

Under Lock & Key

A Foxton Lock Fundraising Walk



BROWN DOG

Helping people with cancer

SATURDAY 3RD OCTOBER 2026

Join Us For:

15 MILE WALK

or

7 MILE WALK

£15 PER PERSON + SPONSORSHIP

For More Information Visit:

www.cancerbrowndog.co.uk

Key Event information

JOINING THE EVENT

Entry Requirements	£15 per person registration fee, plus everyone who registers must agree to raise as much money as possible to help raise £24,105
Restrictions	Must be over 18, although children over 14 are allowed if accompanied by a parent (plus parents are asked to encourage their children to get involved/contribute to the family fundraising effort).
Register & Pay	www.cancerbrowndog.co.uk On our web site click “our events” on the home page

FUNDRAISING BEFORE THE EVENT

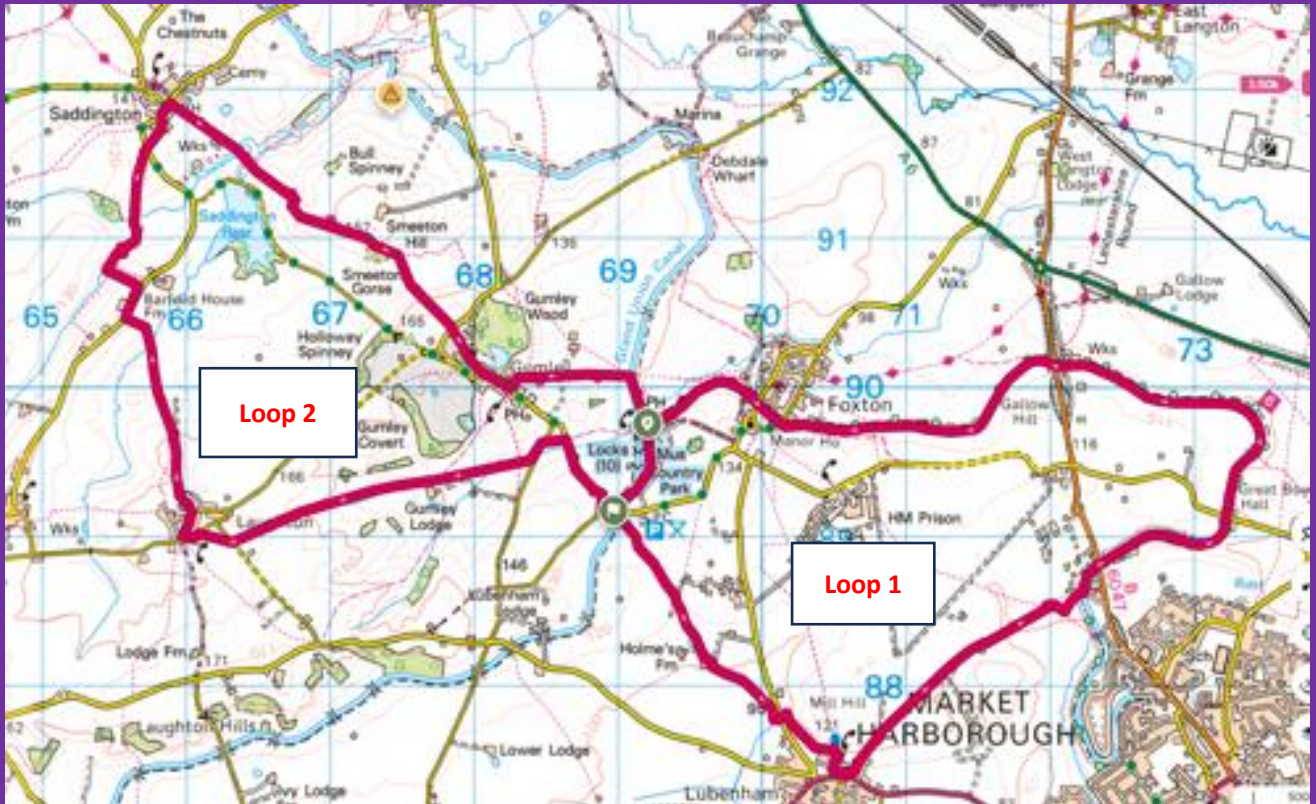
Set up a Just Giving Fundraising Page	www.justgiving.com Visit our Fundraising tool kit Cancer Brown Dog web site page for more guidance and help
Raise funds	Ask everyone you know to give a donation Consider organising an event to raise funds

