

# The Great Tandem Challenge 2018



James Shone will be accompanied by ex Pupil Jack Chitty on this 230 mile tandem ride

## 2 men, 2 charities, 2 football clubs, 1 tandem, 230 miles...

James Shone is embarking on a mammoth 230 mile tandem ride accompanied by his friend and ex pupil Jack Chitty. They will both be raising funds for charities close to their hearts. James will be fund raising for 'I Can & I Am' to enable him to visit and speak to secondary state school pupils, staff and parents free of charge. His important messages are helping young people maintain a positive and fulfilled approach to their lives by encouraging them to focus on what they can do, rather than on what they can't. Funds will also provide free one-to-one mentoring resources to all young people within secondary schools.

Jack will be 'piloting' the tandem and is fund raising for 'Action on Addiction.' Jack has not had a straight forward journey over the last few years. He entered rehab very overweight in January 2017 and in the last 12 months has lost 9 stone and combatted alcoholism. For both James and Jack this 230 mile adventure will be

an enormous test of trust, strength and stamina.

The route will take them from the home of Liverpool FC (James's team) to Chelsea FC (Jack's team). See the next page for details. James and Jack will be waved off from Anfield by ex Liverpool player, Super-Sub, David Fairclough on **Monday 30<sup>th</sup> April** and they will finish at Stamford Bridge in Chelsea, London on **Saturday 5<sup>th</sup> May** where supporters, press and friends are invited to support them as they complete their journey. Updates on the challenge and an expected arrival time will be posted on the 'I Can & I Am' website.

## Donation details:

We would welcome your support, however small. Donations can be made at the following Just Giving sites:

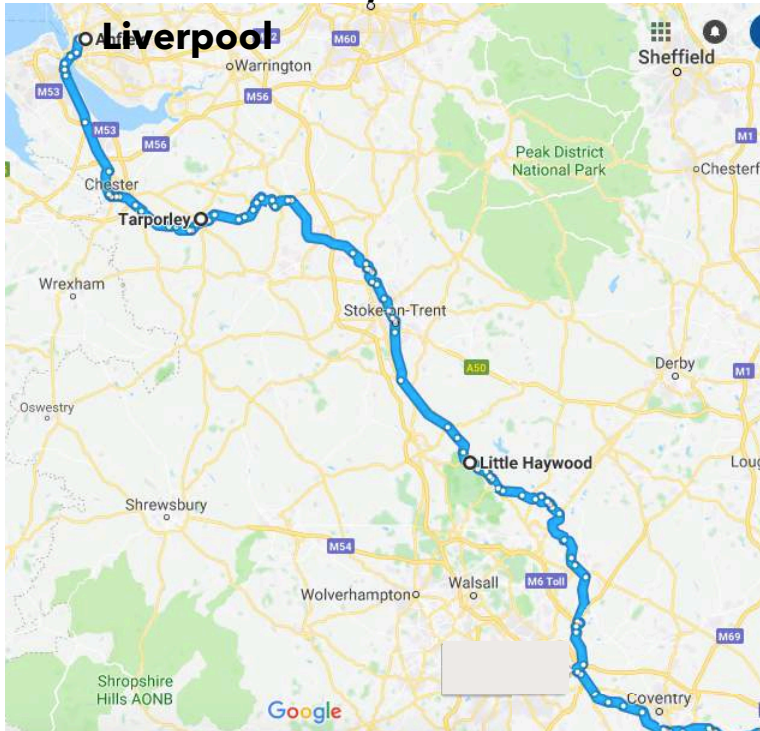
- 'I Can & I Am': [www.justgiving.com/campaigns/charity/ican-andiam/tandemchallenge](http://www.justgiving.com/campaigns/charity/ican-andiam/tandemchallenge)
- 'Action on Addiction': [www.justgiving.com/fundraising/action-on-addiction](http://www.justgiving.com/fundraising/action-on-addiction)



# The Route



**START: Anfield,**



**Start Date:**

**Monday 30th April:** Departing from Anfield in Liverpool at approx 1pm.

**End Date:**

**Saturday 5th May:** Arrival at Stamford Bridge at approx midday. Exact timings will be posted on the website.

Please come and show your support at any stage of the journey. You can follow our progress on our blog at [www.icanandiam.com](http://www.icanandiam.com).

**Monday 30th April:** Anfield to Tarporley - 32 miles

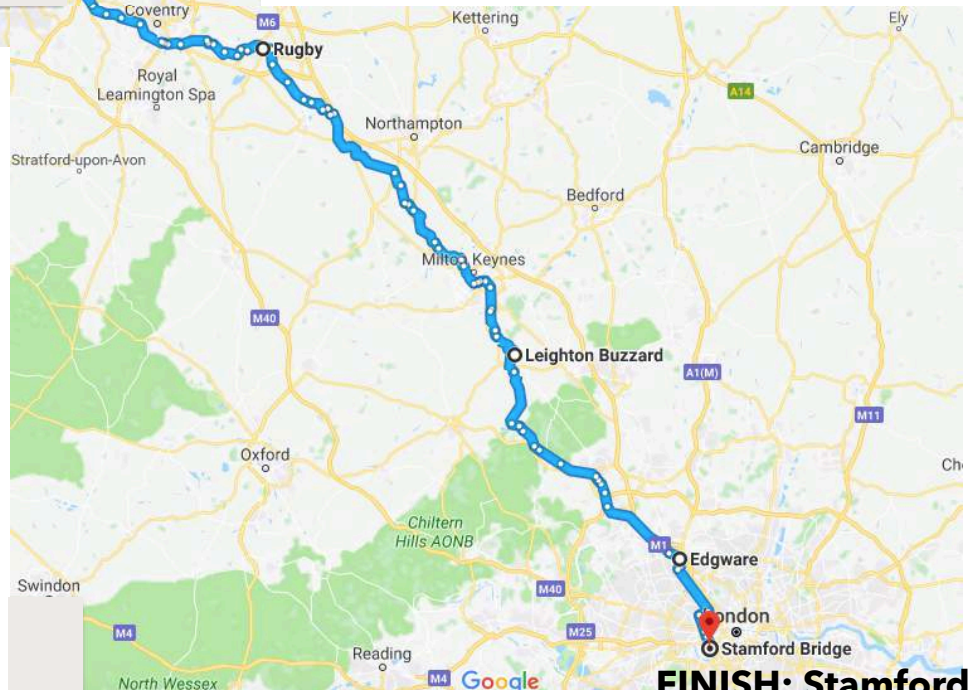
**Tuesday:** Tarporley to Little Haywood (Stafford) - 53 miles

**Wednesday:** Stafford to Rugby - 56 miles

**Thursday:** Rugby to Leighton Buzzard - 50 miles

**Friday:** Leighton Buzzard to Edgware - 38 miles

**Saturday 5th May:** Edgware to Stamford Bridge - 12 miles



**FINISH: Stamford Bridge, London**

## Are we passing near to your school?

If you live or work anywhere that appears on or near the route then please do get in touch. We'd love to see you and can even arrange for a visit by Jack and James to your school during their journey. All support is very welcome! Simply email **Rebecca on [rebecca@icanandiam.com](mailto:rebecca@icanandiam.com)**.

[www.icanandiam.com](http://www.icanandiam.com)

email: [enquiries@icanandiam.com](mailto:enquiries@icanandiam.com)

