

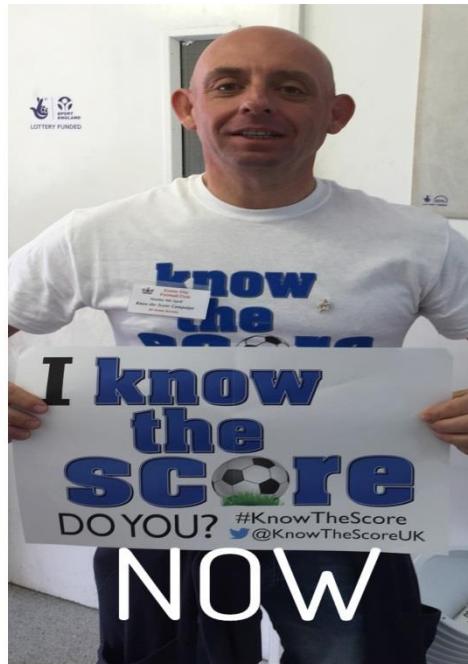
So having decided to enter this run the easiest choice for me was who I wanted to raise funds for.

I am Chairman and a Trustee of The Adam Stansfield Foundation, so it goes without saying this was my one and only choice. The Foundation was set up in memory of Adam, a good friend and professional footballer who I first met when he joined Exeter City. Tragically in 2010 at the age of 31, Adam died of Bowel Cancer. Adam was an inspiration to us all; he gave his time freely to all supporters and was an inspirational role model.

The Foundation has two main objectives, to raise awareness about Bowel Cancer and to promote community participation in healthy recreation for the benefit of children and young people up to the age of 16 residing in Devon, Herefordshire and Somerset by the provision of grants and facilities for playing football. Over the years we have provided everything from football kits, goals and equipment to wheelchair bumpers and educational courses.

We are also a key player in a national Bowel Cancer awareness campaign called 'Know the Score' working with other charities and professional football, a project I am passionate about and actively promote. With your help we can do more, no donation is ever too small so whatever you can spare would be greatly appreciated.

Thank you for your support, I know this run will sap every last ounce of my energy so I am setting no targets for the run other than to finish. But with your support and having Adam running every step with me and 'Team Stanno', I will get to the finish line.



My email is andycole_gwr@btinternet.com

Charity website: www.adamstansfieldfoundation.com

My fundraising page: www.virginmoneygiving.com/AndyColeAS9