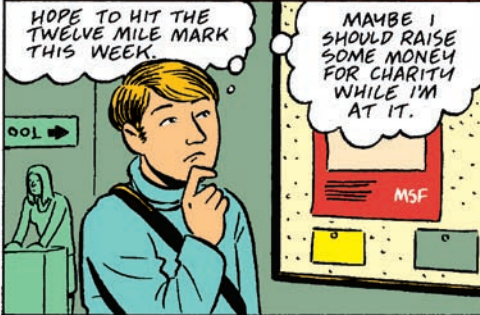


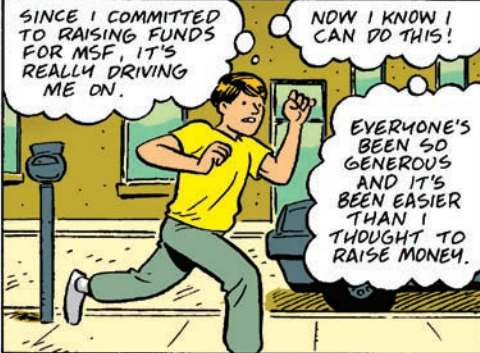
WITH JUST THREE MONTHS TO GO TO HIS FIRST MARATHON, TOM REALLY WANTS TO DO WELL.



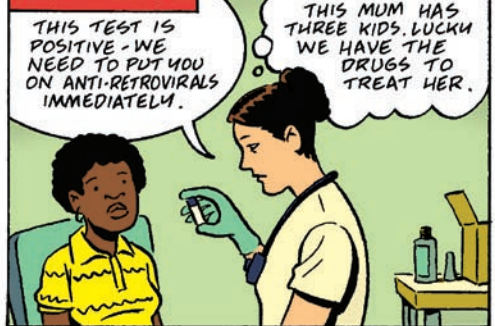
WORKING WITH MEDECINS SANS FRONTIERES IN ZIMBABWE, DR. EMER KILBRIDE KNOWS EXACTLY HOW VALUABLE FUNDRAISING BACK HOME IN DUBLIN IS.



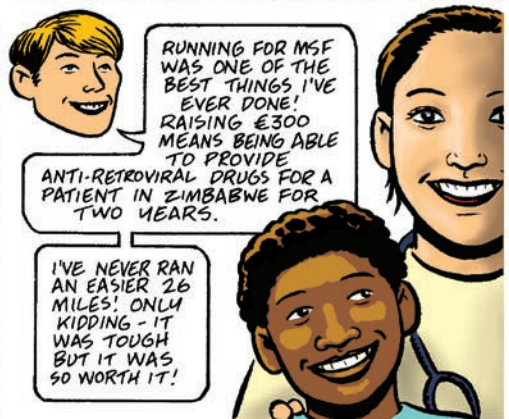
WITH MSF IN MIND, TOM PUSHES HIMSELF:



DUE TO HIV/AIDS, ZIMBABWE HAS THE HIGHEST PROPORTION OF ORPHANS WORLDWIDE.



TOM RAISED NEARLY €300 FOR MSF.



You can help MSF provide life-saving medical care in more than 65 countries around the world by running in the Dublin or Cork marathons this year.

Every €25 you raise provides two months of ARVs to treat HIV positive patients.



Now, you can run a marathon in Ireland and save lives around the world

If you run the marathon for Médecins Sans Frontières (MSF), every €25 you raise will provide two months of ARV (Anti-retroviral) treatment for HIV positive patients in Zimbabwe.

With your help, we can get more patients started on ARVs and their condition will improve immediately. Being HIV positive is no longer a death sentence - if you have access to ARVs. And with many patients being parents too, this helps them live longer, healthier lives and they can continue to look after their children.

In Zimbabwe, Dublin doctor Emer Kilbride is on the frontlines, fighting the HIV epidemic by getting more patients stabilised on anti-retroviral treatment.

You can help MSF save lives

The people of Zimbabwe need your help. And remember, as Dr. Emer says, *"With MSF, there is no sense of someone being on 'the wrong side'... if someone has medical needs, we will treat them"*.

Raising money and running the marathon is not easy but we need your help. Make all your training really worthwhile!

So, go on - talk to Gareth in MSF on 01 660 3337, email Gareth.SHAW@dublin.msf.org or call in to our office in Baggot Street today. We'd love to hear from you.

Thank you in advance for your help.

**Every life matters.
Every heartbeat has a history.
Every patient has dignity.**



MSF is an independent emergency medical organisation working in more than 65 countries worldwide



Name
Dr. Emer Kilbride

From
Dublin, Ireland

African base
Gweru, Zimbabwe

Project
Getting HIV/AIDS patients stabilised on anti-retroviral drugs, allowing them to live longer and look after their children

Contact us today:

✉ gareth.shaw@dublin.msf.org
☎ 01 660 3337
🌐 www.msf.ie/marathon
📘 www.facebook.com/msfireland
🐦 www.twitter.com/MSF_ireland