



THE UK  
SEPSIS  
TRUST

# RUN, RIDE & RAFFLE FOR GUY

## 29 September 2024



In January 2017, Guy was taken from us far too soon. An amazingly fit and strong individual with a great passion to enjoy life, after just a 3-day illness Guy lost his life to Sepsis.

Sepsis claims over 44,000 lives in the UK annually – more than lung cancer, breast cancer and bowel cancer combined. This illness can affect anyone at any time.

Please join us at **THE GEORGE PUBLIC HOUSE, Glapthorne Road, OUNDLE** on **Sunday 29<sup>th</sup> September 2024. 11AM START.**

A 10 mile course will be set .... run or ride as few or as many laps as you wish before pizza, chips & drinks at 1.00pm

There is no entry fee, but donations on the day or via Just Giving for The UK Sepsis Trust would be much appreciated.

To help our organisation, please email me to confirm the number of runners or riders in your party: [ride4guy@aol.com](mailto:ride4guy@aol.com)

Thank you  
*Wendy Gooding*

**Donate via Just Giving – search for [ride4guy2024](#)**