



ARMY
BENEVOLENT
FUND



'SUPPORT OUR TROOPS' CHALLENGE

We're all aware of the devastation faced on a daily basis by our soldiers fighting in many conflicts around the world, especially the escalating Afghan war and the increasing number of soldiers being killed or maimed in action, while we sit helplessly at home.

Many British people would like to help these brave men and women when they return to the UK and for this reason we have devised a challenge to raise a large amount of vital income for the Army Benevolent Fund – The Soldiers' Charity.

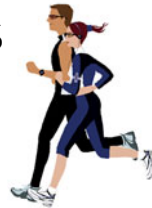
Please join us in any way on our journey to support those who need our help and love, as they return back home to as normal a lifestyle as possible.

LANDS END - JOHN O'GROATS

2nd -13th May 2010



12 MARATHONS



12 X 60 MILES BIKE RACE

12 DAYS – 1,000 MILES

Each day we plan to run a Marathon Distance in the morning and 60 mile sessions on the bike during the afternoon & early evening.

WORLD RECORD

We are pleased that many people will be joining us on route including:

Sharon Gayter, Womens World Record holder & Great Britain Runner. Sharon ran Lands End John O' Groats in 12 days 16hrs & 23 mins, running on average 65 miles per day.

Sharon will be joining us in the North East!

HOW CAN YOU JOIN IN?

Can you Walk, Run, Jog, Ride a Bike? By any means we would like you and your friends, colleagues & family to join us for a short or long section of our route.

Please find time to share 30 minutes of your time with us and remember any hardship or pain on the day is raising funds to support real Heroes!

Could you, your family or friends help with collections around your town, city or village as we pass through, or help with fund raising?

Where will we be?

Subject to final confirmation

- Sun 2 May – Lands End Start
- Tue 4 May – Slough area
- Wed 5 May – Northampton
- Thu 6May – Coventry, Birmingham
- Fri 7 May – Huddersfield, Bradford, Leeds, Wetherby, York
- Sat 8 May – Durham, Newcastle
- Mon 10 May – Edinburgh & Perth
- Wed 12 May – Inverness Area
- Thu 13May – John O'Groats finish



Use this Event to Raise Your Levels of Fitness
between now and May 2010

YORKSHIRE DUO GO FOR IT

Yorkshire based Dave Edwards & Andy North have planned this idea for the last 5 years, our motivation has been building after seeing all the daily suffering by our armed forces and the increasing number of injured and devastated lives of our soldiers being affected by the wars in Iraq & Afghanistan.

We have run marathons and ultra marathon distances such as Coast to Coast 120 miles and Dales Way Leeds to the Lakes 90 miles so this challenge really raises the bar & for a much needed cause!

www.yorkshireduo.co.uk



If you would like to help in any way or join in this event please call Andy or Dave.

Corporate Sponsorship can be provided.
www.yorkshireduo.co.uk

DONATE VIA justgiving.com/savingforsoldiers

Or Send Donations to Andy North 07879 628 486
or Dave Edwards 07944 856 993