

PROPOSED ROUTE

LANDS END TO JOHN O' GROATS



CYCLE RIDE

JULY 1 - JULY 6 1984

STARRING

"DYNAMIC" DON LOCK

&

"JET-PROPELLED" JOHN MANSELL

SUPPORTED BY

"DASHING" DAVE HUDSON

LANDS END

A30

PENZANCE

A30

A394

B3280

UNCLASS.

A394

UNCLASS.

A - - -

TRURO

A390

ST AUSTELL

A390

LISKEARD

A390

TAVISTOCK

A386

B3357

B3212

EXETER

B3212

B3181

A38

TAUNTON

A38

BRISTOL

A4

B405 -

A403

SEVERN BRIDGE

B4228

35

70

118

151

198

CHEPSTOW

B4228

A40

A4137

A49

HEREFORD

A49

LEOMINSTER

B4361

LUDLOW

A49

B4365

UNCLASS.

B4371

A49

SHREWSBURY

A528

B5476

WHITCHURCH

A49

B5152

A49

WARRINGTON

A49

UNCLASS.

B - - - -

STANDISH

B5250

B5253

UNCLASS.

A6

PRESTON

213

245

268

295

346

376

PRESTON	376
A6	
B6480	
A6	
LANCASTER	399
A6	
A6070	
A65	
KENDAL	421
A6	
PENRITH	445
A6	
CARLISLE	466
A7	
LANGHOLM	486
B709	
B7062	
PEEBLES	535
A703	
A702	
A720	
A71	
A720	
A90	
FORTH BRIDGE	568
B - - - -	
A - - -	
COWDENBEATH	
B917	
B996	
KINROSS	
A911	

B996	
UNCLASS.	
A912	
PERTH	599
A93	
RATTRAY	615
A93	
BRAEMAR	
A93	
BALMORAL	657
B976	
A939	
TOMINTOUL	
A939	
A95	
GRANTOWN	693
A95	
A938	
A9	
B9154	
A9	
KESSECK BRIDGE	725
(INVERNESS)	
A9	
A836	
A9	
HELMSDALE	800
A9	
WICK	
A9	
JOHN O'GROATS	852



Feb. 24th.

Arundel Park
West Sussex

BN18 9LH

Arundel 882041

Dear Mr. Lock

Thank you for your letter.
& I think it is a wonderful
idea about your plans to ride
from Lunde End to John's Brooks.
a quite amazing if you can
complete the journey in 7 days.

I am sure I can come to
the home for photographs. & perhaps
you could drop me up nearer the
house when I know how I am
placed with all my engagements.
Yr Sincerely
Lavinia North

May 9.

Arundel Park
West Sussex
BN18 9LH
Arundel 882041

7 P.M.

19TH JUNE 1984

Dear Mr. Lock.

Thank you for 70m
letter. I would be delighted
to come to St. Bernards for
Photographs but I am found
I am booked up the 20th 21th
& 22nd of June. I could manage
the 19th or the 26th. Otherwise
I have't got a spare evening
& only the mornings of 21th &
22nd. & 19th

Yours Sincerely.

Terence North



COUNCILLOR BOB CLARE
MAYOR

Mayor's Parlour,
Town Hall,
Worthing,
Sussex BN11 1HA

Telephone (0903) 39999

24th May 1984

Dear Mr. Lock,

Thank you for your letter of 15th May and I confirm that the Mayor will be very pleased to attend your "send off" at 7 p.m. on Tuesday evening, 19th June, before your ride from Land's End to John O'Groats in aid of St. Barnabas' Home. His stay will be fairly brief, though, as he has another engagement that evening.

With very best wishes for a successful ride,

Yours sincerely,

Gill Clithenden
(Miss)

Mayor's Secretary

Mr. Donald W. Lock,
7 Welland Road,
WORTHING.



Registered as a Charity

St. Barnabas' Home
Columbia Drive Worthing
West Sussex BN13 2QF
Telephone Worthing 64222

LAND'S END TO JOHN O'GROATS
BY BICYCLE !

After a send off from Worthing on the Friday evening and a drive by van overnight on Saturday, 30th June 1984, John Mansell and Don Lock two veteran members of the Worthing Excelsior Cycling Club will set out to ride this journey of approximately 900 miles and will seek to aid the funds of the St. Barnabas' Home. They intend to cover the distance in less than seven days, demanding an average daily mileage of about 130 miles. They seek pledges of financial donation to our Home upon the successful completion of the trip in the stated time.

I do hope you will feel able to support them in this venture.

Alan Kingsbury
.....

Dr. Alan Kingsbury, Medical Director

Name and Address

Signature

Amount

Medical Director Dr. Alan Kingsbury.

Matron Miss M.E. Stroud. S.R.N., S.C.M.

Bursar Mr. V. Bates





Worthing Excelsior Cycling Club

AD - TRACK - TOURING - SOCIAL ACTIVITIES

FOUNDED 1887

Lands End to John O'Groats by bicycle
in less than seven days in aid of the
St. Barnabas Home, Durrington, Worthing

On 1st July two veteran members of the Worthing Excelsior Cycling Club will set out from Lands End to do this ride of nearly 900 miles and hope to raise in excess of £1000 for St. Barnabas the Cancer Hospice in Columbia Drive Worthing.

John Mansell and Don Lock both life members of the Worthing Excelsior are experienced at long distance riding; John has several times ridden over 200 miles in 24 hours and Don has twice completed 24 hour rides in excess of 400 miles. Neither of them however, have previously tackled six consecutive days of long, and, at times very arduous riding.

John works as a Public Relations Officer for Redifusion Simulation Ltd in Crawley and has been the Cycling Club's Secretary for many years. Don is a Legal Executive having been with Miller Parris Solicitors in Worthing for 25 years. He edits the Club's magazine, has, for some years, been cycling correspondent for Radio Sussex and is also the Chairman of the Sussex Cyclists Association.

They will be supported by Club member Dave Hudson who hopes to be able to ride some sections with them, but who will for the most part, supervise the night and eating stops from his Transit van. They have compromised on a route between the shortest and that which will avoid the worst arterial roads. If good progress is made and the weather is kind then their daily efforts should see them in the region of Taunton (Day 1.) Shrewsbury (Day 2) Penrith (Day 3) Perth (Day 4) Inverness (Day 5) and John O'Groats in six. A schedule which leaves one day in reserve.

They will be given a good send off from St. Barnabas by the President of the Home Her Grace Lavinia Duchess of Norfolk and by the Medical Director of the Home Dr. Alan Kingsbury. It is also hoped that The Mayor of Worthing Councillor Clare and the Cycling Club President Mr. Ray Douglass will also be able to attend. This is planned for Tuesday 19th June at 7.p.m.

WORTHING GUARDIAN

900 mile ordeal

A gruelling test of stamina is being planned by two Worthing men.

John Mansell and Don Lock, both veteran members of Worthing Excelsior Cycling Club, are planning to cycle nearly 900 miles, from Lands End to John O'Groats in less than seven days.

They will set off from the St Barnabas Cancer hospice on June 19.

They hope to raise more than £1,000 for St Barnabas hospice.

Cyclists' marathon

WORTHING Excelsior Cycling Club life members Don Lock, 47, and John Mansell, 44, are hoping to pedal their way to fund-raising success with a marathon ride of nearly 900 miles in aid of St Barnabas Home, Durrington.

Due to start a trip from Lands End to John O'Groats on July 1, they hope to raise more than £1,000 on the six-day ride.

Route

Mr Lock, of Welland Road, Worthing, and Mr Mansell, of Crawley, are both experienced long-distance cyclists, but it is the first time they have attempted six consecutive days in the saddle.

The route includes stops at Taunton, Shrewsbury, Penrith, Perth and Inverness.

Anyone wishing to sponsor the duo should contact Mr Lock on Worthing 62724.

WORTHING
ADVERTISER

On yer bike —for a 900-mile ride

TWO Members of a Worthing cycling club plan to pedal from Land's End to John O'Groats . . . in just six days.

The two, members of Worthing Excelsior Cycling Club, hope to raise more than £1,000 in sponsor money for the St. Barnabas Cancer Hospice in Columbia Drive, Worthing.

Mr Don Lock, of Welland Road, Worthing, is a legal executive working in Worthing, and is also chairman of the Sussex Cyclists Association.

He will be 48 on June 29 — the day he sets off for Land's End by van.

His cycling companion will be John Mansell, 45, of Walesbech, Crawley. He is public relations officer for Rediffusion Simulation in Crawley, and secretary of the Worthing cycling club.

The two aim to ride about 150 miles a day, with club member Mr Dave Hudson travelling alongside in a van.

Both are hardy cyclists and have completed long-distance rides in 24 hours — but neither has tackled six full days of it before.

There will be a special send-off for them from St. Barnabas Hospice on June 19.

It will be attended by Lavinia Duchess of Norfolk, who is president of the home, plus medical director Mr Alan Kingsbury, the new Mayor of Worthing, Coun. Bob Clare, and the president of Worthing Excelsior Cycling Club, Mr Ray Duglass.

EVENING ARGUS

Long ride for home

TWO EXPERIENCED cyclists are planning a 900-mile ride from Lands End to John O'Groats to raise money for St Barnabas home in Columbia Drive, Worthing.

Legal executive Don Lock, 48, of Welland Road, Worthing, and his colleague, 45-year-old John Mansell, a public relations officer from Crawley, have both been members of Worthing Excelsior Cycling Club for 20 years.

Explains Mr Lock, 'Although we have extensive experience of long distance cycling, we have never attempted anything like 900 miles in six days before.'

The pair will be accompanied by Dave Hudson, from Shoreham, who will supervise the ride from his van.

The team will be given a send-off from St Barnabas by the president of the home, Lavinia, Duchess of Norfolk, and medical director Dr Alan Kingsbury, on June 19. The marathon journey will start from Lands End on July 1.

WORTHING
HERALD

WEST SUSSEX

Evening Argus

Thursday, June 21, 1984

15p

The roaring 40s are geared to go

MEET the roaring forties — cyclists Don Lock and John Mansell.

The two, who are both comfortably in to their forties, are all set to pedal from Land's End to John O'Groats . . . for fun and for a good cause.

Don, 48, of Welland Road, Worthing, and John, 45, of Wales-beech, Crawley, are both members of Worthing Excelsior

Cycling Club. They hope to raise more than £1,000 in sponsor money for the St. Barnabas Hospice in Columbia Drive, Worthing.

They got a rousing send-off from the hospice as they left on their marathon ride. There to see them off were Lavinia Duchess of Norfolk, president of the home, medical director Mr Alan Kingsbury, the Mayor of Worthing, Coun. Bob Clare, and the

president of Worthing Excelsior Cycling Club, Mr Ray Douglass.

They'll be leaving for Land's End next week ready to start their 900-mile ride on June 30 or July 1.

Don says: "I live close to the hospice and in my job as a solicitor I deal with a lot of elderly people and many of them go there.

"It seems a fantastic place."

He and John have been training hard for their marathon. Don has

cycled 5,000 miles since the start of the year and John, a public relations officer, has pedalled about 4,500 miles.

Although they are experienced cyclists this is the first time either has attempted a ride the length of Britain. They hope to average about 150 miles a day.

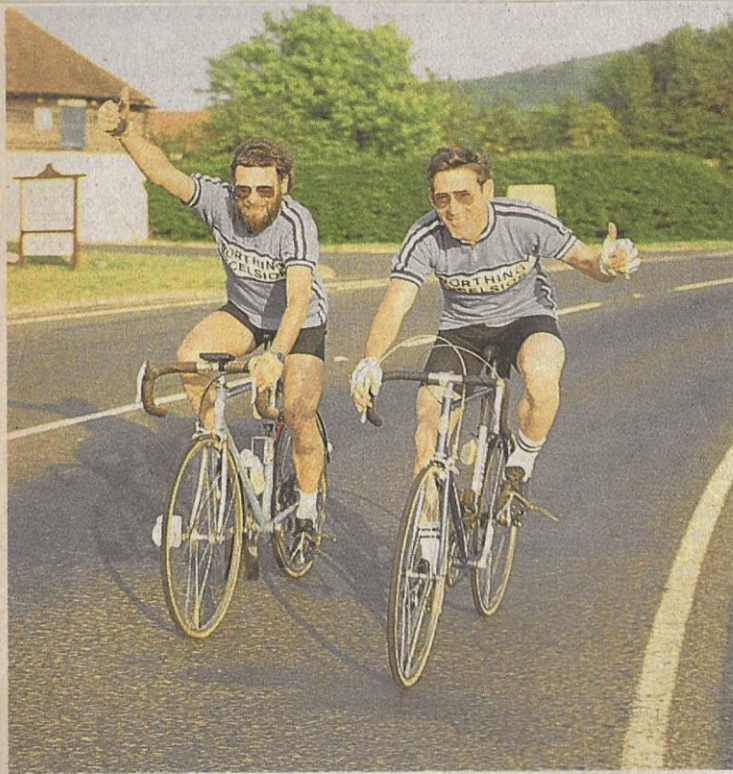
Don says: "I'm really looking forward to it. I just hope the weather holds."

With so much to see, it's better by bike



Don (left) and John get a send-off from Lavinia Duchess of Norfolk





Many miles to go

Two long-standing members of Worthing Excelsior Cycling Club hope that many weeks of preparation will stand them in good stead when they set off next month on a 900-mile ride to raise more than £1,000 for the St Barnabas Hospice in Columbia Drive, Durrington.

Mr. Don Lock (48) and Mr. John Mansell (45), pictured above, will attempt to cycle from Land's End to John O'Groats in

just six days.

Mr. Lock, a legal executive with Miller Parris Solicitors in Worthing, is also chairman of Sussex Cyclists Association. Mr. Mansell is a public relations officer for Rediffusion Simulation Ltd., Crawley, and is secretary of the Worthing cycling club.

Both men are experienced in long distance riding, but neither has tackled six full days of pedalling before. They aim to ride about 150 miles a day, and will be supported by another club member,

Mr. Dave Hudson, who will be supervising night and eating stops from a van. They will be setting out on the first leg of their ride on July 1.

There was a special "send-off" for the fundraisers from St Barnabas on Tuesday attended by the president of the home, Lavinia, Duchess of Norfolk; its medical director, Dr. Alan Kingsbury; the Mayor of Worthing, Mr. Bob Clare; and the president of the Excelsior Cycling Club, Mr. Ray Douglass.

The West

Sussex

Gazette





The Duchess of Norfolk flags off Don Lock (left) and John Mansell

Pedal power for charity

Two members of Worthing Excelsior Cycling Club left the town last week in a bid to turn pedal power into cash.

John Mansell and Don Lock, both experienced long distance riders, planned to pedal some 900 miles from Lands End to John O'Groats to raise a minimum of £1,000 for St Barnabas

Home at Durrington.

Although John has several times ridden over 200 miles in 24 hours and Don has

twice completed 24 hour rides in excess of 400 miles, neither have tackled such a long ride.

WORTHING

Guardian

Thursday, 28th June 1984

92,331 delivered fr

THE LONGEST TWO-UP EVER ?

In September 1983 I admitted to John Mansell that I was getting too old for racing. "Next year I'll do something different like ride Lands End to John O'Groats or something". It was no more than a throw away comment, to illustrate 'something different'. But then came the response from John which was to start thoughts crystallising ; "That's something I've always thought I'd like to do".

So I came away with the idea, but what about accommodation, and transport to Cornwall and back from Scotland ? How long would it take, what would it cost ? Many questions buzzed in my head until I had a brilliant idea; I would have a chat with the Club's Transport Manager, Dave Hudson. If he would take us down, bring us back and support us in between, the possibility became an exciting probability.

