

ROOFING RACERS AT THE LONDON TRIATHLON 2016

TRIATHLON

LONDON



— 10TH —
**ANNIVERSARY
EDITION**



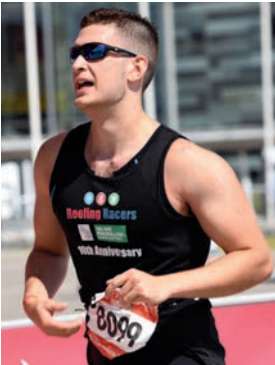
Great
Ormond
Street
Hospital
Charity



Roofing Racers

**WE ARE
MACMILLAN.**
CANCER SUPPORT

INTRODUCTION





ROOFING RACERS TRI-UMPH FOR THEIR 10TH YEAR!

Dear Readers,

For the tenth consecutive year, Roofing Racers have ran, swam and cycled to the London Triathlon finishing line, all in support of their chosen charities Great Ormond Street Hospital and Macmillan Cancer Support.

Roofing Racers presents a wonderful and rare opportunity for everyone in the industry to join in the spirit of the competition, the fun, friendship and camaraderie – whilst raising money for our very worthwhile charities.

Open to those of all ages and backgrounds within the Roofing, Building Plastics and Windows industry; welcoming everyone to join Roofing Racers - including first timers, sports enthusiasts and the Triathlon elite. Everyone, whether competing as an individual or as a team, in this historic event tackled a 750m swim in the River Thames, followed by a 20km bike ride and ending with a 5km sprint to the finish line.

Year after year our Roofing Racers athletes donate precious time away from their busy lives to train and to take part

“This event has been much loved within the industry for **ten years** and we would like to thank everyone that has taken part.”

in this special event. Whilst their friends, families and colleagues offer support, donations and plenty of cheering from the side lines! We were very grateful to again see contractors, installers, staff from manufacturers, distributors and trade associations from across the industry competing.

2016 was extra special to all those involved and to our industry, as we celebrated a decade of; dedication, teamwork, sportsmanship and fundraising in our tenth anniversary - raising an incredible £463,500 for both charities over the years!

This event has been much loved within the industry for ten years and we would like to thank everyone that has taken part as an athlete and the friends, family and colleagues that have supported and those that have donated to our fantastic charities.

Thank you
Team Roofing Racers



GREAT ORMOND STREET HOSPITAL

Great Ormond Street Hospital is one of the world's leading children's hospitals, with the broadest range of dedicated children's healthcare specialists under one roof in the UK. The hospital's pioneering research and treatment gives hope to children who have some of the rarest, most complex and often life-threatening conditions.

Since 2010, Roofing Racers have been fundraising for our neuroscience wards, after Christopher, the son of SIG's Russell Pagan was admitted to Great Ormond Street Hospital. He received care on both our old ward and then on our newly opened Koala Ward.

THANK YOU ROOFING RACERS

The support Roofing Racers has provided to Koala and neurosciences at Great Ormond Street Hospital has been invaluable. With their continued and generous support we are able to fund many pieces of equipment, new research projects, support workers to help families and so much more.

On behalf of the children, parents and staff we would like to thank all of you taking part for everything you have done to raise these vital funds and we look forward to continuing our relationship for years to come.

The donations received from Roofing Racers have been used to fund a number of different areas throughout the Ward, including:

- Bedroom facilities, such as fold-out beds for parents to stay with their children.
- Play areas and play specialists to help the children have fun, recover and help them to understand their illness.
- Essential state-of-the-art equipment that falls outside of what the NHS can provide.

Great Ormond Street Hospital Children's Charity needs to raise vital funds to enable the hospital to provide world-class care for the patients and their families. You can find out more about what we do by visiting www.gosh.org

ADDING IT UP

The hospital relies on donations to be able to do the amazing things it does. Here are just a few examples of where our donations go:

- £44 could help give one of our families a good night's sleep in the hospital's parent and family accommodation, and let a poorly child stay close to mum or dad.
- £110 could fund a support worker for a day, providing emotional and practical support to patients and their families, when and where they need it most.
- £500 is enough to cover the costs of one MRI scan – a vital test that helps our doctors pinpoint the cause of a child's pain.
- £39,000 would buy a head box which is part of the brain wave monitoring device used in the telemetry unit in Koala. Equipment is expensive which is why having the funds made available from Roofing Racers allows us to keep planning for the area we most need it in within the ward.

