

LIFTOFF

MAGAZINE

#66, JULY 2023



MY TREK 24 P.20

EAAA TREKKER SHARES THEIR
2022 EXPERIENCE AHEAD OF
THIS YEAR'S NORFOLK TREK



East Anglian
Air Ambulance
Registered charity in England
and Wales number 1083876

Together we save lives



P. 4



P. 20



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CONTENTS.

Welcome to Lift Off	3
In the news	4
Clinical corner	6
Hayley's story	8
Flying the flag for EAAA	10
Views from the crews	12
Aviation area	14
Boost your gift	16
EAAA challenge badge	17
What's coming up?	18
Spring Raffle & Match Bingo	19
My Trek 24	20
Thank you to our community!	22
Your gift... in safe hands	23

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WELCOME

to Lift Off #66



Welcome to the latest edition of Lift Off. I'm Sarah Hurren, Volunteer Programme Manager. I've been with East Anglian Air Ambulance (EAAA) since 2015, working alongside a wonderful team to develop our volunteering initiatives in the communities we serve across Norfolk, Suffolk, Cambridgeshire and Bedfordshire. At the time of writing, we have 233 regular volunteers, but we also rely on the support of those who want to help us on a more ad-hoc basis.

Our volunteers play a vital role in keeping our two helicopters flying 365 days a year and saving lives across East Anglia. Last year, we launched a volunteering initiative called Fund15, with an aim to see if EAAA volunteers could donate the equivalent of 15 missions per year (£56,250) in the form of volunteering hours. I'm proud to say our community of volunteers achieved this in just seven months and, since July 2022, they have given us over £81,000 worth of their time – an incredible achievement!

From delivering talks, helping with collections, administration or events, to our Trustees, Welcome Desk and CPR training, volunteers really are the unsung heroes of East Anglian Air Ambulance.

They give their time and expertise to assist our teams so together we can continue to push the boundaries of out-of-hospital critical care to give everybody the best chance of surviving and recovering from a life-threatening emergency. We completely depend on a dedicated, diverse, and flexible group of individuals who volunteer to support us in delivering this life-saving service, and we recently recognised their contributions at our annual Volunteers' Celebration event, which came shortly after Volunteers' Week in June.

In this issue, we introduce you to one of our Helimed House (our Norwich HQ) Welcome Desk volunteers. If you're feeling inspired to do even more to support EAAA, why not consider volunteering with us?

We would love to welcome you to the team!

Read pages 10-11 to learn more.

I hope you enjoy this issue of Lift Off!

Sarah Hurren
Volunteer Programme Manager

IN THE NEWS.



Photo Credit: Chris Taylor

HELIMED HOUSE OPEN DAY

Join us at our Open Day in September to celebrate Air Ambulance Week 2023! The week will highlight the life-saving work of all 21 air ambulances throughout the UK and is a chance to get together to promote the work of our local communities. This year's theme is 'We can't save lives without you' and will recognise the impact of our supporters.

One of our exciting activities in celebration of Air Ambulance Week 2023 is an Open Day at Helimed House, our Norwich headquarters, on the weekend of 9 and 10 September. It's thanks to your generous support that our charity has the training, rest and welfare facilities required for a 24/7 helicopter operation, and we are pleased to invite you to learn more about your impact. Save the date and keep an eye out for more details and booking information coming soon!

STOP THE PRESS! WE'RE ONE OF THE BEST PLACES TO WORK!

In May, EAAA was named as one of the best places to work in the prestigious Sunday Times awards.

The Sunday Times 'Best Places to Work' awards celebrate success, excellence, workplace engagement and commitment to employees. They are solely based on an employee feedback and engagement survey.

Sarah Atkins, Director of People and Culture at EAAA says: *"As an organisation that cares deeply for its staff, we are so proud that EAAA has been named as one of the best places to work in the UK. It helps us to do our very best for our patients, volunteers and the communities we serve."*

CONGRATS CAPTAIN SEB!

If you follow us on social media, you may have seen that Pilot Seb Powderham recently graduated from co-pilot to captain.

