

Triumphant return home for cyclists

A 1,000 cycle journey for five intrepid Farnham cyclists, plus their support vehicle driver, ended as planned with a final mile in the midst of the Farnham Carnival procession on Saturday.

Their journey, which started in Castle Street 100 hours earlier on Tuesday last week, had taken them from Farnham to the Cotswolds, up into Worcestershire and on in to North Wales, passing through Snowdonia on their way to Anglesey.

The return leg took them down the west coast of Wales, along the south coast through Swansea and Cardiff to Bristol. The team took some time-out to visit Stonehenge as they headed closer to home, eventually passing through Winchester and Alton.

Paul Head, Chris Badham, Nick Harmer, Colin March and Dave Wolverson cycled non-stop in pairs and the journey of 1,000 miles was completed within the 100 hours allotted.

Asked what the most challenging part of the ride was, team leader Paul Head commented: "Apart from some very steep hills in Wales, the biggest challenge was probably motivating ourselves to get on our bikes for a two hour stint at three in the morning!"

His brother, Dean Head, shared in the discomfort of their round-the-clock progress, driving their winnebago the entire way.

Looking remarkably fit after their ordeal, the Farnham 1000in100 cycling team were joined at the carnival by a group from Challengers, who will be one of the charities who will benefit from the fundraising event.

Phyllis Tuckwell will receive a contribution to their daily running costs and Farnham Lions will also receive a share of the proceeds with a defibrillator, supplied by Wel Medical in Aldershot, being placed outside the Lobster Pot in Upper Hale in support of their Heartstart campaign.

Encouraged by their success the team are already thinking about their next challenge.

If you would like to show your support for their effort you can donate on www.justgiving.com/farnham1000in100.

• With just a few days left until this year's Farnham Charity Bike Ride, on Sunday (July 6), riders and local groups from across the area are in the final stages of preparation for the big day.

The event, which is organised by volunteers from Farnham Round Table and St Andrew's Infants School, has raised £85,000

for good causes since it was established six years ago.

Cyclists are offered three circular routes, 16, 25 and 50 miles, and registration costs £23 on the day and children can register for free with a paying adult.

The event starts and finishes at Waggon Car Park on Sunday at 8.30am, and this year local charities will be selling refreshments in the car park before and after the event.

East St Cycles will be providing mechanical assistance and personal trainers from Nuffield Health will be leading a group warm up prior to the 8.45am start.

The stars of this year's event will be the Farnham1000in100 group who aim to do the 50-mile route the week after their 1,000 mile trip to Wales and back.

Spectators are encouraged to line the route and support the riders as they set off from Waggon Car Park from 8.45am on Sunday morning.

The route takes the cyclists up Downing Street, along West Street, and then up Crondall Lane and into the villages towards the north of Farnham. The cyclists will then head back into Farnham Town down Firgrove Hill.

For more information and to register, visit the website www.farnhambikeride.org.uk/



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