



**28<sup>th</sup> July 2010**

**PRESS RELEASE**

**24HR KARTING BY A SINGLE INDIVIDUAL!**



On Saturday 28<sup>TH</sup> August 2010, Howard Kayman from 'Aston Chase' ([www.astonchase.com](http://www.astonchase.com)) will compete in the British 24hr Karting Event in support of Help for Heroes.

The unusual thing about this event, there are 78 teams competing and Howard will be doing this all by himself for 24hrs!

The event will take place at Teesside Autodrome

South Tees Motor Sports Park  
South Bank Road  
Middlesbrough  
TS6 6XH

Tel: 01642 231117

<http://www.teessidekarting.co.uk/british24-karting.php>

All the money raised will be spent by Help for Heroes to transform the lives of wounded service personnel.

Howard says:

I'm sure you'll agree 'Help for Heroes' is a very worthwhile cause at the moment and I haven't created a limit to the amount I want to raise because whatever is achieved in the end is still not enough for our Heroes!

For more information please contact:

**Howard Kayman** on [HKayman@gmail.com](mailto:HKayman@gmail.com)

**Telephone: 07973 271691**

- To make a donation, <https://www.bmycharity.com/V2/24hrs>
- For some ideas on how to get involved in Help for Heroes visit the website: [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)
- Help for Heroes, is registered with the Charity Commission, number 1120920