

# WHAT IS THE HEART HEALTH FUND RUN

## *History of the Annual Heart Health Fund Run*

### *What is the Fund Run?*

The Fund Run is a sponsored walk, jog or run. It is not a marathon, although we welcome marathon runners. Pledges of sponsorship are collected for the number of laps you complete. It is not a race, and you do not have to be an athlete or a fitness enthusiast to participate.

Lack of physical activity is one of the main risk factors for developing cardiovascular disease. The Fund Run is an event which encourages the development or continuation of physical activity as part of your daily routine.

Additionally, it is a fund raising event from which the proceeds are used to screen for cardiovascular disease and to assist those who are found to have a problem.

### *When is the Fund Run?*

The Fund Run will be held on Sunday, November 25 at the National Stadium East, between the hours of 7:00am and 11:00am. It is held early in the morning to avoid the heat of the midday sun. This event is always held annually on the last Sunday in November.

### *How can I enter the Fund Run?*

You can participate in the event as an individual or as a school or company. All you have to do is get a form (**show form**) from The Heart Foundation. If a school or company is interested in coming as a team, appoint a team leader and get in touch with The Heart Foundation. We suggest that teams wear their school or company T-Shirt and carry their banner. We need the cooperation of a member of staff/PTA/teacher to be the coordinator for each team. Friends and relatives can be part of the team.

### *What happens on the day of the Fund Run?*

You may bring any sponsorship you have collected to get it receipted on the day or you can arrange to have it collected by The Heart Foundation of Jamaica after the event. After completing the laps, each participant will receive a Heart Foundation Certificate (**show certificate**), which states that you have

participated and the number of laps you have done. There will be a **variety** of entertainment. There are a number of spot prizes that will be awarded throughout the morning. Free refreshments will be available courtesy of Wisynco and a few other companies. Medical checks will be available at The Heart Foundation's booth.

### Awards

There are several awards for individuals, schools, teachers and companies who participate. These prizes are awarded at the awards ceremony for Fund Run, which is held during Heart Month in February.

Last year, the main prize winners were:

(See attached list of prize winners)

Sandals continue to sponsor a weekend for a family of four for the "\$500" draw at Beaches. For every \$500 that is collected, your name is put into the raffle box. The winner is drawn at the awards ceremony in February. Last year's winner was, Laura Robinson a student of Liguanea Preparatory School.

In 2006, 64,748 persons were screened by The Heart Foundation of Jamaica. It was found that 77.9% of persons screened had high blood pressure; 18.7% had a heart problem of varying severity, 36.7% were overweight, 23.6% were obese and 1.6% were morbidly obese. Regular exercise could help in reducing these figures dramatically.

We hope that this event will stimulate the desire for individuals to have a regular exercise programme. All the funds raised will go towards maintaining The Foundation's programmes.

We hope to see you all on Sunday, November 25th for what promises to be a healthy and enjoyable morning!



## *PRIZE WINNERS - FUND RUN 2006*

1. ***Largest school team***
  - *Hillel Academy – 221 participants*
  
2. ***Most sponsorship from a school***
  - *Hillel Academy - \$991,534.25*
  
3. ***Largest company team***
  - *Bank of Nova Scotia - 85 participants*
  
4. ***Most sponsorship from a company***
  - *Bank of Nova Scotia Jamaica - \$132,550.00*
  
5. ***Individual school team member who collected the most sponsorship***
  - ***1<sup>st</sup> Place***  
  
*Russell Wilson-Spence, Hillel Academy - \$230,090.00*
  
  - ***2<sup>nd</sup> place***  
  
*Kathryn Hoo – Immaculate Conception Preparatory School  
\$40,400*
  
  - ***3<sup>rd</sup> Place***  
  
*Jason Hugh Sam - Hillel Academy- \$40,000*
  
6. ***Individual Company team member who collected the most sponsorship***
  - *Mr. Robert Leon, BNS - \$30,550.00*
  
7. ***Teacher who collected the most sponsorship***
  - *Miss G. Reid – Immaculate Conception Preparatory School  
\$149,650.00*

8. ***Individual who collected the most sponsorship***
  - *Miss Gloria Allen - \$43,700.00*
9. ***Individuals who played a key role in arranging the largest school team***
  - *Rosalie Iver – Hillel Academy*
  - *Flo Duncan – Hillel Academy*

### ***CONSOLATION PRIZES - MINI TROPHIES***

1. *Martina Morgan - Hillel Academy*
  - *\$29,000.00*
2. *Laura Ann Fung - Hillel Academy*
  - *\$22,850.00*
3. *Zari Burnett - Immaculate Conception Preparatory School*
  - *\$20,050.00*
4. *Isabella Zoe Issa – Immaculate Conception Preparatory School*
  - *\$16,900.00*
5. *Samantha Summerbell – Immaculate Conception Preparatory School*
  - *\$16,100.00*
6. *Lindsay Mitchell - Immaculate Conception Preparatory School*
  - *\$16,050.00*
7. *James Lechler - Hillel Academy*
  - *\$15,720.00*
8. *Stephen McConnell- Hillel Academy*
  - *\$15,150.00*

