

CYCLE OF SUCCESS



We mentioned in the last newsletter that Anne Richards (alto) had done an amazing bike ride during the summer holidays. We promised a pic and more details - she told us:

A year ago a running friend asked me if I'd be interested in cycling from Lands End to John O'Groats as she wanted a challenge to celebrate her 50th Birthday so a year on & much planning later we set off on 24th July from Lands End. By now there were 3 of us with me being the oldie. We had booked B&Bs, youth hostels & travel lodges for each night with detailed maps for each day. Distances varied from 50-80 miles and we'd all put in months of training including spinning classes.

I was worried that I hadn't done enough training & although I'd done long rides nothing could replicate the 17 days of continuous cycling we planned with panniers. Once out of Lands End car park we were able to start to enjoy the journey we'd been planning for so long. We quickly settled into a way of life of eating, stretching, packing the panniers & more eating. The journey through the UK was amazing from the hills of Devon and Cornwall, to canal paths, ferry to Arran and along the Great Glen to Inverness. We were blessed with sunshine for all but the final day and met some great people - the pub owner who, seeing us outside, gave us free hot drinks and chocolate bars; and we were even piped into a comfort stop in a Scottish hotel where a wedding reception was taking place!

We had no punctures or accidents, just lots of laughs and a real sense of personal achievement. We had 3 days on Orkney to just enjoy ourselves before flying back to Bristol. I'm still waiting for my bike to come back by parcel post & can't wait to do some more cycling - that freedom and really seeing our marvellous country (potholes & all!).

To provide that extra motivation on the hills we are raising funds for Childrens Hospice South West. If anyone would like to support our cause please go to:

www.virginmoneygiving/team/lejoggirls