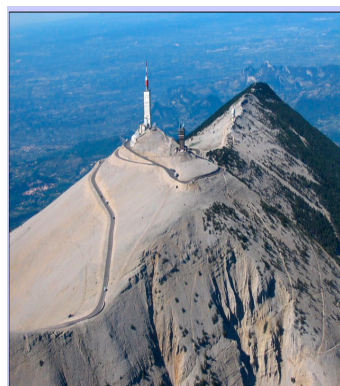
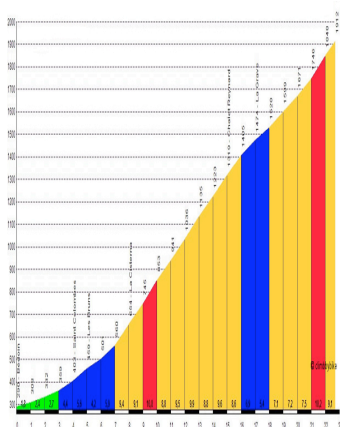


"Put Me Back On My Bike"

A partial re-enactment of the ascent of Mont Ventoux by the late, great Tommy Simpson during the 13th Stage of the Tour de France, 13 July 1967.



Tommy Simpson, perhaps the greatest cyclist Britain has produced, died tragically on Stage 13 of the Tour de France on July 13 1967. He was ascending Mt Ventoux, the most feared climb of the entire Tour. Known locally as the 'sugar loaf' for its shape and year-round whiteness, it stands alone in Provence, its 1,912 metres visible for 60 miles around. The 22km road route climbs 1,617 metres, the last 16 kilometres at an average 1:10 gradient. Devoid of vegetation, the bare white limestone resembles a lunar landscape. There is no respite from the searing heat (54 degrees the day Tom Simpson died). This mountain is a killer. Professional cyclists climb it in a little over an hour; as a great lover of hills and heat, I will probably breeze it in 3-4 hours of hellish slog.

Maybe it's a midlife crisis that makes me want to (partially) emulate my childhood hero, rather than purely selfish reasons. But this June 20th 2009, at the age of 50, I intend to follow in his footsteps on Mount Ventoux, and if I'm going to knacker myself out, I'd like other people to benefit from it.

My chosen beneficiaries, apart from my suntan and my ego, are two national and two local charities, with donations shared equally between them. Payments can be made via me or directly if you prefer, and the charities will gain an additional 24% in gift aid on donations from tax-paying donors. Even if you don't want to make a donation, please take a moment to visit their websites or feel free to contact me for more information - awareness is the key to tackling many of these issues.

My father died of complications from diabetes, but having a good local Diabetes Centre and riding his bike his whole life helped him live to 84.

Diabetes UK – The largest organisation in the UK working for people with diabetes, funding research, campaigning and helping people living with the condition.

www.diabetes.org.uk

Registered Charity No. 215199

National Association of Disabled Supporters (NADS) – Promoting a level playing field for all football supporters and players.

www.nads.org.uk

Registered Charity No. 1079740

White Lodge Centre – Providing opportunities for disabled people of all ages and their families and carers.

www.whitelodgecentre.co.uk

Registered Charity no. 286238

The Positive Mental Attitude Football League –

The Postive Mental Attitude football league is for people who have experienced acute or enduring mental health problems. The two teams I would like to support are:
Hounslow Hawks
QPR Ealing

Raising Funds For



If you would like to donate please contact:
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