

NEWSLETTER



Our trusty BQA is looking for members. Are you interested in taking part in any other quadrathlons? Have a look at their wonderful [website](#) and let's see if we can get some Superheroes entered in to the middle distance race in Ibiza over the weekend of the 1st to 3rd May. Another favourite is the Artemis quadrathlon in Kindrochit on the 12th July. Put the dates in your diary.

CHARITY ANNOUNCEMENT

We are so pleased to announce that our charity for 2014 is Nelson's Journey. This charity is dedicated to supporting bereaved children and young people throughout Norfolk. It is based in Norwich, and was founded in 1997, since when they have helped hundreds of children between the age of 0 to 17, who have experienced the

death of a significant person in their life, for example, a parent or sibling.

One of the excellent ways that Nelson's Journey builds up a relationship and helps to rebuild children's lives is by running a series of weekend workshops at Hilltop Outdoor Centre on the coast at Sheringham.



The Norfolk Superhero is aiming to raise £30,000 which would cover all the costs for a whole year of using these facilities.

That is why we are asking you to raise £150 on top of your entry fee which will go directly to this inspiring charity. As you can see, below Jess and I met up with Nelson the Cat, their mascot and we

are off to see for ourselves what goes on at one of the weekends. Please help us to achieve this target. THANKS

FOR SALE

We are looking to get rid of our old sweatshirt stocks, another new logo is coming this year and if you would like to buy any at £10.00 for children's and £20.00 for adults sizes please [contact us](#).

What a great Christmas present for your age 5-7 daughter... (we are long on small pink)!

BIKE SWAP

We have had a few enquiries as to whether there are any second hand bikes knocking around. Would you like to sell any of those trusty bikes as you look longingly on the wiggle website at that groovy upgrade? If you did want to sell it - please let us know as we may be able to put you in touch with a buyer...

ENTRIES CLOSE ON THE 1ST DECEMBER, THEN WE OPEN TO WAITING LIST...

Nelson's Journey

