

Run Across Scotland - 80 miles in 4 days



Glen Affric



Boxing Day run 2017

To mark his retirement this summer, Dr Alan Matthews and his sons Gregor and Cameron, will run from Inverness to Skye – a distance of over 80 miles in 4 days.

The route takes in the iconic Great Glen Way by Loch Ness and the Affric Kintail Way, through remote Glen Affric, before heading past Eilean Donan Castle and finishing over the Skye Bridge. All 3 of them have run sub 3 hour marathons – though for one it was almost 20 years ago. For Alan the task will be to keep up with his boys and ahead of the midges!

Alan retires in June after 36 years as a doctor – 31 of which as a GP. Over the years he has seen the many real challenges faced by patients and families affected by cancer and mental health illness.

The facts are striking:

1 in 2 born after
1960 in the UK will
be diagnosed with
some form of cancer
in their lifetime .

Mind 2018 www.mind.org.uk

1 in 4 people in the
UK will experience a
mental health
problem each year

Cancer Research UK www.cancerresearchuk.org

This family challenge, supported by Alan's wife Rhona (who may run some of the downhill bits!) and family friend Richard Watson of Flux Video, (who will be filming the run), plans to raise money for **Cancer Research UK** and **SAMH** (The Scottish Association for Mental Health).

This Run Across Scotland challenge will only be for 4 days - for those with cancer and mental health illness, it can be for a lifetime.

If you would like to support the Matthews' challenge and help raise funds for **Cancer Research UK** and **SAMH**, please go to:

www.mydonate.bt.com/fundraisers/matthewsrunacrossscotland

Thanks from all of us!!