

Press Release

Two women go on a thousand mile bike ride for Amnesty international

Fifty year celebration 2012

Cycle ride from Land's End to John o'Groats

Two cyclists from Ceredigion are raising money for Amnesty International UK by tackling the furthest possible distance across the British Isles. Gudrun Jones, of Aberystwyth and Jenny Williamson, of Borth, are aiming to cycle the 1017 mile ride across Britain this June. Travelling from the south west to the north east they have given themselves two weeks to complete the trip.

"It will mean we have to cycle about seventy to eighty miles a day," explained Gudrun. "We've been training around Ceredigion over the past few months but only on weekends. But this will be every day for fourteen days non-stop. It will test us beyond belief."

They will be cycling through Cornwall over Dartmoor, skirting the Welsh borders and the Lake District then into Scotland via the lochs and mountains then onto the north coast for the finish.

They have been planning a route which avoids the major roads and allows them to stay at youth hostels. "We don't want to be weighed down with camping gear", added Jenny, "I want to raise funds for Amnesty, who campaign for human rights, and particularly want to raise awareness of their campaign against the arms trade. I was fifty this year and wanted to celebrate with Amnesty which is also fifty."

"Amnesty International was founded in 1961 after calling for a one year campaign of amnesty for political prisoners. It went on a year later to become a world-wide Nobel peace prize winning organisation and now has over three million supporters. If anyone wants to donate to Amnesty in support of our cycling effort then they can donate on line at www.Justgiving.com/jenny-williamson0. Thanks.