



After 15 years of voluntary work as club treasurer, I have switched my attention to raising money, by running the **2019 London Marathon**, for my chosen charity the **RFU Injured Players Foundation**.

Each week during the season, whilst on referee duty, I will be looking to raise awareness of the great work that the IPF do, secure donations, and complete my training plan for the April 2019 race.

SATURDAY MORNING

Run 10k or referee a school match

SATURDAY AFTERNOON

Referee a game

SATURDAY FULL TIME

Additional 5k run on the pitch



Please can you visit my fundraising page and any donation that you can make to the Foundation, however small, will be really appreciated. Thanks ever so much, Pembo.