

Coast to Coast

CHALLENGE
in aid of MND*

Frequently Asked Questions

1. Who can take part?

It's an open invitation to anyone, although the primary purpose is to undertake this in Malcolm's memory so we would anticipate it will principally be by those who knew the fine fella.

But please feel free to spread the word around and assemble friends, family and colleagues to join you so we can get as many participants as possible. Fancy dress optional!!

2. When does it start?

You can start whenever you want and take as long as you need, just plan to arrive at Plymouth Hoe by 4pm on Friday 17th May 2019.

3. Why this date?

It will be exactly two years since Malcolm was diagnosed with MND and the first anniversary of him sadly passing away. So, with Penny & Lottie's blessing, we could think of no better day to get everyone together.

4. Where do I start?

Get yourself to Ilfracombe, take a photo/selfie under Damian Hirst's Verity Statue as evidence, and off you go! No pomp or ceremony, just pick your date, time and method of travel – drive it in 2 hours, cycle in a day or walk for a week – your choice.

5. What's the route?

Any which way you want – there will be no markers, signposts or marshalls, you're on your own. Just get a good map and plan a route.

The Challenge was inspired by reading Tony Hawke's latest book, "Once Upon a Time in the West Country" where he took on a bet to travel this route over 3 days on an electric bike carrying a micro-pig! Don't ask, just read it for yourself – a great story.

His chosen route was primarily along old railway tracks that have been converted into cycle paths including the Tarka Trail – over two thirds is off-road and therefore safe (and fairly flat!)

6. Do I have to travel the whole route?

Preferably, but not mandatory. This is not a Bear Grylls beastling exercise and you must not feel obliged to do the

whole journey. It's not a race and no prizes for speed so do what you feel able to and when you can. A team relay might be best for those less able bodied or short of free time. That said, why not hire a vintage car or bus and travel in style!

7. Where do I find accommodation?

Try Googling "Devon Coast to Coast" and you'll find several excellent websites that feature route options and make suggestions for hotel, B&B and campsite accommodation along the way. You might want to organize a support team to meet you along the way?

8. What can I expect at Plymouth Hoe on 17th May?

It very much depends on how many choose to take part. 20 participants and there'll be a picnic table and a cup of tea. If we get 100 there'll be fizz, mass balloon release and a party! Smeaton's Tower is a very distinctive landmark. On a clear day there is no finer view out to sea and a fitting place to raise a glass to Malcolm and all those that have been affected by MND.

9. How do I make donations/sponsorship?

We hope that everyone will take up the invitation to, not only make the suggested minimum £30 donation, but will also endeavor to secure private and corporate sponsorship money so that we can raise as much as possible for this worthy cause.

Money should be deposited in the Malcolm Gunter Foundation bank account as detailed on the enrollment form. Or you can pay in cash. It will be wisely invested by the Foundation Trustees.

10. How do I enroll?

Please complete the attached enrollment form and return to peterwalford@cubex-land.com

This can be done at anytime up until the end of April 2019 so that we have a pretty accurate idea of how many are taking part and intending to descend on Plymouth Hoe – so you've plenty of time to plan ahead and start fund-raising. To reiterate, this is not a professionally organized event. We are relying on you to make all your own arrangements, accept all liabilities(!), raise lots of money but, most importantly, have great fun taking on the Coast to Coast Challenge.