



Introducing...



With the support of Ocean Healthcare the newly titled Ocean Healthcare Torbay Half Marathon has been able to offer an additional race with the Torbay 10k, which as Ken Rudge, MD of Ocean Healthcare advises, *“these events tie in really well with our philosophy of ‘Live Happy, Care Well’ which we believe is really important to everyone. Running is especially good as running has so many health benefits and is accessible to everyone.”*

Ocean Healthcare are a Devon based nursing agency, who specialise in supplying outstanding nurses, support workers and healthcare assistants to nursing and residential homes, hospices and private hospitals across the county.

Since launching in 2013, Ocean Healthcare has developed as demand for their services has grown, and now have bases in Torbay, Exeter, Plymouth, Bridgwater and Barnstaple; providing highly-trained and experienced healthcare workers across the South West.

We're so grateful for the support from Ocean Healthcare, with their generous sponsorship the Torbay Half Marathon have been working hard to make 2020 bigger and better, we've some exciting developments to share with you all soon!



We caught up with some of the runners who completed the Half Marathon last year, first up is Jade Speake, Senior Bookings Coordinator took on the challenge and shared her experience:

I signed up because Ocean Healthcare were sponsoring, and I thought it'd be a fun way to raise money and something different to do alongside my colleagues! The 2019 marathon was pretty much my first experience of distance running. I generally did 5ks just to keep fit before then, but nothing on this scale!

We did a few group training runs but I mostly trained on my own, mainly because I preferred to do it early mornings! I would 100% recommend group runs though, being together was really motivating, and also training on the actual course is a good idea, because it is quite hilly and the steep hills did take some getting used to!

Unfortunately, I suffered a knee injury during training, so my end goal went from a "finish the half marathon in x time" to "just make it over the finish line". I felt so proud when I actually did it! Crossing the finish line and seeing my family and friends cheering me on was actually really quite an overwhelming moment!

Extract from Ocean Healthcare Torbay Half Marathon Newsletter

If people are on the fence about signing up, I say GO FOR IT! I was not cardio fit before I did the race (and I'm not now either!) but I found training for it really challenging but in a good way, it's good to change things up a bit sometimes and work towards something that you've not achieved before. The actual day of the event was amazing, the atmosphere was great and I found that the people I was running alongside were just cheering each other on and it was overall just really motivating! And once it's over – the nice cold beer at the end was the most amazing beer I've ever had!

Check back in March to meet more of the Ocean Healthcare runners!



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