Achieving this has been no mean feat! Not only has Seb had to complete ground school training to ensure his level of technical knowledge is at the required standard, but he has completed additional training, including command Crew Resource Management (CRM) and several days being rigorously assessed in the H145 Flight Simulator in Germany. In addition, he has flown multiple live HEMS (Helicopter Emergency Medical Service) missions, both during the day and at night, whilst being assessed by an examiner. This has taken around four months despite having been a co-pilot at our Norwich base for over two years.

As the aircraft captain, Seb is now responsible for the safe operation of the helicopter and the safety of its occupants. His responsibilities include ensuring the helicopter is operated in accordance with all pertinent rules and regulations, ensuring any emergencies are dealt with safely, and liaising with the engineers should any technical issues arise.

A further requirement for a captain is the amount of minimum flying hours:

- **1,000 hours pilot in command of helicopters.**
- **2,000 hours total minimum helicopter experience.**
- **500 hours operating experience in twin-engine turbine helicopters in an operational environment similar to HEMS.**

Seb needed sufficient hours to be awarded an Airline Transport Pilot's Licence. He had already gained a significant amount of flying experience as a Flight Instructor, and flying passengers in a charter helicopter. For a newly qualified helicopter pilot it would take several years to achieve the requisite hours, especially if you consider that the pilots average about 200 hours flying per year flying HEMS missions at Norwich. A fantastic achievement for Captain Seb!

CLINICAL CORNER.



UNDER THE BONNET

You may remember we launched an appeal in Issue 63 of Lift Off to raise £150,000 to purchase new Rapid Response Vehicles, known as RRVs.

Your amazing support has raised over £164,000! This has helped purchase two brand new hybrid RRVs and will help maintain them and the rest of our road fleet for years to come. The extra funds raised means we have been able to build a specific RRV canopy at our Cambridge base to ensure that the vehicle is protected from all weathers and is always ready to be dispatched when it is called upon.

The specific cars we have purchased are Volvos XC90 B6 Petrol AWD (All Wheel Drive) Authorities Auto which generate 300hp.

Each car will be fitted with an additional winter pack, additional phone connections, loading area modifications and of course the all-important emergency lights. Each will also have a separate set of winter tyres and wheels, not only for the occasional flurry of snow, but these tyres are safer and work far better in the cold and wet than standard summer tyres.

Our RRVs cover around 30,000 combined miles each year (approximately 15,000 miles per vehicle) across the region. They carry the same clinical equipment as our helicopters (except the stretcher), such as patient monitoring equipment, ventilators, and blood, and give our crews an alternative way of getting to patients in the quickest time possible.

In 2022, 41% of our missions (1,046) were attended by RRVs.

Our crews are given enhanced driving courses to enable them to drive under blue emergency lights to places where our helicopters can't easily land and where time is of the essence, helping us to provide life-saving critical care 24/7.

At the time of writing, the vehicles are being converted ready for our use and we look forward to having them with us soon.

RAID CONFERENCE

We were proud to host our second one-day RAID (Research, Audit, Innovation and Development) conference dedicated to pre-hospital emergency medicine (PHEM). The event on Friday 28 April was themed 'Breaking Barriers' and focused on the future of out-of-hospital cardiac arrest care.

Our RAID group supports us to monitor and continually improve the service we provide and use the latest evidence behind cutting edge pre-hospital care to develop new treatments, equipment and skills to improve patient outcomes.

Cardiac arrests accounted for almost 25% of our missions in 2021/22. With research, collaboration and knowledge sharing across our networks, which include other air ambulances, the NHS and universities, we strive to continuously improve our life-saving pre-hospital critical care.

EAAA's Dr Rob Major said: "The RAID conference highlighted the innovations and challenges around out-of-hospital cardiac arrest and brought together national subject matter experts. With nearly a hundred delegates at Helimed House and hundreds more online, the conference was our biggest yet and a huge EAAA team success."

HAYLEY'S STORY.

Did you see Hayley's story in our recent Spring Appeal?

In January 2022, Hayley Bellchambers was on her way to take her daughter to see a new pony when a freak accident occurred. Here, Hayley explains more about the events of that day and the support she has received from our Aftercare team.

"My 14-year-old daughter, Charley, is autistic and suffers from severe anxiety, and we were looking for a therapy pony to help with her wellbeing and mental health. I've been around horses all my life and after riding around the ring several times I was asked if I could take the pony into a canter.

