READ ALL ABOUT IT:

IT’S 10 IN 10 FOR HARTLEPOOL’S FAVOURITE SON!

Jeff Stelling’s Men United March
21-30 March 2016

He’s walking 10 marathons in 10 days to help beat prostate cancer. Unbelievable Jeff!

See page 3

Join Terry Butcher and Viv Anderson for the biggest ride (and party) in football a week before Euro 2016. Don’t miss out. Find out more: Page 7

INSIDE:
Meet the people joining Jeff on his march

MEN UNITED MATCH DAY FIXTURES ANNOUNCED!
Watch your team for free on page 6

DONATE £3 TO HELP BEAT PROSTATE CANCER
TEXT JEFF TO 70004*
**Welcome to The Male**

Hi, Jeff Stelling here. I’m delighted to be guest editor of this special edition of The Male, ahead of my Men United March. Alongside Russ Green, the Chief Executive of Hartlepool United, I’ll be walking 10 marathons in 10 days from Victoria Park, home of Hartlepool United, to Wembley to help beat prostate cancer. I’ll be joined by Men United supporters along the way. In short, I’m raising the profile of a disease killing one man every hour in the UK. I’m also raising much-needed cash to help beat prostate cancer.

We want as many people as possible, in the communities we walk through, to hear these stories and support us to build a better future for men. And it’s not just during the 10 days of our Men United March when Prostate Cancer UK will be active in your neighbourhood. We’re visiting over 60 football grounds between February and April, and are at Wembley finals too. If you want to help us and get a free ticket to watch a game near you find out more on page 4.

And if European adventure is your thing, we’ve still got limited places available on our mini-breaks to Amsterdam. Join 500 football fans cycling to Amsterdam with Terry Butcher, Luther Blissett and Vic Anderson in June. See page 7 (or visit prostatecanceruk.org/amsterdam).

**WHERE THE MONEY GOES**

Of the money raised, I’m raising much-needed cash to help beat prostate cancer. Research, Iain Frame, at Prostate Cancer UK scientists play.

Jeff met our Director of Supporter Care, Ian Frame, at Newcastle University to understand what an important role our Prostate Cancer UK scientists play. He found out more about how the money raised by thousands of supporters is invested in prostate cancer research and has raised thousands to help beat prostate cancer.

"Trying to find a better way of diagnosing it in the first place is key," said the Soccer Saturday presenter. "People aren’t sure about the testing at this moment, and that stops men actually going to doctors to start those really important discussions.

And Jeff needed extra motivation ahead of his walking challenge all he had to do was look around the research lab, ‘Look at the vast amount of equipment required in one lab and the number of researchers needed in the lab, all with different skills. Obviously funding is absolutely essential for research. It will help us reach our goals much quicker and make us understand those steps forward, a little more often.’"

But as Iain Frame explains there’s actually going to their doctors to start getting tested. "It will help us reach our goals much quicker and make us understand those steps forward, a little more often."

"Jeff picked up on one of the key issues facing everyone affected by prostate cancer, from the scientists to the man on the street:"

**What’s inside**

Page 3: Jeff’s Men United March Q&A


Page 6: Men’s United March day fact sheets announced.

Page 7: Join the official team of Men United.

Robin Millman, inspirational ‘Boro fan

**IT’S 1 IN 10 FOR JEFF STELLING**

**How have you been affected by prostate cancer?**

I haven’t personally, nor have my family. But I’ve got friends and colleagues who have been, like Bill, who got prostate cancer. And he’s inspired by the diagnoses of two close colleagues and why he’s proud to be back in our new arm to beat prostate cancer within ten years.

**How did you come up with the challenge?**

I had 10 days available and I wanted to do something where people could see I was feeling the pain. Then somebody alerted me to the fact that Hartlepool (Jeff’s football club) had never played at Wembley. By pure coincidence, the distance between the two was 262 miles – a marathon a day for 10 days. 10 in 10. It all just fell into place like that.

You’re planning to call at 32 football clubs along the route. Have you been surprised by their enthusiasm?