To find out more about what your donations mean to us please visit www.gosh.org/donate



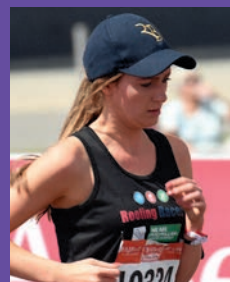
THE KOALA WARD

The Koala Ward cares for children with the following clinical specialties;

- complex epilepsy and epilepsy surgery
- neuromuscular disorders
- neurodegenerative and neurometabolic disorders
- neurovascular disorders
- neuropsychiatric disorders
- central nervous system tumours
- hydrocephalus
- spinal cord abnormalities

The ward is open 24 hours a day, seven days a week. Epilepsy monitoring takes place five days a week. It contains;

- two four-bed high dependency bays for children needing closer monitoring and nursing care, perhaps coming back from the operating theatre
- four telemetry monitoring rooms to observe children's brain waves
- ten single rooms, all with their own en-suite bathrooms and space for one parent to stay
- two isolation rooms for children who either have an infection or who need to be protected from infection (one with a lobby to care for immunocompromised patients)



We've been supporting people affected by cancer for more than 100 years. Since 1911, we've made it our mission to provide the best possible support to everyone affected by cancer. Our founder, Douglas Macmillan, set up the charity to make sure people living with cancer and their loved ones receive medical, practical, emotional and financial support, as well as a better understanding of the illness. This knowledge forms the core of everything we do.

“Macmillan are currently working with Trusts across the country to create much bigger treatment centres and delivering a state-of-the-art future for patients and staff.”

Today we have over 7000 Macmillan health and social care professionals across the UK. We aim to support people throughout every stage of their cancer journey, from diagnosis onwards. But the population is growing and people are

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living longer with cancer. This is why Macmillan have partnered with NHS Trusts across the country to build bigger, state-of-the-art cancer centres. One such build is at Hinchingbrooke Hospital where Macmillan and the trust are fundraising to extend the current Macmillan Woodlands Centre. Capacity for outpatient chemotherapy treatment at Hinchingbrooke Hospital hugely respected Woodlands Centre is already overstretched. With the number of patients needing treatment at Woodlands set to double to 3,000 by 2016 urgent action is needed. Macmillan are currently working with Trusts across the country to create much bigger treatment centres and delivering a state-of-the-art future for patients and staff.

We can't raise the necessary funds for this without you and we thank you for your continued support.

**To find more about our builds please visit
www.macmillan.org.uk/hinchingbrooke**

THANK YOU ROOFING RACERS

We cannot thank Roofing Racers enough for their continued support over the years. The Roofing Racers donations could pay for a Macmillan nurse for three years, helping people living with cancer and their families receive essential medical, practical and emotional support. We look forward to working with you going forward and are honoured to be part of your team.



THE DIFFERENCE YOUR MONEY CAN MAKE:

£27

could pay for a Macmillan nurse for one hour. Our nurses help people living with cancer and their families to receive essential medical, practical and emotional support that prevents people feeling they're facing cancer alone.

£50

could pay for 96 copies of The cancer guide. This Macmillan booklet can help someone recently diagnosed with cancer, and their families, understand more about cancer, its treatment and the help available.

£145

could pay for a Macmillan Grant that buys new clothes for someone experiencing a change in weight or body shape while undergoing cancer treatment, helping them feel better about the way they look.

£8,836

could pay for two Macmillan speech and language therapists for a month. They work with people who have language or speech difficulties, or problems swallowing, following surgery or radiotherapy.

ANOTHER ELECTRIFYING PERFORMANCE! THE EVENT 2016



On Saturday 6th August, the Roofing Racers team - made up of competitors from across the Roofing, Building Plastics and Windows industry - well and truly earned gold medals for all their efforts and incredible fundraising. The team put in an amazing performance along with over 10,000 elites and amateurs, as they competed in the

biggest triathlon in the world - the AJ Bell London Triathlon. With competitors giving it their all and over 30,000 spectators, it was an incredible day. This year, an amazing 41 individuals and 21 Roofing Racers teams took part. Some were old hands, some were nervous first timers, whilst others were simply sports enthusiasts

who couldn't resist getting involved. However, they all had one thing in common, they all gave their absolute best. Clad in wetsuits, lycra and trainers, they threw themselves wholeheartedly into the spirit of the competition and attacked the course full of enthusiasm - completing the 750m swim in the Thames, followed by a 20km bike ride, and a 5km sprint



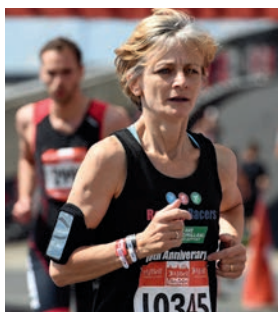
to the finishing line in true Roofing Racers style.

