



MEDIA RELEASE

Wednesday 14th October 2015

Running with ... and for... Epilepsy

Dave Douglas is a Tassie dad on a mission. He is about to hop on a plane and compete in this Sunday's prestigious Melbourne Marathon.

At 42 years of age Dave is no spring chicken, he's never run anything like this before and he has epilepsy.

"Running a marathon has always been on my bucket list, but without an incentive I realised it was never going to happen," said Dave.

That incentive proved to be Epilepsy Tasmania, a not-for-profit association committed to improving the quality of life and community participation of all Tasmanians affected by or living with epilepsy.

"I've been living with epilepsy since I was 24 years old so I know how important it is to have a good support network. Epilepsy Tasmania helps me and many others so I want to give something back to them."

"Without the support of my friends, family, work colleagues at the Royal Hobart Hospital and everyone who is donating I would never have the courage to go through with this though."

Epilepsy Tasmania Executive Officer Phil Baker said "We're in awe of what Dave is doing - not only for our association but as an example to everyone about what epilepsy is and is not."

"We have a saying that epilepsy is not what you think it is because not everyone has the stereotypical convulsive seizures. I know Dave doesn't mind me telling you that he suffers from an absent seizure every 6 or 7 weeks. As a bystander you would never notice except that for anywhere between 30 seconds and two minutes he is unable to speak."

People whose epilepsy takes the form of absent seizures can hear and remain aware of their surroundings but it's as if they are frozen to the spot and unable to communicate properly.

Dave is still seeking last minute sponsorship for the number of kilometres he runs, with all money raised going to Epilepsy Tasmania.

People can sponsor Dave by phoning Epilepsy Tasmania on 1300 852 853.

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Please contact Claire Burnet for further information on 0448 585 947