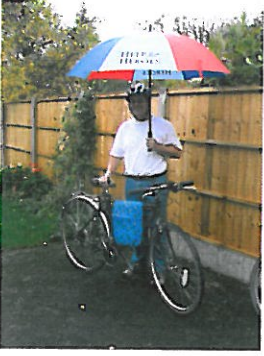


Neil and Diana Berry are cycling for Help For Heroes. We are looking to raise a minimum £5,000 for this worthwhile cause.



Diana says "My two sons are in the Armed Forces and it seemed like a good idea at the time. If you say it quickly 350 miles isn't that far."
Neil says "Northern France is flat – well it is in my world! It also doesn't rain in France."

All donations gratefully received on behalf of this fantastic organisation.
Thank you for your help.

Cheques (payable to Help for Heroes) or cash to:
Neil & Diana Berry, 57 Sunnyside Road, Barbourne, Worcester, WR1 1RJ

Donations on line at www.bmycharity.com/neilcberry
You can also follow our training at Di's blog www.bmycharity.com/dianacberry

To find out more about the charity check out their website www.helpforheroes.org.uk

The signature event in the Help for Heroes calendar is the Big Battlefield Bike Ride. Next year (2010), in the last week of May, 300 cyclists will gather at HMS Victory, the Flagship of Britain's greatest wounded hero, Admiral Lord Nelson, before setting to ride 350 miles across France and at the same time raise a great deal of money to support our current wounded heroes.

The ride is a challenge, France is certainly not flat, but it is achievable to anyone who is prepared to do some training. The route for the ride itself is being finalised but we will ride through beautiful Norman and Picardy countryside, stopping at historic sites to remember those who have fought and died there, before finishing at Dunkirk on the 70th anniversary of the evacuation accompanied by the flotilla of little ships

