

I'm fundraising for

PROSTATE CANCER UK



Join me in the fight against prostate cancer!

Inspired by personal circumstances, close friends and acquaintances that have been or are affected it, I have decided to raise funds for Prostate Cancer UK by taking on a challenge to cycle from Land's End to John O'Groats (LEJOG).

This is a total of 980 miles, with over 52,500 ft of climbs! It's a challenge that daunts me - but is the experience of a lifetime. With your support and every pound donated, you will help to make the huge task ahead of me that bit easier. And, of course, I'll keep you updated with my progress leading up to and during the event via my Just Giving Page.

Please use the web address below or scan the QR code to donate:

<https://www.justgiving.com/fundraising/mark-spruce-1713528716844>
or search "mark spruce" on the Just Giving website

Many thanks for your support.

Mark Spruce

