

# A RACE TO HELP OUR HEROES

My Name is John Fairley, I had the privilege of serving for some 20 years in the Army and I am taking part in THE ARC Transatlantic Yacht Race to raise funds for H4H. The race starts on 22 November 2009 from the Canaries and finishes in St. Lucia around 14 December. PLEASE SUPPORT ME



“ Despite the herculean effort of the Headley Court Rehabilitation Centre and the other Support Agencies, our wounded and disabled soldiers still need as much help as they can get. ”



Please email your PLEDGE to:  
[donations@thearc-h4h.co.uk](mailto:donations@thearc-h4h.co.uk)  
with the following information:  
Name                      Contact Number  
Email address      Pledge  
OR 'PLEDGE' direct at:  
[www.thearc-h4h.co.uk](http://www.thearc-h4h.co.uk)

Please visit my website for further information about why I'm racing for H4H and how to donate.

H4H Reg No: 213902-14A7A

