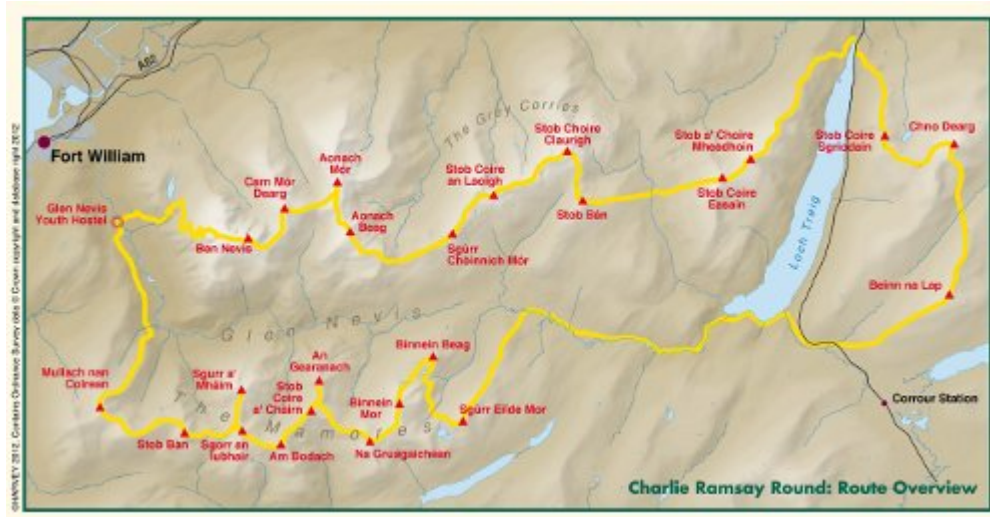


24 Munro summits in 24 hours



**Spinal
Muscular
Atrophy
Support UK**

Help for today • Hope for tomorrow
(formerly The Jennifer Trust)

Spinal Muscular Atrophy Support UK (formerly The Jennifer Trust) provides:

Outreach home visits

When families are newly diagnosed, one of our Outreach workers can visit the family at home to provide personalised information and support.

Emotional Support

To all those in the wider family who have been affected by SMA. This includes support for families who are bereaved by SMA.

Multisensory Toypacks

For babies newly diagnosed with SMA Type 1.

Peer Support

Volunteers, who all have personal experience and understanding of SMA, provide peer support to bereaved families.

Social Activities

For families affected by all types of SMA and their siblings, and for parents to meet, chat and make new friendships.

Information and Research

We fund the Patient Registry, provide information leaflets and web based advice. We are joint funding research for Professor Tom Gillingwater's project into glial cells.

For more information:

www.smasupportuk.org.uk

<http://www.ramsaysround.com/>



Mark, training on the Grey Corries

Molly was 18 months old when diagnosed with SMA in April 2014 changing her life and those around her.

To raise funds for SMA, I will run a route known as 'Ramsay's Round' in June or July 2014 (weather dependent).

This equates to ~56 miles running and 28,000ft of climbing (not quite Everest from sea level) in less than a day.

This is not a trivial undertaking with 74 completions since first done in 1978.

My run will be supported by the Carnethy Hill Running Club and mountaineering friends. Any support is welcomed before or on the day.

Hopefully, you'll be able to track me real time by GPS tracker via the web.

Detailed route information is at the link below and proposed route schedule is attached. Please donate.

To donate or support:

www.justgiving.com/mark-hartree

Mark Hartree

0780 171 4032

Mark.hartree@selex-es.com

Ramsay Round Schedule

Mark Hartree

14 - 15th or 21 - 22nd June 2014

(subject to weather etc)

		Leg time	Arrival Time	Actual	Phase	Type of Support	Cumulative time
	Glen Nevis YH	00:00	08:00		0	Supporters	
1	Ben Nevis	01:25	09:25		1	Fast support runner(s) or hill top meeters	01:25
2	Carn Mor Dearg	00:36	10:01				02:01
3	Aonach Mor	00:45	10:46				02:46
4	Aonach Beag	00:18	11:04				03:04
5	Sgurr Choinnich Mor	00:55	11:59				03:59
6	Stob Coire an Laoigh	00:30	12:29				04:29
7	Stob Coire Claurigh	00:33	13:02				05:02
8	Stob Ban	00:30	13:32				05:32
9	Stob Coire Easain	01:20	14:52				06:52
10	Stob a'Choire Mheadhoin	00:18	15:10				07:10
	Loch Treig Dam	00:50	16:00		2	Static support	08:00
	Leave Loch Treig Dam	00:10	16:10			food/clothes	08:10
11	Stob Coire Sgrìodain	01:05	17:15		3	Support runners or hill top meeters	09:15
12	Chno Dearg	00:35	17:50				09:50
13	Beinn na Lap	01:10	19:00				11:00
	Loch Eilde Mor	02:45	21:45		4	Static support	13:45
	Leave Loch Eilde Mor	00:10	21:55			food/clothes	13:55
14	Sgurr Eilde Mor	01:00	22:55		5	Support runners Overnight or hill top meeters	14:55
15	Binnein Beag	01:00	23:55				15:55
16	Binnein Mor	00:50	00:45				16:45
17	Na Gruagaichean	00:28	01:13				17:13
18	An Gearanach	01:00	02:13				18:13
19	Stob Coire a'Chairn	00:30	02:43				18:43
20	Am Bodach	00:35	03:18				19:18
21	Sgurr an Iubhair	00:25	03:43				19:43
22	Sgurr a' Mhaim	00:30	04:13				20:13
23	Stob Ban	01:00	05:13				21:13
24	Mullach nan Coirean	00:40	05:53				21:53
	Glen Nevis YH	01:17	07:10		6	Supporters	23:10

Acknowledgements: Route overview map courtesy of Harvey Maps

Schedule: based on Graham Nash

Route idea: Charlie Ramsay and <http://carnethy.com/>