

CASCAID

UPDATE



CHALLENGES GET GOING...

Rob Bailey ping
pongs all night

New challenges
announced

Join our
Night Walk

www.cascaidcharity.com

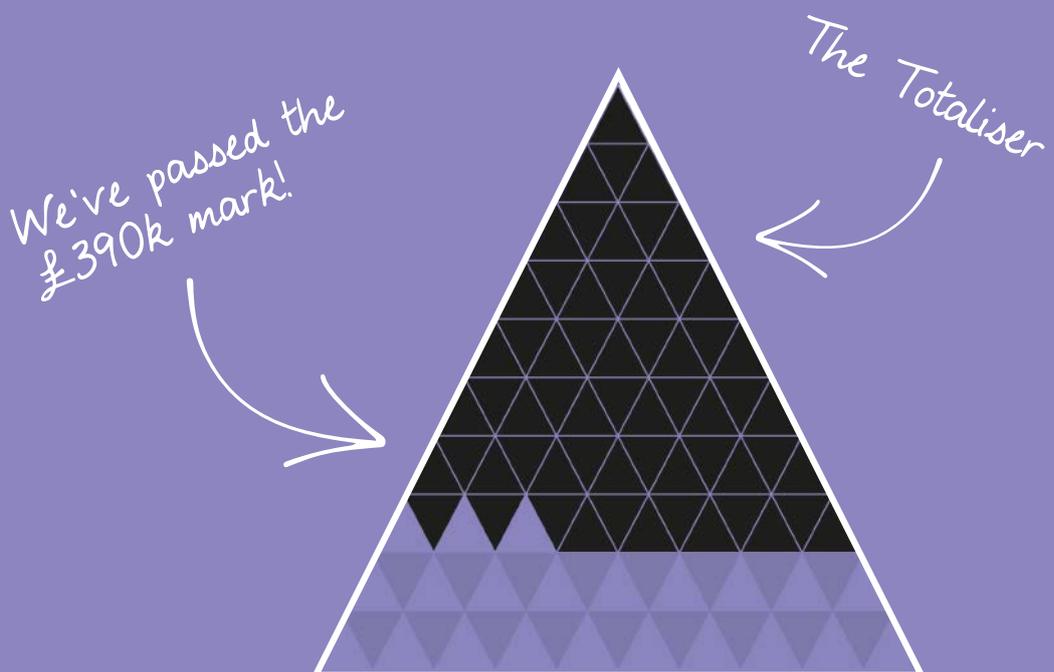
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CASCAID UPDATE

Hi. It's time for a quick update on all things CASCAID-related. A huge thanks to everyone involved in CASCAID for getting us near the £400k mark. We're looking good to hit (and exceed) our £1 million target. This newsletter features a few highlights from the last few months and a look at what's coming up.

We have one **BIG** request for Ambassadors this month. Please sign up for the Night Walk - or if you can't make it yourself, please ask your teams to sign up. We need a lot of people!

<https://goo.gl/mJ59Bj>





WHAT A SCORE!



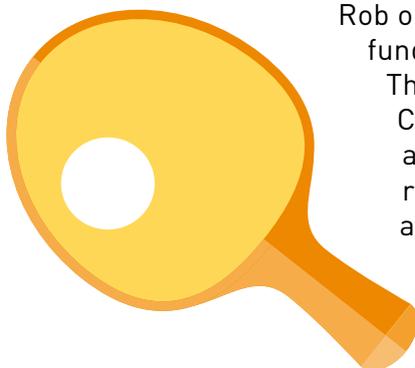
LOOKING GOOD SIMON!

PING PONG BAILEY RAISES OVER £10K

A MASSIVE WELL DONE TO ROB AND ALL WHO PLAYED!

Rob Bailey was one of the first to complete his CASCAID challenge. On 20-21 Feb, Rob played ping pong for 24 hours. Sustained by Red Bull, flapjacks, bananas and moral support, he played pretty much constantly in the AXA Investment Managers' Newgate Street office, competing against colleagues, friends and clients.

