

THE MAC CLUB* INVITE YOU
TO TAKE PART IN THE...



In support of
M G F
MALCOLM
GUNTER
FOUNDATION

COAST TO COAST CHALLENGE 2

To mark the sixth anniversary of Malcolm losing his brave battle with MND (and five years since the original Coast to Coast), please take up the challenge to navigate 100 miles from Ilfracombe in North Devon to Plymouth Hoe on the South Devon coast.



Why not club together with friends, colleagues, or family to run, walk, relay, cycle, sail, drive, take the bus, hitch a ride or any combination.

It's not a race, so take as much time as you need. Just pick your route and enjoy the journey.

There is no specific start date, just take a photo/selfie in front of the Verity Statue in Ilfracombe and aim to finish at Smeaton's Tower on Plymouth Hoe where we will congregate at **4pm on Friday 17th May 2024** for a celebratory glass of fizz.

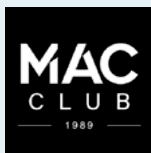
Suggested minimum entry donation is £30 per person – although you are encouraged to raise and contribute as much money as you can through private and corporate sponsorship for this most worthy cause.

For more information and link to donate, please visit the 'Events' page at:

www.malcfoundation.co.uk

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COAST TO COAST CHALLENGE 2



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 2024.**

3. Why this date?

It will be exactly seven years since Malcolm was diagnosed with MND and the sixth anniversary of him sadly passing away. It will also be exactly five years since we undertook the original Coast to Coast Challenge so we could think of no better way to get friends & family together again to mark this date.

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 two 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 marshals, you're on your own. Just get a good map and plan a route. The Challenge was inspired by reading Tony Hawke's book, "Once Upon a Time in the West Country" where he took on a bet to travel this route over three 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 also endeavour to secure private and corporate sponsorship money so that we can raise as much as possible for this worthy cause. We have set up the following Just Giving page www.justgiving.com/crowdfunding/coast-to-coast-challenge2 or, if you prefer, please send contributions to the MGF bank account, details of which are on the MGF website.

10. How do I enroll?

Please email events@malcfoundation.co.uk with some details of who you are and how you intend to take part. This can be done at any time up until the end of April 2024 so that we have a pretty accurate idea of how many are taking part and intending to descend on Plymouth Hoe – you've therefore 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 2.

*The MAC Club consists of: Nick Brooks, Jerry Burton, Martyn Cartwright, Laurence Edwards, David Foley, Simon Harvey, Matthew Moody, Olly Paine, John Sisman, Chris Thomas, Peter Walford, Dai Williams, Mark Wilson.

Personal liability: Participants acknowledge that personal accident and personal items insurance are their sole responsibility.

There is no liability to the Attendee for any injury, loss or damage of or to personal equipment belonging to the Attendee or any indirect or consequential loss or damage whatsoever arising out of the Attendee taking part in the Event. There is no liability to the Attendee for any loss of business, revenue or profit, loss of reputation, anticipated savings or wasted expenditure, pledges made on the Attendee's behalf or to charity.

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