



The History of the Event

This year marks the 29th anniversary for Chariots of Fire, a prestigious charity relay race organised by HCR Hewitsons Charitable Trust (HCR Hewitsons).

The race recreates the running contest that took place in the Great Court at Trinity College, Cambridge, as made famous by the film 'Chariots of Fire'. Teams of six runners, from local businesses, the voluntary and college communities each run the 1.7 miles course in a relay format. The unique and picturesque route starts and finishes at Queens' Green, and covers the city centre, Trinity College and King's College.

Each year a different charity is selected to receive the money raised from Chariots of Fire and since its inception over £1,480,000 has been raised!



(Registered charity number 1083876)

This year **East Anglian Air Ambulance (EAAA)** has been selected to benefit from the money raised. This life-saving charity has been operating its yellow helicopters across the region for a remarkable 20 years and has been tasked over 30,000 times to someone in need. The highly-skilled doctor and critical care paramedic teams, flown by expert pilots, take the intensive care unit to the most critically ill or injured people, in life-changing or life-threatening situations.

Often when thinking of EAAA and the work its teams are there to do it is easy to think of a traumatic accident, such as road traffic collision, fall or other significant injury. What many people are surprised to learn is that EAAA ***actually attend more cardiac arrests than any other type of emergency situation***. In 2020, the charity attended 368 medical cardiac arrests across the region and 63 trauma-related cardiac arrests. In these situations, the most important part of the patient's survival is not the EAAA team. ***It is in fact a by-stander performing CPR, before the emergency teams arrive.***

EAAA is already committed to training as many people as possible in how to perform CPR and use a defibrillator. The charity is passionate about expanding this training within Cambridgeshire, through the appointment of a second designated trainer. EAAA's target for this three-year project is to raise **£97,500**, and hope that Chariots of Fire will kickstart this fundraising goal.

To find out more or to make a donation please visit:

- <https://www.justgiving.com/campaign/CoF2021>
- @EastAngliAirAmb