In its tenth year, Roofing Racers are proud of their efforts; having raised over £463,500 for their much loved charities - Great Ormond Street Hospital and Macmillan Cancer Support. 2016's target is to raise a further £43,500 for both charities, and the team are doing all they can to make sure they smash this target.

FASTEST TIMES

Fastest individual man:	Bernie Fyans	01:17:00
Fastest individual woman:	Ellen Curtis	01:33:30
Fastest over 50:	Dave King	01.30.11
Fastest team:	Ubbink:	01:25:35
	Marcus Lightfoot,	
	Grant Holmes and	
	Frank Van Beers	

THE EVENT 2016





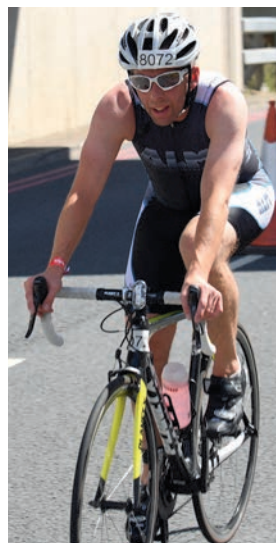
SPRINT INDIVIDUAL TIMES

POS	FORENAME	SURNAME	M/F	TOTAL	SWIM	BIKE	RUN
1	Bernie	Fyans	M	01:17:00	00:12:12	00:35:19	00:24:12
2	Daniel	Eldridge	M	01:19:03	00:14:21	00:35:18	00:24:16
3	Jorge	Bonet-Porcar	M	01:23:37	00:13:42	00:40:39	00:23:15
4	Jon	Shum	M	01:25:31	00:14:14	00:40:52	00:24:49
5	Alan	Barker	M	01:26:02	00:15:41	00:37:42	00:26:19
6	Cameron	Leckie	M	01:29:21	00:14:30	00:42:11	00:26:55
7	David	Osmond	M	01:29:41	00:16:53	00:41:21	00:25:30
8	Dave	King	M	01:30:11	00:16:59	00:36:14	00:29:35
9	Guy	Taylor	M	01:30:17	00:14:13	00:41:02	00:27:47
10	Graeme	Douglas	M	01:31:14	00:16:05	00:39:34	00:27:06
11	Brett	Cornish	M	01:32:14	00:13:13	00:43:52	00:28:29
12	Ellen	Curtis	F	01:33:30	00:14:24	00:43:46	00:28:48
13	Robert	Murphy	M	01:36:09	00:20:14	00:41:03	00:27:52
14	Craig	Edwards	M	01:36:14	00:15:58	00:43:43	00:28:28
15	Naithan	Keeping	M	01:38:02	00:15:18	00:45:31	00:28:39
16	Rich	Webb	M	01:39:04	00:16:35	00:42:02	00:32:42
17	Sarah	Evans	F	01:39:09	00:15:05	00:49:25	00:28:03
18	Louisa	Taylor	F	01:39:17	00:13:03	00:46:18	00:32:41
19	David	Hayes	M	01:41:32	00:17:03	00:43:48	00:32:25
20	Chris	Bartlett	M	01:41:35	00:12:50	00:43:58	00:37:31
21	Ashley	Chivers	M	01:42:01	00:16:48	00:46:52	00:29:42
22	Aaron	Turnbull	M	01:42:07	00:15:00	00:47:13	00:32:17
23	James	Cramp	M	01:42:15	00:16:35	00:43:16	00:33:49
24	Martin	Tyrrell	M	01:42:19	00:14:07	00:44:59	00:35:24
25	Lee	Jones	M	01:43:44	00:26:12	00:42:37	00:27:06
26	Vanessa	Adell	F	01:46:17	00:18:28	00:50:36	00:30:05
27	Gavin	White	M	01:47:06	00:18:09	00:48:14	00:31:20
28	Mark	Higgins	M	01:47:14	00:22:55	00:41:39	00:34:31
29	Ashley	Turnbull	M	01:51:19	00:15:25	00:50:15	00:36:14
30	Paul	Owen	M	01:54:11	00:18:30	00:46:11	00:37:46
31	Graham	Copson	M	01:57:05	00:20:49	00:48:31	00:38:32
32	David	Arendell	M	01:57:10	00:22:00	00:47:13	00:36:33
33	Russell	Pagan	M	01:58:40	00:14:28	00:45:03	00:45:41
34	Chris	Pagan	M	01:58:41	00:14:28	00:46:04	00:45:41
35	Ralph	Morton	M	02:02:34	00:20:01	00:51:52	00:41:04
36	Lesley	Hughes	F	02:05:18	00:22:28	00:54:11	00:40:09
37	Tracey	Burt	F	02:09:57	00:34:02	00:32:21	00:50:02
38	David	Bethell	M	02:13:55	00:27:32	00:50:20	00:46:24
39	Michelle	Winstone	F	02:18:28	00:20:13	01:08:06	00:41:57
40	Luke	Ambrose	M	DNF			