It turns out, he's pretty good! He won 111 games and only lost 29. When you think about how exhausted he must have been on day two, that's pretty amazing stuff.



Phil Middleton and Simon Wood were two of his most nimble opponents – both surprised us with their skills – and Simon Lodge gamely took the 3am slot, amusing us with his 1980s fancy dress outfit (nice mullet).

Congratulations to Rob on a fabulous fundraising effort. This is what CASCAID is all about – putting real effort in and getting everyone thinking about "giving back".

It's hard not to feel motivated when you see a mammoth effort like that.



CHALLENGES GET GOING...



TAKING THE HEAT!

Simon Brazier and his team at Investec Asset Management have scaled the South African three peaks...in 95 degree heat, blimey. They complete their challenge with three UK peaks in the coming months.



CYCLE MORNINGSTAR

The team at Morningstar have installed their static bikes and their cycle challenge is underway. Dozens of team members are joining in, all committing to cycling all year long, building up thousands of cumulative miles.



SKI-TACULAR!

Ambassador Helen Wagstaff and a team of Mike Parsons, Peter Beckett, Rebekah Wright and Charles Davies completed an epic 100 kilometre ski on 17th March. They descended the height of Everest, twice, skiing full pelt all day, no stops. This is the first part of Helen, Charles and Rebekah's 500k challenge – they are now getting ready for their running, rowing and cycling feats.

CASCAID has two runners in the London marathon on 23rd April: James Rainbow and Mattias Hagen. Good luck guys, we'll be cheering you on.

Darren, Rory and Caspar from Cazenove have picked up their boat and are ready to start their epic 3-day journey along the Thames over Easter. More news to follow soon!



Anne-Marie McConnon has made friends with her rowing machine, as she gets prepped to row the Irish Sea from Holyhead to Dublin and the Multi Manager team at Aberdeen have started working on their fitness in order to climb Ben Nevis.

Gary & Rob continue to prep for their Reliant Robin odyssey. Boycie from Only Fools and Horses has sent them a motivational video, which is on the CASCAID website (Ambassador diaries section of website). It's worth a look.

WALK-AND-TALK NIGHT WALK

Hundreds of people have started getting in shape for the Walk-and-Talk Night Walk, our walking half marathon through the streets of London on the evening of Friday 30th June. Richard Buxton is leading this one and Phil Wagstaff is DJ-ing the start line in full 1970s fancy dress. That's got to be worth the entry fee alone!

Please promote this event as much as you possibly can. See more details overleaf.

Come on Ambassadors, let's make this a really massive fundraiser. It's something that anyone can do and it will be a lot of fun...and a great networking opportunity.
<https://goo.gl/mJ59Bj>

JOIN US ON THE WALK-AND-TALK NIGHT WALK

The Walk-and-Talk Night Walk brings the asset management community together in a very different way to raise money for Cancer Research UK. Join us for a wonderful walk across London. Starting late in the evening and finishing in the wee small hours – the route is a half-marathon (13 miles) and is open to everyone who is connected to asset management in some way, be that fund management firms, IFAs, suppliers, related industries or friends-and-family.

Fast facts

When: 30 June 2017

Start: Exchange Square (by Liverpool Street Station)

Finish: Exchange Square

Start times: Between 8pm and 10.30pm

Est. length: 5 hours

TO RESERVE YOUR PLACE, REGISTER NOW

<https://goo.gl/mJ59Bj>

Spaces are limited, so we urge you to register asap.

Once you've registered, start fundraising

The entry fee is £20, which goes towards covering the costs, but in order to raise as much money as we can for Cancer Research UK, we ask that everyone aims to raise at least £100 sponsorship. The money raised via CASCAID will go directly to Cancer Research UK, please start fundraising via: uk.virginmoneygiving.com/TheWalkandTalkNightWalk

NEW CHALLENGES

THE FOLLOWING HAVE RECENTLY ANNOUNCED THEIR CHALLENGES, ALL OF THEM SOUND AMAZING.



