

News Release:

27 May 2010

FORESTERS FRIENDLY SOCIETY'S PAUL SEDWARDS RACES TO BECOME AN "IRONMAN"

- ***Oxford Branch Member Raising Funds For Multiple Sclerosis Charity***

27 May 2010: Paul Sedwards, a member of Foresters Friendly Society's Oxford Branch, will take on the gruelling Ironman challenge this July in aid of the Society's 2010 charity partner, the MS Society.

Paul, who has been a member of Foresters Friendly Society for 15 years, is aiming to raise £1,000 on behalf of the charity, the largest of its kind in the UK for people affected by Multiple Sclerosis (MS).

This will be Paul's first Ironman race, a challenge which involves a 2.4 mile lake swim, 112 mile cycle and a full marathon, which he aims to finish in 14 hours. The race, which will take place on 25th July in Zurich, Switzerland, is considered one of the most competitive Ironman contests in Europe.

Paul Sedwards said: "When I turned 40 last November I wanted to set myself some personal challenges. I did my first Half Ironman last year and really surprised myself with a time of 5 hours and 43 minutes. After that I decided to push myself harder and set my sights on Switzerland. It's been tough – I've lost three stone in the process!"

He will be supported on the track by 'Team Sedwards' including his wife and children Valentina, (age 2) and Sonny, (age 12 months). The team have already prepared matching uniforms to order support their racer. Paul has also received support from the Foresters Friendly Society members from across the UK who have already helped him get closer to his target sponsorship amount.

Paul Sedwards is the nephew of the Forester Friendly Society patron, known as the High Chief Ranger, Jim Launchbury who nominated the MS Society as the society's charity partner during his term in office in 2010.

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Jim Launchbury said: “As both High Chief Ranger of Foresters Friendly Society and Paul’s uncle I’m very proud of him. Our members are committed to helping the wider community through supporting charity fundraising and Paul’s epic journey will be an essential part of our charitable efforts this year. It’s not everybody with the determination and strength to make it through the 140.6 miles! ”

Paul Sedwards added: “The Switzerland race is a World Qualifier for the World Ironman Championship which take place in Hawaii. But in all honesty I’m just aiming to finish.”

To help Paul reach his £1000 target please visit:

<http://beatms.mssociety.org.uk/netcommunity/Pauls-Swiss-Ironman-Challenge2010>.

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Notes to Editors

About Foresters Friendly Society

Foresters Friendly Society was founded in 1834 and offers a range of financial saving, investment, insurance and protection products, as well as educational grants and healthcare support for its members. All financial products come with the accompanying benefits of membership of the Society at no additional cost. There is no obligation to purchase a financial product in order to become a member. The Society currently includes over 70,000 members across 250 UK branches.

Foresters Friendly Society is the trading name of The Ancient Order of Foresters Friendly Society Limited, Foresters House, 29/33 Shirley Road, Southampton, SO15 3EW. Authorised and regulated by the Financial Services Authority. Incorporated Friendly Society No. 511F. FSA Registration No. 110029. Membership benefits are not regulated by the FSA.

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