Dave showed immediate interest and entered into the plans with his usual energy. John Woodburn gave me a copy of his route for the record - we cut off the schedule ! We also borrowed some C.T.C. routes. We had a couple of meetings to iron out course details, a job principally dealt with by John. We left catering, the tented accommodation and, obviously, all transport details to Dave. That left me to get fit enough.

I worried about fitness and started on 2nd January with 100 miles and aimed for 5000 before we left. John was far more relaxed, starting only when the weather warmed up. By the time we set off though he was on 4500, so not far behind.

People asked if we were doing it for a charity and it seemed a good idea. St. Barnabas Home, the cancer hospice in Durrington was approached and they were delighted. As the early summer months passed plans fell into place and The Duchess of Norfolk, the President of the home, and Worthing's Mayor came over to the home to wish us well, so generating good publicity in the local papers for the Home and for the Club.

To avoid traffic we left Worthing at midnight on the Friday. In fact it was just after the witching hour for we started with "Happy Birthday Don", another damned candle on the cake. We had a trouble free journey down with a couple of stops for coffee and the calls of nature. Arrival at Lands End was about 7.30. It was sunny and breezy and the wind was more south easterly than the hoped for south westerly. We unloaded and set up the bikes, including the initial programming of John's new toy, a handlebar computer. I thought that this novelty might drive me mad if John was going to keep up a constant barrage of miles and speeds, but in fact it was perfect for the job and I found myself frequently requesting the information. After breakfast and a few photos we were away on the first of what we had calculated would be the 854 miles to be covered to the other end of our - suddenly, not so little island.

Day 1. For the time trialists, the first 10 took 35 minutes and we were in Penzance. Dave had ridden with us this far, but now went back for the van. John's route to Truro involved a lot of lanes - pretty, but pretty hard as well. He may have detected the first signs of discontent along here,





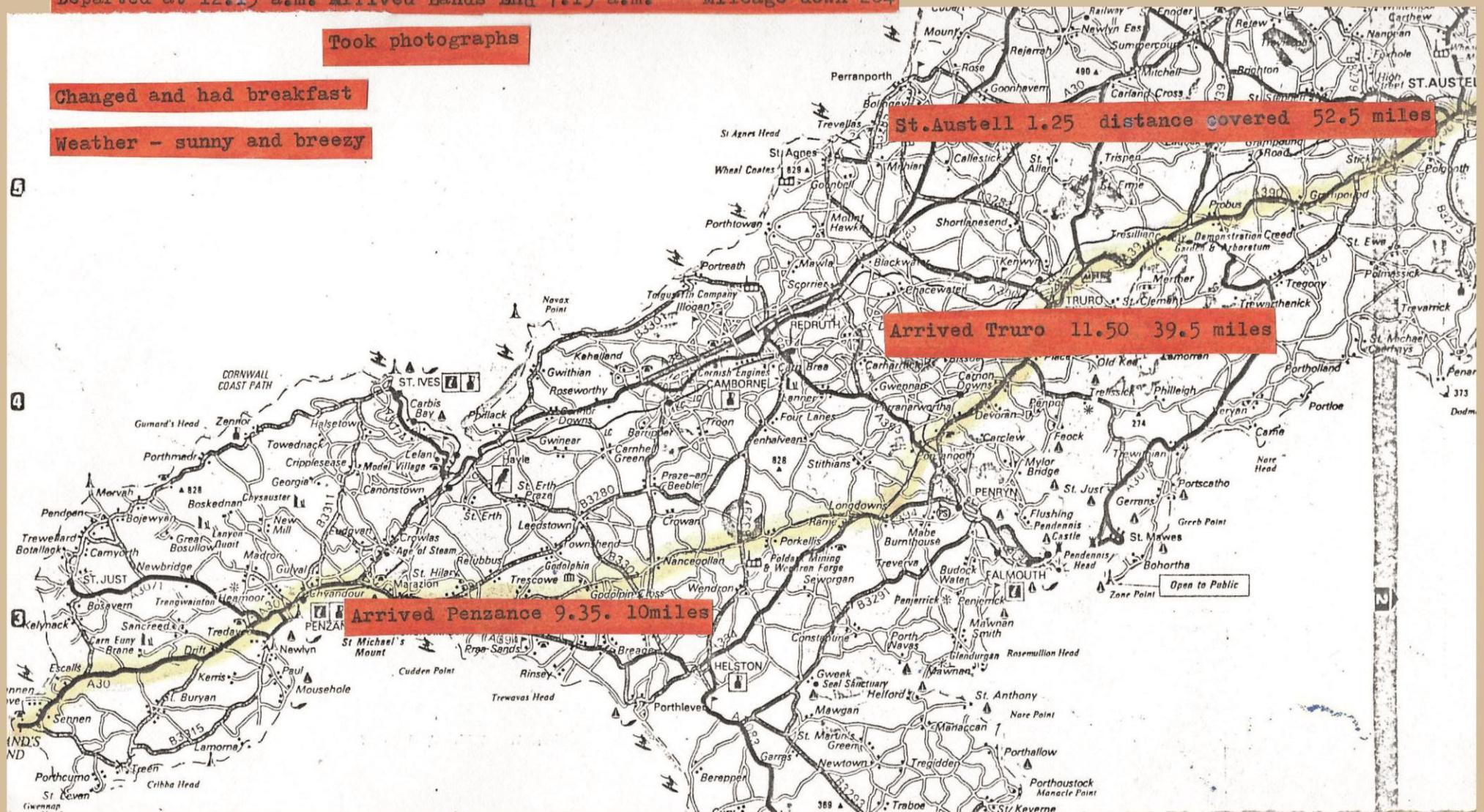
FRIDAY NIGHT/SATURDAY MORNING 29TH/30TH JUNE 1984

Departed at 12.15 a.m. Arrived Lands End 7.15 a.m. Mileage down 284

Took photographs

Changed and had breakfast

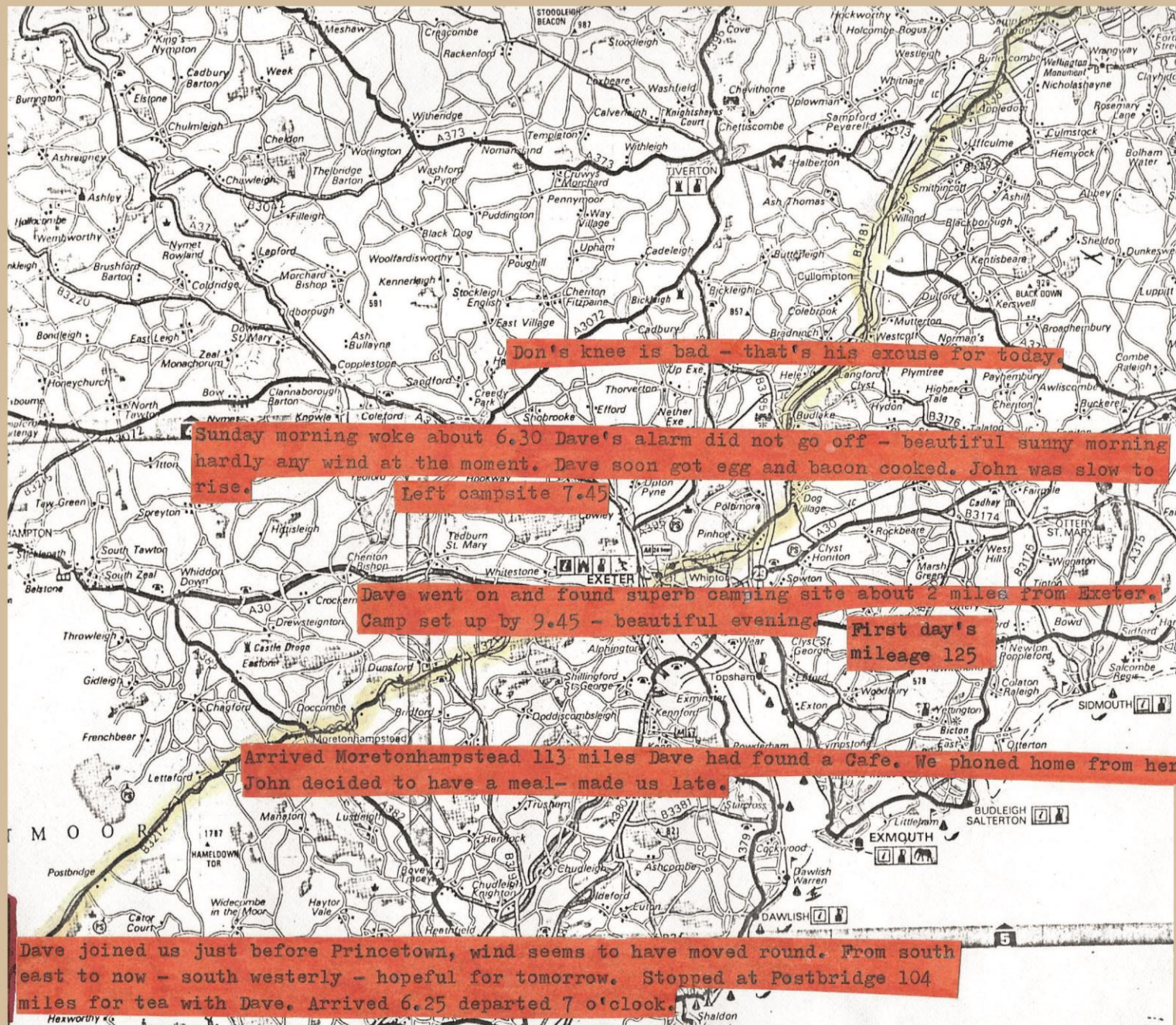
Weather - sunny and breezy











Don's knee is bad - that's his excuse for today.

Sunday morning woke about 6.30 Dave's alarm did not go off - beautiful sunny morning hardly any wind at the moment. Dave soon got egg and bacon cooked. John was slow to rise.

Left campsite 7.45

Dave went on and found superb camping site about 2 miles from Exeter. Camp set up by 9.45 - beautiful evening.

First day's
mileage 125

Arrived Moretonhamstead 113 miles Dave had found a Cafe. We phoned home from here. John decided to have a meal- made us late.

Dave joined us just before Princetown, wind seems to have moved round. From south east to now - south westerly - hopeful for tomorrow. Stopped at Postbridge 104 miles for tea with Dave. Arrived 6.25 departed 7 o'clock.

Arrived Bridgewater 11.30 - 45 miles

Came through Taunton at 10.10
 Dave caught us up about two miles outside Taunton at 10.20
 stopped with him for tea and left just before 11 a.m.
 The wind is unfortunately from the north - not very strong
 but nagging

Split up through Wellington and met the other side

Reached the Somerset boundary at 9.30

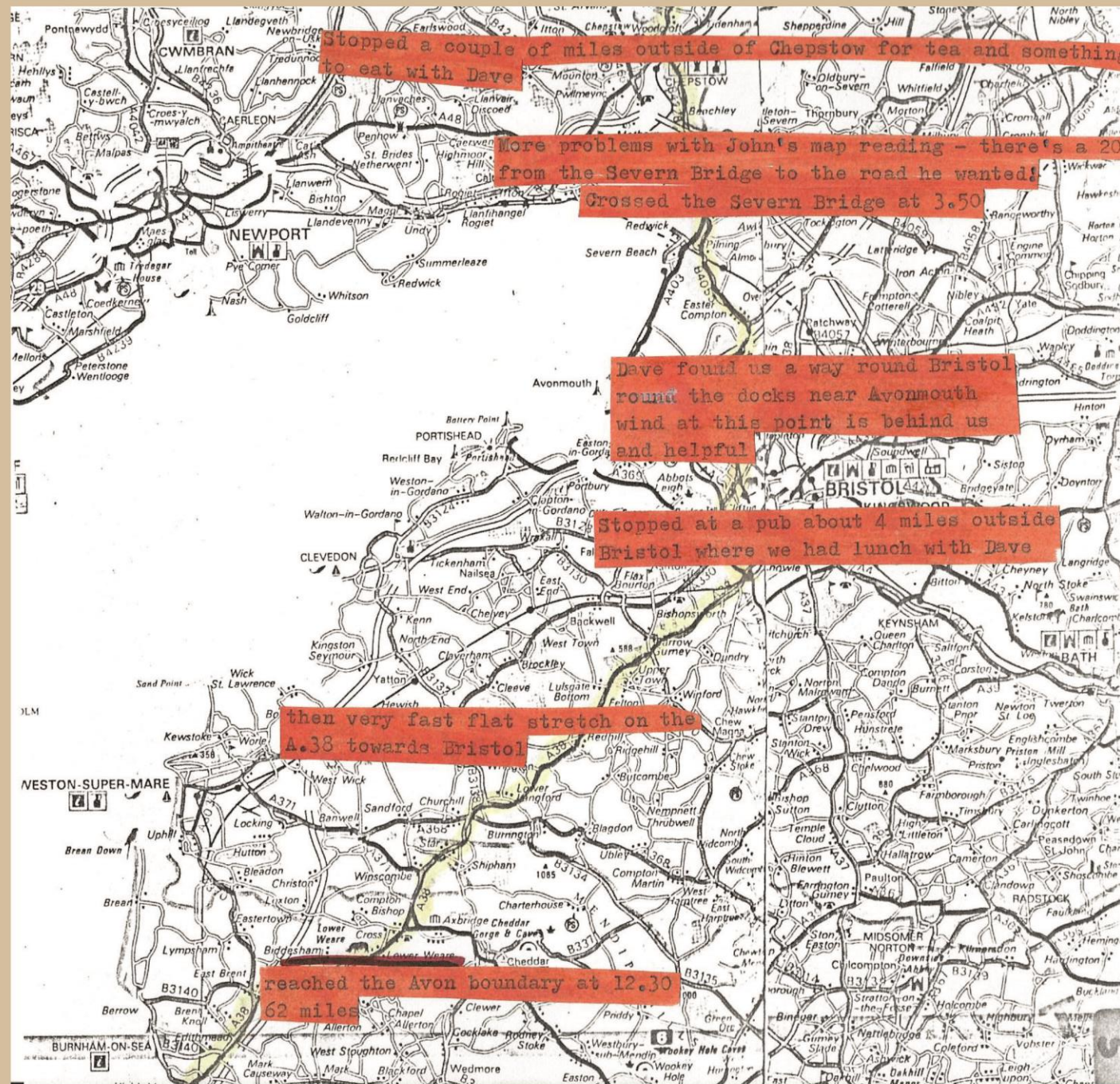
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Reached the Somerset boundary at 9.30

however he was concerned himself, as we found Truro was 40 instead of 35 miles. At this rate of error 120 miles would be added to the ride! We had an early lunch in Truro and then in hot sunshine took the A390 to St. Austell and then Liskeard by 3.30. We stopped at a cafe and were joined by Dave. John was accosted by a large jovial and garrulous lady, but we managed to drag him away. Mileage now was 73. We crossed the Tamar and headed into Devon. Tavistock was reached at 5.15 and we had covered 91 miles. We were now in the Dartmoor National Park - there was, I recall a long climb towards Princetown but the going seemed to be wind assisted at last, was this a hopeful sign for tomorrow? Dave parked at Postbridge and rode out to meet us and when we reached his van for a tea stop we had covered 104. Not enough for one day if we were taking less than seven, but we had started a couple of hours later than would be possible in the days to come. Our next stop was Mortonhamstead where John fancied a meal and we made the first of our regular telephone reports home. Somewhere short of Exeter would have to do for camp so Dave pushed on to find a site. He persuaded a farmer of the need for a corner of his field, with water laid on, of course, and by 9 p.m. we were settled. A good wash and a meal and day one was as good as done. It remained only for John to hang over his tent a "Presidential Suite do not disturb" notice and blissful sleep descended. 125 miles less to do.