This was when things started to go wrong and the pony got out of control, bucking and running around the ring.

I was thrown over the front of the horse, hitting my right side on the fence before landing heavily on the ground on my left-hand side, I lay there motionless.

It was Anglia Two crew Doctor Rishi, Critical Care Paramedic (CCP) Joe and Pilots Matt and Andy who were on shift that day and came to my rescue.

I was flown to Addenbrooke's Hospital, where I spent two nights in intensive care followed by five days in high dependency and seven days on a ward. Some of it is a blur and I struggle to piece things together, but I do remember just missing my children. I didn't see them for 9 days! Before the accident I had never spent a night away from my them so that was really challenging.

My recovery has gone well but I did struggle with my mental health in those early days. Therapy really helped. The EAAA Aftercare Team arranged a visit for me and the children to meet the crew at the Cambridge base who saved my life. This was amazing for both me and Charley, as she witnessed the whole incident. Having autism means Charley struggles to show her emotions and process how she feels, but I think this experience has been good for her and it feels like a bit of closure.

I'm incredibly grateful for the care EAAA gave me; I don't think I would be here without them. I cannot thank Rishi, Joe, Matt and Andy enough for saving my life."



Visit our website to read more about our Spring Appeal and how your generous donations provide critical care 24 hours a day, 365 days a year by air and road.

Together we save lives.

FLYING THE FLAG FOR EAAA.

Wendy Wootton

In this issue's introduction, EAAA's Volunteer Programme Manager, Sarah Hurren highlighted the impact volunteers have on EAAA.

We recently caught up with Wendy, one of our volunteers, who told us more about her contributions and the joy volunteering with EAAA brings her. Travelling each week from Ipswich to Norwich to support our work, Wendy is one of 233 fantastic volunteers who regularly support EAAA, as well as those who support us on an ad-hoc basis.

"I have been a volunteer with EAAA for seven years and was inspired to join after attending an evening at Glemham Hall seven years ago when the Aftercare Service was launched." Wendy says.

"I couldn't believe that an incredible charity like EAAA not only went out to save lives, but also supported patients and families to overcome their traumas and concerns with an Aftercare service."

Taking on a variety of tasks and roles is something that gives Wendy enjoyment. She delivers talks and supports bucket collections and events, such as Trek 24. Wendy is also one of the friendly faces visitors to Helimed House, our Norwich HQ, may meet as one of our team of Welcome Desk volunteers.

"I enjoy all the tasks I am given, particularly working on the Welcome Desk because I am always so impressed with the professionalism and enthusiasm of the staff. "The support I receive from Becca, the charity's Visitor and Estates Coordinator at Helimed House, is amazing. I always come away feeling energised." Wendy comments.

"I help to input data about donations and volunteer hours onto the computer system, which has helped to hone my computer skills. Delivering talks has helped me to develop my presentation skills. People respond so well to EAAA."



"It is incredibly rewarding to meet and talk to people who the charity has helped - I love having the opportunity to fly the flag for EAAA! There have been so many highlights, but I was overjoyed and extremely surprised to be awarded EAAA's Jamie Edghill Award for Exceptional Volunteering in 2021.

"We receive training, and volunteers are extremely well supported by Adam and Debbie, EAAA's Volunteer Development Officers. I am always thanked for what I have done regardless of the task, everyone is always extremely supportive and grateful. What more can you ask! I would always encourage people to consider volunteering for the EAAA as it is such a worthwhile charity and plays such a vital role in our community."

We completely depend on a dedicated, diverse and flexible group of individuals who volunteer to support us in delivering our life-saving service. Thank you to all of our wonderful volunteers!



Crew selfie, CCP Page Chamberlain



Anglia One at sunset, CCP Liam Sagi



Summertime river and staithe, CCP Page Chamberlain

VIEWS FROM THE CREWS.



Hickling, the heart of the Norfolk Broads, Pilot Nick Jones



Enjoying the view from a roof-top helipad, CCP Liam Sagi



Anglia Two admiring a flypast, Pilot Lee Kennedy



Pilots eye view, CCP Page Chamberlain



Sunset roundabout flyover, CCP Lou Rosson

AVIATION AREA.

