



# Cats Protection's Nine Mile Challenge

**Nine miles. One month. Roam free!**

Put your best foot forward this September

I am challenging myself for...



#CatChampions

Helping to boost the kitty

#9miles4cats

## Take it in your stride - five easy steps

### 1. Plan your miles

Decide how you want to spread your miles and when and where you can fit them in. Use our calendar to help you plan your pace.

### 2. Set up your online fundraising page

Make it as easy as possible to collect sponsorship, go to [www.tinyurl.com/run9miles](http://www.tinyurl.com/run9miles) and follow the simple steps to set up your own page so your sponsors can donate to you without cash.

### 3. Spread the word

Tell as many people as you can – friends, family, colleagues, classmates – if just five people sponsored you £1 a mile that would be enough to provide a cat in our care with:

- bedding and a safe place to sleep
- food until they are ready to go home
- a microchip
- deworming and vaccination

Share your fundraising page link far and wide, on social media, in emails, add it to your poster.

### Fundraising treats!

Raise £50 and we'll send you an exclusive badge and certificate and if you raise £100 you'll get an extra-special badge.



#### 4. Scamper, prance, romp and run!

It's time to put in the leg-work. Whether you're taking on all your miles at once or spreading them across the month, things are going to get tough but when you start to sweat, just think of the cats you're helping. Don't forget you can find some inspiration and share your progress with #9miles or in our runners' Facebook group. Keep your fundraising page updated with some pics to keep those donations coming in!

#### 5. Send in your donations

##### Online fundraising page

Visit your fundraising page and follow the simple steps to donate your funds with a **credit or debit card**.

##### Bank transfer

Visit your local branch of Barclays or use online banking and pay the funds in to our Cats Protection account Sortcode **20-42-66**, Account number **80240168**.

Please use the reference First Initial, Surname and then **EVVRD** eg: AYoung EVVRD.

If you are able to email [events@cats.org.uk](mailto:events@cats.org.uk) with the details of when you have paid it in and how much that will help greatly in reconciling towards your fundraising total.

##### Cheque

Make cheques payable to 'Cats Protection' and send to **Freepost Cats Protection**. Please write '9 miles' on the back of the envelope and your name and address on the reverse of the cheque.

##### Phone

Call our Supporter Services team on **0800 917 2287** to donate by credit or debit card.

Come and be sociable with us!



## What we are able to do because of people like you

### Third litter of kittens found abandoned on Glasgow footpath

A quartet of kittens found dumped in a bag for life has been safely rescued in Glasgow – the third litter abandoned near the same footpath in the past year.

The kittens were found in the Bishopbriggs area by a dog walker and taken to a nearby vets, where they were checked over before being collected by Cats Protection and taken into the care of our Glasgow Adoption Centre.

The kittens are around six weeks old and centre staff have named them Hal, Dewey, Lois and Ida, after characters from the US sitcom *Malcolm in the Middle*.

“Each litter has been found in a large ‘bag for life’, along with articles of clothing.

So far all three litters have been lucky that they have been found really quickly, but if the mother had

been neutered then these kittens, and the other two litters, would not have found themselves in such a perilous situation. We would urge any owners with unneutered cats to get in touch with us so we can offer practical help and advice and prevent any more unwanted kittens. ” **Andy Currie, Glasgow Centre Manager**

Neutering has a number of health benefits to both pet and stray cats. Females cannot become pregnant and have unwanted kittens, nor will they call or wail. Left unneutered, a female cat can have up to 18 kittens a year. Neutered males are less likely to roam, which reduces the risk of them being involved in road traffic incidents and displaying territorial behaviour such as fighting, which additionally assists in reducing the risk of injury or serious diseases such as Feline Immunodeficiency Virus (FIV) or Feline Leukaemia Virus (FeLV).



## Emma Challis

### Cats Protection supporter – running to fundraise for Cats Protection

Emma Challis has been a volunteer cat fosterer for Cats Protection's Glastonbury & Wells Branch since 2010.

Emma began running long distance in 2013 as a way to help her strengthen her muscles after recovering from two serious accidents; she damaged her spine in a car accident in 1997 and then fractured her pelvis after falling down the stairs in 2007.



Then, in 2016, Emma was diagnosed with a long-standing blood clotting condition which had caused her pain for many years. At a hospital visit a few days after completing the Taunton Marathon she was told that she had 'multiple prominent clots' in her lungs.

Emma's doctor has recommended running as a good way to prevent her blood clots.

"I'd been suffering from the condition for around 15 years but it had never been diagnosed," Emma explained. "Now, with treatment, I've been able to reduce my marathon running time to under four hours!"

Emma, previously a vet nurse and now a mobile beautician, also has two rescue cats of her own, a tabby-and-white female called Diddy Kitty and a black female called Isis.

She added: "I absolutely adore cats, they're just beautiful creatures. I love helping animals in need and it's amazing to see how a little TLC goes a long way."

Emma is now on track to achieve her 100th marathon in 2019 and despite breaking her foot a few months ago is now running faster than ever.

“I hope to inspire people. I was 40 when I ran my first marathon. Never too late. Never give up. Keep enjoying. I love surprising myself.”





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Reg Charity 203644 (England and Wales) and SC037711 (Scotland) FUND\_4466

[#9miles4cats](#)