Day 2. Dawned warm, sunny and windless. Dave's alarm failed to go off and the farm cockerel did

not rise until 6.30. But Dave soon produced a cooked breakfast and we were away by 7.45. We were soon through the still 'just stirring' streets of Exeter. My left knee seemed painful, but easier riding than walking. Somerset was reached at 9.15 and at last we were heading north. We split up at Wellington, with John taking the bypass and I heading through the 'much longer' town route so that Dave would catch up with one of us. We were in fact past Taunton before he came along and we stopped with him for elevenses. The sun was very hot and Dave's idea of fresh cold milk in the thermos flasks was much appreciated. A particular variety, apparently produced by 'Daisy and Friends' was excellent. At Bridgewater we had done 45 and despite the northerly wind we were on the flat A.38 and put in 17 miles in the next hour to the County of Avon. A pub a few miles short of Bristol did an excellent cold beef salad and with a pint of shandy provided our midday sustenance. Dave - on his bike, now round us an intricate, but, I'll take his word for it, short cut past Bristol. We rode through the Avonmouth docks area and on to the Severn Bridge. This last stretch had seemed wind assisted. Had the wind changed, or were we going in the wrong direction? A couple of photos from the bridge and mileage and time checked at 94 miles - 3.50 p.m. There was cause for concern at this point with John's map reading - he wanted to turn right immediately across the Severn - the Bridge is however about 200' above the road, and my tool kit did not run to a rope of this length. We



Stopped a couple of miles outside of Chepstow for tea and something to eat with Dave

More problems with John's map reading - there's a 200 foot drop from the Severn Bridge to the road he wanted!

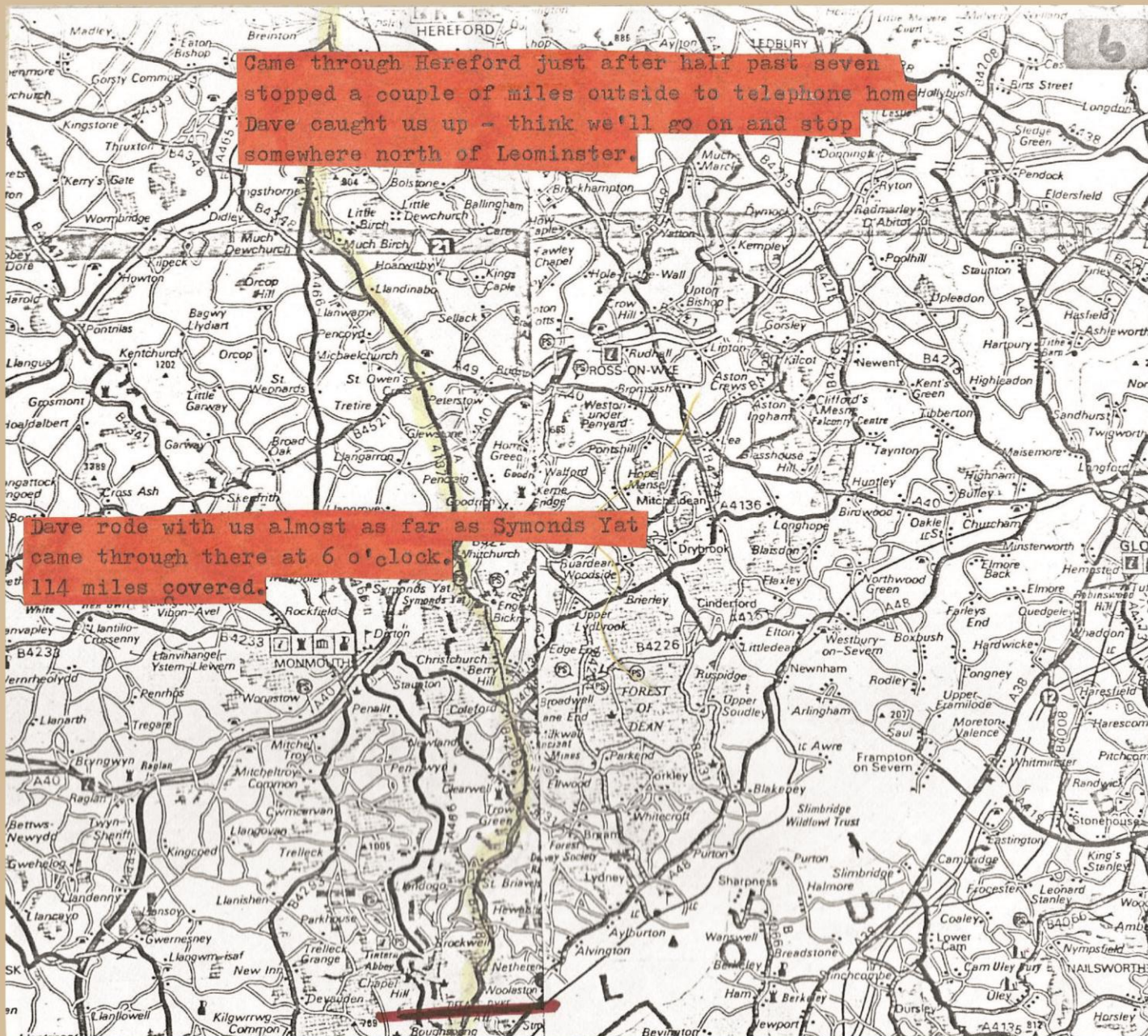
Crossed the Severn Bridge at 3.50

Dave found us a way round Bristol round the docks near Avonmouth wind at this point is behind us and helpful

Stopped at a pub about 4 miles outside Bristol where we had lunch with Dave

then very fast flat stretch on the A.38 towards Bristol

reached the Avon boundary at 12.30 62 miles



entered Monmouth and therefore, Wales, at just after 4 o'clock. Ancient Chepstow was very busy as we dropped straight down to the river and then climbed up the sharp hill the other side. We were now taking the St.Briavels road and quite shortly stopped where Dave had parked for tea. There was a remarkable view of the River Wye from here and John got busy with his camera. This was lovely country and we were soon approaching another magnificent view of the Wye, from Symonds Yat. At this point we had done 114, the last few miles included another route correction as John would have had us wading the Wye! The City of Hereford was ticked off the list around 7.30 and we were thinking of calling it a day. Dave found a site eventually north of Leominster so our mileage was up to 148.

Day 3. Colder - John put his longs on. This was the earliest start we were to achieve, (John is difficult to stir early morning and has to be handled carefully) we were on our way by 7.20. Ludlow was first stop, to post cards and sample the loos, then with rather too little time to enjoy the fine half timbered buildings of this attractive old town, we were off and into a maze of lanes with Shrewsbury as our next objective. The A.49 route would have been slightly more miles but it may have been faster - a question of preference - John chose the lanes. We were back to the A.49 at Church Stretton and the average picked up with the better road surface, and an effort made to dodge a passing shower - the only rain - it lasted about two minutes - which we

were to have on the entire journey. It remained cold and with a strongish northerly wind this morning. We were pleased to meet up with Dave before Shrewsbury for elevenses. The town was bustling but like so many of these towns near the border with Wales, I found it welcoming and would like to visit with more time in the future. Again we diverted from the A.49 this time going through Wem, which started us off with such songs as "Wem will I see you again" - the delirium was setting in. Puncture number one happened along here and as we were sponsored 50p a puncture by one 'miserable character' John philosophically shouted "50p" and did a quick tub change. More counties were being left behind. This morning Herefordshire and Shropshire and now we're in Staffordshire. In short time we rejoined the A.49 at Whitchurch and by lunchtime were into Cheshire. I felt we were making progress now - this was definitely north of Watford! We had an excellent meal in Tarporley although it cost us an hour. We found ourselves now entering upon the least scenic part of our trip and one which was to cause us route problems. Having had a brief from Tony Palmer we sailed through Warrington without trouble - we were not attracted to stop. It was 4 p.m. as we left the town behind. Another sign of note indicated we were entering Merseyside, what was that beat I could hear? Ah! just the old pump thumping. Wigan was heralded with the hundred up for today. The B5250 was taking us to Preston, but had we been on the A.49 the signs may have been more helpful, for we were side-

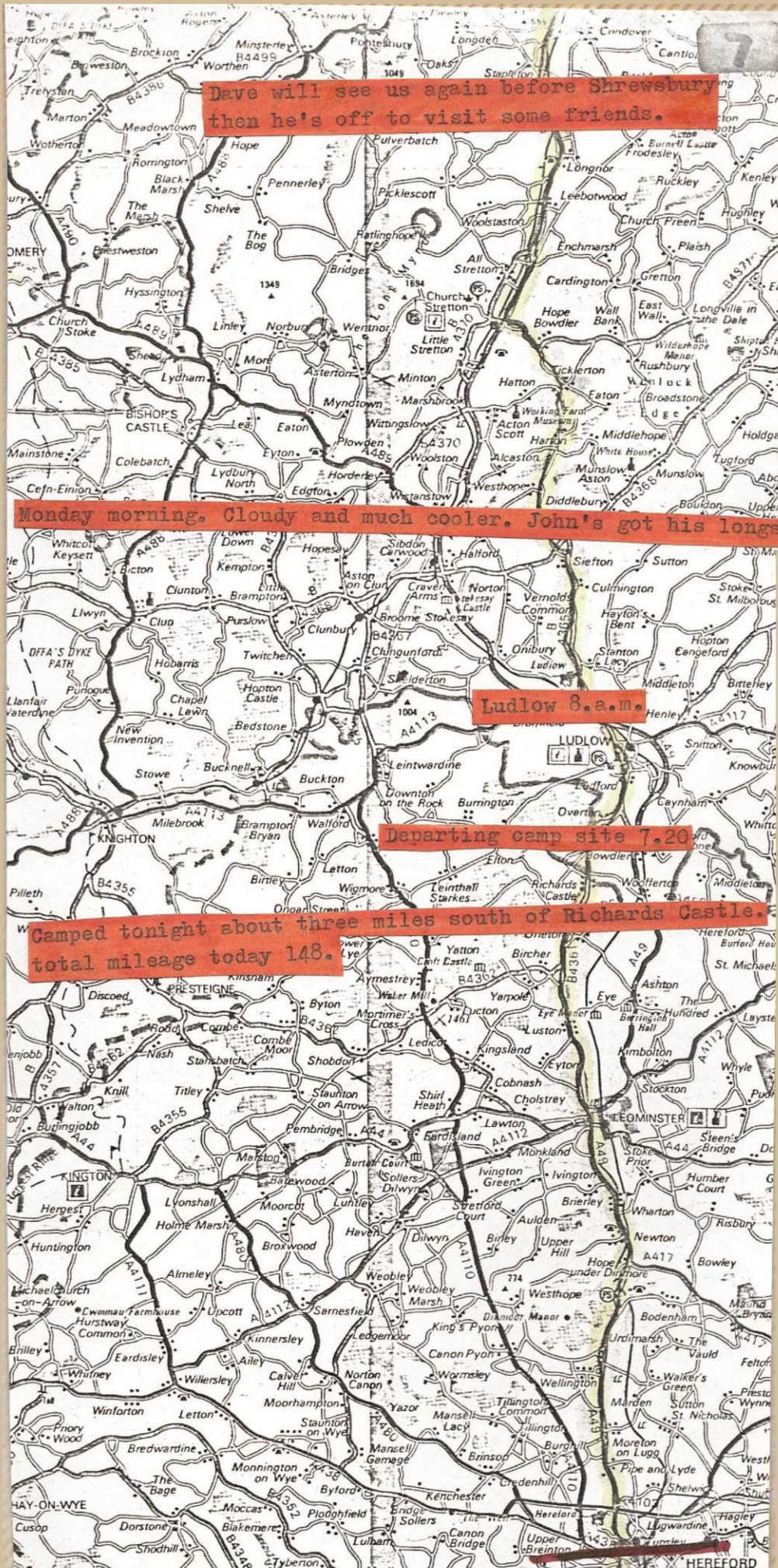
Dave will see us again before Shrewsbury
then he's off to visit some friends.

Monday morning. Cloudy and much cooler. John's got his longs on.

Ludlow 8.a.m.

Departing camp site 7.20

Camped tonight about three miles south of Richards Castle.
total mileage today 148.



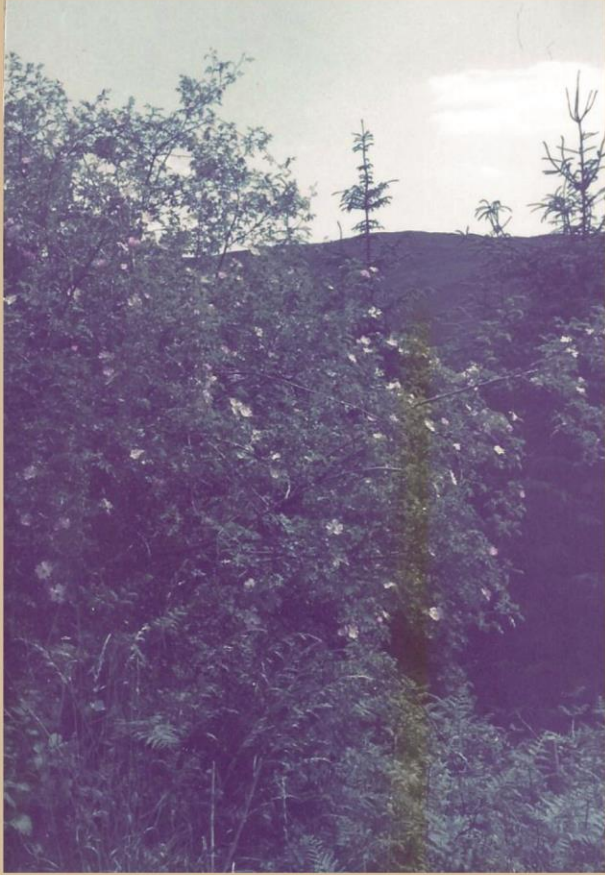




tracked miles around Preston at a time when we did not appreciate it, we could have done without the extra three or four miles. Eventually, however we found the A.6 north and Dave found us; both very important. We stopped for a cuppa near Garstang and used British Telecom services to report our progress. We had now covered 131 and thought that just the other side of Lancaster would make a good start point for tomorrow. It was another lovely evening and although speed was not rapid we were happy to keep going. It was 8.40 as we rode through Lancaster. The quick glimpses of the castle and the river and the sunset skies behind were all we were allowed as we pressed on after Dave. It was five miles from Lancaster that he had parked having selected a grass covered disused bridge over a canal - he had not thought about banging tent pins into a tarmac surface only half an inch below the grass! Ten penalty points Dave - you know that kind of thing gets John annoyed. However the magnificent sunset views of the Carnforth Sands and Morecombe Bay and the attractive scene with ducks on the canal, soon had John rushing about with his camera equipment - that equipment by the way took up more room than my much ridiculed first aid kit. Mileage today - the best so far - 151. Day 4. We awoke at 6.00 to a fine still morning and after, the now to be expected, superb breakfast, we were away by 7.25. We had some climbing to do today, but we should be well into Scotland by evening, and we had some lovely country to look forward to. So up the A.6. and quickly into Cumbria with our usual early stop,