NIGHT TIME TRAINING

EAAA has been flying HEMS missions at night since May 2013 and began operating 24/7 from our Norwich base in June 2021. Regular night-time training for our crews is an essential regulatory requirement to maintain the skills that night flying (to often difficult incident sites) requires.

In this article, our resident aviation advisor Alan Ward and Pilot Steve Norris explain more about what's involved in EAAA training during the hours of darkness, and how we consider and work with the communities we serve to do this.

"Regular take offs and landings during the hours of darkness is mandatory for pilots." Alan explains.

This is supplemented by training in a simulator so they can safely practise emergency situations. Spending time in a practice environment means reactions in real emergency situations will be more instinctive.



Photo credit: Steven Sparks

Our night-time training sites are in open areas and, until a year ago, we had just two training sites in and around Norfolk. We now have six such sites across the region thanks to the generous support of landowners. This is important because it means we can limit the amount of training we do at each site, which lessens the risk of disruption for people living nearby.

One of the night-time training sites is at the Lotus test track at Hethel in Norfolk. This was following negotiation with the team at Lotus, who were keen to support EAAA, and in consultation with the local community. This included some demo flights so people could understand more about what would be involved.

"We are grateful for this support as it's helping us to provide life-saving critical care 24/7." Alan says, *"We do receive the occasional noise complaint, but when we explain what we were doing and why, most people are happy to support us."*

Pilot Steve explains more about the regulatory requirements for night-time flying:

"We can do two training shifts every eight days; both are on night shifts. We must complete three take offs and landings during the hours of darkness every three months to remain current for night HEMS missions. Our time on-site is usually 15-20 minutes."



New pilots have to complete three months of daytime HEMS operations before they can begin NVIS (Night Vision Imaging System) training, which includes use of night-vision goggles, lights and spotlights. Our clinicians also have an important part to play with their own night-vision goggles, as they help look out for any potential hazards as we approach landing sites during the hours of darkness.

Alan concludes: *"Flying at night is not to be taken lightly. Training is essential to ensure EAAA crews do this safely to reach people when they need us most."*

In 2022, 885 (35%) of our missions were during the hours of darkness.

BOOST YOUR GIFT.



Gift Aid is a tax relief allowing UK charities to reclaim an extra 25% in tax on every eligible donation made by a UK taxpayer at no extra cost to you. Stacey Addison, EAAA Individual Giving Lead, explains more.

WHY IS GIFT AID IMPORTANT?

"Gift Aid can increase the value of your donation so you can do even more to help the causes you care about. We can claim an additional 25% from HMRC on eligible donations to help provide life-saving critical care 24/7."

WHAT DO I NEED TO DO?

"All you need to do to tell us that you are a UK taxpayer and eligible for Gift Aid is complete our Gift Aid Declaration Form on the enclosed response slip. You do not have to donate today, however you can still make a huge difference by updating your details as we can claim 25% on donations you have given us in the past four years and in the future, if eligible. If your circumstances change and you are no longer eligible for Gift Aid, it's important you let us know as you are responsible for paying back any wrongly claimed Gift Aid."

WHAT IF MY DONATION ISN'T ELIGIBLE?

"Some donations do not qualify for Gift Aid, such as tickets for raffles, lotteries, and auctions, donations on behalf of somebody else or a company. If your donation is not eligible to claim Gift Aid, that isn't a problem, your support is still incredibly valuable to us."

I'VE COMPLETED A GIFT AID DECLARATION FOR A DIFFERENT CHARITY, DO I NEED TO FILL OUT ANOTHER FOR EAAA?

"Yes, please. A completed EAAA Gift Aid Declaration form means we can claim for our charity and make your donation go even further."

LEARN MORE ABOUT GIFT AID AT
WWW.EAAA.ORG.UK/GIFTAID



Have you heard about our NEW CHALLENGE BADGE?

Aimed at young people aged 10 – 14 years old, the EAAA Challenge Badge is a fun way for schools and youth groups across Bedfordshire, Cambridgeshire, Norfolk and Suffolk to get involved with our charity.

The initiative has launched this month and will run throughout the year. There are engaging and exciting tasks for young people to complete, while learning more about our life-saving work in the community. Registration is FREE and includes a fundraising pack and challenge booklets, with badges and certificates once the challenge is completed.



