



## Helena's Story

In April 2011, Helena competed in the Australian Athletics Championships 1500 metre event held at Olympic Park. She had qualified for the Championships after running a PB in the Victoria Championships a few weeks earlier. At the age of 29 it was Helena's first season back into competitive athletics after the birth of her third child. Two weeks later she was diagnosed with a cancerous brain tumour.

Helena has 3 beautiful children, Porsha aged 6, Levi aged 4 and London who has just turned one. Her wonderful husband Sean has given up work to look after Helena and their children.

As close friends of Helena, we are supporting her in her journey back to health. We are raising money to assist Helena and her family meet their everyday needs. Without a regular income and with associated medical expenses, we believe it is a very worthwhile cause and we hope you will assist us by participating in our fundraising event.



100% of proceeds from "Helena's Fun Run & Walk" will be deposited into a trust account for the family.  
Donations can be made at [www.mentoneathleticclub.com.au/funrun](http://www.mentoneathleticclub.com.au/funrun)