



SAWSTON'S "MOTIVATED MEDICS" TAKE ON 2012KM CHALLENGE FOR CHARITY WITH GOLD CHALLENGE

Our practice team of Motivated Medics have signed up to complete a '2012km Challenge' as part of the Gold Challenge. Over the next three months we will be testing ourselves by running, walking, cycling, sailing, rowing and horse riding a total of 2012km in order to raise as much money as possible for our chosen charity, Arthur Rank Hospice in Cambridge.

Our first 2012km challenge event is being held on 26th January in the surgery itself. Team members will complete a mini marathon in rotation on an exercise bike, on loan from a local gym (Sawston Sports Centre) and a rowing machine, kindly lent by a GP. Please come along and support your doctors, nurses and admin team between 9.30am and 4.30 pm. The Fundraising Team from Arthur Rank Hospice Charity will also be in the practice to support the team and to answer any questions you may have about the Charity.

On the 11th of February several team members of Motivated Medics will be taking part in a 5k parkrun at Milton Country Park, Milton, Cambridge. This will be immediately followed by a 5k dog walk in the park. In March we are taking on a cycle ride from our practice to the home of our chosen charity - Arthur Rank House in Cambridge. In addition a team member will be taking part in the Colchester Half marathon,

With just over six months to go until the Olympic and Paralympic Games, Gold Challenge is the UK's only Olympic & Paralympic charity challenge for the whole country to get involved and join in the excitement of London 2012. The charity challenge, partnered with Team GB and British Olympic Association, challenges participants to take on Olympic and Paralympic sport themed challenges to raise money for one of its 150 charity partners.

To support your Motivated Medics with their fundraising please go to <http://uk.virginmoneygiving.com/team/MotivatedMedicsGoldChallenge>.

For more information about Arthur Rank Hospice which provides specialist palliative care to adult patients and their families and friends please go to www.arhc.org.uk

For further details about the Gold Challenge which is a not for profit organisation working with the British Olympic Association, Sport England, SportsScotland, Sport Wales, ParalympicsGB and the National Governing Bodies of the Olympic and Paralympic sports, please go to www.goldchallenge.org