

## Record numbers enjoy Capital To Coast 2006

17 July 2006

Top fashion designer **Jeff Banks** and former World Middleweight boxing champion **Alan Minter** joined more than **1,500 fellow cyclists** for the **11th Norwood Capital To Coast Bike Ride**, sponsored by **Condor Cycles Ltd**, which took place on **Sunday 16 July 2006**. The number of participants was unprecedented – over 100 more than the previous record – and the event raised a total of **£225,000 for Norwood** and the three other associated charities: **The Down's Syndrome Association, The Cystic Fibrosis Trust and Southern FM's Help A Local Child**.

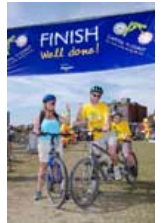


The sun was blazing as the riders negotiated the 60-mile charity challenge from **Esher College in Surrey** all the way to **Hove** on the South coast. There was a carnival atmosphere as cyclists of all ages and abilities pedalled along the beautifully scenic route through some of England's most picturesque countryside. Riders as young as seven and as old as 83 took part alongside children and adults with Cystic Fibrosis and Down's syndrome. Residents of Ravenswood Village, a residential community for people with learning disabilities run by Norwood, cycled the route on the back of tandems. For those who didn't fancy the full 60 miles, there was a more manageable 30-mile option on offer.



The event would not have been possible without the fantastic efforts of the mechanics, marshals, first-aiders and motorbike outriders who ensured that everything went to plan. A special mention must also go to the hard-working **Capital To Coast Committee**, who have been involved with the ride since its inception. At the end of the course, the exhausted riders were greeted with food, drink and the option of a well-deserved massage. There was also plenty of entertainment laid on courtesy of **Southern FM**.

Soon after crossing the finish line, a beaming **Jeff Banks**, who had earlier officially started the ride, said: "Capital To Coast is the greatest charity ride that I have ever done. It is beautifully organised, with a fantastic route, and the money goes to some wonderful causes. I will be back next year without a doubt."



Speaking at the finish, **Ian Tate, Head of Challenges at Norwood** said, "It has been a fantastic day. All of the charities are delighted by the record turnout, and the money raised is also up on last year. Capital To Coast has taken a lot of organising but all the effort has been more than worth it. All of the money we receive will be used to make a real difference to many people's lives."

For more information please contact **David Wosner**, Public Relations Officer at Norwood on 020 8420 6900 or email: [david.wosner@norwood.org.uk](mailto:david.wosner@norwood.org.uk)



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Broadway House, 80-82 The Broadway, Stanmore HA7 4HB