

# PRESS RELEASE

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## **COLIN'S RIDE FROM LANDS' END TO JOHN O'GROATS**

Motorcycle hobbyist Colin Dance took his 1962 Norton Dominator 88ss ex-Malaysian police force bike on a sponsored charity motorbike ride from Lands' End to John O'Groats last month (May 2018) to raise money for the Freddie Farmer Foundation.

The 1982-mile ride took in all the back roads along the beautiful Devon and Cornwall coastline, then up through the Peak District, Derbyshire Dales and Cumbria, crossing the Highlands of Scotland, riding the North Coast 500 and around the top to John O'Groats.

"The kindness of people along the way in offering assistance when I was sitting by the roadside working on the bike made it all worthwhile," said Colin.

"My overriding memory of this was at the very end when an elderly couple on seeing I was in a spot of bother stripping my gearbox by the side of the road offered me the use of their caravan. They insisted I have a meal with them as it was late and have breakfast with them the following morning. They also gave a donation to the Freddie Farmer Foundation, such heart-warming generosity."

"The bike did some sterling work carrying myself and my load and is now getting some tender loving care before my next big adventure! Maybe someone else out there with a motorbike might like to join me for the next one?"

"I made it John O'Groats and I had a lot of fun doing it!"

Colin's ride took nine days in total and has raised £882.22 for the Freddie Farmer Foundation.

For further information, please contact charity officer Karen Smith on 020 8313 3707, email [karen@freddiefarmerfoundation.org.uk](mailto:karen@freddiefarmerfoundation.org.uk) or visit the website [www.freddiefarmerfoundation.org.uk](http://www.freddiefarmerfoundation.org.uk).

**ENDS**

### **NOTES TO EDITORS**

For more information, image or interview requests, please contact Carol Ann Walters on 020 8289 0460, 07780 703 600 or email [carol@cawpr.co.uk](mailto:carol@cawpr.co.uk)

## **ABOUT FREDDIE FARMER FOUNDATION**

The Freddie Farmer Foundation physiotherapy centre opened in April 2015 to provide intensive physiotherapy programmes for disabled children. The centre is one of a handful of independent UK therapy centres offering specialist equipment and therapeutic exercises, supporting disabled children from all over London and the South-east.

To find out more about Freddie Farmer Foundation, please visit [www.freddiefarmerfoundation.org.uk](http://www.freddiefarmerfoundation.org.uk)