

Thank you very much to all who have committed to a myriad of fundraising activities in 2017 - read on to see what they have been up to! From cycling challenges to quizzes to firewalking, it's been a busy year so far. And as we completed our Blue Horizon Robot Appeal last year, there was a phenomenal amount of fundraising up and down the country. We're thrilled to have received so much enthusiastic support from those who organised and participated in a such a wide range of inspiring activities and we'd like to thank them here. Your efforts will make a difference to so many.

## • Firewalking in Fife

One Saturday in April, thirty members of the Provincial Grand Lodge of Fife & Kinross braved a Charity Firewalk across hot ashes to raise £18,000 in aid of Prostate Scotland, and we are truly humbled and thankful for their achievement. It was a great evening out under the stars and it was lovely to meet many of the families and friends who turned out in support – thank you to all of you too. Organiser Colin Davie PM Lodge Balgonie said: "I reflected on what we had achieved with walking over a bed of hot coals. Personal Goals, Teamwork and Fundraising. I think each one of us had some apprehension on doing a Firewalk but each one of us overcame it...the support on the night was tremendous. It gave each and every one of us that extra bit of confidence that we required to achieve our goal." Presenting the cheque to Director of Prostate Scotland Adam Gaines are MW Grand Master Mason Charles I.R. Wolridge Gordon of Esslemont (left) and RWM Provincial Grand Master Stewart Quigley (right).



## • Cycling in Stirlingshire

Our deepest gratitude goes to the Provincial Grand Lodge of Stirlingshire for their great fundraising efforts in aid of Prostate Scotland over the past few months. Members undertook a range of activities; principally a Stirlingshire cycle ride but



also including a sportsman's dinner, other events and local collections, resulting in a fantastic donation of £28,875.07. Thank you to all the local businesses who kindly sponsored the cycle ride. A cheque was presented from Depute Provincial Grand Master Gordon Sewell, Alex Dalgettie, Gordon Turnbull, RWM of Lodge St Andrew, Denny & Loanhead No176, and all the cyclists, to Director of Prostate Scotland, Adam Gaines.

## • Carol, Eleanor and Linda's story

In February this year, Carol McCall and sisters Eleanor and Linda organised a fun night at their local social club in Stewarton, Ayrshire, in memory of their father John Muirhead. With lots of prizes donated by friends, family and local businesses, they started the night with Bingo, followed by a raffle, and then topped it off with karaoke. A great time was had by all and the wonderful sum of £2,032.47 was raised. Said Carol: "we were really pleased to



have about 95 people in attendance, and the event sold out in 10 days. We spread the word through Facebook. It was nice to be able to do something again for Dad and lots of people took away information about prostate disease on the night, so it was also as much about raising awareness." Thank you Carol, Eleanor and Linda, and everyone else who took part. We're thrilled to report that in November, Carol and daughter Alison will be fundraising in aid of Prostate Scotland again by participating in the spectacular Supernova 5K Run around the Kelpies in Falkirk.

## • Join our community

Thank you to everyone who has engaged with us on our **Prostate Scotland Fundraisers & Supporters** Facebook page. It's great to hear from you and share your stories, and there's another way in which we'd like your help: by liking and following our Page as well as liking and sharing our posts. This raises awareness further by allowing us to reach more men and their families - and it only takes a click of a mouse. Thank you.

## • Motorcycle Challenge

May 2017 saw two sets of bike riders tackle Ireland in aid of Prostate Scotland: first off were Mhac na h-Alba's Wild Atlantic Way Motorcycle Challenge heading from south to north, covering 1,500 miles, who raised £1,270.72. Said team member Kevin Armit, "we had an amazing journey covering around 1500 miles of Ireland's coast. We got lost a good few times but in turn seen things we would have missed. It was a lot of hours in the



saddle and no one complained as it was all for a good cause..."

## • Cereal fundraisers!

It was a scorching May Bank Holiday Weekend when we met Paul and Morag Corrigan and their team of 15 Bouncy Bikers at breakfast to wave them off on their 15th and final annual Charity Cycling Challenge. Resplendent in their Prostate Scotland cycling shirts, this year the team navigated the off road paths around Edinburgh, the Forth and Pentlands, covering 85 miles, with the event's



objective to have fun and raise funds for deserving charities and this year we at Prostate Scotland were the lucky recipients of their awareness raising and fundraising. We really enjoyed meeting the team, and Paul, 'The Controller of the BBC' entertained us with stories of the weekend on the team website and epilogue: "The BBC event has truly opened our eyes to Scotland's landscape, scenery, culture, history, hospitality and outstanding cycling routes...to date the BBC event has raised over £45,000 for charities." We also noted that in 15 years of the Challenge, impressively there has been only 8 punctures! Our sincere thanks to the team who raised £2,497.50 whilst providing plenty of inspiration and laughs along the way.

