

Ruben and Elena Evans-Guillen

At the end of 2017, Ruben and Elena began their Ambassadorship for the Warrington and Halton Hospital Charity, specifically raising over £15,000 to build an outside garden for the Children's Ward. They embarked on a running campaign and target of 100km called Running4 Dr Ozzy. These were running events across the UK and beyond that involved charity runs, trail-adventure running and obstacle courses. It was over fifty running events that were successfully completed over 2018 and it truly has been a momentous programme of activities that was very befitting of the charity project.

What is remarkable about their accomplishment, is Ruben and Elena have ADHD. This means overcoming many of their daily challenges didn't distract them, because of their courage and determination. A significant benefit of their running challenge was to broadcast the positive aspects of ADHD to help mitigate the negative stigma of unruly behaviour. We believe Ruben and Elena's efforts have positively championed the enormous potential of children with ADHD, that when channelling their boundless energy, great things can be achieved. Ruben and Elena's running activities are now used by the local NHS Community Engagement Officer to promote in schools within the region encouraging all children taking part in physical exercise and healthy lifestyle initiatives.

The completion of this momentous challenge at such a young age is worthy of due consideration for the award, because of the lasting memories for the many who have been genuinely inspired, emotionally moved or totally captivated by their infectious energy and warm spirit along such a wonderful and emotional journey. It has touched the hearts of many and created countless wonderful experiences that were shared by the NHS staff within the Children's Ward, the local community, followers on social media to people who ran alongside them. Each race they gave 100% effort in all weathers with smiles on their faces. In their eyes it was about trying their utmost to help poorly children, which well-defined the campaign all about 'kids helping kids'.

In recognition, Ruben and Elena were honoured to receive The Young British Citizen Award, rewarding children's actions 'For the Good of the Country'. This sets a profound example that by being physically-active and helping others can inspire everyone to do great things which makes an eternal difference in their communities. This is testament to their wonderful legacy that encompasses the UKActive mission values which is defines them as true champions.