

If you would like to come to the Race Night in aid of the Prince and Princess of Wales Hospice on 26th August please use the link below or call Caroline on the number below. Not only is this a fun filled night but there will be a buffet included in the price.

For more information, contact Caroline Young
caroline.young@ppwh.org.uk, 0141 429 9815.

[Land's End to John O'Groats Race Night
\(princeandprincessofwaleshospice.org.uk\)](http://princeandprincessofwaleshospice.org.uk)

Thank you so much to everyone who has donated to the fund raising for the 1000 mile ride and thus supported our wonderful local Hospice.

It is possible to donate directly to the Hospice (thus avoiding Just Giving fees) by using their donate button on their website or by calling Caroline on the number above (and she can allocate the funds to our ride)

The training is going as well as can be expected. Last week was a total of 179 miles ridden, taking 13 hours 43 mins (as Clare pointed out, that's a long time). Our small group rode on some beautiful roads around East and South Ayrshire and I managed to climb 10,643 ft in that distance. This week the training will be light as we have a four day Scout camp over this coming weekend and I couldn't encourage anyone to do their cyclist badge (not even sure there is one).

Kind regards

Nigel