- Newton's CEO, Hanneke Smits is assembling a team of 50 colleagues to walk across the Isle of Wight, a distance of 13 miles from Bembridge to The Needles



- Ben Burns from MiP is cycling 1,000 kilometres in a week (and that's a working week, so he can only cycle outside office hours)

- Kate Rowland is putting together a team to walk the Portugese coastline

- Henderson sales & marketing team have announced their Monopoly challenge – walking the London Monopoly board and undertaking crazy dares along the way



- Dynamic Planner have set up a risk-based challenge: the more they raise, the more risky their feat; from walking a half marathon to climbing the 3 peaks



- Jeremy Roberts has put together a team of 30 colleagues who will each cycle, run or row 10k every single day in May

- Rory Williams is putting together teams to do the "Everest" on Box Hill – this means doing loops of this horrific hill enough times to clock up the height of Everest (teams of 4)



- Sam Gold is organising a wine tasting event...with a difference. Friends, family and colleagues are donating a bottle of their favourite wine, then Sam's putting together a fun evening of blind tastings and competitions for wine buffs and novices alike



RICHARD ROMER-LEE AND THE TEAM AT SQUARE MILE ARE TAKING ON THE THREE PEAKS FOR CASCAID

On Thursday, 8th June Square Mile are scaling the Three Peaks as part of CASCAID. The cumulative height is 3408m (11181 feet in old money) and the challenge must be completed within 24 hours, meaning they will be travelling through the night and sleeping and eating on the hoof. No mean feat! We caught up with Richard Romer-Lee, Managing Director of Square Mile to hear more about why they've chosen this challenge and how he thinks they're going to get on.



WHY HAVE YOU CHOSEN TO DO THE THREE PEAKS CHALLENGE?

There's three answers to that question:

1. It was important to us that we completed our CASCAID challenge as a firm and have everyone involved. We're embracing this together, 14 of us will be walking and the rest of the team will play a role in some way, either driving, keeping us refuelled or holding the fort back at the office.
2. It's going to be hard – it's a huge challenge, the ascent of the route is 3057m and a total distance of 24 miles so we're going to be pushed. We'll be walking up Ben Nevis in Scotland, Scafell Pike in England and Snowdon in Wales, all in 24 hours.
3. It will be lots of fun and we can raise a lot of money between all of us.

HOW IS TRAINING GOING?

*Chuckles

We've created a training schedule of lunchtime group walks. Lots of us have also started taking the stairs to our 6th floor office instead of the lift to get those leg muscles working. We're all starting to do our weekend walks and ramping up the training as we get closer.

HOW HARD DO YOU THINK THE CHALLENGE WILL BE?

I think it's going to be extremely hard, it's not only a huge ascent, we've also got to come down! We'll also be doing this through the night and with little or no sleep. It's going to be a challenge to get everyone up and then down again, but we're all up for it!

WHO DO YOU THINK WILL BE YOUR STAR HIKER?

Two of the guys, Mark James and Jamie Farquhar have done it before so we can expect a lot of chirp about how good they are

– we'll look forward to watching them battle it out. We're also expecting great things from Victoria Hasler as she spent two weeks trekking in the foothills of the Himalayas last year. The team is made up of people in their mid-20s to mid-50s so it's about everyone helping everyone, it'll be a great team building exercise.

HOW WILL YOU BOOST THE MORALE OF THE TEAM THROUGHOUT THE CHALLENGE?

I'll threaten to cut bonuses to anyone who doesn't keep up!!! In truth, we're a very close team and I know we'll all help each other. There'll be a lot of banter along the way too, so that will keep our spirits up. We're also keen to have suggestions of motivational songs for our mini-bus journeys, "It's a long way to the top" by AC/DC would be my pick. We'd love some more suggestions if you think of any inspiration tracks via our donations page: <http://bit.ly/2ohy0Mr>.

