

CAN
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*time to
show them
what you're
made of*

#whatcouldyoudoin2019



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*Neil 'Boydi' Emery and the Matt Kendall
Foundation presents*

500 miles in 11 days

on a bike, from Guildford,
Surrey, to Kendal, Cumbria



In July 2019, Neil will tackle a 500 mile cycle ride along the UK's canals to attempt to raise £3,000 for disadvantaged young people in Birmingham.

Neil Emery is on a 500 mile fundraising mission. Are you up to the challenge?

Sponsor him

or

Join him

for part or all of the trip
from 7th July



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