

THE BIG

BIKE TRIP

Arthur Gillies, Freddie Gillies & Sean Wakely

Arthur, Freddie and Sean took on the challenge of a lifetime – a 15,000km bike ride, while raising \$1 per km for Leukaemia & Blood Cancer New Zealand. Read about this incredible journey in their own words below:

We knew from a young age that we weren't comfort zone kids. Wanderlust was in our DNA, inspired by our parents' cycle tour through India and Nepal in the mid-1980s. We had spent our childhood travelling New Zealand, indulging ourselves in what the motherland had to offer. But as our school days became limited, and the looming prospect of 'real life' approached, a plan to escape and see what lay beyond was hatched, with the plan to ride from Bali to London coming to fruition.

It was an intimidating prospect, loading up our bikes and riding into the unknown. We weren't to know if we could even make it to Jakarta, let alone all the way across Eurasia. But there was only one way to find out, and that was to pack it all in and begin to tackle what seemed to be an unsurmountable task.

It was a challenge like no other we had ever faced ourselves, but when put in context, it was nothing compared to the challenge so many must face on a daily basis. In September 2016, our dear uncle John passed following a long battle with cancer and his final conversation with us was about his travels through Afghanistan and the Khyber Pass. He told us, "in life, you have your bad days and your good days. It's the bad days that build resilience". His words resonated with us, inspiring us to ride for Leukaemia & Blood Cancer New Zealand, a charity he had worked closely with throughout his years.

Following his death and not long before departure day, Fred and Arthur both shaved their heads, and our relationship with the charity began. Our goal? To raise \$1 for every kilometre ridden on the long road to London.

We soon realised our 15,000km target was a gross underestimation of the task we had set ourselves, meaning our fund-raising efforts would also require a boost. We relied heavily on our online presence to help encourage donations, sharing the link to our donations page over multiple social media channels and regularly posting to remind people of our mission.

With just one ride day remaining before our London arrival, we were \$5,000 short of our fundraising target. By the time we arrived at Buckingham Palace on the 28th of July 2018, the deficit had been closed, and the target hit. A dream realised, a goal fulfilled. 23,000kms ridden, \$23,000+ raised.



21KM IN OMAHA

Holly Jones

In 2017, Holly's dad was diagnosed with stage four Lymphoma, the fifth most common cancer. Holly and her family were shocked – her dad looked and seemed fine.

He began chemotherapy almost immediately, and through the whole process the family never heard him complain; he was brave and positive.

"He always has been and always will be an inspiration to me" says Holly.

Holly decided to run the Omaha Half Marathon in December 2018 to raise money for a charity that helped her dad overcome the marathon fight he had to face.

On December 2nd 2018, Holly completed the half marathon, a few days after she surpassed her \$1000 fundraising goal.

TIP

**Don't have much time?
Taking part in an
existing event like a
marathon means a lot
of the organising is
done for you!**



TE ARAROA

CHALLENGE

Owen Vaughan & the Rotary Club of Whakatane

On February 7th 2019, Owen Vaughan finished his 125 day, 3,000km journey from Cape Reinga to Bluff. He had been walking the Te Araroa Trail since 6th October, and with the support of the Rotary Club of Whakatane, raising funds and awareness for Leukaemia & Blood Cancer New Zealand along the way.

The incredible challenge did just that, far surpassing the target and raising \$12,167 to support patients and their families living with blood cancer. This included an amazingly generous donation of \$2,628 from the Rotary Club of Whakatane.

Owen has plenty of words of wisdom for those wanting to take on a fundraising challenge similar to his. "Take one step at a time. When I started my goal was to complete 90 Mile Beach and get to Ahipara, from there through the Northland forests to reach Kerikeri, from there to Auckland – and so it continued, one step at a time."

His journey took him through many communities, hosted by Rotary Clubs, family and friends, and connecting with New Zealanders who recognised his inspirational feat and helped him reach his goal.

Some final advice from Owen?

"Everywhere is within walking distance if you have the time. Be the inspiration, take the time to take the time!"



ROUND THE BAYS

Sumner Maxwell-Brown

On February 17th 2019, Sumner Maxwell-Brown ran his first half marathon at Wellington Round the Bays – an incredible accomplishment on its own. But Sumner didn't just complete the training and run the 21.1km race. He also raised funds for Leukaemia & Blood Cancer New Zealand in honour of his beloved uncle, who sadly lost his 10 year battle with Multiple Myeloma in 2017.

Sumner raised \$2,180 for LBC, which was then matched by his employer, Janssen Australia and New Zealand, for an incredible total of \$4,360. The generous donations of Sumner's family, friends, and employer will help LBC provide support to hundreds of Kiwis living with Multiple Myeloma and other blood cancers.

Through Instagram, Sumner tracked his training journey, updating his followers as he pushed himself each day. His motivation came from his uncle – Sumner says that no matter how debilitating or exhausting his treatment and illness made him, he never let his illness slow him down or deter him from being the most loving uncle, brother, son, father, friend or partner that anyone could ever be.



"What I can do is push myself to try something new while raising funds for an organisation that is committed to providing information and support to individuals and their families suffering from similar forms of cancer."

The team are inspired by and grateful for Sumner's dedication and passion to honouring his uncle, and supporting other patients and families going through a similar journey.

TIP

**Let people know why you're fundraising!
Sharing your story will inspire friends and family to support you.**