

# THE ROCK RIDE

## MEDIA RELEASE

### **Between a Rock and a Hard Pace**

On 26<sup>th</sup> June, 9 riders representing 5 national and Buckinghamshire based charities will set out to pedal the 1500 miles from the Rock of Gibraltar to Stowe in Buckinghamshire.

Milton Keynes based Bill Holland and Barry Street, both Territorial Army instructors with 7<sup>th</sup> Battalion rifles, will be riding for SSAFA to help serving and ex-servicemen and their families.

Banker Andy Wickham, also living in Milton Keynes is teamed up with Lee Hunter, who works in IT, and they are both hoping to raise a lot of sponsorship for the PACE Centre in Aylesbury which provides intensive programmes for children with physical disabilities such as cerebral palsy.

Buckinghamshire rider Gavin Lannen, working in IT on a Healthcare project to digitalise X-Rays, is riding to raise funds for the Royal Masonic Trust for Girls and Boys which assists children of masons as well as other children in need. Gavin is a member of Grenville Freemasons Lodge in Buckingham which is the main sponsor and organiser of the ride.

Guy Wealthall, living in Marlow and currently completing a degree in Geology at Southampton University, is partnered with Craig Warner from RAF HALton, and both are riding for Berks, Oxon and Bucks Air Ambulance.

Simon Bourne from Bury St. Edmunds and a triathlon champion of international standing rides with Simon Nicholl from Lancashire for the Royal British Legion which safeguards the welfare, interests and memory of those who are serving or have served in the armed forces.

The Rockride main organiser Tony Cersell, and whose idea it was says “ As a Freemason who has been active in supporting charities for many years together with my colleagues,, I know just how difficult it is for charities to raise the money to keep going and provide the crucial support that they do. We hope that this ride, which will be a real test of endurance for our 9 riders over two weeks, will capture the imagination of people everywhere who can visit our website [www.rockride.eu](http://www.rockride.eu) and support the charity of their choice with a donation.”

He went on to say “ This is not a relay, as each rider will be cycling the full 1500 miles and we are very grateful to each and every one of them for giving us their time and support.”

The 9 riders are now in full training for the event and meet regularly for training runs in order to be fit for the main event. The riders will be arriving in Buckingham on 10<sup>th</sup> July where they will be welcomed at a special barbecue and party in Buckingham to celebrate their achievement.

All details of the Rock Ride can be seen on the events website [www.rockride.eu](http://www.rockride.eu) where you can support Andy for his charity ride.

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Note to editors: *The Rock Ride is a multi charity cycle ride, sponsored by Freemasons Grenville Lodge 1787 in Buckinghamshire, from The Rock of Gibraltar to Stowe in Buckinghamshire with 9 riders taking part and representing **The Royal British Legion** safeguarding the welfare interests and memory of those who are serving or have served in the armed forces, **Air Ambulance for Berks, Oxon and Bucks**, **The Pace Centre** for children with physical disabilities, cycle ride **SAAFA Forces Help**, the National Charity helping serving and ex-service man, women and their families, **The Royal Masonic Trust for Girls and Boys** to relieve poverty and advance the education of children*

For further information contact: Frank Mills 01908 310516 or 0779 8824707 or email [millsfba@aol.com](mailto:millsfba@aol.com)