## • Cycle Challenge

Later in May it was the turn of a team of 15 members of Falkirk Round Table & Larbert & Falkirk 41 Club to tackle 380 miles of cycling from the north of Ireland to the south, raising an astounding £21,463.75, to benefit both Prostate Scotland and Breast Cancer Now. This dedicated team raised generous sponsorship from local businesses, and their entertaining Facebook posts captured their joyous team spirit. We were pleased to see that while their training programme took them on some challenging routes throughout Stirlingshire, they were often fuelled by coffee stops at many picturesque café's en route! However, their fitness and dedication paid off for when they tackled the Eire Cycle itself, cycling over 100 miles each day, and into the prevailing wind - on one particular day ascending 4,447 feet while cycling 113 miles. The group also achieved another significant milestone as the total amount



of funds raised over seven years hit the £50,000 mark during this, their fourth major cycle challenge. Thank you very much to both teams of riders for such excellent fundraising and raising awareness of our cause - we're very grateful to you, and to everyone who has supported you in these wonderful challenges.

## • A family affair

We were thrilled this year to have the support of Kirsty Mathieson, who ran her first marathon in London in April, trained by her dad, a great long term supporter of Prostate Scotland and an experienced runner with many Marathons under his belt. Said Kirsty



## • Rotary Rides again!

We're delighted to have continued our partnership with Rotary Clubs in Scotland this year. Prostate Scotland was welcomed to the South & South East Scotland District Assembly Training to host an information stand in May; and in June, members of Monifeith Rotary Club participated in the Rotary Ride in aid of Prostate Scotland. In Inverurie, several Rotarians were sponsored to cycle in The Great Inverurie Bike Ride, with many running



an information stand at the finish. Aberfeldy & District organised a Charity Fun Walk which contributed to a kind donation of £2,287.50. Many in the community were involved, including Breadalbane Community Football Club youth players and coaches, who not only raised £471 towards the donation, but also raised over £500 towards a water well for a village in Malawi. Thank you to all Rotary Clubs not only for their generous donations but also taking the time to hand out information about prostate disease and raising awareness.



"the marathon was really tough. But I made it, thanks to all the support and the crowds." Our thanks go to not only Kirsty and her family but also to the community of Strathaven for their generosity - a fantastic total of £1,901.34 was raised.

Thank you also to Craig Robertson, and his group of 34 friends and family for undertaking a sponsored walk together, from Aberdour, over the Forth Road Bridge, to South Queensferry. Said Craig "Well done to everyone who joined in the walk...Hopefully everyone's feet are ok and ready for next year..!"



## • An Edinburgh Marathon Effort!

Thank you and many congratulations to all 26 runners who took part in the 2017 Edinburgh Marathon Festival, running many, many miles in hot conditions in May, and collectively raising over £7,000 to support the work of the charity. Several of our

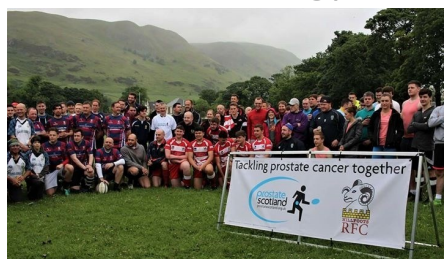
the Western General Hospital Edinburgh and a team of lecturers from Heriot Watt University. We're delighted to have signed up our first runner for the 2018 Edinburgh Marathon Festival and we have more free spaces for anyone who would like to sup-



supporters ran the 10K race on the Saturday, and one supporter, Lincoln, ran his personal best in the Half Marathon on the Sunday. We were thrilled to have many long term supporters running again this year; including Gerry and Sarah (pictured), three teams of doctors and nurses from

port us in this way. Details are on the fundraising pages of our website, or contact us in the office - we'd be happy to hear from you. We also have training and information packs available and can put you in touch with experienced runners to offer advice.

## • Kicking prostate cancer into touch



Thank you to Hillfoots Rugby Football Club for hosting and organising a fantastic Touch Rugby Tournament in aid of Prostate Scot-

land in June. Many thanks to the sponsors, and all the teams who participated in this special initiative to help tackle prostate cancer and to help kick it into touch. Our thanks to Grant Gilchrist, Scotland International for presenting the prizes, the President, Committee and organising committee of Hillfoots RFC including David Stirrat, and Alastair and Gavin Spowage. Congratulations to the winners, runners-up, plate winners and winners of the 'Most Sociable Team' award!

## • The Big Quiz - No.6!

A very Big Thank You to Lucy McAneny and Lucille Paterson for organising another Big Quiz on 24 March 2017. A great Galashiels night out was enjoyed by all. With several rounds of quizzes and the ever popular paper aeroplane designing and flying competition, a round of Play Your Cards Right and a special Bingo game, over £3,000 was raised. A wonderful night in memory of Duncan Paterson, or 'Dunc', a great supporter of Prostate Scotland, who was also formerly manager of the Scottish rugby team and chief of SRU. Lucy said "A massive thank you to everyone who came along, contributed and was involved in the sixth Big Quiz. It was a successful night yet again. Prostate Scotland is delighted and

the money raised will make a big difference to the work they do. Thank you all and we look forward to the seventh Big Quiz in



2018." We're very grateful to Lucy and Lucille and the teams who took part, and thank them for their ongoing support.

