**The below media release template will enable you to send the details of your 80 in 1 Challenge to your local media.**

**Simply adapt the text shown in red with your information. Please remember that the more personal details you can share, the more interest it will generate. Once complete, update all text to black and copy and paste the release into a new email.**

**Send to the news desk of your local newspaper (email addresses can be found on the newspaper website), along with a photo of you preparing for your fundraising challenge wearing your EPT t-shirt or vest.**

**Following your fundraiser, follow up with a photo of the event and details of how much you raised.**

**If you have any queries at all please contact** [**press@ectopic.org.uk**](mailto:press@ectopic.org.uk)**. Thank you and good luck!**

MEDIA RELEASE

Immediate release

Preparing to take the first step on an 80-mile charity challenge is NAME, of VILLAGE/TOWN.

Over the **month of August 2024,** they will be running, walking, or cycling the distance to raise money for the Ectopic Pregnancy Trust, which supports women who have suffered an ectopic pregnancy and their families.

Ectopic pregnancies, which occur when the embryo grows outside the womb, affects around 1 in 80 pregnancies and can be life-threatening.

NAME said: “I decided to take on the EPT80in1 challenge because INSERT REASON (example: my daughter unfortunately suffered an ectopic pregnancy when she was nine weeks pregnant…..)

“The support of the EPT staff has been amazing so any money we can raise to help them continue their great work and awareness will be wonderful.”

NAME aims WALK, RUN or CYCLE 80 miles over the month of August to raise awareness and funds for ectopic pregnancies

To support them, or make a donation, contact CONTACT NUMBER OR EMAIL THAT YOU WOULD BE HAPPY TO HAVE PUBLISHED OR GIVE DETAILS OF A JUSTGIVING PAGE

For more information about the EPT visit [www.ectopic.org.uk](http://www.ectopic.org.uk)

ENDS

For more information contact NAME on CONTACT DETAILS – MOBILE NUMBER IS BEST

Notes to editor

The Ectopic Pregnancy Trust was established in 1998 in memory of Sophie Winters, who lost her life to an ectopic pregnancy.

There are approximately 12,000 ectopic pregnancies in the UK every year and approximately five women die a year in the UK as a result.

The EPT seeks to provide information, education, and support to those affected by early pregnancy complications and to the health professionals who care for them.

For more information visit [www.ectopic.org.uk](http://www.ectopic.org.uk) or email ept@ectopic.org.uk