

IT'S TIME TO DIG DEEP AND HELP OUT SOME REALLY WORTHWHILE CAUSES

35£

353 was set in memory of my nephew Conrad Lewis who was killed in Afghanistan. We try to help bereaved families to those who came back with life changing injuries from the conflict in Afghanistan; providing long term support to a variety of charities and to make as big a difference as possible.

It is about spirit and having the courage to change what you can. Get busy living.

Paul Lewis
353.org.uk



**ANTHONY
NOLAN**
BE A MATCH. SAVE A LIFE

Each day Anthony Nolan gives the chance of life to three people with blood cancer by facilitating a transplant for them.

Sadly though, we still can't help everyone who needs us. The maths is simple: the more money we raise, the more lives we can save - which is why your support is so vital. A huge thank you to everyone taking part.

Henny Braund, Chief Executive
anthonymolan.org

Event organisers



ARUP



Compete against the fittest in the industry on foot, bike and water this Autumn, traversing some of Britain's most spectacular scenery and toughest terrain, whilst raising money for our nominated charities.

Taking part as team, you'll be up against other top UK construction companies and project teams, challenging your fitness and navigation skills. The event is professionally delivered by the ex-Army team at Brutal10 Events and embraces all abilities.

brutalrun.co.uk will also manage entry and payments via their web site.

THE DETAILS

Date: 2 October 2015

Start: 0900hours

Location: Keswick in the Lake District, Newlands Activity Centre

Format: 5 hours of challenging activity including navigation, fell running and mountain biking plus other surprise activities

Teams: Up to 4 people with a minimum of 2 completing each activity.

Categories: Men's open, women's open and mixed team.

Prizes: Best company and project team in each category

Combined age over 140 years
Most sponsorship raised.

INFORMATION

Accommodation at the outdoor centre for the first 30 teams to enter

Meet the competition and dinner banquet on Thursday evening

Breakfast, Lunch and race goodies on the Friday

Every entrant will receive some fantastic Haglofs outdoor equipment.

TRANSPORT & TRAVEL

Competitors will make their own way to the venue but a shuttle transfer will be provided at 17:45 from Penrith station to the event on Thursday 1st.

The London Euston to Penrith train runs fairly frequently and takes between 3-4 hours depending on stops

Bike Hire is also available from the following partners:
keswickbikes.co.uk
whinlatterbikes.co.uk

Other high quality accommodation is available in nearby Keswick and the surrounding area.

TEAM ENTRY
£1350 PER TEAM

THANKS TO OUR GENEROUS SPONSORS THE ENTIRE FEE WILL GO TO CHARITY

[CLICK HERE TO ENTER NOW](#)