I’ve always had a fantastic rapport with clubs and their fans – probably because I’m a Hartlepool fan and they don’t see us as a threat. But also, it’s a cause that everyone can related to. The majority of fans are still male and may be affected by prostate cancer at some stage in their life. The more we can raise awareness of it, the more we can help beat it.

**How are preparations for the walk going so far?**

Ok, I go on regular walks with the lads for three or four miles at a time, and I’ve done some training walks as well. I’m relatively fit, at least for my age, so fingers crossed. I think it’s the repetition that will be the problem. Everybody can walk 262 miles in one day, but can you do it on the second, third and fourth day? We’ll find out. My biggest concern is the weather!

To help Jeff and Iain give prostate cancer a real beating this season

**TEXT JEFF TO 70004 TO DONATE £3**

Help Jeff and Iain give prostate cancer a real beating this season

**TEXT JEFF TO 70004 TO DONATE £3 TO HELP BEAT PROSTATE CANCER**

**What is your risk of prostate cancer?**

In the UK, prostate cancer is the most common cancer in men.

In 8 in 10 the UK, about one in eight men will get prostate cancer at some point in their lives.

**Age**

Prostate Cancer mainly affects men over the age of 50 and your risk increases with age. The average age for a man to be diagnosed with prostate cancer is between 70 and 74 years.

**Family history and genetics**

You are two and a half times more likely to get prostate cancer if your father or brother has been diagnosed with it, compared with a man who has no affected relatives.

**Ethnicity**

Black men are more likely to get prostate cancer than other men in the UK, about 1 in 4 Black men will get prostate cancer at some point in their lives.

**WHAT YOU CAN DO**

Help spread the word about the Men United March.

- Cover the cost of prostate cancer research.
- Help to save lives.
- To help Jeff and Iain give prostate cancer a real beating this season.

**Supporter care 0800 082 1616.**

Prostate Cancer UK receives 100% of your donation and any set back will not happen again.

To help us reach our goals much quicker and make us understand those steps forward, a little more often."
**WHERE’S JEFF THIS MARCH?**

**Day 1 – 21 March**
8am start at Hartlepool United
Midpoint: Middlesbrough
End: Marske United

**Day 2 – 22 March**
8am start at York City
End: Leeds United

**Day 3 – 23 March**
8am start at Doncaster Rovers
End: Scunthorpe United

**Day 4 – 24 March**
8am start at Rotherham United
Midpoints: Sheffield Wednesday and Sheffield United
End: Chesterfield

**Day 5 – 25 March**
8am start at Derby County
Midpoints: Burton Albion and Nottingham Forest
End: Notts County

**Day 6 – 26 March**
8am start at Wolverhampton Wanderers
Midpoints: Walsall, West Brom, Aston Villa
End: Birmingham City

**Day 7 – 27 March**
8am start at Coventry City
End: Leicester City

**Day 8 – 28 March**
8am start at Northampton Town
End: MK Dons

**Day 9 – 29 March**
8am start at Luton Town
Midpoint: St. Albans City
End: Watford

**Day 10 – 30 March**
8am start at AFC Wimbledon
Midpoints: Brentford, Fulham, Chelsea, QPR
End: Wembley Stadium powered by EE

**Start:**
Hartlepool United

**End:**
Wembley Stadium powered by EE

- **Kevin Webber**
  - An inspirational figure. He’s raised over £17,000 running numerous marathons for Prostate Cancer UK while living with a terminal prostate cancer diagnosis. He’ll be walking with Jeff on Day 10 from his team’s (AFC Wimbledon) home ground.

- **Bill Arthur**
  - Fellow Sky Sports colleague and friend of Jeff, Bill Arthur will join us at the Keepmoat stadium. Bill makes sure all his Sky Sports Rugby League colleagues wear the Men United badge week in week out.

- **Russ Green**
  - Having known each other for over 20 years, Jeff talked Russ, Hartlepool United’s Chief Executive, into accompanying him on every day of the march.

