

## 3 Down and 3 To Go....



## Three Down and Three to Go....

The runRICKYrun project is now half way through - with New York the next stop on 4<sup>th</sup> November. There are 3 races left of Ricky's attempt to complete the **Abbotts World Marathon Majors** within 12 months.

So Far Ricky has tackled Boston, Berlin and Chicago. Next is New York, followed by Tokyo and ends with the London Marathon on 28<sup>th</sup> April 2019.

There are some impressive figures for the project:

- Training Distance - 2,500km\*
- Marathons - 6 (253.17km)
- Flights - 32
- Flight distance - 157,866km
- Money for Charity TARGET - \$42,195 USD\*

Ricky will shortly be flying to New York for the last major of 2018. It has been a tough schedule with 3 major marathons in just 7 short weeks and a travel program that has already reached 100 flights for 2018.



### CHICAGO & BERLIN MARATHONS:

(Above) Ricky running through China Town in Chicago, US..

(Below) Berlin Marathon – impressive sights...!



## The runRICKYrun Charities.....



## Macmillan Cancer Support

Ricky ran the **Berlin Marathon** in September and will be running the **New York Marathon** in November 2018 for **Macmillan**. This is a charity that assisted Ricky's Mother during her fight against cancer. So far GBP1,738 has been raised.

## UNICEF

Ricky was raising money for UNICEF at the **Boston Marathon** and he raised over **\$10,300 USD** at the first **runRICKYrun** event - Ricky has stopped raising money for UNICEF now as the official target has been exceeded.



## Ronald McDonald Housing Charities (RMHC)

The **Chicago Marathon** in October, Ricky was part of a 1,000 strong team for RMHC. Collectively the team was able to raise in excess of \$1.5 million USD. Ricky enjoyed the experience of running the Chicago Marathon that he has already signed up to run this event again in October 2019 for RMHC.



## Children with Cancer UK

For the **London Marathon**, Ricky has partnered up with the Children with Cancer charity. Historically Ricky has always raised funds for children's charities and added this worthy cause after his mother died at the hands of cancer.





## RACE REVIEW: BERLIN MARATHON

The BERLIN MARATHON 2018 will be remembered for many years.

It was where & when Eluid KIPCHOGE broke the world record at 2 hours 1 min and 38 seconds. I suppose I can always say I ran with him on that day (although my attempt took over 3 hours longer).

To read more please go to:

<https://runrickyrun.net/2018/09/25/berlin-marathon/>



## RACE REVIEW: CHICAGO MARATHON

The CHICAGO MARATHON 2018 was a fantastic experience.

Being part of the RMHC team was the key factor - 1000 members all running and raising money for charity - over \$1.5million USD was raised by the team at this event. To read more please go to:

<https://runrickyrun.net/2018/10/25/chicago/>







## Sponsors & Supporters of.....



IFA-ASIA are proud platinum sponsors of the **runRICKYrun** project.

Ricky is proud to wear the **runRICKYrun** kit that is fully provided by **BrooksRunningMY**.



The **Running Plan** have kindly provided the training schedule for the **runRICKYrun** project and ongoing support and advice.



The **Montreux Group** have generously provided a large donation to **UNICEF** on behalf of the **runRICKYrun** project.



The UK Property Investment company **Prosperity Wealth** have provided a sizeable donation to **UNICEF** of behalf of the **runRICKYrun** project.



Ricky was appointed as an Ambassador for HOWEI in Malaysia and is often running in their events in Penang & Kuala Lumpur.



The Malaysian practice of **Asia Physio** provide the medical support and advice to Ricky through this project.



The **runRICKYrun** Project - raising money for Charities through the completion of the **Abbots World Marathon Majors**.

If you would like to support the runRICKYrun project, please contact [ricky@ifa-asia.com](mailto:ricky@ifa-asia.com)

If you wish to donate click HERE: [www.runRICKYrun.net/wish-to-donate/](http://www.runRICKYrun.net/wish-to-donate/)