THE EVENT

What happens on the day	You will be safely guided and accompanied on all stages of the walk. We start, walk and finish together as a team
What time is the walk	15-mile walk starts at 9am – finishes approx.5pm 7-mile walk starts at 12 noon – finishes approx. 5pm
What do I need to bring	Appropriate clothing, footwear and rucksack Food and plenty of water
Event Rules	Always stay behind the walk lead Keep pace with everyone
What happens if I’m struggling on the day	You can sit out (either for a while or permanently if injured) in one of our Ground Support vehicles

WALKING ROUTES

15-mile (loop 1 & 2) or 7-mile (loop 2)



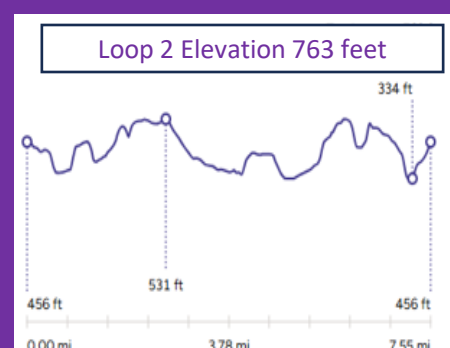
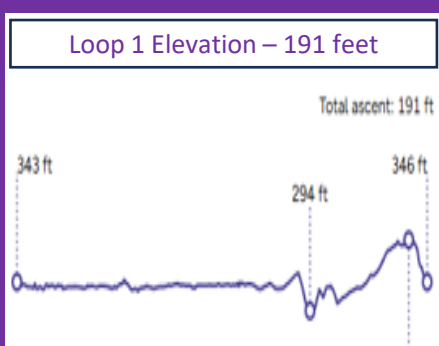
Loop 1 – 7.8mi, 191ft elevation

- Start at Foxton Carpark (Toilets)
- Follow canal to Great Bowden
- Loop around Gartree
- Skirting Market Harborough
- Across fields to Lubenham
- Back to Foxton Locks (coming down the inclined plane)

Loop 2 – 7.5mi, 763ft elevation,

- Start at Foxton Carpark (Toilets)
- Cross country to Gumley
- Across fields to Saddington with reservoir views, some steep hills
- Laughton
- Back to Foxton

15-mile & 7-mile walks finis together at Foxton



Frequently Asked Questions (1)

Q – How much money do I need to raise

A – We don't set a specific target, but because we are trying to raise £24,105 we need everyone to raise as much as they possibly can.

Q – How much money do people raise just to give me an idea what to aim for

A – People who join our events can raise anything from £100 to £1000.

Maybe if you aim for £100 initially and see how it goes. You may be surprised how many people want to support you, resulting in you exceeding this.

Q – Can I bring my children?

A – Yes, if they are 14 or over, if they are fit enough to complete the walk, if they are accompanied by you and if you agree to take full responsibility for their safety at all times.

Q – If I bring a 14-18 son/daughter, what money do they have to raise

A – All we ask is that you encourage them to contribute to your fundraising effort.

Perhaps they could get their school/classmates to support them or maybe run their own fundraising event such as sponsored car cleaning or arrange a netball/football match and get people to donate to join. We don't want to put any pressure on them, we would just like them to get involved, have fun and maybe come back next year to support us again

Q – Should I take water and food?

A – Yes definitely, you are walking for a full day so ensure you have plenty to eat or graze on. Also take plenty of water, this is essential

Q – Will there be rest breaks?

A – Yes, we will ensure there are plenty of small stops and a longer 20-minute break at lunchtime. Plus. we will stop and start as we re-group to let people catch up.

Q – Do I need to train for this walk?

A – You are advised to prepare for the day, plus the fitter you are, the more you will enjoy it.

Q – Will there be ground support in case I'm exhausted or twist my ankle?

A – Yes, we will have a number of support vehicles to support people who need it.

