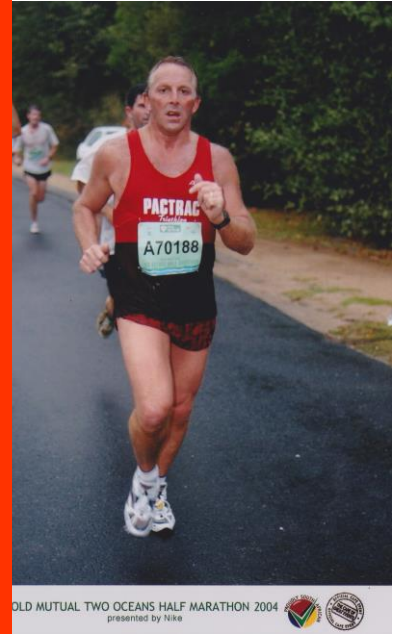




THE UK
SEPSIS
TRUST

RUN, RIDE & RAFFLE FOR GUY

9th Sep



OLD MUTUAL TWO OCEANS HALF MARATHON 2004
presented by Nike

In January 2017, Guy was taken from us far too soon. An amazingly fit and strong individual with a great passion to enjoy life, after just a 3 day illness Guy lost his life to Sepsis.

Sepsis claims over 44,000 lives in the UK annually – more than lung cancer, breast cancer and bowel cancer combined. This illness can affect anyone at any time.

RAFFLE PRIZES to include:

Cannondale Synapse, in excellent condition, new value approx. £2,000, Magnum of Tattinger NV Champagne, £100 Gorilla Firm voucher, Shuckburgh Arms meal voucher, Cheese Store Direct £50 voucher, fizik Arione VSX road bike saddle with carbon rails. Tickets £5.

Join us at THE GEORGE PUBLIC HOUSE, Glapthorne Road, OUNDLE. 10AM START

A 10 mile course will be set Run or ride as few or as many laps as you wish before beer, bubbles and pizza at 12.00 noon.

To help our organisation, please email Justine at the Gorilla firm to confirm the number of runners or riders in your party: Justine@thegorillafirm.com

For a further challenge email Justine to sign up for the 24 hour challenge – individuals or teams.

Donate via Just Giving – search for GUY GOODING