We reached Kendal around 8.30 and soon after began the long gradual climb to Shap Fell, the last part of which is not really so gradual. Dave had parked at the summit and rode back to meet us - so that he could ride up it! If you have wondered about Dave before, well now you know. We made good speed from the top - I found we always went faster downhill - and we were through Penrith about 11. Did you know John Mansell lived here once? The place is I understand recovering. The road to Carlisle was undulating but despite the usual northerly, we made good speed - getting fitter perhaps. Dave had gone shopping and produced a cold lunch north of the town. It was very hot again - I was on my second tube of sun lotion - nice in sandwiches. On the A.7 north of Longtown we crossed into Scotland. With the 74 today it was 498 miles to the border. Our route now was to Langholm and after this through Eskdalemuir Forest and David Steel's constituency of Ettrick. What an area to canvas must be one house about every hundred square miles. This was a very scenic area and the roads devoid of traffic. Some ten miles short of Peebles we stopped with Dave for a rest and some food and drink. Tonight we would have to stop before Edinburgh. Dave would start looking as soon as we he got past Peebles. Disaster almost struck as we descended into Peebles when a stupid scotch cat decided to walk into the road in front of me. Despite John's shout, I hit it fair and square and did a passable impression of Peter Pan on a bike. John with his priorities terribly twisted remarked that the cat

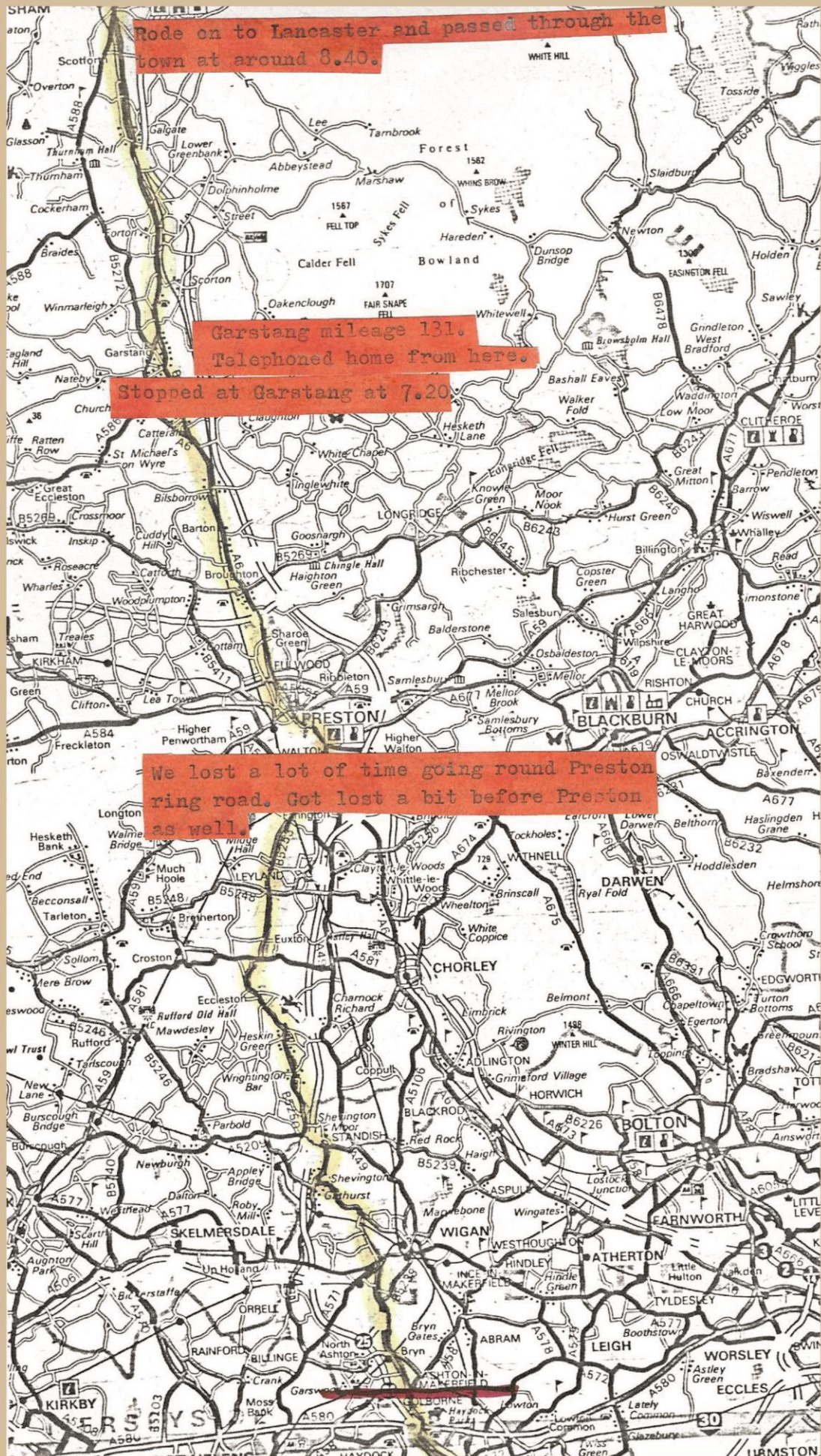


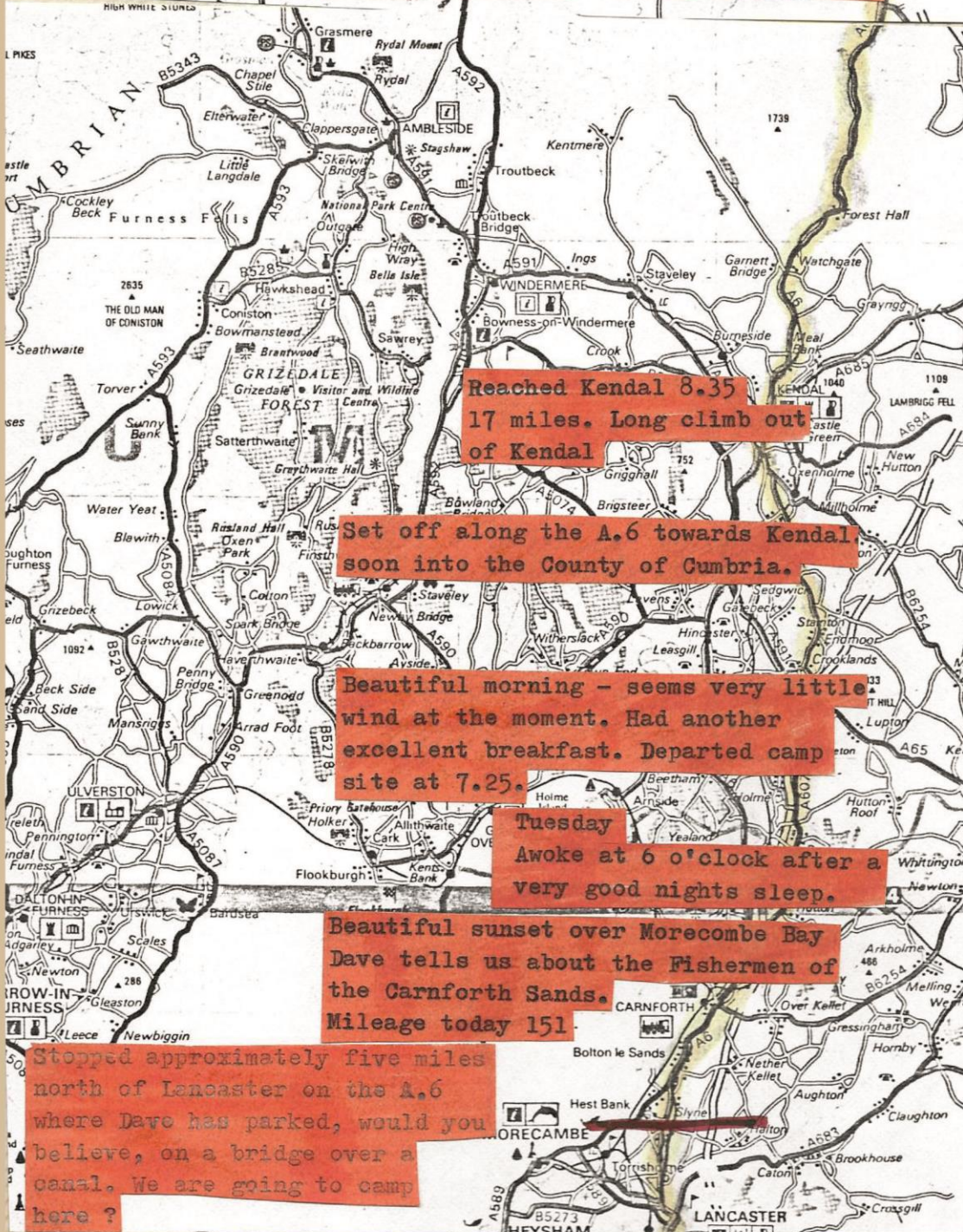
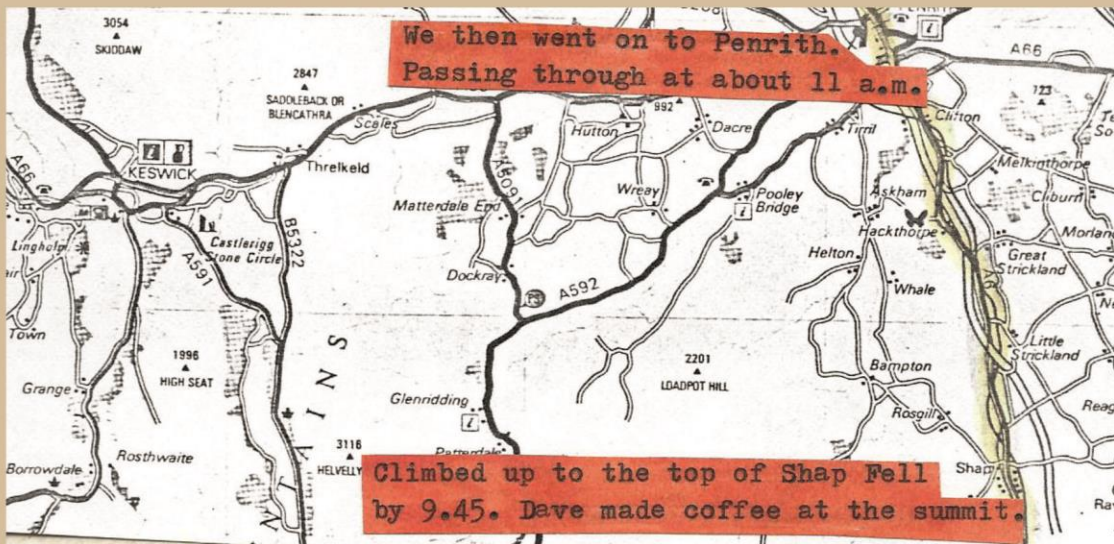


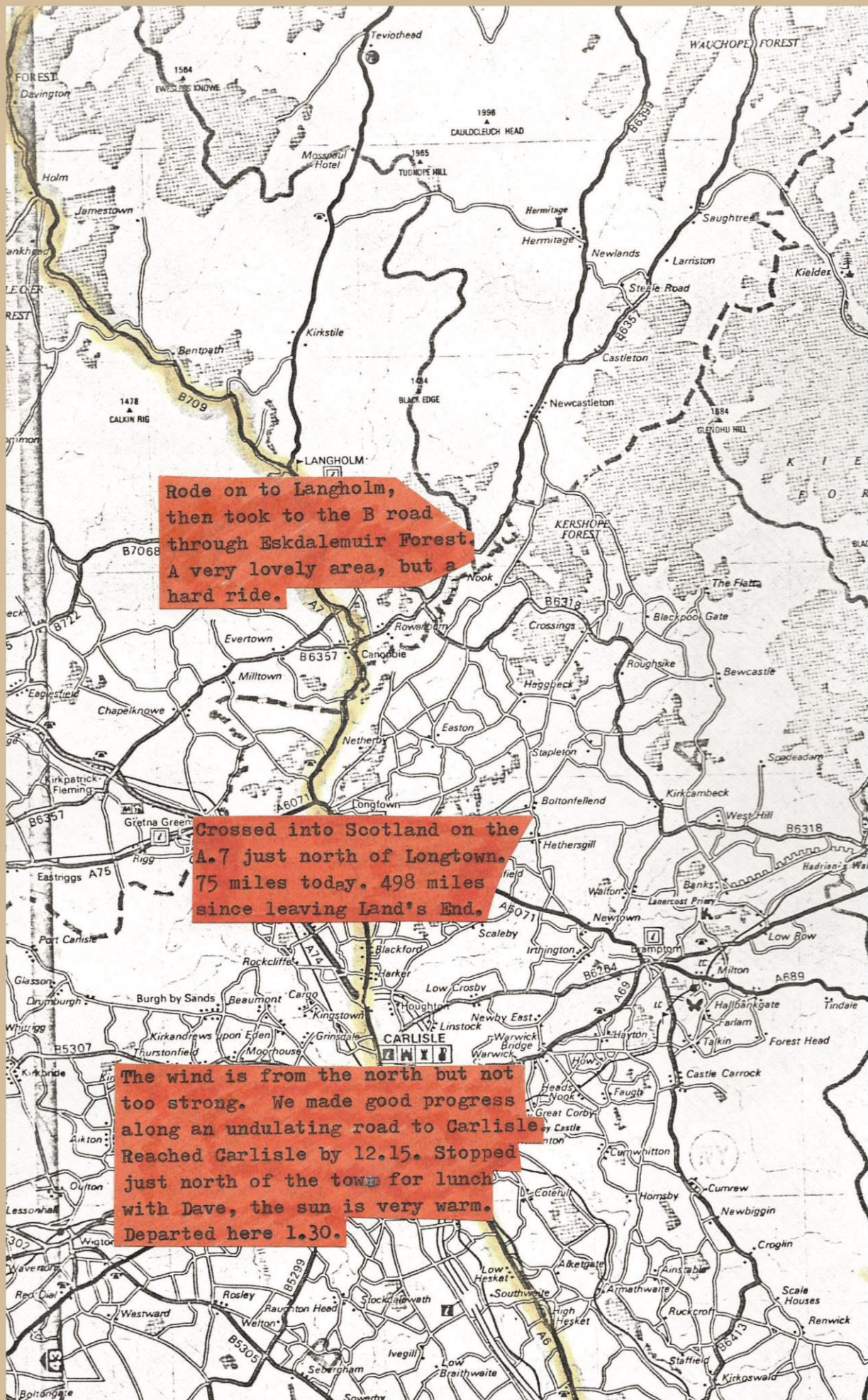


Came through Warrington at 4 p.m.
Then into the County of Merseyside,
St. Helens and then on to the
outskirts of Wigan by 5 p.m.
mileage so far 100 miles.

Stopped four miles south of Warrington
for tea with Dave, departed there 3.45.



