

Charity cyclists blaze a trail from Capital to Coast

16 July 2007

Nearly **1,500 fundraisers** got on their bikes for **Capital to Coast 2007 – the London To Hove Charity Bike Ride** on **Sunday 15 July 2007**. The ride, celebrating its **12th year**, is organised by leading UK Jewish children and families charity **Norwood** and benefits three other charities: **The Down's Syndrome Association**, **The Cystic Fibrosis Trust** and **Southern FM's Help A Local Child**. The riders, whose ages ranged from 7 to 77, helped to raise more than **£300,000**.

The charity cyclists made their way in brilliant sunshine from the start in Esher College, Surrey, to the finish on the lawns at Hove sea front. They were an impressive sight, with many in fancy dress, including a couple riding Penny Farthings in Victorian costumes, an Elvis lookalike and a team of medics in green surgical gowns. Teams including the Hendon Machers, Bushey Bikers and Finchley Flyers trained hard for the day to ensure they were fit for the ride.

Cyclists of all ages and abilities followed the scenic route through picturesque villages and finally climbed up the South Downs in West Sussex via the legendary Devil's Dyke before making their descent to the beach in Hove. Residents of **Ravenswood Village**, Norwood's residential community for people with learning disabilities in Berkshire, 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.

At the end of the ride, the exhausted cyclists were greeted with food, drink and the option of a well-deserved massage. **Southern FM** provided musical entertainment for the riders and their friends and families as they relaxed in the seaside sun. The event would not have been possible without the fantastic efforts of the mechanics, marshals, first-aiders and motorbike outriders (including the Yids on Bikes) 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.

Speaking at the finish, **Ian Tate, Head of Challenges at Norwood** said, "Capital to Coast is a real challenge and as always it was fantastic to see the joy on the riders' faces at the finish line. For many of the younger children, this was their first experience of a charity event and I hope they will be back for many years to come. We are delighted with the amount of money raised, which will be used to make a real difference to many people's lives."

For further information please contact David Wosner, Public Relations Officer at Norwood on 020 8420 6942 or email david.wosner@norwood.org.uk

Related Links

- [Capital to Coast website](#)
- [Capital to Coast 2007 Photo Gallery](#)
- [Norwood Challenges website](#)

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