On the 6th March I will be making a complete a**e of myself in front of 6,000 people at Crufts with my Golden Retriever Cross Drake doing a sport for the insane called CaniX, (Basically running with a fast moving canine strapped to you with a harness and a bungee line).

I will be running for a charity called Irish Retriever Rescue UK, which is a non-profit making voluntary organisation committed to safeguarding the futures of abused, abandoned, neglected or simply unwanted Golden Retrievers and also Golden Retriever Crosses and Labradors in Ireland.

Every year in Ireland, between 24,000 and 30,000 healthy dogs are destroyed; this is 10 times the number destroyed in the whole of the UK!

Drake was rescued in Ireland as a pup and came to me as a ‘special needs' dog, needing a working home. As you can see below he has been training hard and getting fit. I have been training. I will be trying not to let him down or embarrass him on the day.

We’d be very grateful for any sponsor money to help the other less fortunate furries.

Thank You!!!

Helen and Drake