

In aid of

MACMILLAN
CANCER SUPPORT

Deben Macmillan Challenge

24th August to 8th September 2019



www.justgiving.com/campaign/debenmacmillanchallenge



@debenmacmillanchallenge

Main event sponsors:



SAIL, SWIM, WALK, ROW, RUN, CANOE, KAYAK, CYCLE, PADDLE BOARD, RIDE ON HORSEBACK, KITE SURF

How do you want to cover the 28 miles (approx.) of the Deben Macmillan Challenge?

You can do as little or as much as you like.

You can do it on 1 day or many days.

You can mix disciplines, you can do it alone or in a group.

Just have FUN!

Just make sure you get lots of people to sponsor you in aid of Macmillan Cancer Support.

In Suffolk, there are 4,600 people diagnosed with cancer each year and approximately 28,300 are living with and beyond cancer.

T.shirts will be available for just £10 each from the main hotel reception at Ufford Park.

Use the sponsorship form provided or set up your own JustGiving page at: www.justgiving.com/campaign/debenmacmillanchallenge

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We are delighted that our fundraising will be used to support Macmillan services within Suffolk.

DMC suggest individuals taking part use additional maps/guides to pre-plan your route; take guidance from your sports or social club/school/parents/business; ensure you have the right equipment; do a risk assessment considering the people who may be undertaking the challenge with you, the time of day, weather and tide (if appropriate). Please stay safe, take a phone in case of emergencies and most importantly enjoy your challenge!