



JoGLE, 2009

**One man, one vintage racing bike,
850 miles, 7 days!!**

20th – 27th August, 2009



Please support Laurence's cycling endeavour by digging deep for two remarkable charities;

- **The Bansang Hospital Appeal:**
Single-handedly increasing the capabilities of a once resource starved hospital in West Africa, serving more than 500'000 people.
- **The Beryl Thyer Memorial Trust:**
Run by Dr Peter McCormick, the charity is providing the funding and expertise to help cure children of the most aggressive and prevalent childhood cancer in Africa, Burkitt's Lymphoma.

**To learn more about Laurence's John O'Groat's to Land's End cycling endeavour, visit;
www.jogler.weebly.com**

If you are a UK taxpayer, put a yes in the giftaid box, & help us raise another 28% for every £1 you donate! Every penny pledged shall be split equally between both charities.

Name & Contact Number	Full Home Address (Including Postcode)	Fundraising Pledge	Giftaid (y/n)



**Bansang Hospital
Appeal**

www.bansanghospitalappeal.com



**Beryl Thyer Memorial
Africa Trust**

www.berylthyertrust.com