WE WISH THE TEAM AT SQUARE MILE THE BEST OF LUCK! YOU CAN FOLLOW THEIR PROGRESS ON TWITTER: @SQUAREMILEICR

ONE YEAR, ONE HUNDRED CLIMBS. 28 DOWN, 72 TO GO.

A PROGRESS REPORT FROM JIM LEAVISS

I'm three months into my attempt to climb 100 iconic hills, bergs, kops and mountains on my bike in 2017. So far I've ridden up 28 of them, mostly in torrential rain.

When I'm flagging, I think of the £390k we've collectively raised for CRUK via CASCAID....that's a good motivation to keep the wheels turning.

As a reminder, I'm cycling up 100 famous climbs featured mainly in Simon Warren's excellent series of books called things like "100 Greatest Cycling Climbs" and "Another 100 Greatest Cycling Climbs". There's also room for a few wildcards – hills not in any of the books but that are worthy contenders, for example The Peak in Hong Kong which I rode in January (in a rainstorm).

You'll find the evidence of all the climbs on Strava, or take a look at the brilliant Relive website.



CHALKPIT LANE AND WHITE LANE, SURREY:
WWW.RELIVE.CC/VIEW/924850002

TOY'S HILL AND YORK'S HILL, KENT:
WWW.RELIVE.CC/VIEW/924850569

AND HERE'S A LIST OF ALL THE 28 CLIMBS THAT I'VE DONE SO FAR:

Swain's Lane, London	Deepwater Bay Road, Hong Kong	Combe Gibbett, Berkshire
Muswell Hill, London	Mount Davis, Hong Kong	Streatley Hill, Berkshire
College Road, London	Combe Lane, Surrey	Whitchurch Hill, Oxfordshire
Chinnor Hill, Chilterns	White Down Lane, Surrey	Chalkpit Lane, Surrey
Kop Hill, Chilterns	Box Hill, Surrey	White Lane, Surrey
Whiteleaf, Chilterns	Barhatch Lane, Surrey	Toy's Hill, Kent
Kingston Hill, Chilterns	Leith Hill, Surrey	York's Hill, Kent
The Peak, Hong Kong	Coldharbour Lane, Surrey	Hilltop Lane, Surrey
Mount Austin, Hong Kong	Britwell Hill, Chilterns	
Mount Butler, Hong Kong	Dudley Lane, Oxfordshire	

CHARLES GOES FOR GOLD!



On 7th April, Charles Davies from Investec Asset Management set off to row 100 kilometers in a single day. That's a big ask! Concept2 kindly provided three rowing machines which were set up in Investec's reception area. Charles took the middle machine all day and invited friends, colleagues, peers and clients to support him by rowing on the additional machines in slots of 30 minutes or one hour.

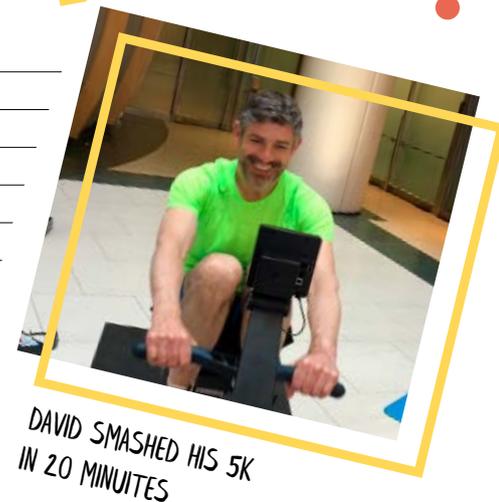
Overall the aim was to row 300k between the three machines: that's the equivalent of the Channel nine times! Charles even stayed up the night before making cakes and flapjacks for his guest rowers.

