

16th August



TOUGH MUDDER MOTHER

Hi there,

My name is Rashida Cottrell (aka Rashy). Allow me to tell you a little about my story... I was born in Dares Salaam, Tanzania and before my first birthday my family moved to London, England. After completing my Pharmacy Degree I re-located to Australia and now I live in Queensland on the Sunshine Coast with my husband Alex and our 6 gorgeous children; Isaac-13, Naseya-12, Paris-11, Zulema-10, Elias-8 & Shireena-5. I'm very active in my community here on the Sunshine Coast & I'm currently undertaking a challenge which is huge for me and out of my comfort zone...**Tough Mudder**. Picture this: you've just belly-crawled under dangling live wires, not escaping without sizzling electric shocks pulsating through your muscles. Ahead of you, after a 100-metre dash through muddy sludge, monkey bars slant upwards, covered in mud and butter—a near impossible bridge over frigid water. You've swallowed mud (and who only knows what else). You're tired...the last thing you want to do is rub your hands and hope for enough friction

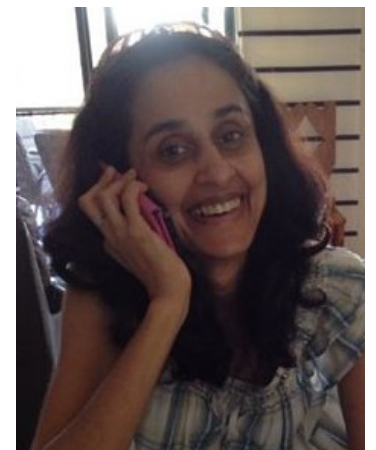
to keep you airborne for 0.7 seconds while you wildly swing one-armed for the next rung. But a "Come on, go for it - you can do it!" call from your teammate makes you jump. For a glorious second, you think you've got it. Then you plunge down into a muddy pool of icy water. Freezing waves swamp your brain. Your waterlogged muscles scream in protest. But for some reason, you keep going. Why? Because it's about others. That's why. In doing this crazy event, which is totally out of my comfort zone I'm looking to raise money for my neighbouring home country Kenya who are going through heart breaking hardship. We in this country of Australia have so much and I feel it's time to give just a little bit back in the right direction to help people have the basics of water and simple medicines like a Paracetamol to

ease a simple ache or pain...The project is in a remote region of Kenya called North Pokot where thousands of people are dying because of a severe drought, lack of clean water and medicines. Some money has been raised and the vision to dig water wells, build a dispensary and a school has already begun.

Can you help me, help these dear people to achieve their goal as I set out to achieve mine of completing Tough Mudder?.... Judge Little Love Lots

J.L.L.L
Rashy

*Find us on
Facebook...
"Judge Little
Love Lots"*



TOUGH MUDDER YEAH TEAM

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Pledge Form



Rashida Cottrell
Judge Little Love Lots

Givers Information (please print)

Name _____
Address _____
City, Postcode _____
Phone 1 | Phone 2 _____
Fax | Email _____

Pledge Information

I/We pledge a total of \$_____ to be paid: now I.O.U Upon Receipt

I/We plan to make this contribution in the form of: cash cheque Bank Transfer other.

Commonwealth Bank _____
BSB: 064447 _____
Account #: 1045 4151 _____

Acknowledgement Information

Please use the following name(s) in all acknowledgements: _____

I/We wish to have our gift remain anonymous.

I/We need a receipt for this donation.

Signature(s)

Date

Please make cheques or other gifts payable to:
Rashida Cottrell

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