



## "Finding Strength in Setback: When Santa Misses Your Chimney"

Join us for BSGAR's Christmas Virtual Lecture –  
Wednesday 10<sup>th</sup> December 2025 at 6pm

**BSGAR is delighted to host Dr Lucy Gossage**

**Oncologist from Nottingham, former triathlete and now  
ultramarathon runner. Winner of the Montane Spine Race 2025**



[Click here to join the webinar](#) – free. No registration required.