

# Run the Half-Marathon and help save babies



Ever thought of running a half-marathon?

Need an incentive to get fit?

Well, here it is ...

As you may have read in a previous edition of our newsletter, in 2006 Sophie Smith gave birth to triplets Henry, Jasper and Evan. But today, instead of running around after three toddlers, she is now running half-marathons in their memory.

Sophie's babies were perfect but born so prematurely that despite battling bravely, each tragically lost their fight for life. Tiny Henry lived for just one hour, Evan for ten days and Jasper for 58 days. Huge efforts were made to save her babies lives and they fought bravely. They received the best of care from the dedicated staff in the Newborn Intensive Care Centre, for which Sophie and her husband, Ash, are enormously grateful.

"Our precious little boys put up the greatest of fights to stay with us but in the end it was just too much to ask. For the rest of our lives we will always be able to draw inspiration from the amazing fight and spirit that each of our boys showed. We will never forget them" says Sophie.

To honour their memory, a trust fund has been established in the boys names at the Royal Hospital for Women Foundation. The trust is dedicated to raising much needed funds to purchase life-saving equipment for critical ill and premature babies in the Newborn Intensive Care Centre.

Last May Sophie ran her first half-marathon in memory of her sons. She was overjoyed by the support she received, and 98 people joined her team and raised an amazing \$80,000!

Sophie is hoping to gather an even bigger team of runners for this year's half-marathon. You can join Sophie's team and run in memory of her brave little boys and help raise much needed funds for the Henry, Jasper & Evan Smith Trust Fund.

Apart from helping to save the sickest babies in New South Wales you will have a lot of fun too. Sophie organises weekly training runs in Centennial Park for team members, social get-togethers in the lead up to May 18 and of course a team after-party for survivors!

You don't have to be an elite athlete to join, and there is time to dust off your trainers and get in shape for the event. To get involved, call Sophie on 0410 620 149 or email [sophiesmithathome@gmail.com](mailto:sophiesmithathome@gmail.com).

If you wish to make a donation in support of the Half-Marathon you can go to [ourcommunity.com.au](http://ourcommunity.com.au), click on the 'givemoney' quick link and search for the 'Half-Marathon Appeal' supporting the Henry, Jasper & Evan Smith Trust Fund.