

challenge 2010



walk swim

cycle run

climb trek

jump



willow
foundation

special days for seriously ill 16-40 year olds

Registered Charity No. 1106746

Thank you challengers!

A big thank you to each and every one of you who took part in a challenge event in 2009. Together, your efforts raised more than £230,000 and funded hundreds of special days for seriously ill 16 to 40 year olds throughout the UK. These special days that you, and those who sponsored you, helped to fund, provided a positive and lasting impact on the lives of young people and their loved ones at the most difficult of times.

In 2010 the Willow Foundation aims to fulfil yet more special days for those living with life-threatening conditions such as cancer, motor neurone disease, cystic fibrosis, muscular dystrophy and organ failure. To do this the charity needs to raise a total of £3 million. We receive no government or lottery funding so every mile you run, swim, cycle or trek really does count.

There are dozens of exciting challenges coming up this year - all providing opportunities for you to get active, show your support and ultimately make more special days a reality. Whether you choose to take part in an established event or create your own unique challenge, Team Willow will support you all the way with your planning, training and on the day.

Thank you for your efforts and enthusiasm and I look forward to hearing from you.

Carol Young

Challenge Events Manager

carol.young@willowfoundation.org.uk



In 2009, after the charity organised a special day for his wife Zoe, Garry Hill completed an impressive ten races to raise funds for Willow.



Good cheer!

Join the Willow Foundation's cheering teams and spur Team Willow competitors on from the sidelines... your voice could make all the difference to our challengers in their final mile. To find out more about joining our cheering teams, please call Nicola Rees on 01707 259777 or email nicola.rees@willowfoundation.org.uk

... run, swim, cycle, climb, walk, jump, trek ...

willow 10K

Saturday 2 October 2010



The willow10K, the charity's inaugural 10k, took place in November 2009 and was a great success - selling out within months. More than 600 runners and walkers covered the distance in the beautiful surroundings of Hatfield House, Hertfordshire and raised more than £50,000.

A fantastic day was had by those who tackled the testing course - despite the great British weather doing its best to dampen spirits. Many runners competed in memory of special day beneficiaries.

Following on from the success of the first event, the willow10K will return in 2010. A bigger and better event, it will take place at the same venue on Saturday 2 October.

For information, please go to:
www.willowfoundation.org.uk

Remember, last year's event sold out fast, so check for updates to avoid missing out.

New for 2010 - mini races for children.



Rise to the challenge in 2010 ...

Willow has places available in the Bupa London 10,000, ASICS British 10K, London Triathlon, Great South Run and Run to the Beat. To request a guaranteed place, please contact Carol Young on 01707 259777, email carol.young@willowfoundation.org.uk or visit Willow's website for application forms.

Already have your own place?

If you already have a place in the London Marathon, Great North Run, or any other event, we'd welcome your support. We'll back you all the way - with training and nutrition tips, a t-shirt or running vest, cheering teams present at many events and the opportunity to share your experiences with other members of Team Willow after the race.

The Bupa London 10,000 Monday 31 May 2010

The Bupa London 10,000 starts and finishes in St James's Park, in the shadow of Buckingham Palace. The course (likely to be used for the 2012 Olympic Marathon) takes in sites including Westminster Abbey, The London Eye and Nelson's Column. Last year, Team Willow competitors raised more than £10,500. All 2010 Team Willow competitors will be invited to a pre-race morale-boosting session in Green Park. www.london10000.co.uk



Virgin London Marathon Sunday 25 April 2010

More than 35,000 competitors will run through the Capital's streets, cheered on by more than a million spectators. Benefits of supporting Willow include a pre-race 'Top Tips' session led by a leading sports physiotherapist. On completing the 26.2 miles you can relax in our 'Recover Centre', with a hot shower, tea and cake, a professional massage and a chat with the other runners before heading off home in a fresh Willow t-shirt. www.virginlondonmarathon.com



27 runners aimed to put smiles on the faces of young adults living with life-threatening conditions by pounding the roads in the 2009 Marathon and raising more than £38,000. Among them were five-time marathon runner, Jonathan Pegg (pictured below left); Andrew Hovell, who ran in memory of Simon Lewis; and Chris Miles (pictured with Willow co-founder Bob Wilson), who has run in every marathon but one for Willow since 2000.



Join Team Willow today!

call 01707 259777, email [challer](mailto:carol.young@willowfoundation.org.uk)

... run, swim, cycle, climb, walk, jump, trek ...

ASICS British 10K London Run

Sunday 11 July 2010

2010 marks the tenth anniversary of this London 10k. Always a sell-out, the race has played host to some of the world's greatest athletes and raised millions of pounds for charities. Join the race that takes in Wellington Arch at Hyde Park Corner, Trafalgar Square and St Paul's Cathedral, and help raise funds for Willow.

www.thebritish10klondon.co.uk

adidas Women's 5K Challenge

Sunday 5 September 2010

Get the girls together for the UK's biggest and best women-only fun run in London's Hyde Park. Team Willow runners will meet for a pre-race get-together. All abilities are welcome, so whether you plan to sprint round, or just fancy a stroll in the park for a good cause, the Willow cheering team will spur you on to the finish line.

