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Myddleton Croft

**Leeds investment adviser set to tackle Plusnet Yorkshire Ten Mile**

Carolyn Black, an associate director at Leeds-based investment firm Myddleton Croft, is gearing up for the inaugural Plusnet Yorkshire 10 Mile race next month, in a bid to raise funds for Martin House Children’s Hospice.

Carolyn is currently training hard for the event, which is part of the Yorkshire Marathon Festival, and hopes to raise hundreds of pounds for the charity, which provides family led care for children with life-limiting conditions.

Starting and finishing at the University of York, the route heads into the city centre, taking in York Minster, and out into the Yorkshire countryside before returning to the university. The largely flat and fast race is expected to attract around 2,000 runners.

Carolyn is currently putting in the miles several times a week in and around her home town of Ilkley and is about to start increasing her training distance to nine miles, ahead of the event on Sunday 11th October.
Carolyn explained: “I love running but I’ve been plagued with knee injuries over the last few years so this is the first ‘big distance’ for me in a very long time. I’ve had to be sensible and build up my mileage gradually.

“Martin House does such a great job – having seen for myself the facilities and support they provide for families and children, it really did bowl me over and made me think about what I could do to provide a bit of extra help. My husband had signed up to do the Yorkshire Marathon some time ago but I knew that would be too much for me. However, when the 10 mile was announced I signed up straight away – it’s enough of a challenge but, hopefully, won’t put too much strain on my knee,” she added.

John Haigh, corporate fundraiser at Martin House Children’s Hospice said: “We’re really pleased that Carolyn has chosen to support us with her challenge. The funds she raises will help us continue to provide facilities and support for children, young people and their families across Yorkshire. Our aim is to provide a place where children and their families can enjoy the best quality of life and the money Carolyn raises will help us continue to do that.”

For anyone who would like to support Carolyn, go to her Just Giving page at [www.justgiving.com/CAROLYN-COOPER-BLACK2015/](http://www.justgiving.com/CAROLYN-COOPER-BLACK2015/)