



CRY '12AWeek Challenge' 2020

Graham & Jenny Loncaster
(Jamie Loncaster Memorial Fund)



Having had to cancel our annual fundraising coffee morning and cake bake event this year, we decided to undertake a personal **#12AWeekChallenge** as part of the **Cardiac Risk in the Young** awareness week that ran from **14th – 22nd November 2020**.

Like all charities, 2020 has been a difficult and financially challenging year. With this in mind, at the end of our challenge we made a donation to **CRY Core Funding** rather than to Jamie's Fund. Our families, friends and colleagues kindly made donations in support, with some donations following our lead and going to core funding and the rest being made to Jamie's memorial fund.

Our challenge was to walk 12 miles in one day, and even as a couple of reasonably fit '50 somethings' it was still going to be a challenge! The route started in our village of Swanland and looped down to North Ferriby and back again. Each lap was 4 miles and we were to complete three circuits in one day, with pit-stop breaks in between.

We spent the two week period running up to the day of the challenge going for training walks. We walked the four mile route several times during those couple of weeks and tested out the new Karrimor boots (Graham) and Goretex walking shoes (Jenny) – both pairs proving very comfortable.

We ordered a couple of blue hi-vis jackets with the CRY logo printed front and rear as well as our own hashtag on the rear too (**#JamieRemembered**).

On the 18th November we headed off from home to arrive at our first lap starting point at 8.30am and it took an hour to complete the lap (plus the walk home again, to make the 4 miles total). We made our second start at 11.30am, then home for lunch, before setting off for our final lap at 3.00pm. We were home by 4.30pm to a round of applause from the neighbours in our cul-de-sac, who had asked if they could '**Clap for CRY**' on our return.

It was time for a cuppa along with some chocolate treats left for us by a friend! And then it was a long soak in a hot Radox bubble bath to ease the muscles (which had been massaged with Deep Heat before setting off – a wise move, certainly).

The completed 12 miles represented the **12 young people who die each week** from young sudden cardiac death (**YSCD**), just like Jamie.

We took to social media to promote the CRY awareness week and our challenge and following completion of the walk decided to stitch all the images together to create a video, with a very appropriate soundtrack!

To watch the video, please click the link to Jamie's YouTube page here:
<https://youtu.be/0OvLZyMITFI>

We look forward to being able host our coffee morning again next year as well as beginning to screen the hearts of local young people once again as Covid restrictions start to be lifted.

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(Jamie Lancaster Memorial Fund)

