



**YORKSHIRE**  
AIR AMBULANCE

*Help support our very own Mark Wilson and Craig Hall as they attempt to conquer Hadrian's Wall on 15-18 June, to raise money for Help for Heroes and Yorkshire Air Ambulance.*

Spanning the whole width of the country, Hadrian's Wall offers a serious challenge, so our dynamic duo need all the help they can get.

Far from a nice summer stroll, Mark and Craig will need to walk the equivalent of the London Marathon four days running, potentially under the full glare of the mid summer sun.

To support Mark and Craig in their efforts to help two great causes, please donate what you can at [www.carnationdesigns.co.uk](http://www.carnationdesigns.co.uk)

From here you will be directed to Mark and Craig's JustGiving page, the leading online platform for charity giving. JustGiving offers a simple, transparent and secure way to donate money.

# Hitting the Wall

HADRIAN'S WALL 15 - 18 June 2010