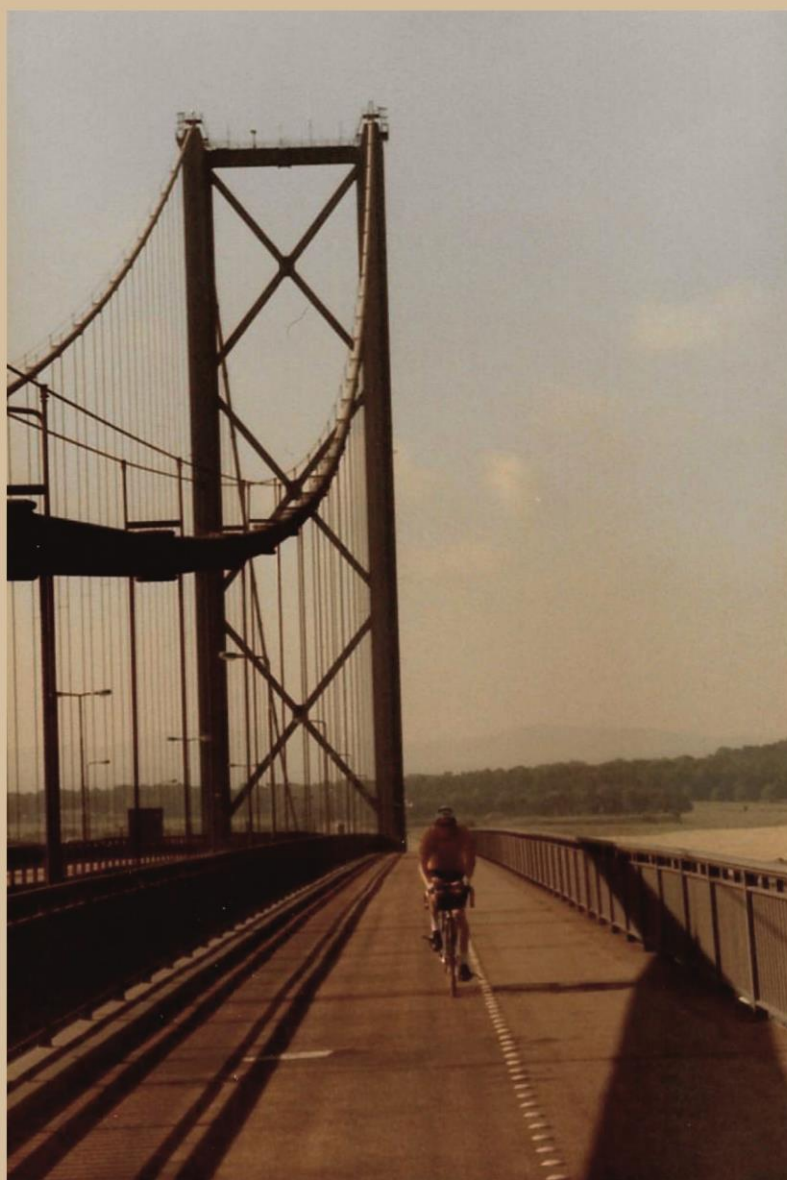




Rode on to Langholm,
then took to the B road
through Eskdalemuir Forest.
A very lovely area, but a
hard ride.

Crossed into Scotland on the
A.7 just north of Longtown.
75 miles today. 498 miles
since leaving Land's End.

The wind is from the north but not
too strong. We made good progress
along an undulating road to Carlisle.
Reached Carlisle by 12.15. Stopped
just north of the town for lunch
with Dave, the sun is very warm.
Departed here 1.30.

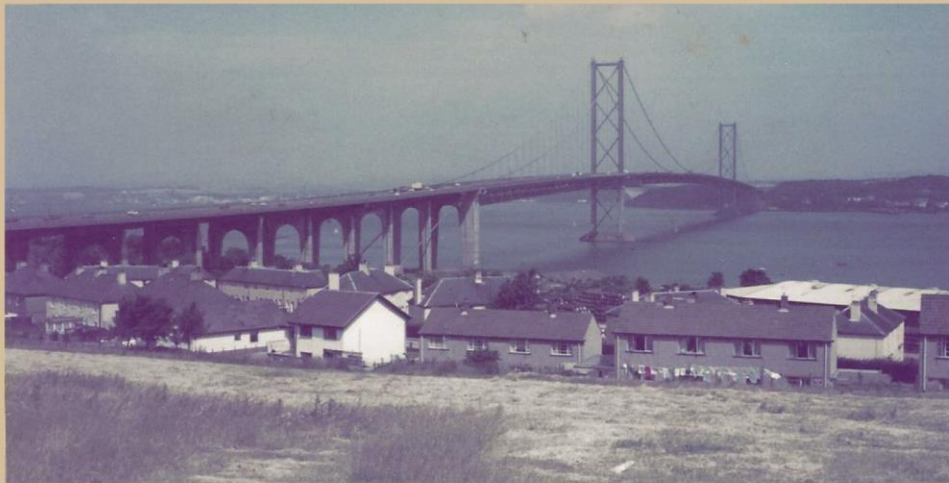




seemed to be o.k., then turned his attention to his somewhat shaken companion. I was really lucky just a few grazes and bruises, and hardly a scratch on the bike. We eventually came to rest that evening at Penicuik with the days mileage 148. The extensive first aid kit was now useful - glad though we still had no use for the sling!

Day 5. The Edinburgh ring road was a necessary evil and we were glad when we crossed the Forth Bridge (more photos) . We headed now towards Cowdenbeath and past Loch Leven. By elevenses we were through Kinross and on to Bridge of Earn. We were later stopping for lunch just north of Bridge of Colly, and today's mileage stood at 75. We had come through the City of Perth and past Scone Palace. We had also passed a hedge - the biggest in Europe X miles high and X feet long - or was it the other way round? For some miles after lunch I was pleased to follow John's wheel. I managed to stir myself for the climb of the Devil's Elbow, but lost a pound or two in the effort. Of course, "It's not the hill it used to be" when John went over it many moons ago! I found it difficult to believe, as we passed Glen Shee chairlifts that this area gets a great influx of skiers with the coming of the snow. Today a dip in the stream seemed more appropriate. Braemar with the Cairngorm Mountains, part of the Grampian range, I found really beautiful especially with the rugged boulder strewn River Dee, whose valley we followed past Royal Balmoral. The Grampians were beginning to take their toll and as we rode into these more remote areas the

way in which conditions could change so quickly became very noticeable. The evenings in the Highlands might stay light until very late, but they could also become much cooler, and as you became more tired after 130 or so miles, the effect could be very rapid. This evening was like this for we were very high and the 'B' road and then the A 93. which crossed the Don River were very wild. Dave decided about half way up a 1 in 5 out of Cock Bridge (it was the only one we walked) that we had done enough for today at 131 miles. Scottish miles are definitely longer. Day 6. John had been unwell over night and felt 'delicate' this morning. It was nearly 8 o'clock as we walked the rest of the hill. A heavy mist still hung around, and as we looked back at the campsite it was quite eerie with just the tops of the yellow and green tents and Dave's red van sticking up through the cotton wool. Had it not been for the distant pylons, it could have been base camp Everest. Tomintoul, the highest village in Britain was reached after a pleasant and almost flat half hour's ride, and it continued this way to Grantown - on - Spey. Our route now was almost south-west ! - but not for long, for at Carrbridge we hit the A.9. John's earlier indisposition seemed to be over. He certainly had no difficulty with the fresh cream trifles that Dave produced for elevenses. It was a bit of a slog as the main road climbed to Slochd Summit, but then we picked up speed, and for a while, enjoyed the old A.9, now deserted of traffic and called 'tourist route', it suited us.





Daily mileages have been, so far, Saturday 125. That was to Exeter. Sunday 148 which took us to Leominster. Monday 151 which saw us just north of Lancaster and today very similar mileage. Total mileage 569.

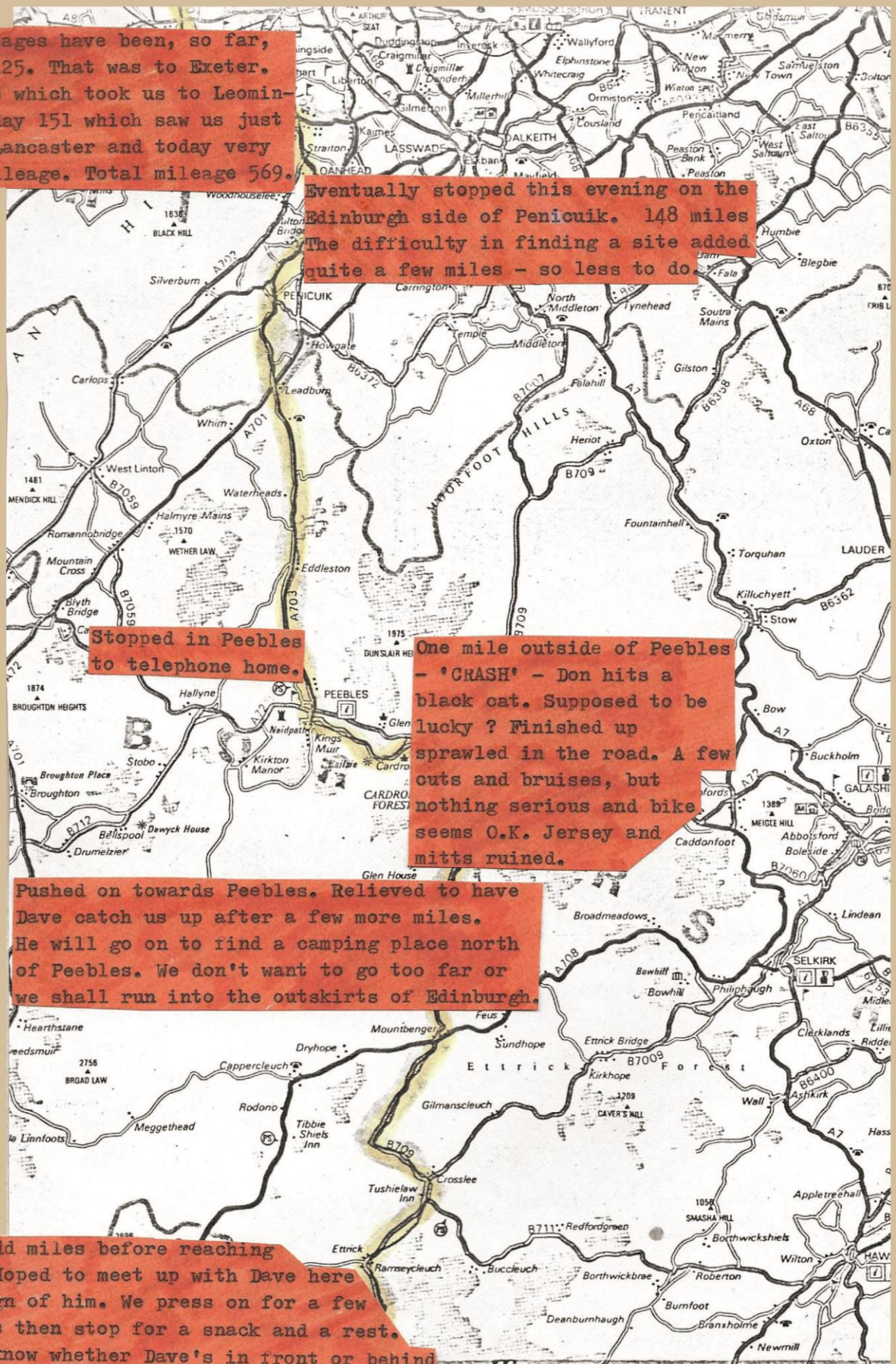
Eventually stopped this evening on the Edinburgh side of Penicuik. 148 miles. The difficulty in finding a site added quite a few miles - so less to do.

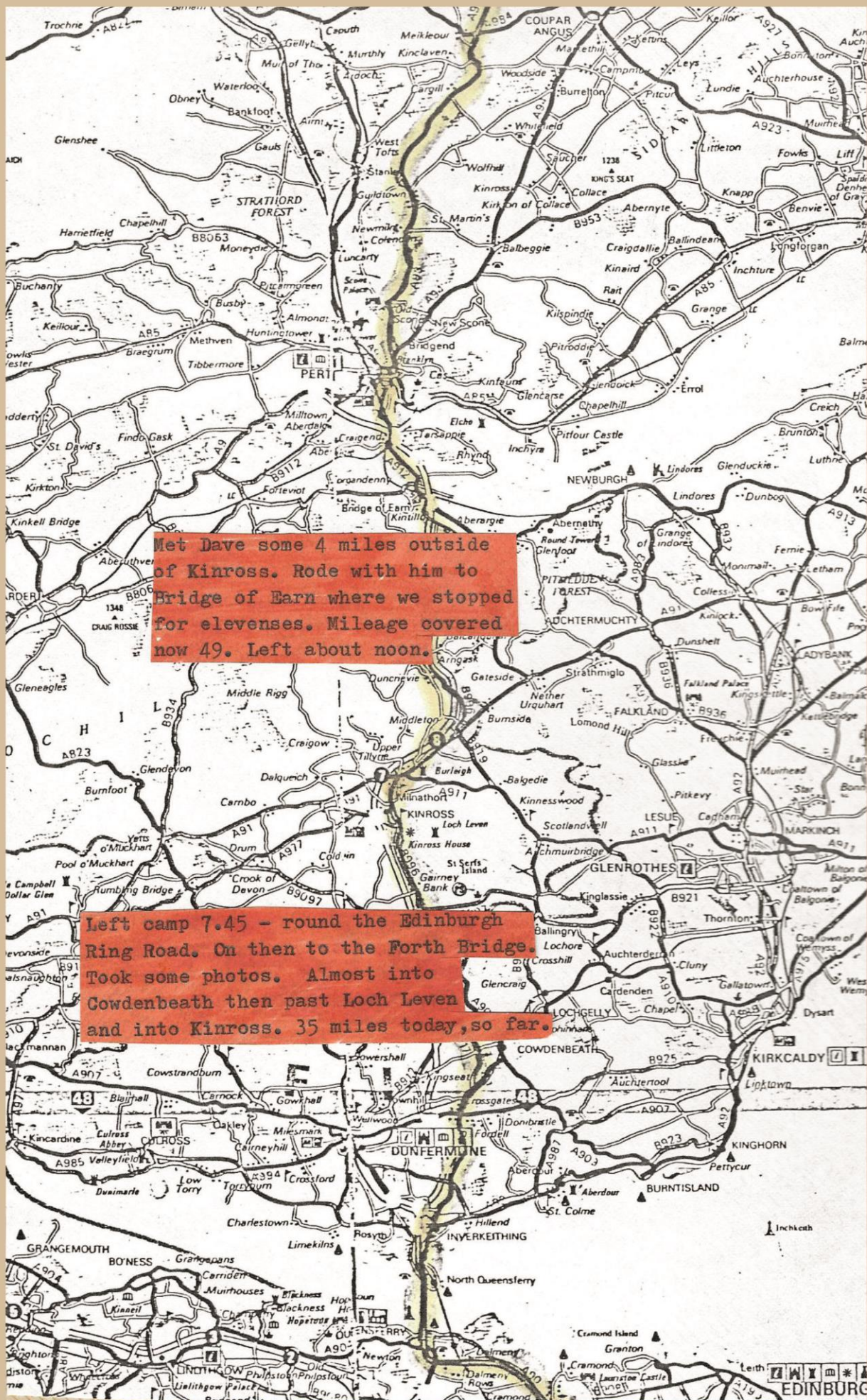
Stopped in Peebles to telephone home.

