

Harry Mahon Cancer Research Trust (HMCRT)

2004 Fundraising Effort: Mongolia Sunrise to Sunset (MS2S) Marathon Team – 23rd June



The CAUSE: The HMCRT was founded in 2001 to recognize world renowned rowing coach Harry Mahon's wishes to continue his fight against cancer, the disease that ultimately took his life. In short, Harry wanted any money raised to finance state of the art machines for diagnosing cancer. The goal of this year's fundraising event is the acquisition of a CASY Cell Counter and Analyser system costing ~ £20,000, for laboratory use at the Weatherall Institute for Molecular Medicine at Oxford University (see pages 2 and 3 for more details on Harry and the HMCRT)

The RACE: The Mongolia Sunrise to Sunset (MS2S) is an annual event that allows runners to experience some of the most spectacular and pristine trail running in the world, offering 100km or 42km alpine trail courses. Run entry cost proceeds, at ~ \$1,650 per entrant, go largely to preserve the fantastic local nature and culture (see page 4 for more details on the race)

The TEAM: Rosa Volz and John O'Loughlen are both New Zealanders who were coached by Harry at various stages of their rowing careers at national, club and high school levels. Having moved on from rowing, Rosa has competed in Ironman and Coast to Coast events in New Zealand and John has run the NY marathon and climbed Russia's Mt. Elbrus – their next challenge is the MS2S. John and Rosa are working closely with the HMCRT trustees – Sarah Warburton, John Bell and Donald Legget – to ensure maximum success of this fundraising effort (See page 5 for race team, trustee and key personnel details)

How YOU Can Help: You can sponsor Rosa or John by sending tax-deductible donations globally to CAF (Charities Aid Foundation), an international non-governmental organization which provides specialist financial services to other charities and their supporters and has worked closely with the HMCRT, a UK registered charity, since 2001 (See page 6 for details on contributing)



The Weatherall
Institute of
Molecular Medicine



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HMCRT Background: The Harry Mahon Cancer Research Trust was founded in the UK shortly after Harry's death in May of 2001 by a group of Harry's closest friends. In the latter stages of his four year battle with liver cancer, Harry indicated that he wanted to establish a trust dedicated to cancer research with any money raised to go towards purchasing state of the art machines for diagnosing the disease. Building off Harry's close relationship with Dr. John Bell, Professor of Medicine at Oxford University, and staff at the Frank Ellis Unit of Churchill Hospital in Oxford, the HMCRT seeks to provide necessary equipment to enable leading cancer research. Research is conducted at Oxford, where Harry last lived and received treatment at the Weatherall Institute of Molecular Medicine.

HMCRT Cancer Research Effort: Harry looked to his close Canadian friend, **John Bell**, for much of his guidance on combating his cancer. As Regius Professor of Medicine, at Oxford University, where he was a Rhodes Scholar, Dr. Bell is well positioned to lead the HMCRT, and as head of the Nuffield Department of Medicine over the past decade he has driven the development of the new biomedical "Research Crescent" at Oxford, comprising eight institutes and a projected Centre for Cancer Medicine.



Oxford University Professor of Immunology **Vincenzo Cerundolo** oversees the daily research and use of equipment provided by the HMCRT. Vincenzo is a graduate of the University of Padua (M.D., PhD) and Oxford (M.A.) and among his many honors is a fellow of the Academy of Medical Sciences and the Royal College of Pathologists while currently a Consultant in Medical Oncology to the NHS Trust.



Past Fundraising Initiatives: Harry's own cancer fundraising efforts started in 1999 when he ran the London Marathon – in 4hrs 10min – during a period when he was undergoing serious chemotherapy and alternative medical treatment for his sickness and experiencing a minor virus. Since Harry's passing, the HMCRT has supported numerous events and in 2003 donated £20,000 towards the acquisition of a £100,000 Laser Dissecting Microscope currently in daily use at the John Radcliffe Hospital in Oxford

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Harry Thomas Mahon, OBE 1942 - 2001

THE  TIMES

Harry Mahon, OBE, rowing coach, was born in Wanganui, New Zealand, on January 15, 1942. He died on May 19, 2001, aged 59.

