

Run For Paddy.com

Supporting A Great Cause In Memory Of A Great Man



The Races Of 2012

- 5 mile (8km) Race in June
- 10 km Race in July
- 10 mile (16km) Race in August
- Half Marathon in September (13.1 miles/21km)
- 20 Mile (32km) Athlone Race in October
- Dublin City Marathon in October (26.2 miles / 42 km)

The Website

You can find out loads more about the races, about how to get involved and all about Paddy too on the website:

www.RunForPaddy.com



How To Donate To This Great Cause

All money I raise, with your help, will go to the Irish Cancer Society.

To donate just go to:

www.RunForPaddy.com

WHAT'S IT ALL ABOUT?

Really it's all very simple.... in theory! I plan to run the 6 races listed on the left, including the Dublin City Marathon in October, and in doing so raise money for the Irish Cancer Society.

I've never done anything like this before. I'm not the fittest of men (yet). I only started jogging before Christmas 2011 and the most "serious" jogging I have ever done is two 5km races in the Phoenix Park recently.

I am doing all this driven on by one thing; My desire to remember and honor my father-in-law, Paddy Supple, in the positive way that he should be remembered.

These 6 races, and around 700km of training I will need to do, are all in the memory of Paddy Supple. Those who knew Paddy will understand my motivation. I am hoping that those who didn't know him can help me out in his name too.

Thanks for your support,

Adrian Graham

All Proceeds to



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