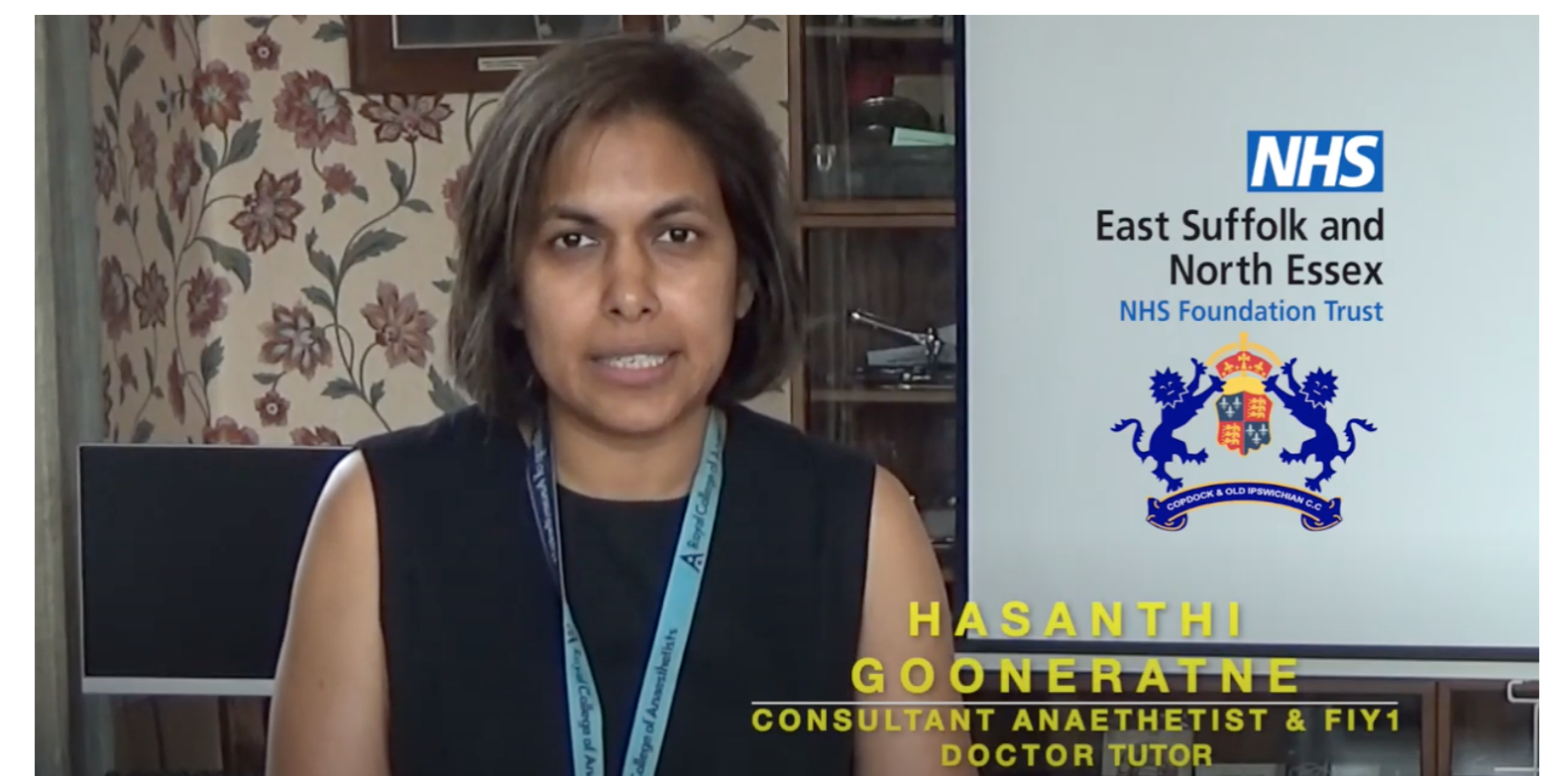




*\*Please click on all the photos / icons to see the photos full screen\**

## The Cause

We are raising money for the Interim Group of Foundation Year One Volunteer Doctors at Ipswich and Colchester Hospitals.



## How to get involved

- Taking part in any of our challenges
- Spread the word to family and friends
- Donate via the clubs page or via your own fundraising page (link below)

## The Centurion Challenge

The Centurion Challenge is to record yourself running 100 runs in your kit and posting the video on your social media accounts, tagging @CopdockOICC #HealthcareHundred #CenturionChallenge and three friends, nominating them too to complete the challenge



*A video explanation of the challenge and a couple of examples can be found here by clicking on the photos.*



In order to have an individual fundraising page set up please fill out this google form (approx. 2 mins) and we will set up your page within 24 hours.