Coach who rescued the Cambridge boat crew from a losing run

HARRY MAHON rounded off his medal collection when the British eight he had helped to coach won gold at the Sydney Olympics. Coming 24 hours after Steve Redgrave's triumph in the coxless fours, it was the first time Britain had won since 1912.

Mahon first became involved in British rowing in the autumn of 1992 when he was invited to have a look at the Cambridge set-up. At that time he was Switzerland's chief coach, having already achieved international success in New Zealand and Canada.

Cambridge had lost 16 of the previous 17 Boat Races, and what Mahon found was dispiriting. "They went out rowing, came back and the body language was all about losing." Nevertheless Mahon, who had an affinity for lost causes, took them on.

He had begun coaching in 1966, and over the years had developed an unrivalled understanding of the mechanics of rowing. His genius was in teaching people to row to their full potential.

When the 1993 Cambridge eight chose to finish their preparations not on the Thames but on the flatter water of the National Rowing Centre in Nottingham, their status as 4-1 underdogs seemed more than justified. Within a mile the race was all but over. Cambridge pulled easily away, establishing an early lead of two-and-a-half lengths. Oxford fought hard, but never made an impression. So began the modern era of Cambridge domination.

Harold Thomas Mahon was born in New Zealand. His uncle and grandfather were rowers and he joined the Wanganui Rowing Club at an early age. He studied geography at Victoria University, eventually becoming a teacher - although he considered giving that up to become a rugby coach. Though standing just 5ft 8in tall and weighing 11 stone, Mahon rowed with some success in his native country, where he also played rugby and cricket. During 1982 and 1983 he worked with the New Zealand crews that won two golds, a silver and a bronze at the world championships. At the 1988 Seoul Olympics he guided the New Zealand coxless pair to the bronze.

Like many rowing coaches he kept a low profile, preferring influence to fame. He claimed to have no plan to his teaching. "I just start," he said. "I'm tapping into the programme I've built over 35 years. I have a very definite idea of what the rowing stroke should look like and how to achieve it."

As well as his Cambridge and Olympic commitments, Mahon coached at Radley, worked with a women's crew in Oxford and continued in recent months to support members of the British men's squad on the Thames. In 1999, ill with cancer, he ran the London Marathon. Even the opposition paid tribute: "I'll tell you why Cambridge have been beating Oxford in the Boat Race year after year," said one Oxford coach. "Harry Mahon. That's why."

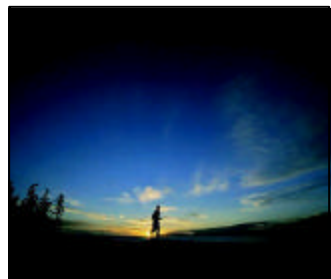
Harry Mahon was separated from his wife, Rita Wood, and is survived by his partner, Sarah Warburton.

Major Coaching Titles: 1977 NZ4- Silver Medal World Championships, 1982-1983 NZ8+ Gold Medal World Championships, 1982 NZW1x Bronze Medal World Championships, 1988 Olympics - Swiss 2X Silver Medal, NZ W2- Bronze Medal, 1997 GB 1X Bronze Medal World Championships, 2000 Olympics GB 8+ Gold Medal, 1993-1999 & 2001 Boat Races (Cambridge)

Honors: OBE 1982, New Zealand Sports Hall of Fame (1982 NZ8+, inducted 1995), named New Zealander of the Year in Britain 2001,

