

The Tollgate Hotel and Leisure Centre have recently raised over two thousand pounds for The Douglas Macmillan Hospice by holding a four hour sponsored spinnathon.

The centre, which is based in Stoke-on-Trent, has been supporting the Hospice for the past 3 years with similar events. In 2007 they raised £3,700, followed in 2008 with £3,200.

Twenty-six people took part in this year's event, which was organised by spinning instructor Bob Mayer. He said: "I've had friends who have unfortunately had to spend time at the Hospice."

"It's a local charity that does a lot of good. We decided that if we did anything that we thought people would enjoy, we'd collect money for the Dougie Mac."

Katie Lockett was one of the participants in the event. She has only been spinning for about a year but thoroughly enjoyed the Spinnathon.

She said: "Personally, I had never done anything like that before. Four hours was absolutely massive. A lot of the people who took part have been doing it for a lot longer, so were a lot fitter than me and I found it very difficult, but massively overwhelming."

Sports therapists who are training at Manchester University offered massages to the participants before, during and after the event to prevent any soreness. Despite taking part in a four hour spinning class, the mood seemed to be positive throughout.

Katie added: “It was really, really exhausting, but really good as well because everybody was in good spirits and kept everybody else going. I got quite tired after about three-and-a-half hours, so the last half an hour was really difficult, but the two guys either side of me kept me going. It was a really lovely event.”

If you are interested in taking part in events organised by The Douglas Macmillan Hospice, go to their website at www.dmhospice.org.uk or call the Fundraising Team on 01782 344304.