PRESS RELEASE

Runner Takes on the TCS London Marathon to Raise Funds for Charity after Losing 3 Family Members to Throat Cancer.

London, 26th of March – On Sunday, 27th April 2025, Zenna Gay will take on the extraordinary challenge of running the prestigious TCS London Marathon, not just as a personal milestone but as a heartfelt tribute to loved ones lost to throat cancer. Zenna is running to raise crucial funds and awareness for the Throat Cancer Foundation, an organisation dedicated to supporting those affected by the disease and funding vital research.

After securing a coveted ballot place for the marathon, Zenna initially had no plans to run for a specific charity. Balancing life with three young children (aged 2, 3, and 7), the challenge of training alone was already daunting. However, everything changed just before Christmas when Zenna's uncle was diagnosed with throat cancer. His condition rapidly declined, and on 9th March 2025, he sadly passed away at the age of 62. This tragic loss, along with the previous passing of Zenna's nan and great-grandfather to the same disease, made the decision clear—this marathon would be run in their honour and in support of the Throat Cancer Foundation.

"I knew straight away that there was no other charity I would rather do this for," said Zenna. "Throat cancer is a cruel disease that has taken too many of my loved ones. The Throat Cancer Foundation is doing incredible work in raising awareness, funding research, and providing essential support to those affected. I want to help ensure that fewer families go through the pain that mine has experienced."

Throat cancer is often difficult to detect in its early stages, and many people remain unaware of its symptoms and risk factors. The Throat Cancer Foundation works tirelessly to improve early diagnosis, advance research, and offer support to those impacted by this devastating illness. Every donation can make a difference in funding critical initiatives that save lives.

A spokesperson from the Throat Cancer Foundation commented: "We are incredibly grateful to Zenna Gay for choosing to support our cause through her London Marathon journey. Every step she takes, and every pound raised will help us continue our mission of raising awareness, funding essential research, and supporting those affected by throat cancer. We wish her the very best in this incredible challenge."

Zenna is calling on friends, family, and the wider community to contribute to this important cause. Donations can be made through JustGiving, ensuring that every penny goes directly to the Throat Cancer Foundation in the most secure and efficient way possible.

"No amount is too small—every donation helps. Together, we can raise awareness and make a real impact in the fight against throat cancer."

To support Zenna's fundraising efforts, please visit; https://www.justgiving.com/page/zenna

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For media inquiries, interviews, or further information, please contact:

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Editor's Notes: About – Throat Cancer Foundation:

Founded in 2012 by oropharyngeal cancer survivor Jamie Rae, the Throat Cancer Foundation is dedicated to reducing the impact of throat cancers on individuals and society. Following his own treatment and recovery, Jamie recognised the urgent need for better resources and support for those affected by throat cancers. He established the charity to provide essential information, guidance, and reassurance for patients, their families, and loved ones.

The foundation is committed to ensuring that everyone affected by throat cancer has access to the most up-to-date information regarding diagnosis, treatment options, and recovery. It works closely with a team of leading world class cancer experts and medical professionals specialising in head and neck cancers to drive advancements in care and awareness.

Additionally, the Throat Cancer Foundation is a founding member of HPV Action, a coalition of 50 patient and professional organizations working collaboratively to reduce the health burden of HPV-related cancers. Through advocacy, education, and research funding, the foundation strives to improve early detection, enhance treatment options, and support those navigating the challenges of throat cancer.