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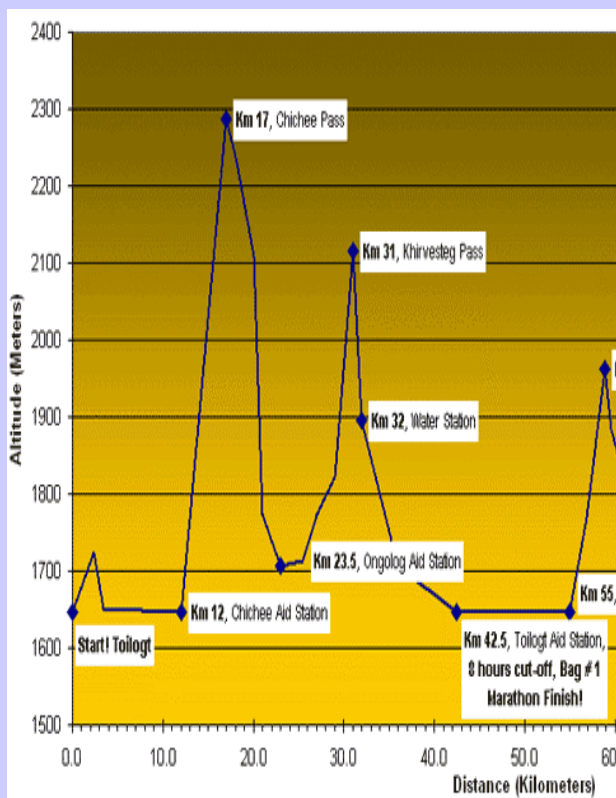
2004 Mongolia Sunrise to Sunset Marathon – MS2S



Race Philosophy: The Mongolia Sunrise to Sunset race aims to preserve Hovsgol National Park, a UNESCO World Heritage Site, by promoting it as an eco-tourism destination to an environmentally aware and culturally open public and also by sponsoring various protection and clean-up efforts in the park. It is a race set in a unique national park with rare flora and fauna in one of the most beautiful natural environments of the world. Whilst offering challenging competition, the race also aims to preserve the beauty of the setting and to promote local cultural identity. Following in Harry's marathon efforts, and broad appreciation of so many different people and places from across the world, Rosa and John chose the MS2S race as a unique event that embodies some of Harry's great spirit and legacy.

Race Location, Course and Details :

The MS2S offers runners both a marathon course race or an ultramarathon 100km race (*we are doing the former!*). The men's record for the marathon stands at 4hrs 20 and the women's at 5hrs 01. The marathon attracts approximately 30 entrants annually while the 100km ultramarathon counts around 15 starters. While locals traditionally take line honors, Rosa and John are hoping to mix things up with competitive performances and will be looking to speed things along with the echo of Harry's commands close in their minds. For more information visit: www.ultramongolia.com



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The HMCRT 2004 MS2S Team



Rosa Volz: Rosa, 28, lives in Wellington where she is an IT Contractor, with a Masters and Bachelors degree from Victoria University. Rosa's rowing career highlights include representing NZ at the Under 23 level in 1996 and 1997 and winning a national title in the Premier W4- for the Star Rowing Club. Having just come off completing the 2004 New Zealand Ironman, Rosa will provide John with some spirited intra-team competition. At a personal level, Rosa sees the MS2S as unique travel opportunity, an ideal mid-winter (southern hemisphere) challenge while also being a fantastic opportunity to raise awareness for Harry's Trust. Rosa's husband, Paul O'Connor will be traveling as a supporter.



John O'Loghlen: John, 30, resides in New York City where he works in finance following studying and rowing at Harvard and Cambridge Universities. John also represented New Zealand at the Under 23 level in 1992 and 1995 while rowing for the Auckland Rowing Club. John is looking to leverage an unorthodox training program, that includes a fusion of fitness regimes, to keep in the hunt for a competitive result. John views representing the HMCRT as an opportunity to recognize the contribution Harry made to sport and so many individuals.



Email Rosa and John a message to: racers@hmcrt.org.uk

HMCRT Trustees

Sarah Warburton, Dr. John Bell (see page 2) and **Donald F. Legget** (Cambridge Blue 1963-64, coach of Leander Club and GB Junior teams, currently coach of Cambridge University - since 1968 - and Radley College Boat Clubs)

HMCRT Fundraising Co-Chairs

Andrew Lindsay MBE (Oxford Blue 1997-99, Oxford University Boat Club President and GB 8+ 2000 Olympic Gold Medallist) and **Dr. Vincenzo Cerundolo** (see page 2)

HMCRT Enquiries to: Donald@hmcrt.org.uk

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Support the HMCRT 2004 MS2S Team *Help Us Hit Our £20,000 Goal!*



