

Dear all,

You are very warmly invited to take part in **Tony's Challenge**, to be held on the weekend of the 15th-18th April 2010. This is a challenge planned by Tony, which gives everyone an opportunity to raise money for the Ruth Myles Unit, St George's Hospital. Due to the nature of this occasion and the organising involved, this challenge is an **invitational event** with a maximum participant capacity. This email ought to give those of you invited a quick feel for what it is all about, but please don't hesitate to get back to us with any questions you might have. We will need a fairly prompt answer regarding your interest in participating in the event in order for us to start the planning process.

My brother Anthony Lake-Johns (Tony) was diagnosed with Acute Lymphoblastic Leukaemia on the 27th May 2009 at the age of 32. He was admitted to the Ruth Myles unit of St. George's Hospital, London to undergo chemotherapy and further treatment. Once he had completed his first phase of chemotherapy, he continued as a day care patient. Unfortunately Tony caught swine flu and after a short battle in intensive care passed away on the 25th August 2009.

The Ruth Myles unit is a 13-bed and day care centre which treats and cares for Haematology patients, and those requiring bone marrow transplantations. Tony naturally learned all of the nurses' names in this unit and they were often laughing with him about the amount of food he could eat. He would often finish his hospital meal and then ask the nurses either to bring round any food left over or start heating up some pizzas in the kitchen. They all formed good relationships with him due to his high spirits and unusual optimism. When we returned to see the day care clinic, most of the nurses were in tears when we introduced ourselves as Tony's family.

Whilst sorting through some of Tony's emails, I found this part of an email that he had sent to CHILDREN with LEUKAEMIA just five days after he was diagnosed with Leukaemia himself. "I have recently been diagnosed with Acute Lymphoblastic Leukemia and I was wondering if there was anything I could do in order to help others in my position." He was determined to get himself fit and organise a fundraising event to raise money for the Ruth Myles unit that looked after him so well. His original idea, which some of you may have been aware of, was to climb Mount Kilimanjaro. He eventually agreed with me that it would be better to do something with all of his family and friends in the UK and once I told him about the 3 Peaks Challenge, he was very keen to organise this for 2010. This is why I have now chosen with the help of Accelerace to organise this event on his behalf.

David

TONY'S CHALLENGE - 15th-18th April 2010.

www.accelerace.co.uk/tonyschallenge - <http://www.justgiving.com/tonyschallenge/>

What's it all about?

We are aiming to complete the 3 Peaks Challenge - which involves summitting and descending each of the highest peaks in England (Scafell Pike), Wales (Snowdon), and Scotland (Ben Nevis) within 24 hours. That's up and down - so the clock starts and stops in the car park at the bottom of the first and last mountain. Part of the challenge in completing the 3 Peaks (within 24 hours), lies in the logistics - getting up and down the 3 mountains in the time limit would not be anywhere near as testing if it weren't for the distances you have to travel between the peaks. This in turn puts pressure on being quick and efficient up and down each mountain, so along with careful planning and preparation, anyone hoping to finish the event will need a good degree of fitness, as well as a lot of determination. We have chosen to create one fundraising page where all of your family, friends and colleagues can support you by donating towards this cause. There is no minimum limit of fundraising required but we are hoping that each participant will be responsible for their individual sponsorship. All individual fundraising can be added to the grand total on the created fundraising page.

<http://www.justgiving.com/tonyschallenge/>

Itinerary

We aim to complete the challenge starting with Ben Nevis, followed by Scafell Pike, and finishing with Snowdon.

The schedule will involve driving up to Scotland on Thursday 15th April during the day, commencing the event on the Friday, aiming to finish on the Saturday, followed by a dinner (to which supporters and family and others are very welcome) on the Saturday night in Llanberis. We will then leave our overnight accommodation in Llanberis and travel back to London on the Sunday.

Cost:

£200 per person, which includes:

- + Accommodation (in Scotland for one night pre-event, and in Wales for one night post-event)
- + Transport (during the event, and to and from Scotland and Wales starting at London)
- + Food & drink (during the event and breakfast on Friday morning and Sunday morning)
- + Dinner on Saturday night in Llanberis for participants (any other supporters/family or friends who wish to attend may do so but will have to pay separately)
- + Support during the event by experienced climbers, walkers and navigators.
- + Support throughout the build-up to the event, including detailed kit lists and suggested practice walks and news updates.
- + Event website, with a personal profile of each participant.

Any profits will be donated to the event charity **St George's Hospital** which will then be apportioned to the Ruth Myles Unit (AHCS) Charity number 241527



The organisers:

I have selected to use the help of **Accelerace Event Management** (www.accelerace.co.uk) - some of you may know Ross Lovell and Chris Grundberg, both Old Exonians and directors of Accelerace. Between us, we're aiming to take care of everything, so all you need to do is get yourself into decent shape, make sure you've got the proper equipment, and then be ready to go on the morning of Thursday 15th April. Accelerace has a lot of event organisation experience, having summited each of the peaks numerous times and a host of others besides. They'll be making sure that there are enough experienced people amongst the group, and organising all the logistics. They're also available for any questions anyone might have about any aspect of the challenge. They will be sending out kit lists, updated participant lists and any important news updates between now and the event in April.

What you need to do, if you want to take part:

Tell us! Email your interest and we will send you out a form to fill in, which you can return by post to accelerace or by hand or post to David.

The form will include a payment schedule (alternatively you can pay the £200 up-front), as well as some early pointers on kit and some training ideas, and a profile to fill in for the event pages. If you have any questions at all, please don't hesitate to contact us via email.

All the best,

David, Ross and Chris

www.accelerace.co.uk/tonyschallenge - <http://www.justgiving.com/tonyschallenge/>