

## From Matthew one of the LR8 riders on day 1 and 2

Firstly Anouska thank you for your guidance and kind words of support over the past couple of days, I'm sure I speak on behalf of all the LR8 team in extending those thanks.

The ride was a fabulous experience, the camaraderie, persuasion and overwhelmingly welcoming feeling displayed by all the team were way above and beyond I could ever have imagined.

Having spent many hours on the saddle of mountain bikes ( and some years ago at that) the event was always going to be a real challenge mainly the transition from off road to road and ethos of riding in a tight peloton were a complete change from any cycling I have done in the past. The very welcome and wise words of Maggie (and occasional strong right arm on my back) proved priceless, I learnt far more in the first 20 km than I could ever have expected.

The Mansells were fantastic, encouraging, approachable and genuine throughout, the boys a credit to their father and the father a national treasure that I am truly humbled to have met, Seldom does this opportunity arise and credit where it is due Nigel pushed home the nature of the cause with absolute sincerity during his address to the fab crowd at the Weland Steam Rally.

It's got to be said I did struggle just before the Malvern ascent, but, with a little rest and plenty of Jam sandwiches I was overjoyed with the run into Worcester, the reception at the Sports academy was a real treat, the staff again deserve real praise for their efforts in extending such a warm reception and providing a much deserved and very welcome massage.

To sum up - fabulous experience, truly wish I could have stayed on for a couple of days, I have to say the flame is now lit, I have the bug, I look forward to future events!!

Best Regards

Matthew