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NEWS RELEASE

Innomech manager Mark runs London marathon for GOSH

Mark Seaman, development team manager at GB Innomech (Innomech) is preparing for the sporting challenge of his life – pounding the streets of London in aid of Great Ormond Street Hospital (GOSH).

47 year old Mark, who used to compete regularly in county schools championships, is in training to run the 2011 Virgin London Marathon following a challenge from his eldest son. 16 year old Zac thought his dad would never be able to make a marathon - five months later and Mark has never looked back. He completed the 13 mile adidas Silverstone Half Marathon in March in just 1 hour and 55 minutes and hopes to cross the finishing line in London in under four and a half hours.

“There is always so much going on that it has been hard to follow a strict training plan and to allocate enough time drumming up sponsorship. My training is going well, I have been increasing my mileage regularly but my most immediate priority is to raise as much as I can for Great Ormond Street Hospital. My goddaughter had a second open heart procedure there last year, so the hospital was the ideal charity choice when I signed up for the marathon,” said Mark Seaman from Innomech.

Mark has already secured over £1,000 in support from his work colleagues, friends and relatives but wants to double that over the next few weeks. To pledge your support please email Mark at markseaman@innomech.co.uk or call 01353 667 394.

Notes to editors:

About GB Innomech

GB Innomech (Innomech) specialises in automating highly complex and labour-intensive manufacturing processes to maximise outputs, improve product quality and boost business performance. The company works with major international manufacturers in sectors such as pharmaceuticals, medical devices and environmental, as well as earlier-stage businesses looking to bring breakthrough technologies or products to market.

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Innomech has a growing market reputation for solving the toughest of manufacturing problems by the early identification and management of risk, often cross-fertilising technologies and techniques from a range of industry sectors. All projects from initial feasibility studies through to building production-scale machines are conducted to high specification pharmaceutical industry standards and are designed to comply with GAMP5, FDA and other international standards.

The company was founded in 1990, is based at The Innovation Centre in Witchford, north of Cambridge and was awarded The Queen's Award for Enterprise 2009 to recognise its sustained growth in international markets.

For additional information about GB Innomech please visit or contact:

- www.innomech.co.uk
- Press enquiries to Simon McKay on +44 (0)1353 741075 or email to simonmckay@innomech.co.uk
- All other enquiries to Tim Mead at Innomech on +44 (0)1353 667394

About the 2011 Virgin London Marathon

The London Marathon which is sponsored by Virgin Money is one of the biggest running events in the world. The 2011 event - the thirty-first race - takes place on Sunday 17 April 2011 with over 30,000 entrants all hoping to complete the 42.195 km (26 miles and 385 yards) course around the River Thames.

For further information please see www.virginlondonmarathon.com

Photographs

A print quality JPEG of the image below has been sent as a separate file attached to the original email or is also available on request from Simon McKay (details above):



Almost 30 years after giving up running at a county championship level, Mark Seaman is back in training to run his first London marathon. He hopes to complete the course in under four and half hours.

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