



FUNDRAISING CHALLENGE TO SUPPORT HEADS TOGETHER

Two inspiring British and American wounded veterans - Karl Hinett and Ivan Castro - are running the 2017 Boston Marathon on 17 April and the Virgin Money London Marathon on 23 April (**that's two marathons in a week!**), side-by-side, in support of The Royal Foundation's Heads Together campaign.

The Heads Together campaign aims to end the stigma and change the conversation around mental health. We're supporting to raise funds and awareness for Contact, a military mental health coalition and one of Heads Together's eight Charity Partners. We wanted to do a virtual run but we couldn't hire a treadmill so we got the next best thing – an exercise bike AND a rowing machine!

Challenge your team to see how far you can cycle/row in 30 seconds!

WHERE: RECEPTION, FENCHURCH ST.

WHEN: WEDNESDAY 19TH APRIL 2017, FROM 11AM TO 3PM

£2 DONATION FOR EVERY ATTEMPT

PRIZES INCLUDE:

Furthest cycle in 30 seconds: A gift bag with a polo shirt, baseball cap and a mini rugby ball

Furthest row in 30 seconds: A gift bag with a polo shirt, baseball cap and a mini rugby ball

Raffle prize draw: A pair of tickets Shakespeare's Globe Tickets and an All Blacks Training Jersey

Please feel free to share this with any colleagues, brokers and clients up for a challenge!

