

**MODERN ENGLISH SCHOOL  
CAIRO**



# **24 HOUR RUN**

\*ALUMNI EDITION  
**2022**

**STARTING 8.15AM ON WEDNESDAY 23RD MARCH  
-ENDING 8.15AM ON THURSDAY 24TH MARCH**



# ***Dear MESConians,***

Since 2008, MES Cairo has organised an annual 24-Hour Run with the aim of raising funds to donate to a worthy Egyptian cause. The 24-Hour Run is a much-anticipated feature of the school calendar. It is with great pride that we have upheld this wonderful MES Cairo tradition, despite the challenges we have faced over the past two years. This demonstrates the true MES Cairo family spirit, as we join together to beat all obstacles and to support those in need in the wide community.

Each year, all students and staff in Primary and Secondary look forward to participating in this event. The run will begin at 8:15 am on Wednesday 23rd March 2022 and participants will be running around the clock until 8:15 am on Thursday 24th March 2022. Our aim is to carry the MES Cairo sash around the track as many times as possible!

All proceeds from this event will go towards the **Children's Cancer Hospital Foundation - Egypt - 57357**. The Children's Cancer Hospital is an exceptional Egyptian project that was started with the help of donations made by business people, and it continues to rely on such donations in order to treat the young people who need it.

You can read more about the Hospital's history and the incredible work that is done there, on the Hospital website:  
<https://www.57357.org/en/home-page/>



**24  
HOUR  
RUN**

# **ALUMNI PARTICIPATION IN OUR 24 HOUR RUN**

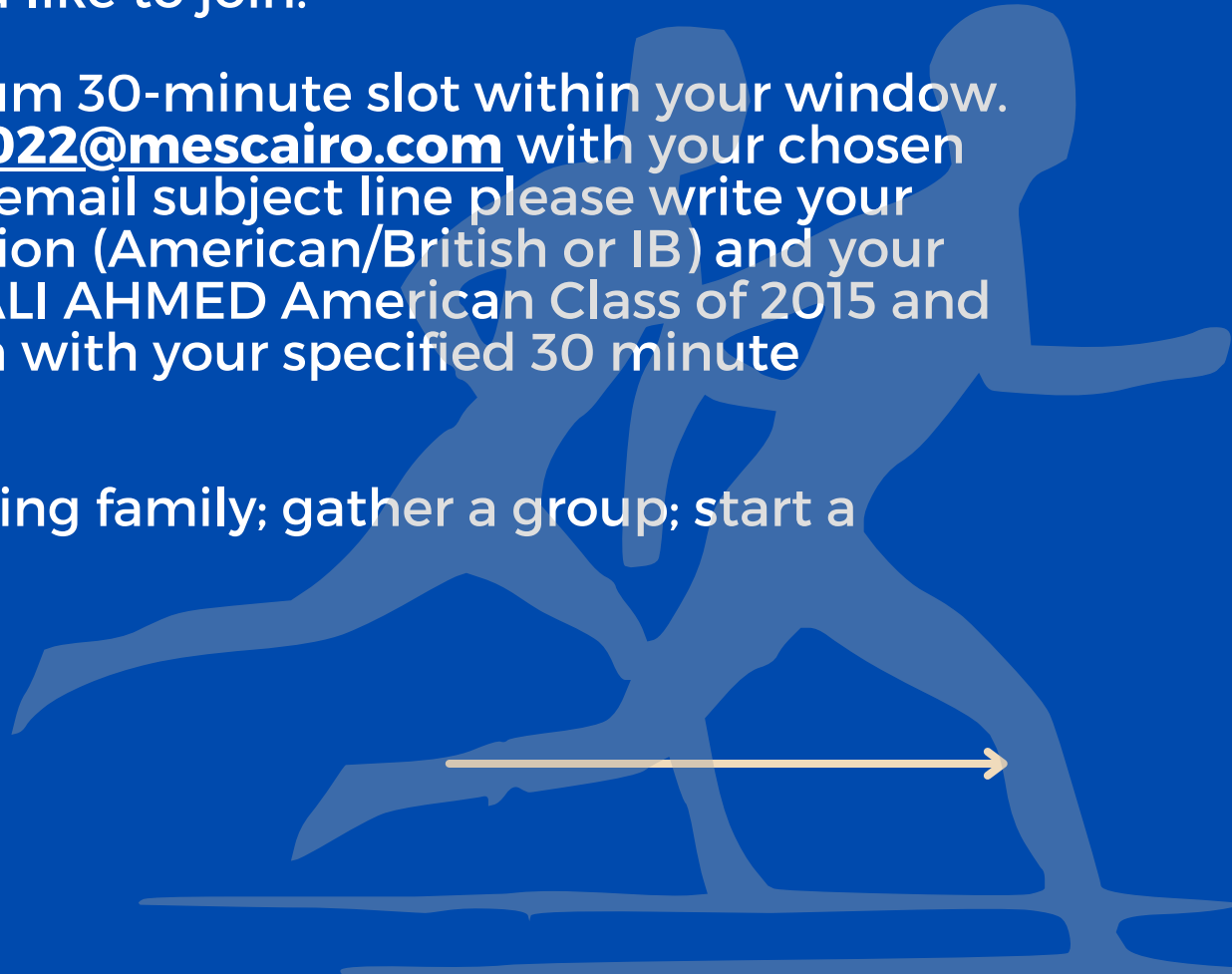
***a great MESConian tradition!***

We would very much like you to participate and you are welcome to do so between 4:00 pm on 23rd March 2022 and 6:00 am on 24th March 2022.

Alumni students are invited to select a 2-hour window of time during which you would like to join.

We will assign a minimum 30-minute slot within your window. Please email [24hrRun2022@mescairo.com](mailto:24hrRun2022@mescairo.com) with your chosen 2-hour window. In your email subject line please write your full name and your Section (American/British or IB) and your year of graduation e.g. ALI AHMED American Class of 2015 and we will soon be in touch with your specified 30 minute running slot.

We encourage you to bring family; gather a group; start a workplace challenge!





**HERE IS HOW YOU CAN HELP..**

**24  
HOUR  
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# **24 HOUR RUN COMMEMORATIVE HOODIE & T-SHIRT**

**ALL MESCONIANS CAN ORDER A T-SHIRT AND HOODIE PACK (375LE).  
THE DEADLINE FOR RECEIVING ORDERS IS WEDNESDAY 2ND MARCH 2022.**



**\*T-SHIRT SUPPLIES MAY RUN OUT AS WE GET CLOSER TO THE DATE OF THE 24-HOUR RUN. TO AVOID DISAPPOINTMENT, PLEASE ORDER AS SOON AS POSSIBLE.**



**24  
HOUR  
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# **ALUMNI HOODIE & T-SHIRT ORDER FORM**

***\*YOU CAN ACCESS THE LINK IN THE CAPTION***

**Step 1:** Please complete the order form linked in the caption of this post

**Step 2:** Please make your payment at the front desk of the school Reception. Please place the payment in an envelope clearly labelled with your name, Section and Year of Graduation, (no change will be given; any additional money will be regarded as a donation to the nominated charity).

**Step 3:** Your order will be confirmed once the payment has been made.

Please complete your order by **Wednesday 2nd March 2022.**

**\*PLEASE COMPLETE ONE ORDER FORM PER PERSON**