It was such a great day and we were all so proud of Charles. His determination and resilience got him through a gruelling day..... at 80k he was definitely hurting! The end was quite emotional, with crowds of Investec colleagues and friends and family cheering him on. Well done Charles, a fabulous achievement.



THANKS TO EVERYONE WHO ROWED WITH CHARLES:

Stuart Bridges & Charlotte Gibson	Jason Borbora & John Stopford	Ashley Clayden
Alastair Mundy	Alana Walsh & Imogen Patton	Dermot Mahony
Gill Griffith & Tom Nelson	James McDaid & Andy Bracken	Chetan Modi
Rodger Kennedy	Peter Brunt & Simon Dorricott	Mike Procter
George Cheveley	Mark Preskett & Simon Molica	Ayo Adigun
Nick Baker, Silver Sivard & Joe Haynes	Paul Dennis	Alexa Pinter
Alessandro Dicorrado & Guillaume Redgwell	Philip Richardson & Stuart Humbling	Stephanie Olin
Chloe Houston & Shaza Hasan	Darius McDermott, Ryan Lightfoot-Brown & Lawrence Gosting	
Blake Hutchins & Mark Evans	Jay Patel	
Joseph Thomas	Andy Triggs & Tom Watts	
Charlie Dutton	Sam Carleton	
David Aird	Sophie Muller	
Lauren Cocklin & Graeme Baker	David Schneider	
Sophie Remnant & Josephine Llewellyn Palmer	Gary Potter & Adam Norris	
Anna Farmbrough & Stephen Lee	Helen Wagstaff	
Neil Finlay & Ben Needham	Alex Farlow & Tom Poulter	
Tommy Canty & Alex Jones	James Penny	
Ruki Ware & Fiona Pursglove	StJohn Gardner	



Charles has already raised over £4k for CASCAID. This is just one part of his challenge: overall, he's doing a total of 500k broken down as:

- 18th March: Ski 100km downhill in a day
- 26th March: Cycle 100 miles in a day
- 7th April: Row 100km on a Concept2 in a day
- 10th - 19th April: Run 10km a day for 10 days
- 22nd April - 31st May: Swim 100km

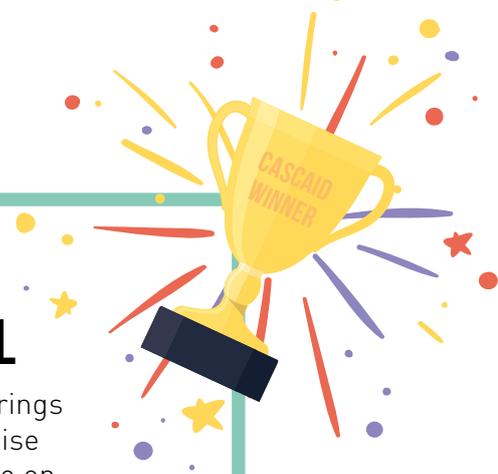
IF YOU NEED TO GET IN TOUCH ABOUT ANY OF THE CHALLENGES OR HAVE ANY QUESTIONS PLEASE CONTACT:

HELEN.WAGSTAFF@MIPAGENCY.COM

EVENTS

GALA DINNER SELLING WELL

The first CASCAID gala dinner, which brings the industry together to network and raise money for Cancer Research, takes place on 19th June. Tables are selling well, with over 50 asset management firms and related companies having a presence. The evening will be a who's who of asset management and our awards will celebrate the bravest, boldest and craziest challenges individuals throughout our industry are undertaking! We still have a few tables left, contact Helen if you're interested.



BOODLES SUPPORT CASCAID

We are delighted to announce that Boodles are supporting CASCAID, generously donating fine jewellery for our charity auction. If you're interested in jewels and would like to help select the pieces for our auction, please drop Helen a line.