9. *Amanda Lechler- Hillel Academy*
  - \$15,000.00
10. *Vanina Morrison - Hillel Academy*
  - \$14,300.00
11. *Ali Matalon - Hillel Academy*
  - \$12,100.00
12. *Adam Hugh - Hillel Academy*
  - \$11,800.00
13. *Clarissa O'Connell - Hillel Academy*  
\$11,500.00
14. *Viva Levee - Hillel Academy*
  - \$11,000.00
15. *Garielle Sinclair - Immaculate Conception Preparatory School*
  - \$11,000.00
16. *Cameron Anderson – Hillel Academy*
  - \$10,500.00
17. *Andrew Bicknell - Hillel Academy*
  - \$10,230.00
18. *Alyssa Harrison - Hillel Academy*
  - \$10,000.00
19. *Richelle Parchment - Hillel Academy*
  - \$10,000.00
20. *Mark Myers - Hillel Academy*
  - \$10,000.00
21. *Phillip Myers - Hillel Academy*
  - \$10,000.00

## **CONSOLATION PRIZES – CERTIFICATES**

### **HILLEL ACADEMY**

<i>Justyne Panton</i>	-	\$9,800.00	<i>Hillel Academy</i>
<i>Alexix DuQuesnay</i>	-	\$9,598.00	<i>Hillel Academy</i>
<i>Khaed Fagan</i>	-	\$8,870.00	<i>Hillel Academy</i>
<i>Stephanie Gregg</i>	-	\$8,550.00	<i>Hillel Academy</i>
<i>Roxanne Shedda</i>	-	\$8,500.00	<i>Hillel Academy</i>
<i>Jaime-Leigh McCook</i>	-	\$8,450.00	<i>Hillel Academy</i>
<i>Sydni Sykes</i>	-	\$8,260.00	<i>Hillel Academy</i>
<i>Jessica Chung</i>	-	\$8,200.00	<i>Hillel Academy</i>
<i>Timothy Stewart</i>	-	\$8,000.00	<i>Hillel Academy</i>
<i>Kunall Lachmandas</i>	-	\$8,000.00	<i>Hillel Academy</i>
<i>Stephanie Stewart</i>	-	\$8,000.00	<i>Hillel Academy</i>
<i>Joseph Smith</i>	-	\$5,000.00	<i>Hillel Academy</i>
<i>Shauna - Lee Bennett</i>	-	\$5,360.00	<i>Alpha Primary</i>
<i>Megan Deleon</i>	-	\$5,850.00	<i>Hillel Academy</i>
<i>Adrian Bicknell</i>	-	\$5,500.00	<i>Hillel Academy</i>
<i>Danielle Todd</i>	-	\$5,000.00	<i>Hillel Academy</i>
<i>Mrilani Rochlani</i>	-	\$5,000.00	<i>Hillel Academy</i>
<i>Luca Levee</i>	-	\$5,000.00	<i>Hillel Academy</i>
<i>Brittany DaCosta</i>	-	\$5,200.00	<i>Hillel Academy</i>
<i>Leah Simone Ranger</i>	-	\$5,700.00	<i>Hillel Academy</i>

<i>Megan Wong</i>	-	\$5,185.00	<i>Hillel Academy</i>
<i>Bryan Rhoden</i>	-	\$5,000.00	<i>Hillel Academy</i>
<i>Ferdy Yapp</i>	-	\$5,000.00	<i>Hillel Academy</i>
<i>Shannon Boorman</i>	-	\$5,600.00	<i>Hillel Academy</i>
<i>David Shoucair</i>	-	\$5,050.00	<i>Hillel Academy</i>
<i>Sabrina Berry</i>	-	\$6,550.00	<i>Hillel Academy</i>
<i>Jason Wates</i>	-	\$6,000.00	<i>Hillel Academy</i>
<i>Johannes Anderson</i>	-	\$6,500.00	<i>Hillel Academy</i>
<i>Alyssia Cousins</i>	-	\$6,250.00	<i>Hillel Academy</i>
<i>Brianna Thompson</i>	-	\$6,002.00	<i>Hillel Academy</i>
<i>Zoe Desnoes</i>	-	\$6,791.00	<i>Hillel Academy</i>
<i>Karen Dhiman</i>	-	\$6,500.00	<i>Hillel Academy</i>
<i>Edward Charles Lee</i>	-	\$6,000.00	<i>Hillel Academy</i>
<i>Alexander Kwalkowski</i>	-	\$7,230.00	<i>Hillel Academy</i>
<i>Emma Miles</i>	-	\$7,364.00	<i>Hillel Academy</i>
<i>Liann Ammar</i>	-	\$7,715.00	<i>Hillel Academy</i>
<i>Clarice Chalifour</i>	-	\$7,020.00	<i>Hillel Academy</i>
<i>Taylor Tenn</i>	-	\$7,950.00	<i>Immaculate Conception Preparatory School</i>
<i>Rachel Zacca</i>	-	\$6,000.00	<i>Immaculate Conception Preparatory School</i>
<i>Priscilla McDonald</i>	-	\$5,900.00	<i>Immaculate Conception Preparatory School</i>
<i>Rachael Campbell</i>	-	\$5,650.00	<i>Immaculate Conception Preparatory School</i>

<i>Kathrina Dabdoub</i>	-	<i>\$5,100.00</i>	<i>Immaculate Conception Preparatory School</i>
<i>Herona Thompson</i>	-	<i>\$5,000.00</i>	<i>Immaculate Conception Preparatory School</i>
<i>Ricardo Spike</i>	-	<i>\$5,100.00</i>	<i>Excelsior Primary School</i>
<i>Sherese Kerr</i>	-	<i>\$5,500.00</i>	<i>Alpha Primary School</i>
<i>Pene Morgan</i>	-	<i>\$7,500.00</i>	<i>IBM World Trade Corporation</i>
<i>Ouida Harrison</i>	-	<i>\$6,200.00</i>	<i>IBM World Trade Corporation</i>
<i>Gordon Foote</i>	-	<i>\$5,000.00</i>	<i>IBM World Trade Corporation</i>