



TREK THE NIGHT

I'm taking part in the

Endurance hike

Trek the Night 2019 40 mile endurance hike

Please support me:

Visit: action.org.uk/sponsor/

We are helping save lives by supporting UK children's charity **Action Medical Research**.

Did you know

60,000 babies are born prematurely every year in the UK. Tragically, around 1,200 do not survive.

Your support is desperately needed to help tiny, vulnerable babies like Sophie – born too soon, weighing just 3lbs 1oz.



For more information visit **action.org.uk**