

Date: 19 June 2011

Ref: Lands End to John O Groats

After several days in the saddle we finished the ride from one end of the UK to the other, in aid of the "East Anglian Childrens Hospice". We are likely to raise around £4,300.

For anyone interested the stats are below:

Day	Miles	Calories	Assent	Average Speed
Friday PM (Started 5.30pm)	59	3,907	903 mtr	20.16
Saturday	126	9,360	2,399 mtr	17.88
Sunday	128	9,180	1,527 mtr	17.08
Monday	137	10,042	1,723 mtr	18.09
Tuesday	124	8,597	1,373 mtr	17.51
Wednesday	127	9,330	1,363 mtr	17.49
Thursday (Finished 7.55pm)	152	10,960	2,067 mtr	17.09
Totals	853	61,376	11,355 mtr	17.90

Total approx. 6 days 3 hrs.

Thanks to everyone who has supported this cause, particularly Barry Rudd our support driver who gave up a week of work to assist (he is self employed thus it did not come out of holiday).

It has been a fantastic but difficult task, the last day was by far the hardest, just getting to the 50 mile (or so) stop and then seeing "John O Groats" on a sign post with 102 miles remaining is a psychological barrier difficult to overcome. Charles was adamant the day prior that "I am not riding 150 miles in a day", hence we told him it was 130, only at the 50 mile stop did he realise the enormity of the task ahead!

Kindest regards



Steve Jones