CASCAID CHARITY SHOP CHALLENGE

Working with BlackRock, we have put together the CASCAID Charity Shop Challenge, a unique team building and fundraising opportunity. Your team can take over the Stevenage Cancer Research superstore (just 15 minutes from Kings Cross) for a day and see how much you can increase their takings. The BlackRock sales team have done this before and they say it was a fabulous team-building experience. And at no cost!! Why waste money on traditional team-building events when you can do something really meaningful and raise money for a great cause?!

When: Our industry is taking over the Stevenage shop every Thursday in June, July and August.

What happens: Your team will support the shop staff, doing anything you can to raise money. As well as selling what's in the shop already, you may want to ask colleagues to donate items, particularly designer goods. How about holding a Designer Donations Day beforehand, asking colleagues to bring in unwanted goods which you can then take to the shop. In an 'Apprentice-style' challenge, you can do anything you want to increase takings!

If you'd like to take a day, just contact Helen.



GAMDO SELLS OUT

Marcus Brookes is leading the charge on GAMDO, a darts evening to be held on 2nd May. The networking evening takes place at Flight Club, a specialist darts venue. All 250 tickets are now sold out. With the exception of a £500 venue charge, the total ticket price goes to Cancer Research UK, so that's over £7,000 going to charity straight away.



The evening will comprise a darts tournament with everyone taking part. Don't panic...no experience is required! Teams will be allocated on arrival, with everyone getting mixed up (rather than playing in a team with your own colleagues). This makes it a great networking opportunity, so everyone can catch up with old colleagues and meet new contacts.

After the main tournament (which takes about 60-90 minutes), we'll crown our winners and carry on socialising. The venue and dartboards are ours all evening and food and drink can be bought at the bar.

OUR LIST OF "OCHE LEADERS" INCLUDES:

Marcus 'The Power House' Brookes

Gary 'Ice Man' Potter

Rob 'Bully' Burdett

Amanda 'Silent Assassin' Sillars

Chris 'The Conqueror' Forgan

Andrew 'Sureshot' Summers

Pam 'Sparkler' Beith

Bill 'Big Mac' McQuaker

Mark 'Hurricane' Harries

John 'The Hussler' Husselbee

David 'Thorny' Thornton

Andrew 'Hot Shot' Shepherd

Katie 'Killer' Trowsdale

Anna 'The Don' O'Donoghue

Algy 'Eagle-Eye' Smith-Maxwell

Ben 'Bulletproof' Gutteridge

Bambos 'The Hammer' Hambi

Paul 'El Toro' Kim

Darren 'The Destroyer' Morgan

Seamus 'Lion' Lyons

Alex 'Flame' Burn



KEY DATES FOR THE NEXT FEW MONTHS

21st April

Darius McDermott's 24 hour dart-a-thon

2nd May

GAMDO darts evening (sold out)

11th May

Investment Week Great British Pub Quiz (sold out)

17th May

Drinks reception at Boodles, hosted by their CEO Mike Wainwright (by invitation only, chat to Helen if you'd like to attend)

7th June

Sam Gold's wine tasting (few tickets still available, contact Sam for details)

10th June

Henderson CASCAID abseil of Broadgate Tower (all places taken but spectators are welcome)

13th June

Young Ambassadors' Quiz Night, The Gable (team places available)

19th June

Gala dinner, The Brewery (tables still available)

30th June

Walk-and-Talk Night Walk (please promote this as much as you can)

CAN YOU HELP?

Dance-a-thon: We fancy doing a 24 hour dance session, anyone keen on a bit of grooving, dad dancing or Zumba?

Anyone fancy joining Helen and Mark Dampier to attempt another 100k ski next year? We'll sell tickets this year, so it goes into our CASCAID totals.

We're putting together an Ambassador recipe book for CASCAID. If you haven't already, please send us a favourite recipe for inclusion. This can be a dinner-party speciality, a family favourite or your most impressive culinary masterpiece. Please include a few words about why you love it. Send to helen.wagstaff@mipagency.com

We'll say it again...A final word: Please promote the Night Walk!

CASCAID