Frequently Asked Questions (2)

Q – What equipment do I need for this walk

A – We recommend you wear walking boots, wear layers of clothing and that you take a ruck sack. Have a waterproof/Kagoul with you in case of rain and sunblock in case of sun. Also take appropriate medication and plasters.

Q – Can I go at whatever pace I want, stop when I want and race off to try and finish first?

A - No, on Brown Dog events we start as a team, walk as a team, stop together as a team and finish as a team – a lead walker will set the pace. We must finish in a given time, so it is important to keep up with the pace set by the lead, which will be a sensible pace.

Q – What happens if I'm struggling on the day and slowing everyone up?

A - First you will be encouraged and supported, but if you are really jeopardising the team's ability to finish on time you will be asked to step down and join a ground support vehicle (either for a short while or permanently)

Q – Can I bring my dog?

A - No, sadly we cannot allow dogs for safety reasons (and the safety of everyone taking part is our main priority)

Q – Will I have to pay to park my car for the day?

A - Yes on both the 15-mile and 7-mile walks you will need to ensure you pay the appropriate car park fee

Q – What do I do if I can't use Just Giving to capture my fundraising money?

A - If you don't have access to a computer or if you feel you can raise more money than using Just Giving you need to contact us and explain your situation.

Q – What if I have a question that has not been covered in this pack?

A - Go on the web site and click the "contact" button on the home page

PLEASE NOTE

Everyone who registers for this event will receive a detailed INFORMATION PACK nearer to the event which will confirm Car Park Directions & Fees, exact timings, equipment suggestions and other useful information

Gallery



HOW WILL YOUR FUNDRAISING MONEY BE USED?

Our 2026 Campaign is to raise £24,105 to buy a Bi-polar Energy Generator, footswitch and Speedboat Ultra Slim for Leicester City General Infirmary

University Hospitals of Leicester NHS Trust would like to set up a new specialist service to treat people with large bowel polyps and very early cancers of the food pipe (oesophagus), stomach and bowel without the need for major surgery.

These polyps and early cancers are often found during cancer tests or bowel screening and, if removed early, can prevent cancer from developing or stop it from spreading.

At present, many patients in Leicester with these conditions still need an operation to remove part of their bowel or stomach, even when the cancer is at a very early stage. This can involve a long hospital stay, slower recovery and a higher risk of complications, particularly for older people or those with other health conditions.

The proposed service will use a modern, less invasive technique called Endoscopic Submucosal Dissection (ESD). This allows doctors to remove precancerous growths and very early cancers from inside the digestive system using a thin camera passed through the mouth or bottom. No surgical cuts are needed.

This treatment is specifically used to treat early-stage cancer and high-risk polyps, with the aim of curing the patient while keeping the organ intact.

Bi-polar Energy Generator is the “power and control centre” that safely delivers the energy needed to cut abnormal tissue and seal small blood vessels during the procedure. It enables doctors to cut abnormal tissue very precisely, seal small blood vessels at the same time to reduce bleeding and protect the surrounding healthy tissue. The generator is designed specifically for advanced endoscopic treatments as it automatically adjusts the type and amount of energy being delivered depending on the tissue being treated.

The foot switch allows the doctor to activate the generator safely using their foot while keeping both hands on the endoscope and treatment instrument

Speedboat Ultra Slim is the instrument that goes through the endoscope and is used to lift, cut and remove the abnormal tissue and seal blood vessels at the same time. It is a very slim, specially designed tool that allows several steps of the cancer treatment to be carried out using one device.

Normally, doctors would need to change between several different tools to perform these steps. The Speedboat Ultra Slim combines them into one device. The device uses two types of controlled medical energy to both cut tissue and seal blood vessels. This allows doctors to remove the cancer or precancerous area layer by layer with a high level of precision

Supports complete removal of early cancers and large high-risk polyps in one piece, safer for patients, avoids damage to healthy tissue, reduced risk of bleeding, shorter procedure time and reduced costs for the NHS

**If you would like to know more
about Brown Dog
or if you have any questions
please use the Brown Dog web site**

www.cancerbrowndog.co.uk

Click the "Contact" button on the Home Page to write to us



Grace Wardle
Secretary &
Communications Manager



Thank you for your
support

Making a real difference to people
fighting cancer