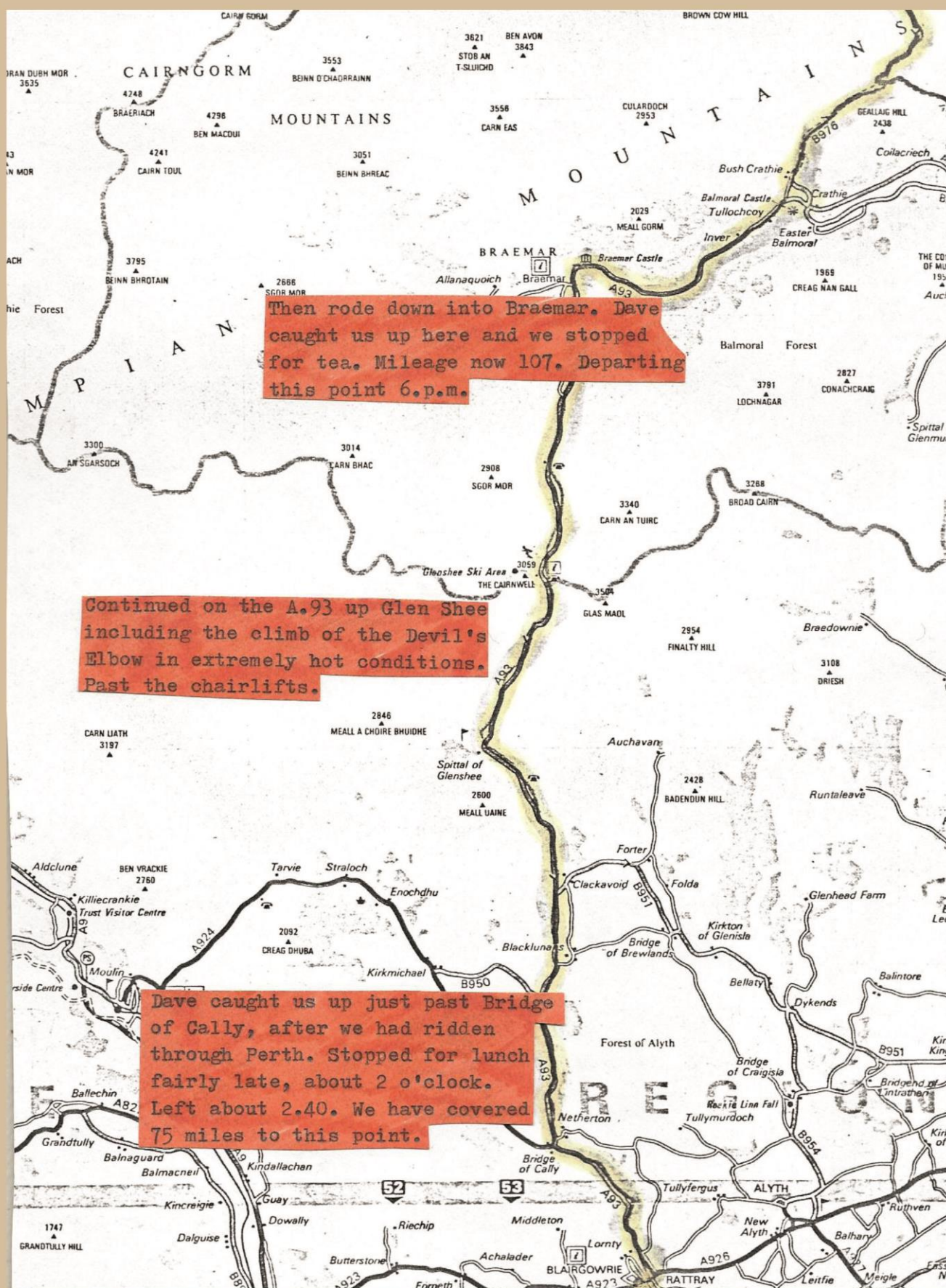
One mile outside of Peebles - 'CRASH' - Don hits a black cat. Supposed to be lucky? Finished up sprawled in the road. A few cuts and bruises, but nothing serious and bike seems O.K. Jersey and mitts ruined.

Pushed on towards Peebles. Relieved to have Dave catch us up after a few more miles. He will go on to find a camping place north of Peebles. We don't want to go too far or we shall run into the outskirts of Edinburgh.

Some 20 odd miles before reaching Ettrick. Hoped to meet up with Dave here but no sign of him. We press on for a few more miles then stop for a snack and a rest. We don't know whether Dave's in front or behind.



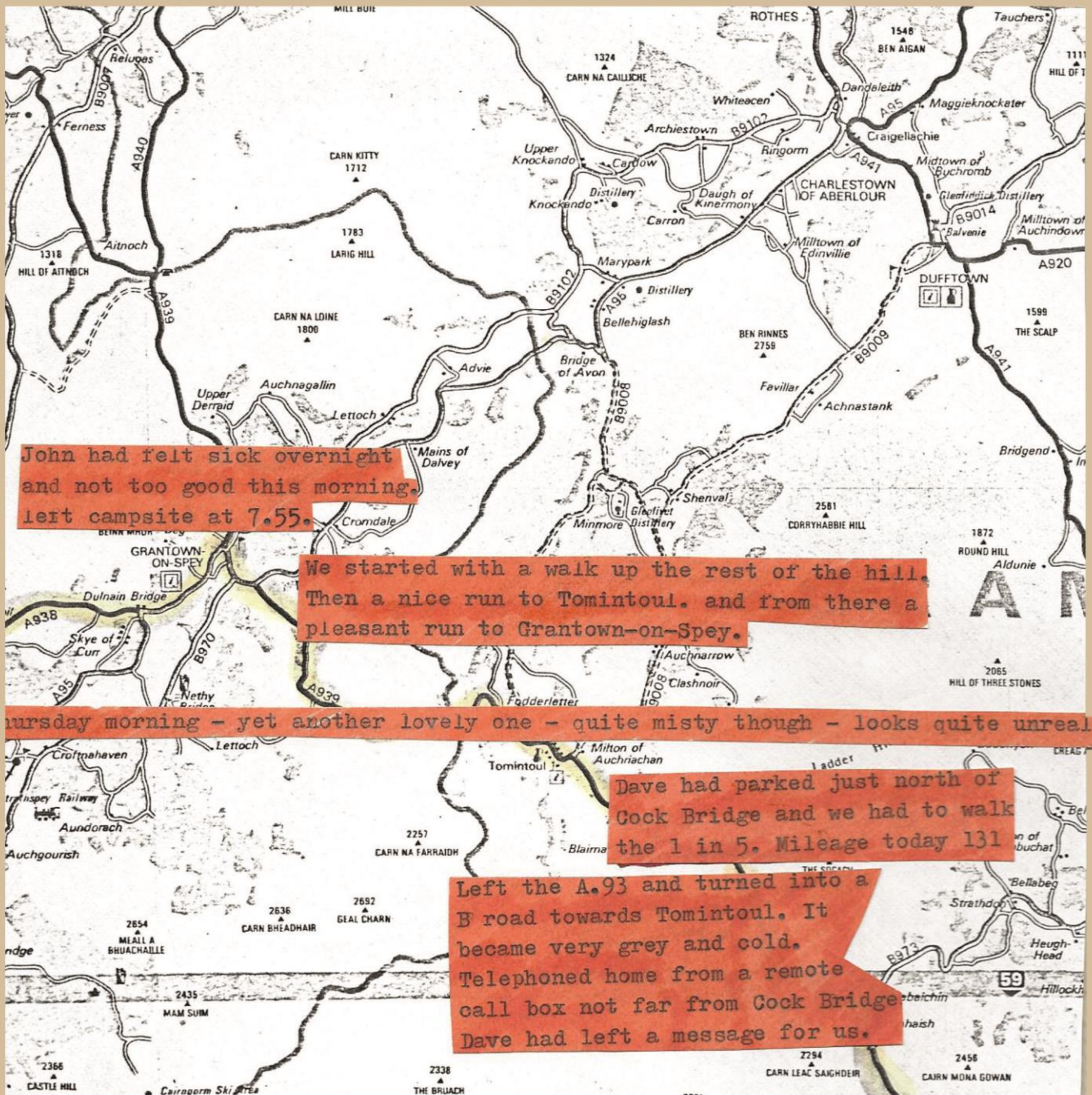




Then rode down into Braemar. Dave caught us up here and we stopped for tea. Mileage now 107. Departing this point 6.p.m.

Continued on the A.93 up Glen Shee including the climb of the Devil's Elbow in extremely hot conditions. Past the chairlifts.

Dave caught us up just past Bridge of Cally, after we had ridden through Perth. Stopped for lunch fairly late, about 2 o'clock. Left about 2.40. We have covered 75 miles to this point.



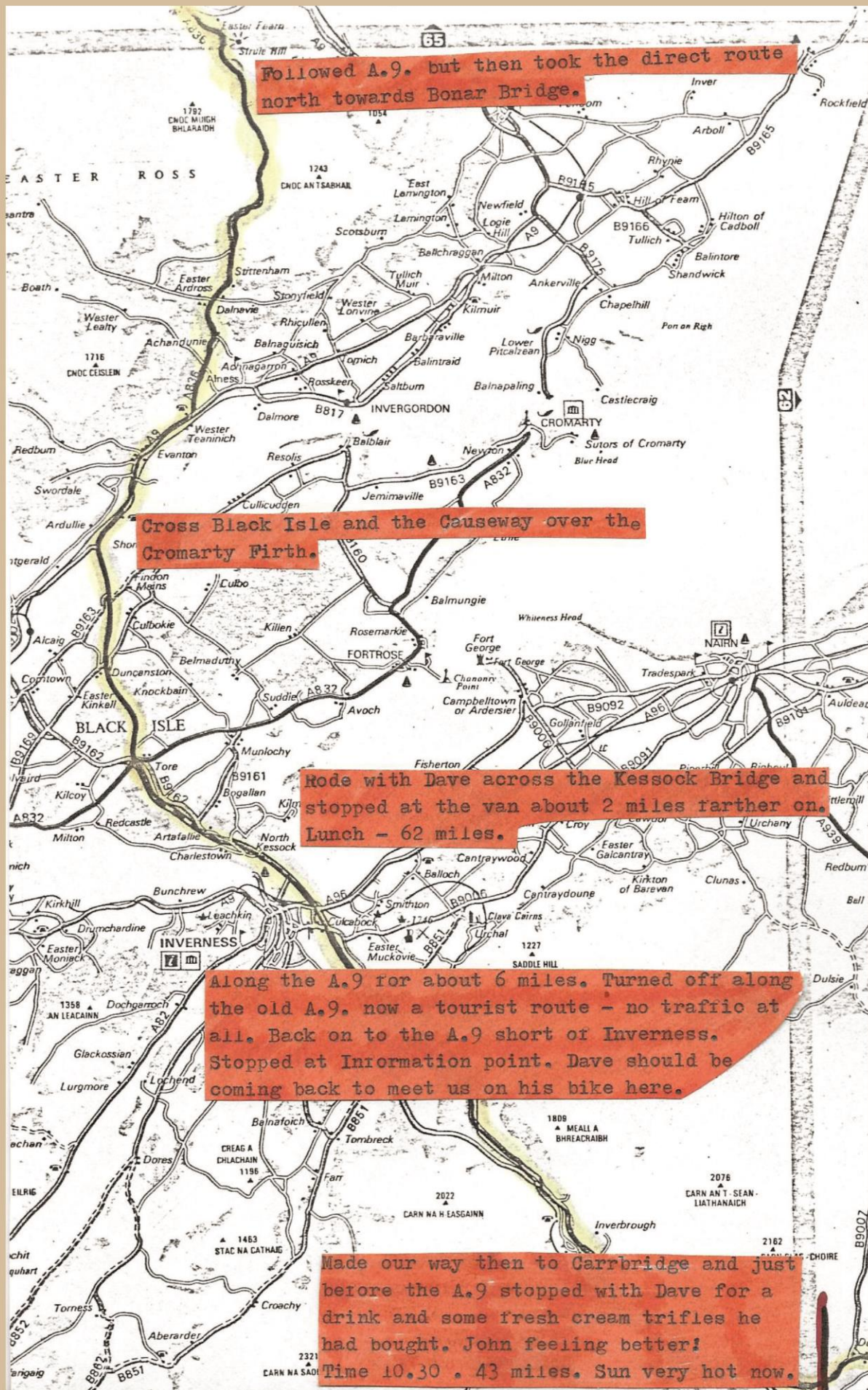
John had felt sick overnight
and not too good this morning.
I left campsite at 7.55.

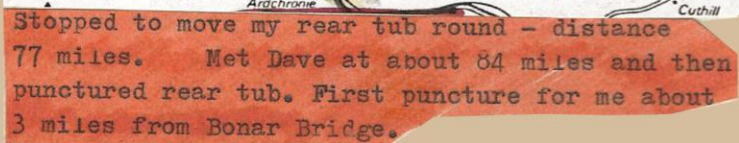
We started with a walk up the rest of the hill.
Then a nice run to Tomintoul. and from there a
pleasant run to Granttown-on-Spey.

Thursday morning - yet another lovely one - quite misty though - looks quite unreal.

Dave had parked just north of
Cock Bridge and we had to walk
the 1 in 5. Mileage today 131

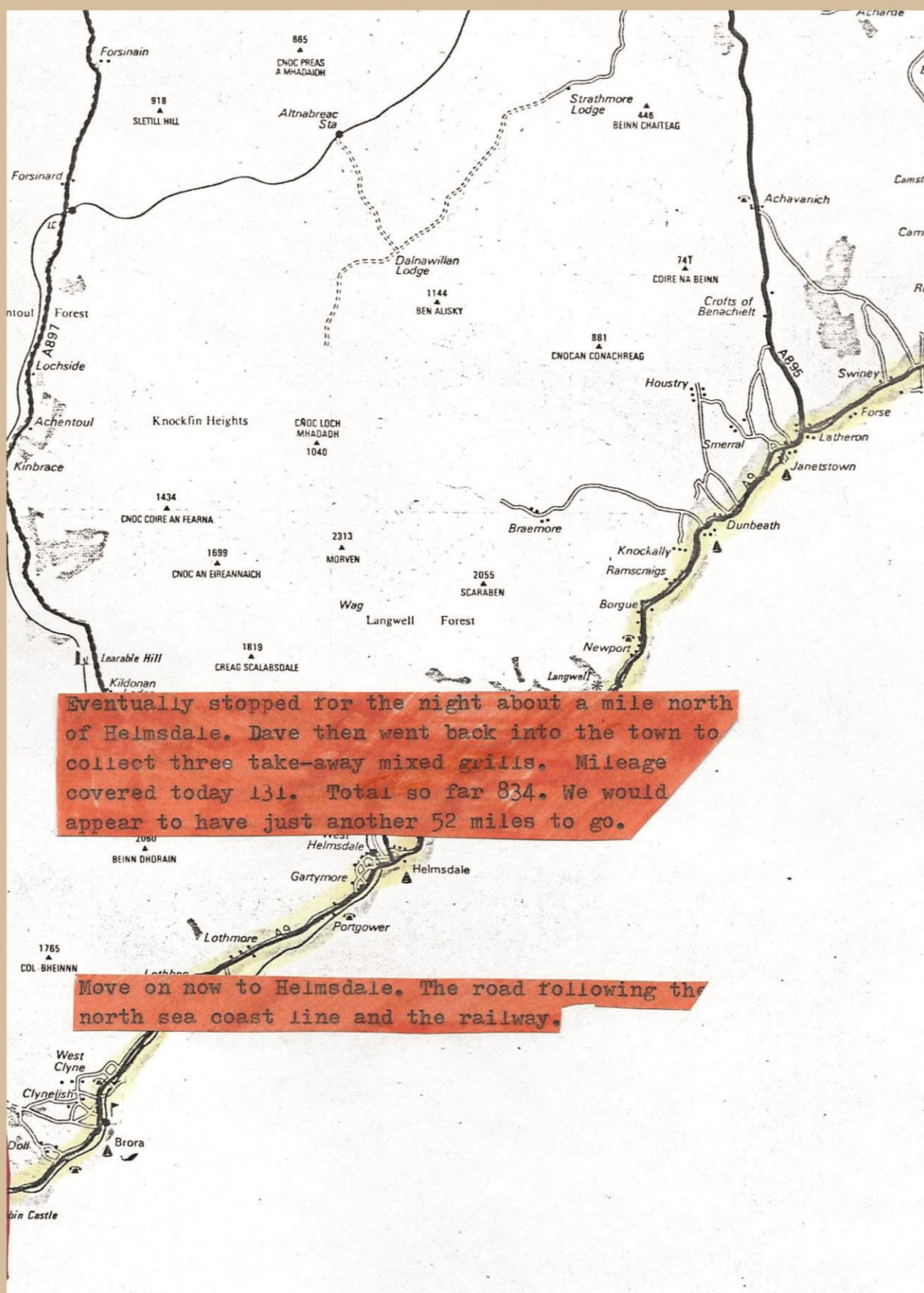
Left the A.93 and turned into a
B road towards Tomintoul. It
became very grey and cold.
Telephoned home from a remote
call box not far from Cock Bridge.
Dave had left a message for us.











