

## Move to Herts raises record £40,000 for Norwood's Junior Bike Ride

30 March 2009

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Almost 500 cyclists used their pedal power to kick off Learning Disability Week by raising a record-breaking £40,000 for Norwood at its annual Junior Bike Ride held on Father's Day, Sunday 21 June 2009 in Elstree. Previously the event was in Berkshire but the ride was held in Hertfordshire this year to make it more accessible to young riders in North West London.

The off-road adventure bike ride, which was open to children aged 7-14 years and their families, attracted around 300 children and 200 adults from London, Hertfordshire and Essex took part, more than doubling last year's numbers. Every rider received a Junior Bike Ride t-shirt, goodie bag and dog tag medal.

First off was nine-year-old Eli with his dad, Marc Meyer, 50, of Brampton Grove, Hendon.

Eli, a pupil at the Menorah Foundation School in Colindale, said: "The hills were a bit difficult but the rest was quite flat. The best bit was the cookies at the refreshment stand. I definitely want to take part next year." His dad, Marc, a management consultant, said: "It was an easy ride, and the scenery was beautiful. It was also very well organised and very friendly. This is the third time we've done it. We take part for a combination of reasons - the charity purpose, the exercise and the bonding between father and son. It was a great way to spend Father's Day."

Eight-year-old James and 13-year-old Miles Bardon of Snaresbrook Drive, Stanmore took part with their parents for the second time. Their sister Gabriella uses Buckets and Spades, Norwood's respite care service for children with disabilities and Unity, Norwood's recreational service for children with disabilities.

Mum, Pauline said "We did the Junior Bike Ride because Norwood does so much for us. Our daughter Gabriella uses Buckets and Spades and Unity which are both amazing." James goes to Mathilda Marks-Kennedy School in Mill Hill and Miles goes to JFS in Kenton.

Hannah Kenton, 13, of The Lawns, Shenley, in Radlett, rode in her pyjamas alongside dad David, 43, and raised £991.

Hannah, a pupil at Haberdashers' Aske's School for Girls, said: "It was a way to raise more money. I said to everyone who was sponsoring me that if I hit my target of £750 I would ride in my pyjamas. I found the ride okay, and my favourite part was in the fields because it was really pretty."

The start times for the ride were staggered in three groups and first to the finish line were twelve year-olds friends Sammy Kingston of Barham Road, Elstree and Alex Karet from Bushey. The boys, who attend Yavneh College in Borehamwood, finished the ride in under an hour and raised over £800.

"The best bit of the ride was finishing when some people had only just started!" said Sammy, "Norwood is a great charity to raise money for and it was a great bike ride as well."

Sammy's mum Lisette added, "I am very proud of my son for taking part."

Ian Tate, Norwood's Head of Challenges, said: "Thanks to the fundraising efforts of our participants, this year's Junior Bike Ride raised double on last year. The money raised will help support the needs of children, families and adults coping with learning disabilities or social disadvantage."

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