SPRINT TEAM TIMES



POS	FORENAME	SURNAME	TOTAL	SWIM	BIKE	RUN
1	Marcus	Lightfoot	01:25:35	00:12:35	00:44:44	00:23:15
2	Unknown	Unknown	01:30:11	00:16:53	00:41:22	00:25:59
3	Adam	Phillips	01:30:56	00:14:36	00:45:24	00:24:30
4	Tom	Horton	01:33:39	00:13:50	00:44:00	00:30:47
5	Stuart	Jago	01:33:43	00:20:00	00:38:13	00:28:39
6	Jorge	Bonet	01:34:13	00:13:42	00:38:28	00:36:11
7	James	Cass	01:35:00	00:16:39	00:38:29	00:33:32
8	Alice	Game	01:35:23	00:13:12	00:45:40	00:30:37
9	Hollie	Price-Thomas	01:39:40	00:15:41	00:41:34	00:36:44
10	Nigel	Fields	01:39:52	00:15:39	00:47:43	00:30:29
11	Jake	Collyer	01:41:16	00:28:01		00:43:14
12	Claire	Darbyshire	01:41:44	00:16:29	00:47:57	00:30:41
13	Harpreet	Janjua	01:41:53	00:23:43	00:37:31	00:34:48
14	David	Richardson	01:44:21	00:23:19	00:43:33	00:30:21
15	Janine	Brady	01:47:45	00:18:49	00:51:06	00:30:22
16	Lorraine	Koertzen	01:49:36	00:17:23	00:51:37	00:28:14
17	Joanne	Webb	01:49:41	00:20:11	00:47:00	00:33:56
18	Laurence	Solly	01:58:03	00:10:27	00:38:39	00:57:22
19	Carissa	Morley	02:02:29	00:20:28		00:34:48
20	Janine	Brady	02:06:15	00:18:49	01:08:43	00:31:13
21	Lisa	Woolnough	02:15:47	00:18:31	01:09:00	00:42:01



CHRIS PAGAN'S STORY

I was an average person playing football and enjoying other athletic sports such as karate and then at the age of ten years old I had a brain haemorrhage when attending a family party. The bleed was mainly in the Cerebellum, which is the part of the brain that controls all of the movement in your body and your speech.

I remember walking down a corridor and my legs were

giving way beneath me, at this point I was rushed to Great Ormond Street Hospital where I received lifesaving treatment and was operated on by top brain surgeons. I truly believe I wouldn't be where I am today without the support of GOSH.

My recovery is all down to the extra support I received within those early stages of my treatment, whilst in intensive care.

I'VE DEFIED ALL THE ODDS

As I started to show signs of movement I was gently told by my doctors that I would never be able to walk or talk again...

Over the past seven years it's been a struggle, a massive uphill struggle - learning to walk again has been very difficult with the scrapes and bruises I would incur when trying to walk and

"I truly believe I wouldn't be where I am today without the support of GOSH."





“Taking part in the London Triathlon was about marking something for me – it was marking the fact I could do it!”



learning to ride a bike again was completely demoralising. With both things, you know how to walk and how to ride a bike; however you're unable to do it. I was telling my body to do one thing and not getting a response, instead it would do something else entirely different to my request.

OTHERS GO THROUGH MORE

I had to keep telling myself that there are people out there going through this type of thing every day. If you think you're the worst

off in life - stop! There will always be someone else going through more than you.

Taking part in the London Triathlon was about marking something for me – it was marking the fact I could do it! I was very pleased with my swim and my cycle – I sprained my ankle on my run which I was no so pleased about.

I may have not completed the race with the best time, however in my eyes any time was the best time ever!



ADRIAN SHELLEY'S STORY



“I wanted to raise lots of money for both charities this year and badgered pretty much all of my friends and family to donate.”

