

In aid of

MACMILLAN
CANCER SUPPORT

I am on the...



24th August to 8th September 2019

Name:

www.justgiving.com/campaign/debenmacmillanchallenge



@debenmacmillanchallenge

Event sponsors:



Gateway to Suffolk's Heritage Coast...



CELEBRATING 25 YEARS 1994-2019

UFFORD PARK WOODBRIDGE
HOTEL | GOLF | SPA

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SPIRIT  YACHTS

EASTSUFFOLK COUNCIL

THIS IS SUFFOLK

Meadow Lodges
WOODBRIDGE

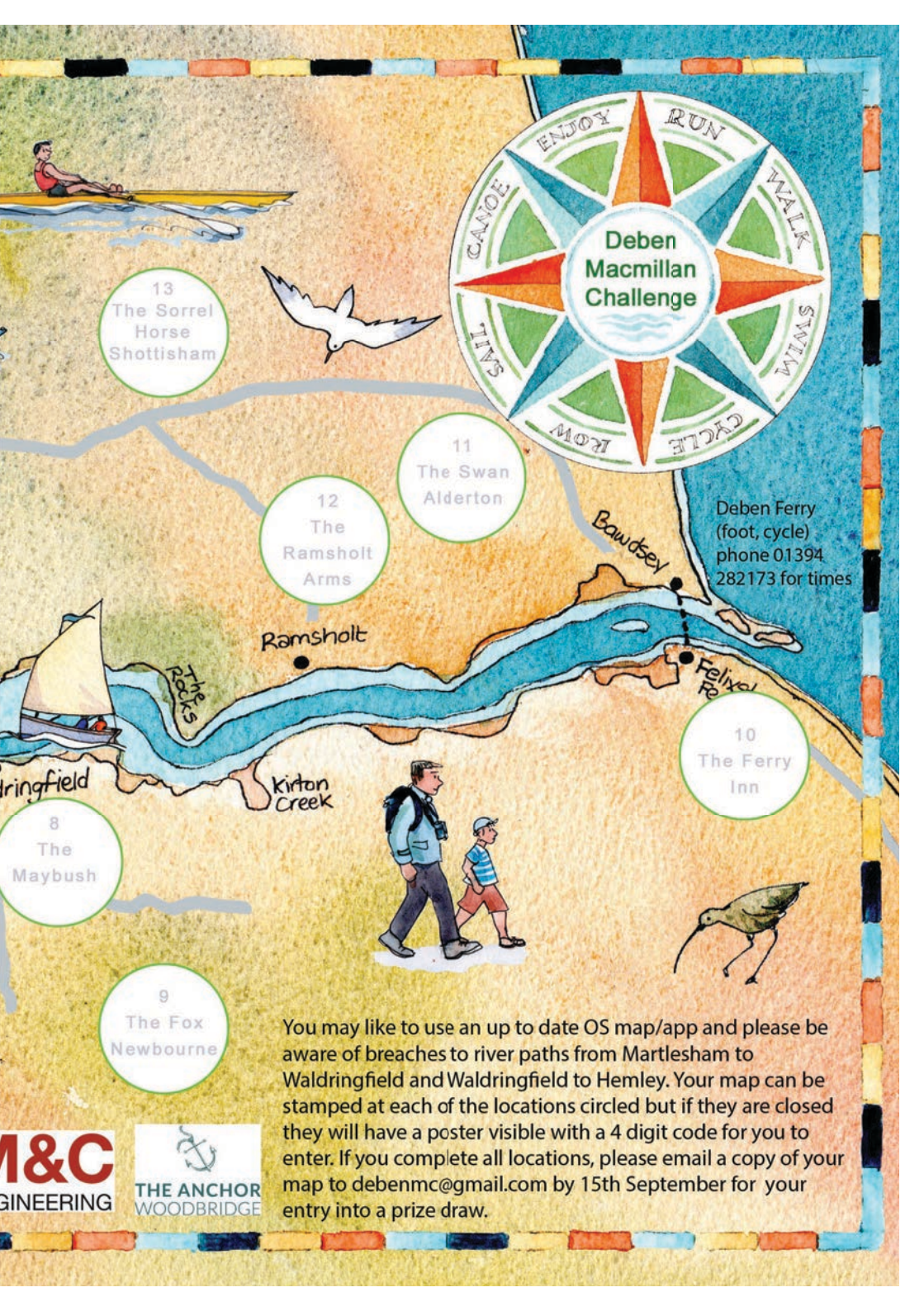
East of England COOP

FennWright.

IPSWICH BUILDING SOCIETY

M ENO

Claudia Myatt Illustration www.claudiamyatt.co.uk



13
The Sorrel
Horse
Shottisham

11
The Swan
Alderton

12
The
Ramsholt
Arms

10
The Ferry
Inn

8
The
Maybush

9
The Fox
Newbourne

Deben Ferry
(foot, cycle)
phone 01394
282173 for times

You may like to use an up to date OS map/app and please be aware of breaches to river paths from Martlesham to Waldringfield and Waldringfield to Hemley. Your map can be stamped at each of the locations circled but if they are closed they will have a poster visible with a 4 digit code for you to enter. If you complete all locations, please email a copy of your map to debenmc@gmail.com by 15th September for your entry into a prize draw.

M&C
ENGINEERING


THE ANCHOR
WOODBRIDGE

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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CANCER SUPPORT**

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!