



\*\*\*\*PLEASE SAVE THE DATE\*\*\*\*

Saturday 7th January 2017

**The RGF Ball**

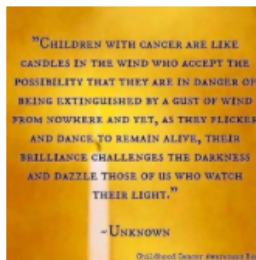
@ The Hurlingham Club, Putney, London

hoping to introduce our very own world record holding team of Atlantic Rowers!



### Milestones matter

We are grateful for every single penny raised so far for the RGF. We are now making grants faster than we are raising money, so we need your help in the future more than ever. [Please watch the video and share in our pride.](#)



### Le Mans 24hr Cycle Challenge

Here is the RGF line-up: [Cam & Mark](#), [Julie & David](#), [Elizabeth & Nigel](#), [Lorraine & Pip](#). Two cyclists on the track at all times, for 24 hours - how difficult can that be? Actually Lorraine is more worried about the camping than the cycling! If you would like to support their efforts, [please visit their fundraising page](#). Every penny will help and be much appreciated!



Since our last update our supporters have been as busy as ever! We've enjoyed music with [The Brit School](#), a Bridge Day and a Cocktail party. A Golf Day at [Colchester Golf Club](#) organised by our friends at [St. James Place Wealth Management](#). A very messy [Mud Race was held in Maldon](#) and Loughborough University students have remembered their friend Rob at three events, their Cricket Dinner, Golf Day and 6-a-side Cricket Tournament. [Trinity Rotary Club](#) ran a Sporting Dinner where our patron Graham Gooch entertained everyone. Sophie, Jack, Jake, Jimmy, Henry & Gillian all donned running shoes in Marathons or Half Marathons from London to Tromso - in the Arctic Circle!! (More about Gillian later!) Colchester Masonic Ladies night and the Ladies of Trinity Inner Wheel have all been busy, and local business's threw themselves into the fun and games at the [Finducia Wealth Management](#) challenge. 49 cyclists joined the [Kent Blaxill](#) Big Ride, 125 miles between branches, [Tiger Recruitment](#) ran an Easter competition (chocolate is always popular!) and we had two dancing school shows, both [The Lorraine George School of Dancing](#) and Sisters shaking buckets for the RGF, [Care UK](#) even baked cakes - which were both amazing and delicious - so all in all - we've been pretty busy! But a huge thank you to absolutely everyone. (Editor's note: I really hope I haven't missed anyone from this list.)



National Champions are a bit like policemen and buses - you can't find one for love nor money, and then four come along at the same time! Jade Ashmore (above) was crowned 51kgs English Ladies Boxing Champion in June this year, but we are also celebrating with Justin Taylor-Tipton and Callum Welch on snow and Kieran Harby who is now GB U17 Pentathlon Champion. Also in the news is our tennis player Freya Barry. She recently won silver in the doubles for Team GB in the Deaf European Championships. You never know, we may yet get the RGF logo at the Olympics and Paralympics - now that will be cause for a celebration!



Gillian was the only member of her family left, to have not run a half or full marathon. Well the temptation of a trip to Tromso, Norway, in the Arctic Circle was too hard to resist, and combined with a Half Marathon - the challenge was complete. Gillian achieved a fantastic 2 hours 20 minutes and 53 seconds, along with a staggering £3000 for the RGF. The famous Midnight Sun didn't really materialise, reportedly more the Midnight Cloud, but that didn't matter. 24 hours of daylight is reportedly a really weird thing, but apparently it did help the running - along with the streets lined with enthusiastic Tromso dwellers cheering everyone on. It's not too late to sponsor Gillian - [please click here](#).

