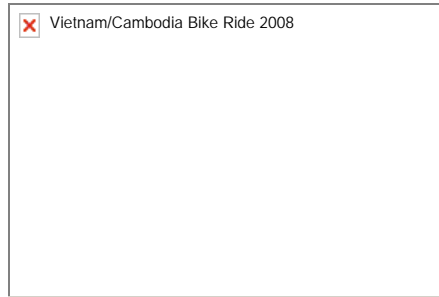


Vietnam/Cambodia Bike Ride 2007

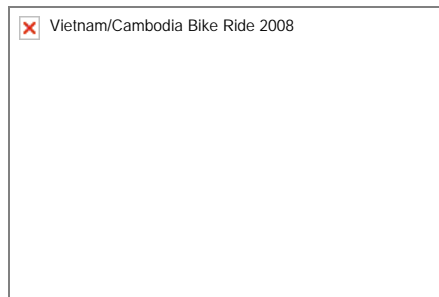
In one of Norwood's most exotic and ambitious Challenges to date, 175 adventurous cyclists took part in the Vietnam/Cambodia Bike Ride, covering a 600km route in only six days and raising a record-breaking £750,000 for the UK's leading Jewish charity for children and families. Due to the unprecedented demand for places, two consecutive rides were organised across two weeks from 8-25 November.



Starting in Ho Chi Minh (Saigon), the intrepid fundraisers experienced breathtaking scenery as they cycled past paddy fields, jungles, bustling villages, ancient temples and the Mekong river. A particular highlight was a visit to the Temples of Angkor Wat, one of the Wonders of the World. The cycling conditions were extremely tough, with an average temperature above 30 degrees and 80 per cent humidity.

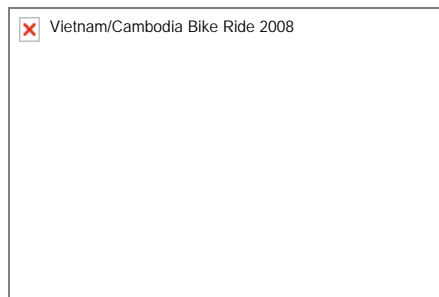
[Go to the Norwood Challenges website for Vietnam/Cambodia Bike Ride photos and further information on next year's Challenges events...](#)

The ages of the participants ranged between 18 and 73, with many first-time Norwood riders joining seasoned veterans, including a number of Norwood patrons. As with all of Norwood's international Challenges, residents of Ravenswood Village, the charity's residential community in Berkshire for people with learning disabilities, took part on tandems.



Each of the rides ended with a traditional Friday night dinner followed by a Saturday night celebration, at which participants entertained each other with singing, dancing and story telling – with Norwood's service users the stars of the show. All the fundraisers were awarded certificates at the end of the ride and, in addition, the service users received medals in recognition of their achievements.

Ronnie Harris, Norwood's Chair of Patronage, who was tackling his 14th International Challenge for Norwood, said: "It was a privilege to be part of a wonderful group of people and despite the difficult weather, everyone had a smile on their face all the time. Everywhere we went, we were welcomed by smiling people wishing to do all that they could to make our stay as comfortable as possible. Laurence Black, one of the Ravenswood Village team, summed it all up when he said how happy he was to have completed the Challenge and how much he was looking forward to next year's ride."



Ian Tate, Norwood's Head of Challenges, said: "What a fantastic week, a wonderful group and a very humbling experience. Not only to meet the wonderful people of Vietnam and Cambodia but to again be part of the Norwood tandem team and ride with our service users from Ravenswood Village. The ride was a great success in every way. To raise £750,000 is outstanding and the money will go towards providing vital services to children and families in our community."

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