Help us spread the word! If you're an organisation working with young people, please contact **03450 669 999** or info@eaaa.org.uk to get involved.

TREK 24 NORFOLK

Join us for one of our upcoming sponsored challenges and help us provide life-saving critical care 24 hours a day, 365 days a year by air and road.



Photo Credit: David Fletcher

WHAT'S COMING UP.



Photo Credit: Chris Arnold

ONLY THE BRAVE

Sunday 24 September:

Join us at Euston Estate for a 6 or 10 mile obstacle run. With up to 35 obstacles to tackle, including Helibobs Tower and the Crew Crawler, Only The Brave is a fun and muddy test of endurance!

Also on Sunday 24 September is Brave It Together; our 1.5 mile mini-obstacle route perfect for families!

For more information or to sign up, visit: www.eaaa.org.uk/get-involved/events

A ROYAL CELEBRATION CONCERT

On 5 October, to celebrate the King's Coronation, the Royal Philharmonic Concert Orchestra, Norwich Cathedral Choir and world-renowned Norfolk composer, Patrick Hawes will perform a spectacular evening of music at Norwich Cathedral. They will perform some of the King's favourite pieces, including Highgrove Suite, which Patrick wrote for His Majesty after being inspired by his gardens at Highgrove.

Profits from the event will be split between EAAA and the Norwich Cathedral Trust. Thank you for this generous support.

SCAN ME TO BOOK YOUR TICKET



SPRING RAFFLE & MATCH BINGO

CONGRATULATIONS TO OUR SPRING RAFFLE WINNERS

A huge thank you to everyone who played our Spring Raffle and sold tickets to their friends and family. We raised an incredible **£142,000** in tickets sales and over **£42,000** in donations, which is enough to fund **50 missions!**

Thank you for helping to keep our crews flying and saving lives.

Congratulations to Mrs W from Lowestoft who scooped the top prize of £3,000!

PLAY WORLD CUP BINGO, WIN PRIZES AND SUPPORT EAAA

We're excited for the start of the Women's World Cup on 20 July!

If you're a football fan, you can play Match Bingo alongside the live matches on your phone.

Win up to £80 per match and £2,500 for the fastest full house of the tournament.

Cards are £1 each, T&Cs apply. Players must be 18+.

www.eaaa.org.uk/lottery/bingo

LOTTERY TERMS AND CONDITIONS

Each year, our Lottery Terms and Conditions are reviewed. An updated version can be found on our website.

SIMON JUDD: MY TREK 24



Each year, our supporters help to save lives by completing one (or more!) of our 24 mile or 24 km treks across some of the most beautiful parts of East Anglia. In September 2022, Simon Judd, EAAA's Head of Individual Giving and Supporter Engagement, joined our Norfolk Trek 24. As others prepare to take on the 2023 Norfolk Trek 24 this September, Simon shares his experience and memories.

"The 24-mile Trekkers, including myself, picked up the coach at Holkham to take us to our start point at Heacham. Everyone was quiet at the beginning, but people started warming up and chatting once we got onto the bus. I met a group of Trekkers from the Norfolk and Norwich University Hospital and talked to them about their motivations for taking part. Everyone was keen to get going."

"The Norfolk Trek 24 route took us over the cliffs of Old Hunstanton and through the

countryside of the North Norfolk coast."

"It was very picturesque! There were also good wishes from members of the public along the route. One car passed me three times - and cheered me every time!"

"At mile 8, the soles of my hiking boots disintegrated, despite having worn them in before the event. I had to walk the remaining 16 miles with my feet rubbing against plastic, which gave me huge blisters by the time I finished!"

"The Memory Mile along the route is specifically for those who are walking memory of somebody special. It felt particularly poignant this time as the Queen had passed away the previous week."

"Before the finish line at Holkham Hall, the route crosses the dunes at Holkham Beach which are hard work, especially after a long walk, but it was great motivation at this point to see our helicopter flying above us."

