



Go on Chris!



Chris Saunders has been a member of Sussex MS Centre since 2024. This weekend, he's running the London Marathon in support of our Centre.

We're incredibly proud of Chris and we hope you'll join us in supporting and celebrating him as he takes on this huge challenge.

Read a little about Chris' story below...

In November 2023 I was diagnosed with Relapsing Remitting Multiple Sclerosis, a progressive condition with no cure.

My world was turned upside down as I was a healthy 48 year old keeping active through running and my job as a Firefighter.

Over 3 weeks I gradually lost feeling from the waist down, along with horrendous fatigue and brain fog. As a result I was admitted to hospital and after 8 days I was discharged with a diagnosis which would change my life forever.

I was fortunate that I regained feeling enabling me to walk again, but was left with constant fatigue, and burning in my legs and feet.

*One of my first questions to my MS team was,
"Can I run again?"*

I started by running a mile a month after coming out of hospital and have been running since. I fought to get back to work full time too.

During my recovery I discovered the Sussex MS Centre. They have helped me immensely and rely on donations and fundraising to stay open.

Since diagnosis I've been trying to challenge myself, to prove that life isn't over with an MS diagnosis. It's definitely harder and I'm sure it will get even harder.

So when I managed to get a public ballot place in the London Marathon I immediately felt I needed to payback and take on the next personal challenge.

If you are able to, please consider donating to Chris' fundraiser.

[Click here to go to his fundraiser!](#)