It all started in 2007 for me because I wanted to support my boss at the time, Chris Williams to help raise money for charity. This was the first event for Roofing Racers that I had done, and having the opportunity to raise money for excellent causes in this way seemed to be a great idea.

MACMILLAN CANCER SUPPORT

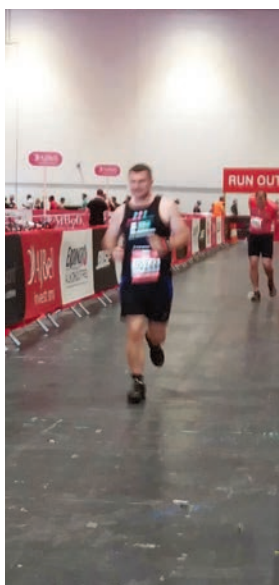
I lost my mum to cancer in 2012 and the Macmillan nurses and staff were brilliant all the way through such a terrible time for me and my family. This year I entered as a team and took on the challenge of the run (pictured

above centre), during the last mile of the 5km I passed the Macmillan stand which I always find particular hard now - I didn't know when I entered my first Roofing Racers triathlon nine years ago that I'd end up being involved with Macmillan personally.



I wanted to raise lots of money for both charities this year and badgered pretty much all of my friends and family to donate, once they started to avoiding me I moved onto suppliers and customers that I've worked with for a very long time.

To make it fun and encourage people to make those much needed donations I took advantage of an SIG UK Exteriors golfing event and held a court session every evening before dinner. This would fine people between a 5 and 10 Euros for every ball they lost or failing to hit past the ladies tee. There were also various ad-hoc fines for bad behaviour, which included unattended gold clubs, slow play and even one customer jumping in the lake to cool down!



“There is no better feeling than crossing that finishing line taking in pride in what you've achieved for charity.”

TRAINING FOR THE DAY

I didn't change my lifestyle too much, apart from going to the gym to increase my running distance. In the last two months leading up to the Roofing Racers event I started running twice or even three times a week, preparing me for the big day.

I always get really excited on the day and this year I was lending my bike to another member of my team and colleague George King, so I travelled with it to the Excel Centre – trying to gain some last minute training by ridding the bike as much as I could through London!

You always feel the adrenaline rushing through you when you're waiting to start your section and waiting for George to complete his cycle and tag me seemed to take forever, however once off on my way I loved it. There is no better feeling than crossing that finishing line taking in pride in what you've achieved for charity.

The event in the evening is always amazing; it's full of the camaraderie spirit and fun - whilst celebrating with your friends, family and colleagues.



“The Roofing Racers donations could pay for a Macmillan nurse for three years, helping people living with cancer and their families receive essential medical, practical and emotional support.”

CELEBRATING SUCCESS

After the event, more than 230 Roofing Racers, along with friends, families and colleagues, boarded the Dixie Queen boat and took a trip down the Thames. Great fun was had by all, with dancing late into the night and everyone celebrating the achievements of the day and the last 10 years in true style.



Fastest individual man: Bernie Fyans



Fastest individual woman: Ellen Curtis



Fastest over 50: Dave King



Fastest team: Ubbink





CELEBRATING SUCCESS





A BIG THANK YOU

A special mention must go to the generous sponsors who have made the last ten years possible.

Kind supporters are:

SIG Roofing, SIG Building Plastics, ALM, Briggs Amasco, FloPlast, Forticrete, Icopal, IKO, Klover, Marley Eternit, MASCO Windows, NFRC, Redland, Sandtoft, SR Timber, Swish and Ubbink.





Another massive thank you must go to the following suppliers and agencies that have given up their value time, products and services to support Roofing Racer event again.

BRAVEDOG, Effective Advertising Gifts, JCD Photography, GCM and Pickering & Huntichins



AND FINALLY

Thank you to everyone that has participated supported and helped celebrate our achievements for ten years!

Andrew Wakelin, SIG UK Exteriors Managing Director:

Commenting on the day's success, SIG UK Exteriors Managing Director, Andrew Wakelin said: "Congratulations to everyone who competed in this year's event and made the tenth anniversary of Roofing Racers a day to remember. Thanks also to all the fantastic supporters who always help make this occasion even more special. We were pleased to see an amazing number of members of the Roofing, Building Plastics and Windows industry come together in this challenging event, and their sense of camaraderie was second to none.

"As every penny counts for our charities, we really need to hit this year's target of £43,500. For those who haven't yet sponsored Roofing Racers, there's still time to pay tribute to fellow industry colleagues and help make a difference to many peoples' lives," adds Andrew.

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