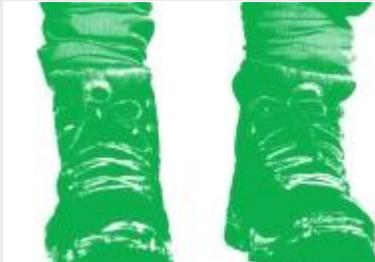


## Hadrian's Wall Trekathon

27 July 2013

Welcome to your latest Macmillan E-newsletter for the Trekathon Challenge. We hope you're all enjoying the start of the spring-like weather and that your training and fundraising are going well.

We are pleased to say that we have a fantastic team of 62 hikers taking part so far. It will be a great day for everyone involved and we are hoping the team will hit 100. If you have any friends, family or colleagues that might be interested in joining you on the day please do pass on the details.



### On-the-day details

We have enclosed a detailed itinerary put together by our tour operator Discover Adventure. However a route map will also be provided on the day.

Here's some key information about the day:

#### **Parking:**

As the challenge is a linear walk, you will find it more practical to park near the finish area in Brampton. The exact location of the car park is Lanercost Priory, Brampton, Cumbria CA8 2HQ. Registration for the event takes place here from 6am. There will be toilets available in the registration area. A coach will leave from this car park at 6.30am to take you to the start point by the Brocolitia Roman Fort.

Please [let us know](#) by 27 June if you do not need a seat on the coach (i.e. will be getting dropped off at the start).

### **The start:**

The exact start point is from the Brocolitia Roman Fort near Carrawburgh. There is no postcode available for this exact location but if you are getting dropped off by friends of family it is 0.5 miles East of Carraw Farm B&B, Military Road, Hexham NE46 4DB on the B6318. Those people meeting us at the start point can register here.

You will receive a briefing from Discover Adventure and Macmillan at 7.15am before setting off around 7.30am.

### **The event:**

Throughout the challenge you will be supported by experienced Discover Adventure guides, as well as two doctors and at least three roaming support vehicles. The route is well established and fairly easy to follow but will be marked by bright orange signs at any tricky parts, plus you will be given route maps at the start.

You will be provided with a packed lunch at the mid-way point and there will be regular water/snack stops along the route. Each participant will be checked in and out of these points and these are great places for friends and family to come along and support you!

If you have any friends or family who want to come and cheer you along then please find more details of the check point locations on the attached sheet. If you let us know how many people will be coming to support you, along with their t-shirt sizes, we can also provide them with some green Macmillan t-shirts.

### **The finish:**

The finish point is at Lanercost Priory, Brampton, Cumbria CA8 2HQ. Macmillan will be there to welcome you through the finish line and offer you the congratulations (and refreshments!) that you deserve!

### **Accommodation:**

If you are looking to book accommodation near the event we'd recommend visiting [www.laterooms.com](http://www.laterooms.com) and simply searching on the postcode of the finish (above)

## **Fundraising**

We want to say a big thank you for all of your hard work so far with your fundraising. We've just surpassed the £1,000 mark and hopefully you're all now well on your way to your minimum pledge of £175. With such a fantastic sized team we have high hopes for the amount of sponsorship we could raise.

**Top tip:** With FA cup finals this month, why not organise a fun sweepstake at work? Everyone pays a donation to pick a time (of the first goal) out of a hat and the winner gets a prize. We've got lots more fundraising ideas for May, just check out our [Magnificent May](#) sheet of ideas.

**Justgiving:** If you haven't already, please set up your Justgiving page and send the link to all your friends and family. If just a few friends sponsor you on here you will be well on your way. [Click here](#) to set your page up today.

**Team page:** Once you've set up your individual justgiving page don't forget to join up to our Hadrian's Wall Trekathon Team page at [www.justgiving.com/teams/HW-Trekathon](http://www.justgiving.com/teams/HW-Trekathon)  
You're currently beating the Stonehenge to Avebury Trekathon team by a couple of hundred pounds but they're gaining on you so why not join up today and see if you can stretch that lead!

**Big congratulations to Roy Clark, who's currently top of the team leaderboard with a whopping £476 raised already!**

Thanks for all your support, please don't hesitate to get in touch if you have any questions about your fundraising or the event itself.

Kind regards

Sarah, Sarah and Margaret  
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Macmillan Cancer Support

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