

Introduction

By joining the Walk 45 Miles Challenge, you're supporting the Bowelbabe Fund for Cancer Research UK. We fund cutting-edge cancer research that's helping give more people more time with the people they love.

Known as Bowelbabe, Dame Deborah James was an inspiration to us all. Her story and incredible work to raise awareness of cancer has touched so many lives.

This October, as we mark what would have been Deborah's 45th birthday, your 45-mile challenge is a powerful tribute to her. By raising money for the Bowelbabe Fund, you're supporting causes and projects that Deborah really cared about, such as clinical trials and research.

Thank you for continuing Deborah's amazing legacy.

Deborah's story

Dame Deborah James was diagnosed with bowel cancer in 2016 at the age of 35. She was a tireless campaigner and fundraiser, sharing her cancer experience with unflinching honesty to raise awareness of bowel cancer signs and symptoms and smash taboos around talking about poo.



In May 2022, Deborah announced that the time had come to stop treatment and receive palliative care at home with her family. However, defiant to the last, she was determined to still give one last, big F*** YOU to cancer. That's why, together with her family, she set up the Bowelbabe Fund for Cancer Research UK. On June 28 2022, Deborah's family announced that she had died peacefully, surrounded by her loved ones.

Thanks to the continued generosity of the public and partners, the Fund has now raised over £21m. This incredible amount is helping give more people more time with the people they love, by funding research into early detection and personalised medicine and raising awareness of the signs and symptoms of bowel cancer. Together with partners such as Bowel Cancer UK, the Institute for Cancer Research and the Royal Marsden Cancer Charity, the Fund is driving breakthroughs that change lives.

Her commitment to campaigning, fundraising and raising awareness of cancer has touched so many lives and will continue to for years to come.