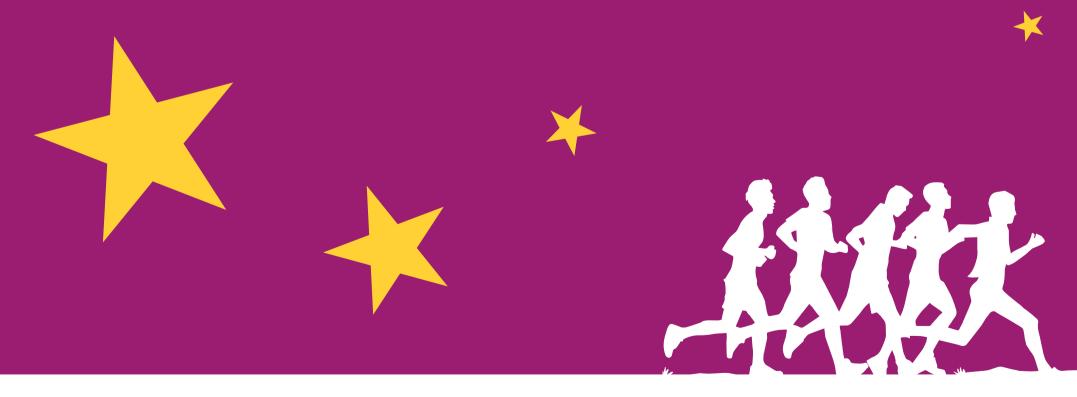


I'm running the Cardiff Half Marathon for the Health Charity in October!

Your support would mean the world to me









#RunForYourNHS #YourNHSHealthCharity