

## 5 Down & 1 To Go....



## SIX STAR will be mine....

The runRICKYrun project is now approaching the completion in London on 28<sup>th</sup> April 2019. If Ricky is able to complete the London Marathon later this month, he will be able to claim the 6<sup>th</sup> Star from the **Abbots World Marathon Majors** within 12 months.

So Far Ricky has attained 5 STARS by tackling Boston, Berlin, Chicago, New York & Tokyo.

Ricky will shortly be flying to London for the last major and the elusive 6<sup>th</sup> STAR...!

Running the Abbots World Marathon Majors has been an epic adventure so far. Three trips to the US, one to Asia and will be two to Europe.

Every city has been very hospitable, although the weather in both Boston and Tokyo was not the best for running.

Charity fund raising has been the most important factor of the runRICKYrun challenge. So far over \$22,000 USD has been raised between the 4 chosen charities.

## London Marathon 28<sup>th</sup> April 2019



## The Charities.....

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.

So far, the runRICKYrun project has raised **GBP4,500** for this charity and already 181% of the target. This is the final event and all the other charities have closed their funding now.

To donate to **CHILDREN with CANCER UK** please go to: <https://uk.virginmoneygiving.com/RickyMatthews>

Thank you for your continued support of these charities.



## UNICEF

UNICEF was selected as the charity for the initial event in **Boston 2018**.

Ricky was able to raise the grand total \$10,383

## Macmillan Cancer Support

Both Berlin Marathon (Sept 2018) and New York Marathon (November 2018) were run for **Macmillan**. This charity assisted Ricky's Mother during her fight against Cancer.

Ricky was able to raise the total of GBP 2,694.85

## Ronald McDonald Housing Charities (RMHC)

Both Chicago Marathon (Oct 2018) and also Tokyo Marathon (March 2019) were run for **RMHC**.

In Chicago Ricky was able to raise the total of \$1,030 and in Tokyo, Ricky donated JPY102,000 to the charity.

TOTAL RAISED SO FAR UNDER THE RUNRICKYRUN CHARITY PROJECT IS:

AROUND \$22,000 USD (GBP16,000)



## THE STORY SO FAR: RACE REVIEWS.

### BOSTON MARATHON

April 16<sup>th</sup> 2018 - The First runRICKYrun Event.

Cold, very wet and strong winds - a tough start to the project. To read more about the Boston marathon please go to the link below:

[https://runrickyrun.net/2018/04/25/boston\\_marathon/](https://runrickyrun.net/2018/04/25/boston_marathon/)



### BERLIN MARATHON

September 16<sup>th</sup>, 2018 - The World Record Race.

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/>



### CHICAGO MARATHON

October 7<sup>th</sup>, 2018 - A British Winner... not me..!

British Hero - Mo Farah, won the men's event. A very enjoyable race although had not the best weather.

To read more please go to:

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



### NEW YORK MARATHON

November 4<sup>th</sup>, 2018 - Another record

Over 58,000 runners finished the New York City Marathon in Central Park. This was the record number of finishers for a Major Marathon. Fantastic weather conditions for this race.



# TOKYO MARATHON

March 3<sup>rd</sup> 2019 - Another cold wet race.....

The weather caught me a little by surprise at this race. I was very cold before it started and then after the rain it was a very challenging run. Even though wore a hat gloves and neck warmer I felt as cold as I did in Boston at the start.

To read more please go to:

<https://runrickyrun.net/2019/03/08/tokyo-marathon-2019/>



# LONDON MARATHON

April 28<sup>th</sup>, 2019 - The Adventure continues.....

The final race to bring the runRICKYrun adventure to a close.

You can follow Ricky as he builds up to race day online on:

FACEBOOK: [www.fb.com/runrickyrunasia/](http://www.fb.com/runrickyrunasia/)  
INSTAGRAM: [www.instagram.com/runrickyrunasia/](http://www.instagram.com/runrickyrunasia/)  
TWITTER: [www.twitter.com/runrickyrunasia/](http://www.twitter.com/runrickyrunasia/)



WEBSITE: [www.runrickyrun.net](http://www.runrickyrun.net)



**Help Ricky, help Children with Cancer**

Donate here:

<https://uk.virginmoneygiving.com/RickyMatthews>

**Children with Cancer UK** is the leading national children's charity dedicated to the fight against childhood cancer. Almost 4,000 children and young people are diagnosed with cancer every year in the UK. Our aims are to determine the causes, find cures and provide care for children with cancer.

Our small team is united by a common goal - to save and improve young lives.

Since 1987, we've been raising money and funding vital research to save the lives of children with cancer and keep families together. Children with Cancer UK has raised over £230 million to support research into the causes and treatment of childhood cancers, and to provide better facilities for caring for children and their families. The founders, the O'Gorman family, whose son Paul's life was cut short by childhood leukaemia, remain at the helm of what is now a team of over 35 people with offices opposite Great Ormond Street Hospital.

From vitally important clinical trials and research to family accommodation, our small and dedicated team has funded over 200 projects, as well as supporting a Scientific Advisory Panel who provide invaluable scientific and medical advice and input.

Towards the end of this 30th year, we were proud to share with you the news that our Founder and Chairman, Eddie O'Gorman OBE, had received the 2018 Pride of Britain Lifetime Achievement Award.



The runRICKYrun Project could not succeed without the support of our very generous sponsors, supporters and kit providers

Thank you all so much for your continued support.

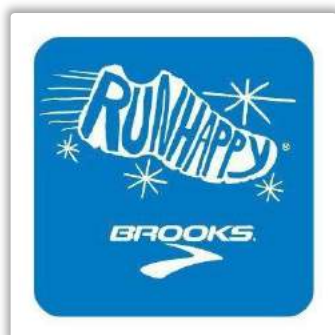
#### FINANCIAL SPONSORS & SUPPORTERS



#### SUPPORT & SERVICE PROVIDERS



#### KIT PROVIDERS...



If you would like to support the project, please kindly donate to

<https://uk.virginmoneygiving.com/RickyMatthews>

All donations, big or small are sent directly to the charity 100%...!