

Press Release

For Immediate Release



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**Lim Nghee Huat completes 320km Ultramarathon across England; raises more than \$160,000
for HCA Hospice Care**

Hornsea, Great Britain, 25 August 2016 – Lim Nghee Huat, Ultramarathoner came in 5th across England at the Ultra Great Britain, after running 320km coast-to-coast along the Trans-Pennine Trail to raise funds and awareness for HCA Hospice Care’s patients. More than S\$160,000 has been raised to date. Mr Lim finished the race with an official time of 81 hours, 5 minutes, 32 seconds, more than three days after starting the run on 20th August.

The inaugural Ultra Great Britain requires ultramarathoners to run across England, from Southport (north of Liverpool) spanning across different cities including Liverpool, Halton, Warrington, Trafford, Manchester, Stockport, Tameside, High Peak, Barnsley, Rotherham, Doncaster, Shelby, Hull, and ending at Hornsea. The Mayor of Hornsea was at the finish line to receive and welcome Mr Lim.

Mr Lim finished in good shape and high spirits despite having to overcome several obstacles, bracing strong winds and rain throughout the race with temperatures below 15°C. Apart from the poor weather condition, Mr Lim said that he and his crew were lost almost every day. “First night, after about 125km into the run, I met 3 front runners who lost their way in the middle of nowhere, we were later joined by 2 other runners, and the 6 of us spent about 2 hours to get back on the right track. On the third night I got lost in the woods and ran an extra 5km before finding my bearings.”

Mr Lim said “Though there were moments when I was very tired and down, I had never once thought of giving up, and always remained hopeful and cheerful.”

Home is where the care is

During the course of his run, Mr Lim was supported by his team comprising of his wife, Deborah, who was in charge of his drinks, food and attire, two support runners, his son David and James Sng, both medical doctors, and physician, Tomas Wally.

Having completed the race, Mr Lim describes his experience as “Amazing! My first experience running in the UK, the weather was cold even though it is now their summer. But I have completed my mission and I am very happy. I have now achieved a new level and limit of my running for a good cause.”

Mr Lim also attributes the success of this ultramarathon to the many sponsors including Deloitte, Osim, Midas Holdings, Qianhu Holdings, Everglory Logistics and Links Holdings. Looking back to when he first started, Mr Lim said that he is “very honored and thankful for the opportunity to work with HCA. It is a wonderful journey with HCA to run across England to raise funds for its needs. I hope more people will come forward to give their support to HCA.”

HCA Hospice Care is privileged and honoured to have Mr Lim Nghee Huat raise awareness and fundraise for our cause. Our patients go through a journey well depicted by a marathon – physical pain, sometimes with mental and emotional pain. As an organisation, we want to journey with our patients and provide the best care we can, so that they are able to live out their last days with dignity and having a good quality of life. We want our patients to know that they are not alone in this journey and we look forward to adding life to their days and not days to their life.

Visit https://www.giving.sg/hca-hospice-care/going_the_extra_mile to donate and support a worthy cause.

Ultra Great Britain is a Unique 200 mile Ultra-Marathon following the Trans-Pennine Trail from Liverpool to Hornsea earning an amazing 'Ultra Great Britain' Buckle. The trail follows a variety of terrain over the Pennines and combines a mixture of natural trail and urban trail. A 100 hour cut off welcomes all into the event.

About HCA Hospice Care

HCA is a registered charity with Institution of Public Character (IPC) status, offering home hospice care to patients with life-limiting illnesses. The service is provided free of charge regardless of age, religion, ethnicity, nationality and/or financial standing.

As the largest home hospice service provider in Singapore, HCA takes care of about 70% of home hospice care patients here. Dedicated doctors, nurses, medical social workers and volunteers care for about 3,500 patients a year in their own homes. Since 1989, HCA has reached out to more than 60,000 patients.

HCA is a NCSS Centre of Specialisation for palliative care, and conducts palliative care training for its patients' caregivers. Its other services and programmes include day hospice care, paediatric palliative care (Star PALS), bereavement support, and outreach programmes such as the Young Caregivers Programme.

The number of patients we serve is increasing as more and more Singaporeans become older faster. Our ability to meet the pressing need is directly linked to our capability and capacity building including fundraising. Our annual expenses are about S\$10 million. Please visit us at www.hca.org.sg and www.facebook.com/hcahospicecare to find out more about the work we do.

For more information

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