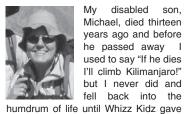
Challenge Profile:

Kilimanjaro Trek for Whizz-Kidz

Marina Khilkoff-Boulding

Born 1949 - Property Lawyer

The Challenge - Reach the 5895m summit of Mt. Kilimanjaro, Tanzania



Mv disabled son. Michael, died thirteen years ago and before he passed away I used to say "If he dies I'll climb Kilimaniaro!" but I never did and fell back into the me the chance to do it.

The Kilimanjaro challenge takes 10 days and involved 9 months training. The group was made up of 34 participants, all raising money for Whizz-Kidz, 8 guides, 103 porters and the whole Whizz Kidz support team - our own little sub-team of my husband and me and our four dogs who enjoyed the training!



children by giving them freedom and

It is a charity whose work is very close to my heart. By supporting them I wanted to repay a debt to help disabled children and their parents: when my disabled son was alive many people helped me. Also, I experienced first hand the lack of individually designed mobility equipment and had to invent design and build it myself.

Between my husband and I, we raised

94

over £12.500 for Whizz-Kidz and also raised lots of awareness for their work through our website.

Fundraising Tip

Diary

Best Moments

From receiving the first £1000 cheque to completing a training

circuit in 3 hours that had originally taken 7 hours, to the extraordinary night sky of the summit attempt with the stars and moon and moon shadows, to that Coca-cola back at base camp after the climb...nothing but highlights throughout the experience!

Hardest Moment

Forcing myself to the gym after work on a winter's day, dragging myself up Scafell Pike miles behind the rest of the team on a training weekend and the last four hours of the summit attempt when each step was an effort of will ... quite a few, really!

Biggest Problems

I had very painful knees on the way down the summit itself but also down the training peaks of Ben Nevis and Snowdon, as well as arthritic pains in my right leg throughout training and trek, diarrhoea and vomiting

Training Tip - Invest in regular input from a

"The whole experience was total enlightened self-interest: the best thing I have ever done with my life

benefitting a fabulous charity and

fulfilling a dream and a promise to my

for two days on the trek. We also regret only taking one "flavour" of antibacterial wipes for all purposes so that the smell became associated with all functions...!





