EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

5th November 2026

ISSN 2753-2771

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Up to £1 where sold

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78 year old Epsom runner’s 100th marathon to support Ukraine this winter

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An Epsom charity is asking residents to help families facing winter without power in Ukraine — while one of its most dedicated volunteers prepares to run her 100th marathon at the age of 78.

Surrey Stands With Ukraine (SSWU) hopes to provide more than 200 families in hard-hit areas with Winter Family Survival Packs as the country faces the fifth winter of Russia’s full-scale invasion.

Each £50 pack contains a portable gas cooker and gas canister supplies, a power bank, a rechargeable torch or lamp and a fleece blanket. Together, these basic items can help a family prepare a hot meal, keep a phone charged to contact relatives and emergency services, and have light when the electricity is out.

The appeal has a £10,000 target, with donations of any size welcomed. Its message is simple: help provide “#warmthlightlife” to families enduring another winter of war.

Ann’s century of marathons

Supporting the charity’s humanitarian work is Ann Bath, who will run her 100th marathon on Sunday 8 November.

The 78-year-old will follow the Thames towpath between Walton-on-Thames and Hampton Court, covering the stretch four times to complete her marathon challenge. Her fundraising appeal aims to raise £2,000 for SSWU’s work supporting people in Ukraine.

Ann has supported the Epsom-based charity since its inception. She volunteers at its Ashley Centre kiosk, helps pack donations and sort medical aid, and raises money through cake sales.

She has also run the London Marathon twice carrying a fundraising bucket and a SumUp card machine — giving supporters more than one way to contribute along the route.

Running is only part of Ann’s active life: she is also a keen cyclist, hiker and skier, somehow finding time to bake cakes for fundraising too.

Fellow volunteer Denise described her as “one of the strong stalwarts” of the charity, adding: “Ann always does these with a smile on her face.”

“Ann is an inspiration to us all!”

Two ways to help

Residents can support the Winter Family Survival Packs appeal directly or sponsor Ann’s milestone marathon to help fund the charity’s humanitarian work.

A £50 donation funds a complete winter pack, but smaller contributions can combine to help another family meet some of its most basic needs.

Donate to the Winter Family Survival Packs appeal.

Sponsor Ann through her 100th marathon fundraising page.

Lionel Blackman

Epsom and Ewell Times discloses that Lionel Blackman is a director of Epsom and Ewell Times and is also the Director of Surrey Stands With Ukraine that operates under registered charity Harrop HR Missions Ltd 1117155

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