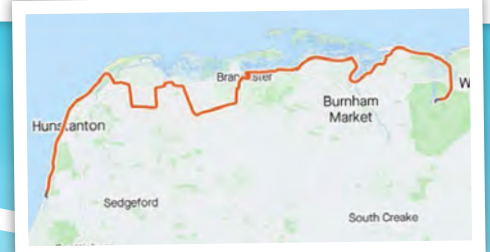
"We are able to offer this special type of appearance thanks to a number of 'free' flying hours we receive from our aviation partner, Babcock International. The costs are covered to enable us to raise awareness of who we are and what we do in the community - and say thank you!"

"During these special appearances the crew remain fully operational and online to respond to anyone in need of critical care 24/7 across East Anglia."

"After 7 hours and 54 minutes, I was relieved and happy when I crossed the finish line to applause, and I enjoyed a very welcome burger and chips! I raised £585 for EAAA, which really spurred me on. I was surprised by how much money I'd managed to raise, but every bit of fundraising makes a huge difference. Trek 24 also does a great deal to raise awareness of EAAA and the life-saving critical care our charity delivers 24/7."



"If you're thinking about taking part in this year's Norfolk Trek 24 to support EAAA, I'd encourage you to do it. It's a great day out, it's fun and you get to see countryside which you might not otherwise see. Make sure you do plenty of training beforehand (EAAA has a handy guide) - and break in your walking boots well in advance!"



Thank you to all our 2023 Trekkers across Norfolk, Suffolk and Bedfordshire.

For more information about Trek 24 and other ways to get involved, visit www.eaaa.org.uk/get-involved



Photo Credit: Stewart Flint

THANK YOU TO OUR COMMUNITY!



HEADING TOWARDS £100,000 FOR EAAA

Thank you to the Suffolk Gift Fair committee, who have been supporting EAAA for ten years and have raised over £97,000 to date.

The committee says: "We chose to support EAAA because we wanted to support a local charity and we felt that it was important that any funds raised should be used for the benefit of the local community."

This year's Suffolk Gift Fair takes place at Seckford Hall Hotel and Spa on 9-10 October, where the committee hope to break through the £100,000 milestone. Thank you for this incredible long-term support!

EASY CLEAN WINDOWS

Thank you to Easy Clean Windows who have been supporting EAAA since 2018. They pledged to donate £1 for every new customer, and 25p for every clean they carry out. So far, they have raised over £7,300. That's a lot of clean windows!

WELL DONE MARATHON RUNNERS!

Let's also celebrate the achievements of our fourteen London Marathon runners who tackled the capital's 26.2 mile route in April. Collectively, they have raised over £40,000!

The fastest EAAA finisher, Steve Mornington, crossed the finish line in 3 hours and 43 minutes, and a special mention goes to Martin Gear, who came away with more than just a medal after successfully setting a new Guinness World Record for the fastest man to complete a marathon dressed as a 3D aircraft. Our London Marathon runners also enjoyed a visit to Helimed House in May to learn more about the impact of their fundraising. Thank you to all our runners for their incredible efforts.



AS A LEGACY ADMINISTRATOR, JASON CAN:

- Support Executors to check estate accounts and understand Capital Gains Tax, Inheritance Tax and Grants of Probate
- Work with Solicitors regarding specific gifts in Wills left to EAAA
- Help to ensure the best market rate is received in terms of property sales and shares of estate left to EAAA in a Will.

YOUR GIFT... IN SAFE HANDS

One in four of our missions is made possible by a gift left in a Will. EAAA's Trust and Legacy Administration Manager Jason Williams is responsible for ensuring the wishes of those who leave these incredibly special gifts are carried out to the letter, so we were delighted when Jason was awarded 'Legacy Administration Professional of the Year' at the first Smee & Ford Legacy Giving Awards in April.

A gift left in a Will is the final and, in many instances, greatest gift that a supporter will give. We know that this is a huge responsibility and treat these gifts very carefully.

If you are acting as Executor where a gift has been left to EAAA and need support, Jason is on-hand to assist at **Jason.Williams@eaaa.org.uk**. If you would like to learn how you can help provide life-saving care for future generations, please contact Lucy Day at **Lucy.Day@eaaa.org.uk**.

East Anglian Air Ambulance's
ONLY THE BRAVE

ONLY THE BRAVE

Euston Estate, IP24 2QP

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24 SEPTEMBER
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6 OR 10 MILES

www.onlythebraveraces.co.uk



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TODAY