- **Bridie Heath**
  - Rotherham United fan Bridie lost her husband, Kevin, to prostate cancer and does all she can to raise the profile of the disease and thousands of pounds with The Millers.

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- **Carlsberg**
  - They don’t do roads to Wembley but if they did…
  - Carlsberg is backing Jeff and Men United. Their staff will be walking with Jeff from the Sixfields stadium close to their head office.

- **Dan Pentland**
  - Dan is a diehard York City fan following the Minstermen home and away. It was his idea to rename the away end at Bootham Crescent to the Prostate Cancer UK stand this season, and he also organised the first ever Men United March at the start of the 15/16 season.

- **Peter Swann**
  - Jeff will be joined by the Chairman of Scunthorpe United who is a big fan of the cause. This year our logo sits proudly on his team’s shirts. Peter has so much faith in us he has also named a racehorse Men United!

- **Angela Culhane**
  - Angela Culhane, Chief Executive of Prostate Cancer UK, will be walking 52 miles of the march, joining Jeff on Day 4 and Day 10.

- **Robin Millman**
  - ‘Boro fan Robin has faced prostate cancer four times in the last 16 years. He does all he can to reach men at risk by delivering awareness talks across the North East.

- **FOLLOW JEFF:**
  - #JeffsMarch

- **SPONSOR JEFF:**
  - MenUnitedMarch.org

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Join Men United and get a free ticket to the match!

Jeff isn’t the only member of Men United visiting football clubs across the land this season. We’re raising money at over 60 matches in February, March and April 2016. Volunteer at a Men United match day and get a free ticket to watch the game. All kick off times 3pm and a 1pm meet time unless otherwise stated.

SIGN UP NOW: prostatecanceruk.org/matchdays

SkyBet Championship
Men United match days

- 6 February 2016
  Charlton Athletic v Bristol City
- 13 February 2016
  Colchester Utd v Swindon Town
- 27 February 2016
  Blackpool v Bradford City
- 5 March 2016
  Blackburn Rovers v Preston NE
- 19 March 2016
  Birmingham City v Fulham
- 2 April 2016
  Blackpool v Preston NE
- 5 March 2016
  Barnsley v Rotherham Utd
- 12 March 2016
  Chesterfield v Sheffield Utd
- 23 April 2016
  Derby County v Sheffield Wednesday

SkyBet League 1
Men United match days

- 6 February 2016
  Cambridge Utd v Dagenham and Redbridge
- 13 February 2016
  Doncaster Rovers v Shrewsbury Town
- 20 February 2016
  Ipswich Town v Nottingham Forest
- 27 February 2016
  Blackburn Rovers v Preston NE
- 5 March 2016
  Leyton Orient v Barnsley
- 12 March 2016
  Millwall v Sheffield Utd
- 19 March 2016
  Northampton Town v Cambridge Utd
- 6 February 2016
  Middlesbrough v Blackburn Rovers
- 19 March 2016
  Reading v Cardiff City
- 2 April 2016
  Blackburn Rovers v Barnsley
- 9 April 2016
  Middlesbrough v Blackburn Rovers
- 16 April 2016
  Sheffield Utd v Gillingham

SkyBet League 2
Men United match days

- 6 February 2016
  Cardiff City v Derby County
- 13 February 2016
  Chesterfield v Fleetwood Town
- 20 February 2016
  Crewe Alexandra v Burton Albion
- 27 February 2016
  Doncaster Rovers v Shrewsbury Town
- 5 March 2016
  Gillingham v Barnsley
- 12 March 2016
  Northampton Town v Dagenham and Redbridge
- 19 March 2016
  Oldham Athletic v Rochdale
- 26 March 2016
  Port Vale v Swindon Town
- 2 March 2016
  Sheffield Utd v Gillingham
- 9 April 2016
  Scunthorpe Utd v Peterborough Utd

Do you want to know more about prostate cancer?

Book a Prostate Cancer UK speaker or information stand in your community. Find out more at prostatecanceruk.org/talks

Help us beat the £71,000 raised in 2015

INSPIRED BY JEFF?