Our Fundraising Goal: The HMCRT MS2S Team is seeking to raise well in excess of amount of ~£20,000, which is the approximate cost of a Siemens CASY Cell Counter and Analyser system. Any funds raised in excess of the amount will be used towards the future purchase of additional equipment and HMCRT operating costs. As of June 1st 2004, £20,000 was equivalent to ~US\$36,500 or NZ\$59,000. We are aiming to canvas a minimum of 500+ potential donors – *we'll let you do the calculations from here in terms of what you might donate!* 😊

How to Contribute to the HMCRT 2004 MS2S Team:

1. To give a secure online donation using a credit/debit card please use the link on the HMCRT homepage: www.hmcrt.org.uk
2. To give by post print off the attached donation form (see page 7)
3. If you are a US Tax Payer you can support the fund via the attached CAF America Gift Form (see page 8)

CAF America is a tax-exempt organization, which supports, promotes and facilitates global philanthropy. Our job at CAF America is to remove the obstacles to international giving in order to increase the flow of funds to charitable organizations around the world. While we can recommend charities for assistance, our goal is to help donors reach charities outside of the United States. Most of our contributors know the international community to which they would like to make a gift, but they have been unable to find a cost effective and/or tax exempt method for supporting groups outside of the United States. The services provided by CAF America can bridge the gap between philanthropic goals and cost effective giving.

The Foundation is classified by the Internal Revenue Service as a charitable organization, described in Section 501(c)(3), and a public charity, described in Sections 170(b)(1)(A)(vi) and 509(a)(1). Thus, donors may claim the maximum tax benefits allowed by law for their contributions without the need for equivalency affidavits, letters of counsel or expenditure responsibility. A copy of our exemption and IRS Form 990 are available upon request.

Individual Gifts: One-time gifts may be made to CAF America at any time. A charity may be suggested, or CAF America can recommend a charity in the country or field of your choice. The administrative costs associated with making a grant are 8% of the first \$25,000 of the gift, 4% of the next \$75,000, and 1% on all other funds over \$100,000 per individual gift.

Learn more about CAF America at www.cafonline.org

CAF - HARRY MAHON CANCER RESEARCH TRUST

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Full Address Post Code

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Gift Aid Declaration: I confirm I am a UK taxpayer and pay an amount of Income Tax or Capital Gains Tax at least equal to the amount to be reclaimed by this charity. Please sign below your pledge to enable us to reclaim tax.

Signed:

Date:

Please make **CHEQUES** payable to: **CAF - Harry Mahon Cancer Research Trust**

(Pounds Sterling Only)

Cheque Amount: £

Send to: **Charities Aid Foundation (CAF)**
Charities Services Department
Kings Hill
WEST MALLING
ME19 4TA
United Kingdom

CAF - Harry Mahon Cancer Research Trust is established under the **Charities Aid Foundation (Registered Charity No 268369)**

CAF Ref: 7050-08

CAF America Gift Form

I would like to make a gift to CAF America.

Receipts will be sent for gifts greater than or equal to \$250 in value. If the gift is by check, the receipt will be sent in the name of the person signing the check.

Name(s) of Donor(s) _____

Donor to be acknowledged if different from above _____

Donor address _____

Telephone _____ Fax _____

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Please check whichever applies and fill in the amount.

I enclose a check payable to CAF America in the amount of \$ _____

Please charge \$ _____
_____ to my MasterCard Visa

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Expiration Date _____

Account No. _____

Signature _____

Please check whichever applies and complete.

I suggest that CAF America support the following philanthropic organization:

CAF Harry Mahon Cancer Research Trust

25 Kings Hill Avenue

Kings Hill

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UK

ME19 4TA

+44 1732 520 000

I understand that my gift to CAF America becomes the property of CAF America and that CAF America has ultimate control, authority and discretion with regard to its assets. All grants made by CAF America are in its sole and independent discretion.

Signature _____

Date _____

Please make copies of this form as needed. Please send the form together with your gift to:

CAF America

King Street Station

1800 Diagonal Road, Suite 150, Alexandria, VA 22314-2840

Phone: (703) 549-8931

Fax: (703) 549-8934

Email: info@cafamerica.org

Websites: www.cafamerica.org

www.allaboutgiving.org/america