

Dear The First Group 10k running team,

On behalf of everyone at Leukaemia & Lymphoma Research, I would like to extend our sincerest thanks to each and every one of you for your outstanding efforts in raising vital funds and awareness by taking part in the Dubai 10k. We were so sorry to hear of your loss of Paul Shanks; it sounds like he was a fantastic guy, valued member of The First Group and a great friend to many. It shows how much he was liked and respected through the passion and enthusiasm you have all shown in running and raising money in his memory. I am sure he would be proud of you all.

We are the only charity in the UK dedicated solely to research into all blood cancers, including leukaemia, lymphoma and myeloma. We receive no government funding and rely purely on voluntary donations, therefore the money you have raised really will make a significant contribution to life-saving research and it is greatly appreciated by us all.

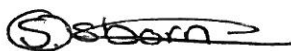
With 50 years of experience in investing in quality research, we have built unparalleled expertise in the field of blood cancers here in Britain. We need to raise £20million a year for our work to continue, and to bring the most benefit to patients. Along with our world-class researchers, we aim to improve diagnosis, develop more effective treatments with fewer side effects and find a cure so that others do not have to suffer like Paul, his family and friends have. Your efforts with the running, raising awareness and fundraising have, and will, get us closer to a cure, so thank you. To find out about research projects we are currently investing in please visit our website at www.beatbloodcancers.org

We have decided to have a "fundraiser of the month" feature on our website where we will choose an inspirational individual or team who has taken part in a running, triathlon or swimming event for Leukaemia & Lymphoma Research, and who has shown remarkable passion. I am delighted to say that we have chosen "The First Group" for our first fundraiser of the month so you can see your story and photo on our website at: <http://beatbloodcancers.org/running/fundraiser-month>. We also publicised this on our facebook page at www.facebook.com/bananaarmy!

I hope that you all enjoyed the 10k on Friday and that there was plenty of support around the course. I also hope that you enjoyed the fundraising and seeing your Virgin Money Giving page total rising to such an unbelievable amount of money. Including gift aid your page is now at over £13,300. This really will make a huge difference and we can't thank you enough. You should be rightfully proud of yourselves.

Many thanks for everything you have done to help Leukaemia & Lymphoma Research. You really have made a difference.

With warmest wishes,



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