

PORTS **Talk**

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A Kayaking Adventure

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ABP

GEAR 10k Run

On Sunday, 5 May, John Jarvis, Simon Stafford Allen, and Charlie Staples took part in the local GEAR 10K run at King's Lynn. As we did in 2012, we took the opportunity to raise money in support of the Rudham Childrens Ward at King's Lynn's QE Hospital. With the fantastic support from ABP's customers, staff, families, and friends managed to raise a total of £1,266. This was used to buy toys, games, clothes, and equipment for the ward, leaving a cash balance, of which we had pleasure in taking to the hospital.

Our individual times for race day were:

John: 50 minutes, 40 seconds
Simon: 43 minutes, 28 seconds
Charlie: 64 minutes, 2 seconds

Special thanks go to ABP's Carlton Mason, who helped greatly in raising and collecting the donations; and his wife Donna, who works at the hospital and made the arrangements with the hospital for us. Donna also took us around the ward to see how last years money was spent on an examination bed and television.

We would also like to thank John Barrett who met us at the hospital to capture the moment we met with the staff to hand over the gifts. John is a former colleague of ours at King's Lynn, and keen photographer with his own website and links to ABP
www.jcbarrettphotgraphic.co.uk.

John Jarvis,
Commercial Manager, King's Lynn

