at the Stroke Association, said**: “Stroke recovery is a marathon not a sprint. That’s why we’re encouraging people from all over Northern Ireland to join our Resolution Run in Belfast and raise funds for the Stroke Association. It’s shaping up to be another excellent event and we’re delighted that Podium 4 Sport have come on board this year. Their support will help us raise more funds to support local families affected by stroke”

“Life after stroke is different for us all, but there is one way we can stand together. The Resolution Run is the perfect opportunity to mark a milestone in your own stroke recovery, show your support for a friend or family member affected by stroke, or in memory of a loved one. It’s more than a run, it’s a resolution to help rebuild lives after stroke in Northern Ireland.”

**Craig Allen, Marketing Manager at Podium 4 Sport, said**: “We’re absolutely thrilled to be part of the Resolution Run which encourages people of all fitness levels to get active and enjoy the benefits of running and walking. It’s a well-established and inclusive event and we saw a real opportunity to encourage all those participants to fundraise even more than before. I’ve got my trainers at the ready and I’m looking forward to taking part myself!”

Stroke strikes every five minutes in the UK. The impact varies depending on which part of the brain is affected. It could be anything from wiping out our speech and physical abilities to affecting your emotions and personality.

The Stroke Association provides specialist support, funds critical research and campaigns to make sure people affected by stroke get the very best care and support to rebuild their lives.

Entry fee for the Resolution Run is just £15 and runners and walkers can choose from either 5k or 10k. Walk or run, all participants will receive a medal waiting at the finish line. To join the resolution, visit [www.resolutionrun.org.uk](http://www.resolutionrun.org.uk), email [resolution@stroke.org.uk](mailto:resolution@stroke.org.uk) or call 0300 330 0740.

Ends

For more information, please contact Joe Kenny at the Stroke Association.

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**About the Stroke Association**

* Stroke strikes every five minutes in the UK and it changes lives in an instant.
* The Stroke Association is a charity working across the UK to support people to rebuild their lives after stroke. We believe that everyone deserves to live the best life they can after stroke. From local support services and groups, to online information and support, anyone affected by stroke can visit stroke.org.uk or call our dedicated Stroke Helpline on 0303 3033 100 to find out about support available locally.
* Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community and the generosity of our supporters. With more donations and support, we can help rebuild even more lives.
* You can follow us on [Twitter](https://twitter.com/TheStrokeAssoc), [Facebook](https://www.facebook.com/TheStrokeAssociation/) and [Instagram](https://www.instagram.com/thestrokeassociation/?hl=en).