

Round the Lough Cycle

The Centurion training group are once again planning to cycle around Lough Neagh this Christmas.

The distance is approximately 85 miles, and although it is relatively flat, the Christmas weather is usually what makes it that little bit more of a challenge. We cater for strong winds, rain and hail, but lying snow does usually postpone our attempt.

If you are interested in joining us this year, we will meet at the Dunadry Hotel car park at 8.30 am for a **9.00am start on Saturday 30th December 2006**. We should arrive back at the Dunadry between 3.00 and 4.00 pm, with one refreshment break around half distance at Tamlaghtmore.

Be warned, this is a training run, so there will be no vehicle support. You should be fit enough to hold a group, and bring the usual equipment in case of mechanical malfunction. In other words, if you get a puncture, or get lost, you're on your own. We will all set off together, but 2 groups are likely to form along the way. Ian Lyle will marshal a group aiming to average 17-20mph, and Tommy Linton will marshal a group at a slightly more sedate pace.

This year the Dunadry Hotel is kindly offering the full use of their fitness suite for the price of £3. This means you can put some warmth back into those bones in the pool, Jacuzzi or showers before retiring to the pub for a pint. Car parking is free of charge.

We are training for our Mizen to Malin tour in May, with monies raised going to World Vision. To start the ball rolling, all those taking part in the Round the Lough will be asked to kindly donate £5 to World Vision. You will also be asked to sign a disclaimer, as the training run is not an official Hi Elbow Triathlon Club training ride.

World Vision is one of the world's leading relief and development agencies. It is a Christian charity currently helping people in over 100 countries in their struggle against poverty, hunger and injustice, irrespective of their religious beliefs."

World Vision UK | World Vision House | Opal Drive | Fox Milne |
Milton Keynes MK15 0ZR
Tel: +44 (0)1908 841010 | Email: info@worldvision.org.uk | Web:
<http://www.worldvision.org.uk>

MAKEPOVERTYHISTORY

https://secure.worldvision.org.uk/getinvolved/campaigning/make_poverty_history

SPONSOR A CHILD

<https://secure.worldvision.org.uk/waystodonate/sponsorachild>