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### **Gardens Trust Rooting for its Runners at the 2025 London Marathon**

The Gardens Trust is thrilled to announce that a dedicated team of five runners will be representing the charity in the 2025 London Marathon on Sunday 27<sup>th</sup> April, raising vital funds to help protect and preserve the UK's historic parks and gardens.

Leading the team is Linden Groves, the Trust's Head of Operations & Strategy, whose passion for the nation's green spaces has motivated her to take on the iconic challenge. Joining Linden are four other incredible runners: Max Buttinger, Ruth Lin Wong Holmes, Gary Spreadbury, and Ruth Tufnell, each bringing their own story and motivation for supporting the Trust's mission.

"This is more than just a race; it's about raising awareness of how deeply historic parks and gardens are woven into our daily lives," said Linden Groves. "These landscapes contribute to our well-being, our communities, and our environment. Through our efforts, we hope to shine a light on their significance and ensure they remain protected for future generations.

"Much of my marathon training has taken place in historic parks and gardens, including Regents Park, Parliament Hill, Finsbury Park, Welsh National Botanic Garden, Benmore Botanic Garden, and many more! At the moment, I'm focusing on trying to improve my mental discipline for long runs, so I've been going round and round our tiny 1990s local park – last week I ran around it 100 times! I'm up to managing about 25 to 30km on a good day, but I definitely don't feel marathon ready yet, so knowing that people are cheering me on with the training would be a huge boost!"

#### [Meet the Runners:](#)

- Linden Groves (London) – An expert in historic gardens, Linden hopes to highlight the crucial role these landscapes play in our national heritage, mental well-being, and environmental sustainability.
- Ruth Lin Wong Holmes (London) – A landscape architect passionate about preserving urban green spaces, Ruth aims to bring attention to the growing threats these spaces face due to urban development.
- Ruth Tufnell (Oxfordshire) – An art teacher and seasoned marathon runner, Ruth is driven by her love for the natural world and its crucial role in education, mental health, and cultural heritage.
- Max Buttinger (Keswick) – A lifelong runner who finds inspiration in the landscapes of historic parks and gardens, Max hopes to share how these spaces enhance physical and mental well-being.

- Gary Spreadbury (London) – A Head Gardener – and enthusiastic runner - who wants to inspire the next generation of gardeners and raise awareness of the support needed for retired and injured gardeners.

As part of the campaign, Linden is also spearheading a series of video interviews with the custodians of historic gardens and parks, offering a behind-the-scenes look at their significance and the work required to maintain them. These interviews will be shared online leading up to the marathon, further amplifying the Trust's mission. She added: "These spaces aren't just for history enthusiasts; they play a crucial role in community life, climate resilience, and public well-being."

The Gardens Trust invites supporters to follow the runners' journeys on social media, share their own stories, and sponsor the team. Donations can be made via [Enthuse](#), with all funds going directly toward conservation and advocacy efforts.

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For media enquiries, interviews, or further information, please contact:

Aimee Philipson

Mobile: 07920093375

Email: [aimee@thewriteone.co](mailto:aimee@thewriteone.co)

Facebook: <https://www.facebook.com/thegardenstrust>

X: <https://x.com/thegardenstrust>

Instagram: <https://www.instagram.com/thegardenstrust/>

YouTube: <https://www.youtube.com/channel/UCpCILRc6V0T062MCHS0TSSQ>

### **About The Gardens Trust**

The Gardens Trust is the only UK national charity dedicated to protecting and conserving our heritage of designed landscapes. We campaign on their behalf, undertake research and conservation work, and encourage public appreciation and involvement. Through the national network of County and Country Garden Trusts, we have access to people and local expertise throughout the country. The Gardens Trust is also a membership organisation which relies on members and donors to support our work.

The Gardens Trust brings together people from all backgrounds united by a love and concern for historic parks, gardens and designed landscapes. Our interests cover garden history, the discovery and introduction of plants, garden archaeology and the relation of park and garden design to architecture, art, literature and society.