Nathan Rae
Tees Kayak Challenge
UK Friends of Mengo Hospital
(Kampala,Uganda)

What are you doing?

The Tees Kayak Challenge runs 138km (86 miles) from High Force in Upper Teesdale to Redcar on the North Sea Coast. It takes 4 days to complete and is a test of both skill and endurance. I plan to start on Monday 7th August 2006.

What are you raising money for?

Mengo Hospital is a 300 bed general hospital that experiences ongoing shortages of essential protective gear (e.g. gloves, masks, aprons, etc.) which is putting both patients and staff at risk of infection.

I am hoping to raise money to buy 3 months worth of this essential lifesaving equipment.

Sponsor Name	Sponsor Address	£per km	Total	Gift Aid*

www.mengofriends.co.uk Reg. Charity No.289737

*I want FOM (UK) to reclaim tax on my donations. I understand that I must pay Income Tax or Capital Gains Tax.