

STONEHAGE

ALWAYS THERE

THE FLORA LONDON MARATHON SUNDAY 26 APRIL 2009



RUN STONEHAGE RUN

Join Team Stonehage to raise funds for CLIC Sargent and MaAfrika Tikkun

Our Stonehage runners who have volunteered to participate in the marathon are:

From Jersey:

Adrian Osbourne
Camilla Stoneman
Ian Crosby
Kerri-Anne Bizouarn
Louise Banks
Nathan Petty
Pam Watson
Peter Unwin
Rob Douglas
Robert Whittaker
Victoria Golder
Zek Lappin

From London:

Greg Timbrell
Hamish Sinclair
Jorge Espinasa
Kate Close
Lord Anthony St John
Paul Gray
Paul Weldon

From South Africa:

Bruce Fordyce (team captain)
John Burgess
Richard Stride
Terry Brunton

From Neuchâtel:

Aziza Shafi
Frederic Carbonnier
Graeme Gill
Johan van Niekerk
Mark McMullen
Phil Dean
Stuart Makin

From Zürich:

Andrew Nolan
Frank West



London Marathon 2008



Bruce Fordyce finishing a marathon

HOW TO SPONSOR TEAM STONEHAGE

To help raise funds for our team please go to www.justgiving.com/teamstonehage
Please also send this link to family and friends of Stonehage that you feel would like to support this initiative.

HOW OUR RUNNERS WILL BE SUPPORTED

Bruce Fordyce, the South African long distance running legend, will be running with Team Stonehage, as well as speaking at a pre-marathon function.

Stonehage is sponsoring the whole team with:

- A personal training programme written by Bruce;
- Help in preparing for the race, with advice on training, keeping up motivation and how to cope with injuries etc;
- Regular e-mail correspondence with Bruce, offering internet coaching and advice;
- A motivational video conference call with the whole team to launch the charity drive;
- A fund raising guide with tips and ideas to help the team to raise sponsorship;
- A pre-race carbo-loading dinner and post-race celebratory party;
- Hotel accommodation in London and airfares if necessary;
- A Team Stonehage running vest.

OUR FUND RAISING BENEFICIARIES

All your donations (net of the Justgiving fees) will go 100% to:



CLIC Sargent is the UK's leading children's cancer charity, formed in 2005 from the merger between CLIC and Sargent Cancer Care for Children, two organisations with an established track record of caring for children with cancer.

Charity registration number: 1107328



MaAfrika Tikkun is unique among charities operating in South Africa's townships because they are able to deliver aid and support directly to the community. Since 1994 MaAfrika Tikkun has been transforming communities by providing training, education and infrastructure.

Charity registration number: 1101556

We look forward to your support and a great fundraising effort!