## • Sterling in Stirling!

We'd like to express our deepest gratitude to all our supporters including John Fulham, Chris Ferguson, Andrew McKinlay and Rachel Ferrier who ran the inaugural Stirling Scottish Marathon in May. Rachel, (pictured, in the purple vest) running in



her hometown and in memory of her Grandpa, William Arundel and her godfather, Al Munn, said "the support was absolutely brilliant" and as her friend put it on her sign (above) "Toenails R Overrated!" Another supporter, Chris Ferguson, who was running his first Marathon, said "the highlight of the event was crossing the finish line. It was a fantastic feeling."



As well as running in support of a friend, Chris also felt that it was a good way to raise awareness of a male health issue, which is little talked about in comparison to women's health. And we were very moved when Chris shared some special news with us: "after completing the marathon I proposed to my partner. He said yes, and despite the 26.2 miles, I got down on one knee (although I needed a little help getting back up!)" Congratulations Chris and Gavin - we wish you all the very best in your future together.



### • Gordon & Gavin's Hike

Brothers Gordon and Gavin Spowage set themselves a tough challenge when they decided to fundraise for Prostate Scotland - to tackle one of their father's favourite hikes in June. The Ochil Hills Challenge was set through the Menstrie Scout Troop as a test of their navigation, teamwork and endurance skills. Said Gordon "it was a long slog but we



made it. We did 37 miles in around 22.5 hours. We also climbed in total twice the height of Ben Nevis. And it feels like it!" Here they are pictured at the last checkpoint at Dumyat, the highest point of the Ochil Hills. We'd like to convey our thanks to you and all your supporters for the magnificent £2,713.58 raised.

### • Cameron's story



Congratulations to Cameron Kennedy for accomplishing an extraordinary feat in June, The West Highland Way Race, and fundraising in aid of Prostate Scotland. Cameron (pictured, centre) undertook two and a half years of training to run the full length of the West Highland Way from Milngavie to Fort William. He began at 1am and ran continuously, climbing over 14,000 feet - an incredibly tough challenge. Said Cameron "I was able to successfully complete the 95 mile run in 25 hours which was a lot quicker than I had hoped." Our utmost thanks to Cameron for his dedication and support in his training and for fundraising over £1,670, and all the best for your participation in the Glencoe Skyline Run in September.

### • Craig's story

Fundraising in aid of Prostate Scotland is Craig Conley, who set out to run in the Glasgow10K in June, Scottish Half Marathon in September and Edinburgh 10K in November at the start of



this year, and has also impressively completed the Kirkcudbright 11K and Dalbeattie 10K as preparation along the way - and has persuaded his wife Debbie to run too! Said Craig of the Men's 10K in Glasgow "it was a great day and very inspirational and emotional for many including myself, with a great turnout," and we'd like to express how much we appreciate such fantastic efforts in aid of Prostate Scotland. Craig's story and fundraising page can be found at [www.justgiving.com/fundraising/craig-conley](http://www.justgiving.com/fundraising/craig-conley)



### • Full steam ahead!

We'd like to thank Alan Forrester for organising a fundraising concert in aid of Prostate Scotland to be held on Thursday 9 November at Fire Station Creative in Dunfermline. Steamer Lane are a three-piece semi-acoustic harmony band whose members share a common passion for great music with excellent harmonies. They play a mixture of their own songs, well known standards, and add their own distinctive arrangements to produce a unique sound. This concert will feature original material written by Alan. Tickets are priced £8.50 and sold in aid of Prostate Scotland, available from the box office at Fire Station Creative on 01383 721564. Our thanks again to Alan and Steamer Lane for what is sure to be a great evening of fantastic music.

### • Inspired?

If the stories of our superb fundraisers have inspired you to take up an activity to support our cause, then head to our website and click 'I Want to Fundraise for Prostate Scotland' - there's even more inspiration there, including an A-Z of Fundraising Ideas. We have free places available in several of the organised sporting events listed, although many of our fundraisers have come up with their own very imaginative ideas to inspire support from their family and friends.

### • The 'Over the Hills' story



A very well done and thank you to Stevie, Keith, Ron, Alan, Doug and Kevin for completing their 'Over the Hills' 185 mile cycle from Settle in Yorkshire in July. Their supporters from Settle and Galashiels, both cricket teams, a piper, and Prostate Scotland repre-

sentatives were all on hand to welcome them back to Galashiels Cricket Club on Sunday in time for the Gala and Settle cricket clubs annual match in memory of Malcolm Davidson and Dunc Paterson. They braved the elements, overcoming heavy rain, although their enthusiasm and effort certainly wasn't dampened, and the team have successfully fundraised over £7,000 in aid of Prostate Scotland. Our deepest gratitude to you all for undertaking this brave and tough challenge and for raising awareness and fundraising in your communities.