



**Starts: Sat 29 Aug 2015
9:00am
Ends: Sun 30 Aug 2015
3pm 'ish!**



Hello folks! I'm John Coates and I am
**walking the entire Ridgeway path
NON STOP**
to raise funds for



Autism Family Support Oxfordshire

That's a whopping 87.5 miles
walking 30 hours, through day and night!

epic!

I have a special connection with the fabulous charity Autism Family Support Oxfordshire as my late mum Sheila Coates was one of the founding members of the charity back in the early 1970's when I was just a boy. Mum's vision, drive and pioneering work for autism touched us deeply as a family and her legacy remains today with Autism Family Support Oxfordshire and the creative and caring support it provides to local children, young people and their families.

**I'm training hard for this challenge and kindly ask you to support my fundraising walk.
There are several ways you can show your support for this amazing charity:**

Donate online

Please help me smash my £1,500 target. ANY donation is appreciated. Simply visit my JustGiving webpage

www.justgiving.com/JohnCoatesRidgeway

Join me by doing a small walk yourself!

Why not walk part of the scenic Ridgeway path with family and friends and also raise sponsorship for Autism Family Support? Attached are short walks you may wish to do – In the Vale of the White Horse you can even include the annual Chalking of the Horse event! Sponsorship Forms are attached to help you to get walking! With any luck I might see you there!

Come and cheer me along The Ridgeway!

It would be fabulous to see people cheering me on along the way – especially towards my finish line at Ivinghoe Beacon! The Village Swan pub in Ivinghoe Aston has even kindly promised me a pint and BBQ!

Date	Time (Approx)	Location
Saturday 29 Aug	09:00 AM	Starting point: Overton Hill, West Overton, nr Marlborough, Wiltshire, SN8
	23:00 PM	Streatley High Street, RG8 9JB
Sunday 30 Aug	10:00 AM	Wendover High Street, Bucks, HP22 6EA
	15:00 PM	Finishing point: Ivinghoe Beacon. Parking: Ivinghoe Beacon National Trust Car Park, Dunstable, Bucks, LU6 2EG. Then walk up to the beacon.

For more details please contact Autism Family Support who are helping with admin - while I get on with the training!

Email Gita Lobo: gita@afso.org.uk or Sara Hepworth: ships.oxon@gmail.com