

Immediate release

Date of issue: 18th September 2003

CHELMSFORD MAN PLANS A GREAT ESCAPE!

On Saturday 27th September, Chelmsford escapologist, James Peters, will be attempting to set a world record for the greatest number escapes from a medical strait-jacket in aid of Marie Curie Cancer Care.

The event will be held at the YMCA in Chelmsford, where James hopes to achieve 120 escapes over an eight hour period (9.00am - 5.00pm). With an escape taking approximately 2 minutes and also allowing a further couple of minutes to be buckled up again and checked, 120 escapes will certainly be a challenge.

At his last attempt in April, James achieved his target of 100 straight-jackets in just under eight hours, despite pulling a muscle in his back. This time he hopes to better this achievement and has been building up his stamina by running regularly, cross-training in the gym and doing plenty of shoulder flexibility exercises!

Apart from hoping to enter the Guinness Book of Records, James will also be raising significant funds for Marie Curie Cancer Care, the national charity that provides high quality nursing, totally free, to give terminally ill people the choice of dying at home supported by their families.

James is supporting Marie Curie Cancer Care as the charity has been chosen by his employers, Deutsche Bank, to be the organisation's Charity of the Year for 2003.

If you would like to sponsor James then please visit www.justgiving.com/escape

- Ends -

Notes to Editors

For further information on Marie Curie Cancer Care please contact Hannah Chapman on 01920 467177 or visit www.mariecurie.org.uk

For further information about the event please contact James Peters at james@vjmsm.com