Great North Run

Sunday 19 September 2010

The Bupa Great North Run, from Newcastle upon Tyne to South Shields, is the biggest half marathon in the world. There are no guaranteed entry places for this race. Places are offered on a first come, first served basis. Sign up today and support 'Team Willow'. www.greatrun.org

Great South Run

Sunday 24 October 2010

The Bupa Great South Run is Europe's most popular 10-mile race. Attracting 24,000 runners, including Mo Farah and Paula Radcliffe, the race finishes on the Portsmouth coast. The fast, flat course is suited to both first-time and experienced runners. www.greatrun.org

London Triathlon

Saturday 7 & Sunday 8 August 2010

Join more than 13,000 competitors, from beginners to professionals, in the largest triathlon in the world at London Docklands. Swim, cycle and run the course in one of three individual entrant distance categories, or form a threesome and take part in the team relay. Swim in the iconic Royal Victoria Dock, and run and cycle through the streets of London to a backdrop of cheering spectators. Previous competitors have included 2006 World Triathlon Champion and Willow Ambassador, Tim Don and World F1 champion, Jenson Button. www.thelondontriathlon.com



Run to the Beat

Sunday 26 September 2010

Leave your headphones at home and let 16 stages of live performances motivate you as you take part in London's musical half marathon. Back for a second year, the half marathon starts and finishes at the iconic O2 Arena. Team Willow raised £5,500 at the inaugural event in 2009. Help us beat this total in 2010 and we really will have something to sing about. www.runtothebeat.co.uk



Feeling adventurous?

There are so many exciting challenges that you could take part in to raise funds for Willow ... here are just a few examples of what members of Team Willow have been up to ...

You could join an organised trip such as trekking up Mount Kilimanjaro or the London to Paris Bike Ride. Or maybe you already have something adventurous in mind.

Whatever challenge you take on, we will be only be too pleased to support you in your journey. Whether you've already decided on your challenge, or would like to discuss your ideas, please call Carol Young on 01707 259777 or email challenge@willowfoundation.org.uk



One Small Step ...

Katy Gannon took one small step in support of the Willow Foundation - out of an aeroplane flying at 10,000 feet! The 21 year-old raised £400 for Willow after the charity provided a special day, a meet and greet with Arsenal FC players, for her brother Ian. *"I chose to raise money for Willow because I wanted to say the biggest thank you I could. I will never forget the excitement on the journey to the training ground, and Ian's face as one by one he met and chatted to his idols. It's a moment we will treasure forever."* - Katy



Reach new heights in 2010

Could you make it to the top of the world's highest freestanding mountain, Kilimanjaro? The journey to the summit, at 5,895 metres above sea level, will have you bush trekking through the unspoilt wilderness, starting in the rainforests of Lemosho Glades. To find out more about Kilimanjaro and other mountainous challenges, including Everest expeditions, go to www.charitychallenge.com

Trekking to the summit of Africa's tallest mountain, Mount Kilimanjaro, John Finney and his daughter Becky raised £5,000. The father and daughter team battled the altitude and very low temperatures as they trekked in support of the Foundation

Join Team Willow today!

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Pedal power

If running or walking isn't your thing, there are lots of exciting cycle challenges you could take part in. Roger Whitten cycled from London to Paris, raising a fantastic £3,219, as did cycling duo Neil Bennett and Iain Fisher, who raised £1,658. You too could take part in the 320 km journey, which begins in bustling London, crosses the

Channel by ferry and winds through the beautiful French countryside before reaching its goal - the Eiffel Tower.

To find out about this and other overseas cycling challenges visit www.charitychallenge.com



If you want to stay closer to home, you could take inspiration from members of Team Willow who cycled all the way from Lands End to John O'Groats. Rochelle and Andy Collard, Chris George, Nicola Henderson and Kevin Mills made the 874-mile journey and raised £1,318.



Set your own challenge ...

Don't see a challenge that suits you? You don't have to join a pre-organised trip - why not set your own challenge? We can't wait to hear what you have in mind and will be happy to support you whatever your plans may be.



Boris Mavra joined the elite list of 1,056 names who have completed a solo swim across the English Channel. Former Oxford and Cambridge Boat Race rower, Boris, battled fearsome conditions and completed the 21-mile swim between Britain and France in an impressive 14 hour and 24 minutes, raising more than £8,000.



HMYOI Reading prison governors Mike Morris and Paul Belt took on an epic motorbike challenge, travelling to all 140 prisons in England and Wales in just 14 days. They covered 3,600 miles and raised £2,600. Mike was diagnosed with lymphoma cancer in 2006 and is now in remission. On his special day, organised by Willow, he was driven around the Silverstone circuit by former F1 World Champion Damon Hill.

Special days

Below are just a few examples of the special days fulfilled in 2009. We hope the comments and photographs from those who have benefited from your support will encourage you in your efforts this year. Your participation in challenge events really will raise the funds needed to make more special days come true.

"It's still a very fresh memory that we will both always cherish, particularly because it celebrated six months of being together as a couple." - Denise

Denise and her partner Blair enjoyed a break in London for her special day. The couple spent a night at London's Ritz hotel and watched the hit West End musical, *Dirty Dancing*, during their stay in the Capital. Denise is 34 and has Muscular Dystrophy.



"My wife and I had a very special weekend which we both enjoyed so much after a long hard struggle against Hodgkin's lymphoma. Everything was so well organised from start to finish and no stone was left unturned. All in all it was a wonderful experience and one that I will treasure for a very, very long time." - Barry

Barry, aged 33, and his wife were flown from Belfast to London to watch his beloved Arsenal play at the Emirates Stadium on his special day.

"Thanks again for organising my very special weekend. It was on the anniversary of my cancer diagnosis, and was a great way to mark getting through a year of treatment." - Anne-Marie

On her special day, Anne-Marie and friend, Alexandra, enjoyed a cottage break in Swansea. Anne-Marie is 30 and has breast cancer.

