



Jamie Howard, James Dickens, Rick Dent and Stuart Dalziel will be competing in the Samworth Super Tough Challenge on June 6th, with all sponsorship money being raised for the Arron Williams Trust fund.

I am sure that the 20km Run (rising to height of 1300m), 13.5km Canoe, 35km bike ride (rising to height of 500m) and an abseil, running consecutively, with all competitors having to complete all disciplines will be tough, but nowhere near as tough as what Arron has had to endure over the last 18 months.

The fact that we are physically able to compete in the event is motivation enough, but it will make the training and event easier knowing that all money raised will be going to Arron Williams trust fund, and that is why we ask you to dig deep for this worthwhile cause.

<http://www.samworthbrothers-challenge.co.uk/Supported-Charities/?c=Team-Supported-Charities>

<http://www.samworthbrothers-challenge.co.uk/Teams-6th-June/52/d-f-dickens-dalziel>