Do something great with your mates to beat prostate cancer

Jeff is walking 10 Marathons in 10 days. But you don’t have to. We’ve got lots of things you can do to help men everywhere.

Join Men United, a growing team of people getting together to help beat prostate cancer. Whether you choose running, walking, cycling, quizzing, golfing or sky-diving, you and your mates will be helping everyone facing prostate cancer.

prostatecanceruk.org/menunited

TERRY, LUTHER AND VIV JOIN THE BIGGEST RIDE PARTY IN FOOTBALL

In June, a week before Euro 2016, over 500 football fans will cycle to Amsterdam to raise money to give prostate cancer a real beating. They’ll be joined by former England internationals Terry Butcher, Luther Blissett and Viv Anderson, a trio well versed in international adventures for club and country.

You need a bike, a Just Giving page to hit your target and the stamina to party in one of Europe’s hottest night spots.

Do you know where your prostate is?

Only a man has a prostate gland – it’s the size of a golf ball. If you have any questions about prostate disease speak to our Specialist Nurses on 0800 074 9383

Harder than marking Maradona. But what a feeling when you finish.

Terry Butcher

Football to Amsterdam 2016 (3-5 June) – the low down

• Choose a start location - London or Yorkshire.
• Get together with your mates and head to Amsterdam for £149.*
• Challenge yourself to 145 miles of cycling over two days.
• Enjoy a night out in Dam Square with your fellow comrades.
• Help Men United raise over £500,000 while enjoying an epic weekend.

*Each rider pays £149 registration fee and commits to raising £500 each. Food, accommodation and transport is included.
• Final cut off date for registration is 30 March 2016 but will probably be sold out by then.

Join Men United, a growing team of people getting together to help beat prostate cancer.

Find out more at prostatecanceruk.org/menunited

SkyBet Championship

East Midlands

Grimsby Town v Chesterfield

Saturday 26 March 2016

SkyBet Championship

West Midlands

Coventry City v Swindon Town

Saturday 26 March 2016

SkyBet Championship

Southwest

Southend Utd v Gillingham

Saturday 26 March 2016

SkyBet Championship

South East

Barnes v Crawley Town

Wednesday 23 March 2016

SkyBet Championship

North West

Bury v Blackburn Rovers

Saturday 26 March 2016

European Qualifiers

England v Romania

Monday 28 March 2016

European Qualifiers

Belgium v Wales

Tuesday 29 March 2016

European Qualifiers

Wales v Andorra

Tuesday 29 March 2016

European Qualifiers

Romania v Estonia

Tuesday 29 March 2016

European Qualifiers

United States v Azerbaijan

Tuesday 29 March 2016

European Qualifiers

Netherlands v Latvia

Tuesday 29 March 2016

European Qualifiers

Bosnia-Herzegovina v Romania

Tuesday 29 March 2016

European Qualifiers

Scotland v Macedonia

Wednesday 30 March 2016

European Qualifiers

Portugal v Latvia

Wednesday 30 March 2016

European Qualifiers

Bulgaria v San Marino

Wednesday 30 March 2016

European Qualifiers

England v Slovenia

Wednesday 30 March 2016

European Qualifiers

Wales v Andorra

Wednesday 30 March 2016

European Qualifiers

Romania v Estonia

Wednesday 30 March 2016

European Qualifiers

United States v Azerbaijan

Wednesday 30 March 2016

European Qualifiers

Netherlands v Latvia

Wednesday 30 March 2016

European Qualifiers

Bosnia-Herzegovina v Romania

Wednesday 30 March 2016

European Qualifiers

Scotland v Macedonia

Wednesday 30 March 2016

European Qualifiers

Portugal v Latvia

Wednesday 30 March 2016

European Qualifiers

Bulgaria v San Marino

Wednesday 30 March 2016
WHAT MAKES THE MAN CAN BREAK THE MAN

Join us in the fight against prostate cancer.
prostatecanceruk.org/menunited

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02603987.