



UPDATE



Tales from Cooksley's charabanc

While the heat has continued, at least the going has been a lot flatter.

While the hills of the south west gave way to the more gentle countryside of East Anglian and onwards to the flatness of the Fens, the enthusiasm and dedication of all participants remain unstinted, with old friendships renewed and new ones being made. Once again we have had a fabulous turnout with cyclists both experienced and enthusiastic taking up the cause many of which continuing to ride the next leg in support. Some had top of the range bikes, some old favourites and one rider, Gemma Gale from Marriages had a bike she had bought on eBay the previous week! *(but please carryout safety checks on bikes and helmets before taking part please)*

Next week sees the arrival of a six-person bike which is going to be ridden by the team from AB Agri. I can't wait to see it! Team l'Anson take on the 160 mile leg from Masham to Berwick on Tweed which is our longest single leg so far and sees them starting at 5.00am.

This week we went through the 1000 mile mark and are now nearly half way through the tour of the country. Having moved across the country we are now headed north and into Scotland, with our most northerly stop near Inverness the target for next weekend.

It has been great to meet some of the FCN volunteers along the way, as they helped explain what they do and encouraged donations towards our target. If you want advice or help with fund raising please call **Vicki Beers** at FCN on **01788-510866**.

Once again, several companies have stepped forward and arranged my accommodation. My thanks to those who have helped this week, Duffields, ForFarmers and Hi Peak. If you can help with accommodation during the rest of the relay, please give me a call on **07801-435772**.

Follow our progress on twitter **@GAFTBikeRide**



Where we are, how far we've come.

Week 4 - York > Inverness (689 miles)

week 1	week 2	week 3	week 4	week 5	week 6	week 7
352 miles	566 miles	561 miles	689 miles	548 miles	614 miles	84 miles
 Total miles	918 miles	1479 miles	2168 miles	2716 miles	3330 miles	3414 miles

Participants - week 4



Gleadell Agriculture, Berry Ingredients, Adams & Green, ForFarmers, AB Agri, Cargill, l'anson, Apeya, McCreath, Simpson & Prentice, Frontier, Bairds Malt, Davidson, Harbro, Galloway & Macleod, ED&F Man, East Coast Viners, Clarkson.



AB Agri take a quick break



Marriages prepare to roll



Duffields pray for rain at Wymondham Abbey



ForFarmers passing on to Openfield



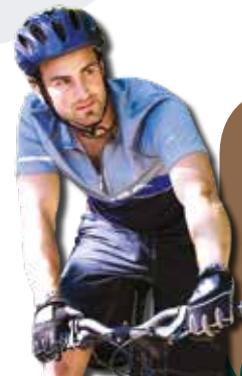
Openfield handover to the Cargill rider



Cefetra and Gleadell prepare to set off



A generous £500 donation from Hi Peak



So far...
1479
miles

Just giving

Please continue to encourage donations at justgiving.com/fundraising/GAFT