Eventually stopped for the night about a mile north of Helmsdale. Dave then went back into the town to collect three take-away mixed grills. Mileage covered today 131. Total so far 834. We would appear to have just another 52 miles to go.

Move on now to Helmsdale. The road following the north sea coast line and the railway.

Met by Sonia and a cousin
a total surprise and a well
kept secret.

Arrived John O Groats at 11.20.

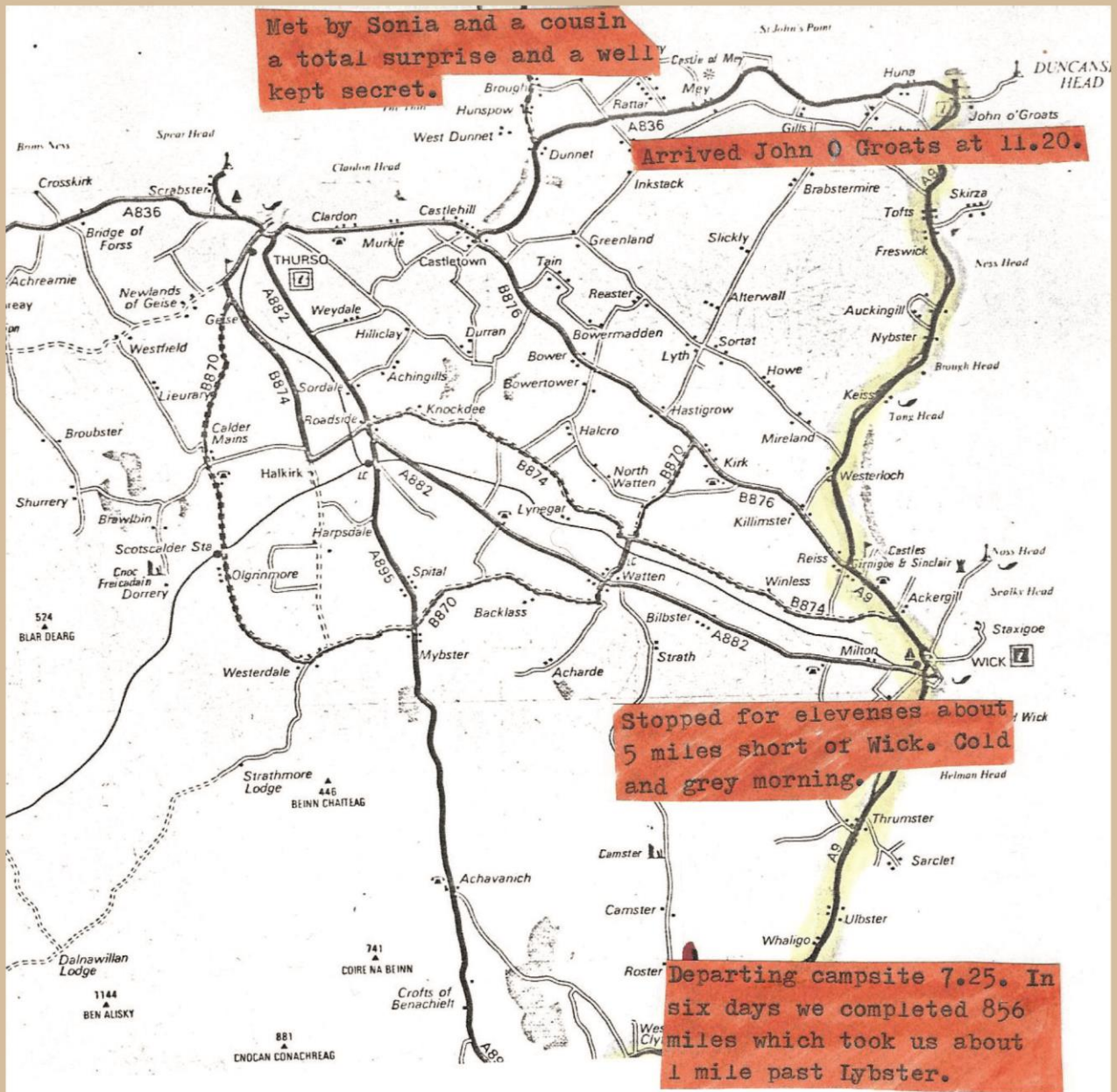
Stopped for elevenes about
5 miles short of Wick. Cold
and grey morning.

Departing campsite 7.25. In
six days we completed 856
miles which took us about
1 mile past Iybuster.

Total mileage 886

Total time 6 days 2 hours 20
minutes.

Average daily mileage 142½



We were back on the A.9. before Inverness and met up with 'the part timer' who joined us for the crossing of the Kesseck Bridge. Lunch was taken a couple of miles farther on with 62 miles our total today. This A.9 (The Road to the Oil) streaks it's way north to feed the Oil Industry of the west coast and it took us across Black Isle and over the causeway over the Cromarty Firth. North of the Firth we left this main artery and headed due north towards Benar Bridge. My rear tub had started creeping - I suppose the wheel had been going so slow it decided to try and go on a bit faster - anyway we stopped to adjust it, and then after another 5 miles stopped to take it off; I had had my first puncture. We arrived at Benar Bridge for tea with Dave and then continued along the other side of the Dornoch Firth. Our next stop was a couple of miles north of Goldspie with today's mileage now 118. The road was following the north sea coast and the railway. It was getting late as we reached Helmsdale and we eventually made camp about a mile north at 131 miles. Our total now was 834 with another 52 to go. Dave excelled even his high catering standards this evening when he collected take-away mixed grills from a pub in Helmsdale. We sat talking till turned eleven, it was still light.

The last stretch. I suppose we could have ridden on for another 3 hours or so last night, but we were not after records and to honour our pledge to our sponsors we had only to beat seven days. So this morning at 7.25 we were

away on the final miles. It was a grey cold morning and rain threatened, and this is the least attractive part of the Highlands - it's not of course, high at all, it has a bleakness about it and the hamlets look poverty struck, but then life must be pretty hard up here. After Lybster, John reported that it was exactly six days since leaving Lands End and we had done 856 miles which meant an average of 142½. There were a few spots of rain as we set off from Wick on the last 16 miles but our luck was to hold, although Dave had to put his cape on as he rode out from John O'Groats to meet us. Dave shepherded us along and made us promise that there would be no sprints for the sign, and then, suddenly, we were round the last corner. There was the Hotel and --- there was the Club's finish banner stretched across the road by John's wife Sonia and her cousin. Dave it seems had kept them informed of our progress and they had travelled all that way to welcome us. John, failing, at first, even to recognise his wife, was then at a loss for words, and that doesn't happen often. We did all the usual things - took some photographs, purchased some souvenirs and had something to eat and drink. It is bound to be a bit of an anti-climax I suppose, but we both I think felt the satisfaction of having done the ride, and we both greatly appreciated all Dave's help.

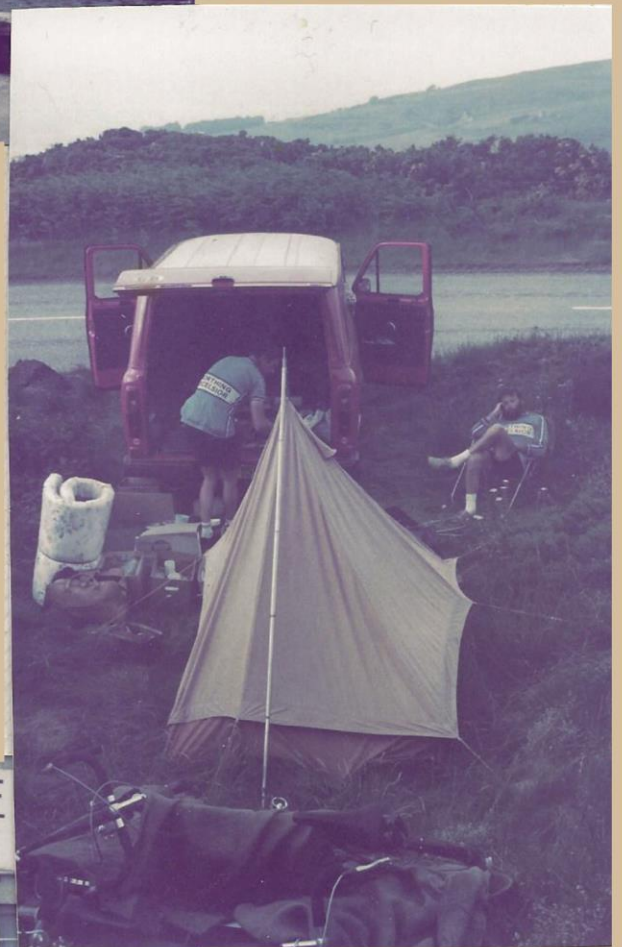
As we go to press St. Barnabas have received £1500 and the final total should reach £1600.

The total mileage was 886. The time taken 6 days 2 hours 20 minutes. We had just the two punctures and the only slight mechanical problem was John's chain which took a dislike to the chainring on a couple of occasions. Dave's catering saw to it that we lost not a single pound in weight despite the heat. I went through two tubes of sun lotion, John went through three dozen wonder bars - but then tastes are bound to differ !

Don.









Cyclists and the unlucky cat

WORTHING'S long distance cyclists are on course to arrive in John O'Groats tomorrow morning with no worse problems than a tangle with a cat.

Mr Don Lock, 48, of Welland Road, Worthing, and Mr John Mansell, 45, of Wales Beech, Crawley, are both members of Worthing Excelsior Cycling Club.

They had reached Tomintoul, 40 miles south of Inverness and 170 miles south of their destination, last night.

They have averaged about 140 miles a day since setting off from Lands End on Saturday. They have had overnight camping stops at Exeter, Leominster, Lancaster and Peebles.

The worst thing that has happened was when Don went over the handlebars after colliding with a cat near Peebles.

He had minor cuts and bruises but was able to carry on.

Dave Hudson, who is in the support van, will have the club's chequered flag ready for them when they reach John O'Groats. John's wife, Sonia, will be springing a surprise on him meeting him at the finish.

The ride is to raise more than £1,000 for the St. Barnabas Hospice in Worthing.

Sussex cyclists home after big push for hospice

Worthing's long-distance cyclists reached John O'Groats bang on schedule on Friday, completing their 886-mile ride just six days two hours and 20 minutes after setting off from Land's End.

Worthing Excelsior Cycling Club veterans Mr. Don Lock (48), of Welland Road, Worthing, and Mr. John Mansell (45), of Walesbeach, Crawley, have raised more than £1,300 for the St Barnabas Hospice in Durrington.

The two men averaged

about 142 miles a day, cycling for about 12 hours. The worst thing that happened during the trip was when Mr. Lock went over the handlebars after hitting a cat near Peebles.

The cyclists were supported by another club member, Mr. Dave Hudson, who supervised night and eating stops from a van. There was a surprise for the two men when they reached John O'Groats — Mr. Mansell's wife, Sonia, was waiting for them with a finish banner, having travelled to Scotland secretly.

"The ride went very well," said Mr. Lock, chairman of Sussex Cyclists Association. "It was hard enough to be a challenge, not too mad so we could enjoy it, and at the same time raised quite a good return for St Barnabas."

WORTHING

Guardian

Thursday, 13th September 1984

90,851 delivered 1

Hospital boost from marathon

TWO members of a Worthing cycling club were the power behind the pedals which managed to raise £1,500 for St Barnabas Hospital.

John Mansell and Don Lock of the Excelsior

Club completed a marathon six day sponsored ride from Lands End to John O'Groats at the end of June.

During their 886 mile cycle they were supported by fellow Excelsior member, Dave Hudson.

PEDAL POWER BRINGS IN THE MONEY

Two Worthing cyclists who pedalled 886 miles for charity handed a £1,500 cheque to staff at St Barnabas Home on Monday.

Worthing Excelsior Cycling Club members Mr. Don Lock and Mr. John Mansell cycled from Land's End to John O'Groats in just over six days to raise cash for the home, which is in Columbia Drive, Durrington.

"We would like to express our thanks to all those who supported our sponsorship appeal," said Mr. Lock. "The response was tremendous."

WORTHING and DISTRICT Advertiser

FREE TO
57,585
HOMES WEEKLY

VFD

January-June 1984

THE WORTHING DISTRICT COUNCIL

No. 176

WEDNESDAY, SEPTEMBER 19, 1984

For Worthing, Lancing, Sompting, Ferring and Findon

AFN
WORTHING DISTRICT COUNCIL



DON LOCK and John Mansell (right) presents £1,500 to St Barnabas medical director Dr Alan Kingsbury. Also pictured is the home's matron, Miss Margaret Strand.

Bikers' boost

ST BARNABAS home, Worthing, funds have been given a big boost following a gruelling 886-mile bike ride from Lands End to John O'Groats.

A cheque for £1,500 was presented to the home's medical director, Dr Alan Kingsbury, by proud pedallers John Mansell and Don Lock, both members of Worthing Excelsior Cycling Club.

Between June 30 and July 6, they furiously raced

north and managed to cut their target of seven days for the trip by 22 hours.

They were blessed with fine weather - and the support of fellow-Excelsior member Dave Hudson, who drove with them in an equipment van.

Dr Kingsbury commented, 'We are very grateful to Mr Mansell and Mr Lock and also the many people in Worthing, the businesses and the firms who sponsored them.'

Rotary Club of Worthing Steyne



Meeting at
The Ardington Hotel,
Steyne Gardens,
Worthing

Please reply to:

29 Hillside Avenue
Worthing
Sussex BN14 9QR

8th August, 1984

Dear Mr Lock

Further to our telephone conversation a few weeks back, I enclose a cheque for £35 pledged by members of Steyne Rotary for your sponsored cycle ride. As I explained we have this past month purchased a major piece of equipment for St Barnabus so your invitation to sponsor was left to individual members.

Congratulations once again on your achievement, I hope you found it as enjoyable as it was worthwhile.

Yours sincerely

Peter Long
Hon. Secretary.

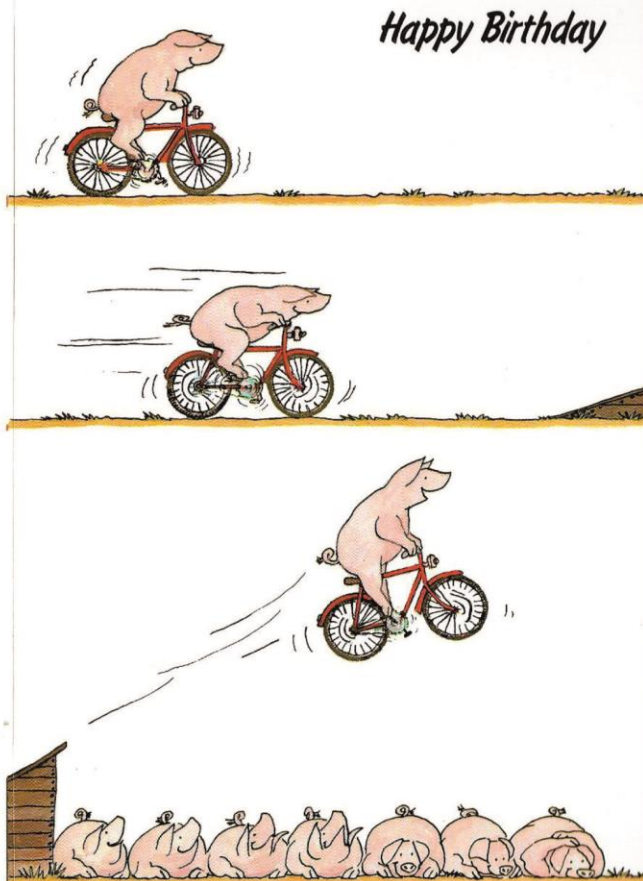


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Warm Friends

110 Canada
Printed in England



Many Happy Returns.
I hope you spend your
day doing what you
most enjoy!
Bob Rogers

HAPPY BIRTHDAY
JACQUELINE

21 again
Many happy returns
Chris

Have a pedalling
Good Birthday
Ride.

