

BIOGRAPHY OF #BOOKOFPIIX

Introducing myself as Christopher Pilkington and go under the name #bookofpilx. Over the last few years I have started supporting local charities in my spare time whilst Leyland Trucks is my main job. I am an organiser of an event in Preston and represent St Catherine's Hospice with my running and my blogs. Representing my local hospice by doing what I enjoy, running over fells, seeing how far I can push myself and creating my own journey.



7 years ago, I had no goals, and was confused with life and didn't know who I was or what I wanted. One day my mate said to me to better myself every year no matter what it is. From this I went to college and did a leadership qualification and then went on to get an HNC distinction in Project and Quality Management at Preston College. Whilst doing this and working, me and my friends come up with idea to walk the Guild Wheel in Preston and raise money for my friend's niece in 2017.

I took a liking to this event and carried it on in 2018 and did it for my local hospice, St Catherine's. From this I have gained strong relationships with various charities and look forward doing more event work and fundraising with years to come. I can't explain the feeling. This has inspired me to become who I am today, my family and mates support me in everything I do, but most of all, I learn a lot from these incredible humans.

My family support me in every way and take me to my races and support me. Most of my running is in the Lake District which is where me and my family have always gone walking together. We have been brought up walkers from an early age and love the outdoors as a family and always have a good day out.

My hobbies are trail and fell running, walking, hiking and general fitness. I don't run for a running club, so I decided to run for St Catherine's Hospice in 2018. Then from somewhere I decided to write a book but didn't know where to start. So, I trended myself #bookofpilx and this is where the story begins. I am creating a journey supporting St Catherine's doing all

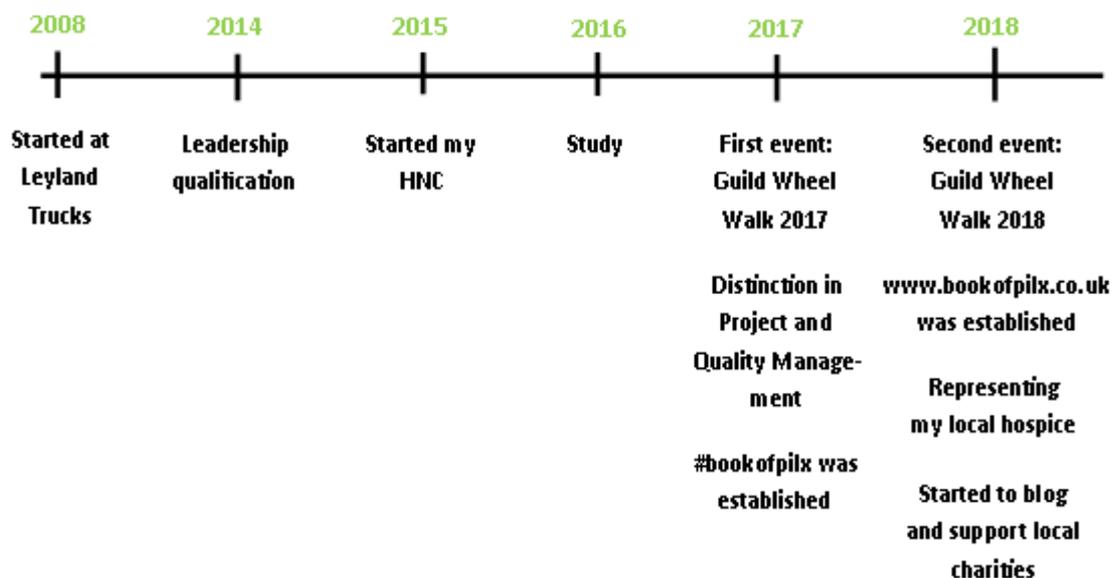
my running and started to blog and talk about what makes me happy, fitness, health and hills and explain how it makes me feel. Along this journey I am doing training blogs, I have entered my first ultra-trail marathon, organising the Guild Wheel walk 2019 for St Catherine's, Derion House and Rainbow House supporting more charities and sharing the local support.

I am trying to encourage others to get into walking/running or any kind of exercise. I am also doing this to raise awareness of the wonderful work the hospice does, and hopefully get more people involved in various events over the next few years and hopefully generate funds for the cause.

This year I have been given a website to promote my #bookofpilx and my journey for St Catherine's and all other charities and support. Over time my website will grow with blogs, videos edited by me, pictures, events and my training plans and the method which I use leading up to my main races. I am involving local businesses and the local community.

Thanks to my good friend he has created a whole new world for me to explore with marketing and social media. I have now got a Facebook Personal Blog Page, Personal website, Email address and perfect relationships with local charities and local businesses.

The local community supported St Catherine's in 2018 by doing the guild wheel walk. By raising thousands, it gives me the inspiration to do more for hospice. Researching about my local hospice, I decided to dedicate my running and fundraising to them. Now I have the tools and the relationships, I can now make my journey even bigger.



This is the best thing I have ever done and to represent my local hospice while doing what I enjoy is a dream come true. 2019 is going to be the biggest year of my life. The journey has begun.