Quik, Quik,
Ride On!
Best Wishes, Loretta



To
Someone with Real Drive!

Have a lovely birthday
& a restful holiday!

Joan

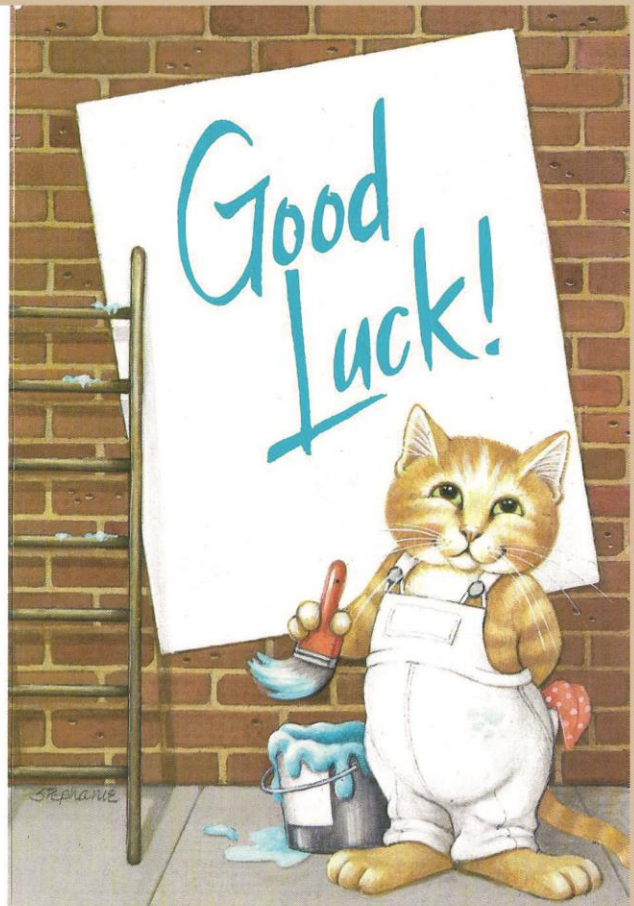
Best Wishes
Shelia

The Sky's the
Limit! Have a
lovely Day.
Katie

Who drove the
card?
Best wishes for a
Happy Birthday.
V.



35M 630-9
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I know the Scottish system
is different but this
seems like a lot of
trouble for a completion!
Best of luck,
Simon

Good luck
Kary.

It's like banging
your head against
a brick wall -
it's lovely when it
stops! Happy
Cycling & Good luck
Pam.

Happy painting
and no blisters!
John M

Best of luck,
Clare

Hope your chair
does not fall
off. Good luck
Judi C.

Good luck -
Joanest

it's downhill
coming back -
best of luck in
a good cause,
locks and all!
Dorothy

Good luck
Caly.

I hope
your eggs
do not rub!
Ray

This greeting is meant
especially for you
To wish you good luck
in all that you do!

Best of luck
Judith.

Best of luck,
Beverley.

Good luck
Helen

Good luck.
Shirley

All the
best
Esther



Hope you know some
good friends who will
treat your saddle screen
all the best. Love Dee xx



The Rotary Club of West Worthing

'Service above self'

Please reply to:

PETER COLE
19 OFFINGTON GARDENS
WORTHING
WEST SUSSEX
BN14 9AT
WORTHING (0903) 64545

Compliments

With Compliments

with compliments

**SUSSEX
MUTUAL**
Building Society

161 Church Road
Hove
East Sussex BN3 2AD

Telephone
Brighton 772223

Don,

Very-Well-Done. Will this be an annual event.

27 JUL 1984

VALLEY ROAD

Jim.



Hewitt's

Please reply to: Worthing office

GLH/HNS

24th July 1984

Mr Lock
Miller Paris
Shelley Road
Worthing

7 Warwick Street, Worthing,
Sussex BN11 3DF ☎ (0903) 35184

New Road, Durrington, Worthing,
Sussex BN13 3PB ☎ (0903) 692165

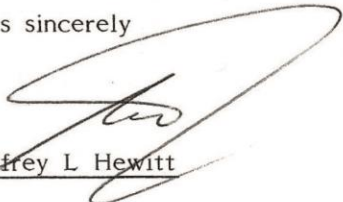
Associate Offices:
London, Bracknell, Ascot and Windsor

Dear Mr Lock

Congratulations!!!!

Please find enclosed cheque for £15.00. How about Calais to Monte Carlo?

Yours sincerely


Geoffrey L. Hewitt

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*Addiscombe Lodge,
16, Liverpool Gardens,
Worthing BN11 1SJ
West Sussex*

OUR REF. AP/NS/AMAP
YOUR REF.

TELEPHONE:
0903-34556/7

24th July, 1984

D. Lock, Esq
Messrs. Miller Parris
3, Shelley Road,
Worthing.

Dear Don,

I was very pleased to hear that all had gone well on the cycle ride, and I have pleasure in enclosing herewith cheque in favour of St. Barnabas Home for £25.00.

Yours sincerely,

A.M.A.PRICE



GATEWAY
BUILDING SOCIETY

17 South Street, Worthing, West Sussex BN11 3AQ
Tel: Worthing 30474/5
Member of the Building Societies Association
K.R.H. Mitchelson, ACBSI, MBIM, Worthing Area Manager

your ref.

our ref. KRHM/MJD

date 11th July 1984

D Locke Esq
Miller Parris
3 Shelley Road
WORTHING
West Sussex

MILLER PARRIS

12 JUL 1984

SHELLEY ROAD

Dear Don,

Please find enclosed a cheque to the value of £10 being a small contribution towards your splendid total for St. Barnabas Home. You must be delighted that there's 'life in the old legs yet' !

Would you kindly return a receipt for the contribution in due course.

With kind regards.

Yours sincerely

K R H Mitchelson
Worthing Area Manager



Whiteheads

Estate Agents and Auctioneers

Jim Locke Esq MILLER PARRIS

- 6 AUG 1984

Jan,

My apologies for the delay in sending

*an cheque in favour of St Bawabes
House which is attached.*

*Congratulations on your ride - it was
quite a feat!* *Pauls Richard*

with our compliments

*Shorehouse Coys Record
Institute*

Dear Don,

*Congratulations on the
completion of your End - End.*

*Enclosed is Sponsorship money
which all agree is well deserved.*

*What a resch,? round the world
perhaps.*

Dick

Could you fill in
the correct name
please.



The Society for the Promotion of Nature Conservation
the Association of Nature Conservation Trusts
The Green, Nettleham, Lincoln LN2 2NR

Woodmouse by Robert Jefferson



19, Martlets,
West Chilvington.

28.6.84

Dear Don,

Hope all is well for you and John
on your "long ride". We shall be
thinking of you.

Will you add enclosed small
contribution to the Hospice please.

Dark of luck, we keep a close
eye on Club activities via various
mutual friends, hope to see "all"
when you're this way - anytime.

Love to Maureen and Dave Hunt.

Regards Betty & Gordon Cusor
P.T.O.

Don
Well done a
really tremendous effort
Mike



Vickers

Michael Vickers & Company

Estate Agents & Surveyors Caravelle House, 19a Goring Road, Worthing, Sussex BN12 4AP Telephone Worthing 503906
and at

Worthing Town Centre, Goring-by-Sea, Lancing and Shoreham-by-Sea

With Compliments

gamble cook partnership

chapel court
169b borough high street
london se1 1hz tel 01 378 7413

offices in worthing and london

25/7/84

**architects
surveyors**

Dear Andy - Here's the £1 I owe you
for your Father's sponsorship - please congratulate
him. See you at the barbecue -

with compliments

Becky

23 Warwick Street
Worthing

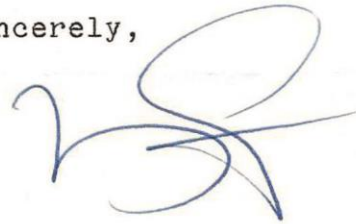
19th July 1984

Dear Mr.Locke,

Sponsored Ride

Congratulations on your mammoth ride and
I enclose cheque for £15. in favour of St.Barnabas
Home.

Yours sincerely,



PERSONAL

Mr.Locke
Messrs.Miller Parris
3 Shelley Road
Worthing

Congratulations on
your Epic finish — please
find enclosed cheque for
St. Barnabas.

With thanks for your
help in organizing the
sale of our flat.

Yours sincerely
R.S. Bird.

GREEN, SON & WRIGHT

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13/14 LIVERPOOL TERRACE
WORTHING
WEST SUSSEX BN11 1TQ
TELEPHONE (0903) 34064

DX 3722 WORTHING

Our Ref H/PJT

Your Ref

19th July 1984

D Lock Esq
Messrs Miller Parris
3 Shelley Road
Worthing West Sussex

Dear Mr Lock

Congratulations on your ride. Herewith the cheque for £25.

Yours sincerely



A D H Higman

Assistant Solicitors: Mrs. E. Carol Perceval, LL.B., D. Ian Foster, Glyn J. W. Adams, LL.B.

Offices at: 29 Churchill Parade, The Street, Rustington, West Sussex - (09062) 74131

47/51 South Street, Lancing, West Sussex - (0903) 752918

152a Findon Road, Worthing, West Sussex - (0903) 34064

16 July 1984.
I W. Lock, Esq.,
3. Shelley Road,
Worthing.

Mrs. F. Winifred Hallett
"Santa Lucia"
2a George V Avenue
West Worthing, Sussex
Telephone: Worthing 49761

MILLER PARRIS

18 JUL 1984

SHELLEY ROAD

Dear Mr. Lock,

Congratulations! What
a number of miles you
covered on just a cycle!! I am
sure St Barnabas Home will
be delighted by the result.
I enclose my cheque for £30.

Yours very sincerely,
F. Winifred Hallett.

6, Romney Court,
Winchelsea Gardens,
West Worthing,
W. Sussex. BN11 5EU.

27th June, 1984.

Dear Mr. Lock,

Having read about your proposed "cycle marathon" in aid of St. Barnabas' Nursing Home, I wish you every success in your venture.

I believe it is customary when sponsoring events to support on the basis of 1p per mile.

I have pleasure in enclosing a cheque for £9 towards your target and hope you reach it.

Yours sincerely,
F. W. Giffin

Wetheredon

28 Rockingham Road
Leeds LS15 8UL.

21 July, 1984.

Dear Don,

Thank you very much for your letter. I was delighted to hear that you completed the ride successfully and well within your time limit. I am pleased to enclose a cheque for £10.

Do you find much time for your stamps these days? I am afraid I don't. I just edit one magazine which appears three times a year so it is not onerous. At the AGM of Leeds Philatelic Society I was elected to its committee. I was asked to stand for election at the next AGM I attended up here. I declined at the time as I wanted to get the feel of the society and to have time to organise the running of the home.

The Leeds Society is not so strong as
Worthing P.S. We celebrate our centenary in
1990 so perhaps that will bring renewed
enthusiasm. I hope so.

We shall certainly be ~~coming~~ coming
down to help Worthing celebrate her golden
anniversary next season.

I hope Maureen and the rest of the family
are well. Quite grown up by now I guess.

Again many congratulations on a worthy
effort.

With best wishes

yvonne

DRAKE COTTAGE
MEAD LANE
STORRINGTON
PULBOROUGH
WEST SUSSEX RH20 3NG

Our little road
was too small!
So we are no longer
just "off the main road"

15.7.84

Dear Jan,

Congratulations on your achievement!
I hope you didn't hurt yourself too badly on
account of the cat!

I have pleasure in enclosing a cheque
for £25 - it looks better rounded up to £25!
A total of £1,400 or thereabouts will be a
splendid result.

All good wishes.

Yours sincerely,

Alan Smith

P.S. I hope I don't end up on the receiving
end at St. Barnabas, but you will be sorry to
hear that I have just learnt that I have cancer
of the prostate. However ~~that~~ these days
apparently, ~~this~~ this particular kind can be
cured without operating, by a course of Dills,
so we are hoping for the best. I have had various
tests, but hope to know more when I have seen
Mr. Durr at Worthing Hospital on Thursday.

AK



Registered as a Charity

St. Barnabas' Home
Columbia Drive Worthing
West Sussex BN13 2QF
Telephone: Worthing 64222

Mr. D. W. Lock,
and
Mr. John Mansell,
c/o 7 Welland Close,
Worthing,
West Sussex.

AWK/JS

11th September 1984

Dear Mr. Lock,

Thank you so much for bringing in the sum of £1,500 for the support of the Home - the result of your sponsored cycle from Lands End to John O'Groats.

We very much appreciate the tremendous effort that you made, not only in actually performing the feat but also collecting all the sponsorship money afterwards. This is often the most tiresome and tedious part of these sponsored events. As I say, we do appreciate the efforts of yourself and Mr. Mansell and I think you should be congratulated on what you have done.

I enclose a letter and a few copies which you may care to distribute to those people who were kind enough to sponsor you. If you should need any more copies, please do not hesitate to contact us here and we can get it done on our photo-copying machine.

Yours sincerely,

Alan Kingsbury

Medical Director: Dr. Alan Kingsbury.

Matron: Miss M. E. Stroud. S.R.N., S.C.M.

Bursar: Mr. V. Bates.



Registered as a Charity

St. Barnabas' Home
Columbia Drive Worthing
West Sussex BN13 2QF
Telephone: Worthing 64222

Mr. D. Lock,
7 Welland Road,
Worthing,
Sussex.

DPP/JS

24th October 1984

Dear Mr. Lock,

I am writing on behalf of Dr. Kingsbury who is away from the Home today.

Many thanks for your further donation which you kindly brought in on Tuesday, re your sponsored cycle ride from Lands End to John O'Groats.

We are very grateful for the tremendous effort that has been made on our behalf.

Our sincere thanks to all concerned.

Yours sincerely,

D P Price

D. P. Price (Mrs)

Medical Director Dr. Alan Kingsbury.

Matron Miss M.E. Stroud. S.R.N., S.C.M.

Bursar Mr. V. Bates

ST. BARNABAS HOME LTD.

Columbia Drive, Worthing, West Sussex

4302

Date 23rd October 1984

Received with thanks from: Mr D Lock

7 Welland Road, Worthing Ex.

Further Donation re sponsored cycle Lands End John O'Groats

The Sum of £ 82 : 50

D P Price

Bursar



Registered as a Charity

St. Barnabas' Home
Columbia Drive Worthing
West Sussex BN13 2QF
Telephone: Worthing 64222

To Whom it may Concern

May I, on behalf of the Committee and Council, Staff and Patients of St. Barnabas' Home, express to you our sincere thanks for your support and sponsorship of Mr. D. W. Lock and Mr. John Mansell in their recent ride from Lands End to John O'Groats. We do appreciate your support. St. Barnabas' Home is now entirely dependent on outside giving in order to provide care for people with advanced cancer and the dying. This would not be possible without the help of many friends and supporters.

Yours sincerely,

Alan Kingsbury MB., BS., D.Obst., RCOG.
Medical Director

ST. BARNABAS HOME LTD.

3877

Columbia Drive, Worthing, West Sussex

Date 3rd Sept. 1984
Received with thanks from: Mr D. W. Lock & Mr John Mansell
7 Welland Close, Worthing (Sponsored
to Cycle from Lands End to John O'Groats-
Sum raised)
The Sum of £ 1,500 : 00 Minor Bates.
Bursar

Medical Director: Dr. Alan Kingsbury.

Matron: Miss M. E. Stroud. S.R.N., S.C.M.

Bursar: Mr. V. Bates.